

PSILOCYBIN

(MAGIC) MUSHROOMS' MEDICAL BENEFITS



Warning/disclaimer: Do not consume any psychedelics such as psilocybin mushrooms if you have emotional or psychological upheaval in your life, schizophrenia, or early onset of mental illness. Do not operate any type of vehicles. Do not drive. If you are prescribed any medications with MAOI (harmine and harmaline), often found in prescription anti-depressants, check with your doctor if you are not 100% sure. Sixty-five percent of psilocybin is excreted in the urine within eight hours of ingestion, with the rest taking weeks to leave the body.

The following article was constructed from interviews with Grant W. Krieger, founder of the Grant W. Krieger Cannabis Research Foundation (<http://KriegerFoundation.com>), Krieger Foundation members with medical psilocybin mushrooms experiences, my own experiences (30+ years), credible books, and the Internet.

Grant W. Krieger Cannabis Research Foundation has been doing many years of medical cannabis and medical mushroom research, with a large number of medical-needs people.

When the topic of writing an article on psilocybin mushrooms' medical qualities was brought up on the TreatingYourself.com website, there were many closed-minded people wanting to stop the article from being published. Surprisingly, these same people have suffered the exact same attitudes in regards to

medical cannabis. I found it strange and disheartening. Yes, psilocybin mushrooms do have medical qualities; there are many studies old and new with credible scientific facts proving it, from relieving neurovascular headaches (cluster headaches) to obsessive-compulsive disorder (OCD) to anxiety in the dying to a mystical/religious experience, with some people still feeling upbeat months later. Psilocybin is one of the least toxic of currently studied hallucinogens. Potential for physical addiction and/or dependence is generally minimal, if at all.

A double blind study was completed, with very interesting results, at Johns Hopkins School of Medicine, led by Roland R. Griffiths, published in *Psychopharmacology*: "Sixty-one percent of subjects reported a 'complete mystical experience' after their psilocybin session, while only 13% reported such an outcome after their experience with methylphenidate [Ritalin]. Two months after taking psilocybin, 79% of the participants reported moderately to greatly increased life satisfaction and sense of well-being."

The human body needs proper rest/sleep to function properly, which includes healing itself. Despite a common belief, rapid eye movement (REM) sleep is not the best sleep for the human body. During the REM sleep stage, the activity of the brain is similar to that during waking hours. The deepest and most reju-

venating stage of sleep is the Delta sleep stage. Delta sleep is essential for a human body to function properly. A small amount of psilocybin will help the body enter Delta sleep easier and for longer periods of time.

Krieger suggests a person take .05 grams (amounts vary depending on each individual) at the exact same time every night 30 to 40 minutes before bedtime. The reason for this is to establish a rhythm (reset the human body's biological clock if you will). As each week passes the dose is increased by a small amount over a period of time. Each person is different, of course, so the amounts and lengths of time (days, weeks) have to be adjusted accordingly.

This happens by turning off the serotonergic neurons' filtering of information while you're awake. The same effect happens naturally when you enter Delta sleep, which is why humans tend to dream. The brain's medial temporal lobe is rich in serotonin synapses. Psilocybin affects the 5HT₂ receptor in particular and alters states of consciousness. The serotonin system (5-HT) is one of the most important and largest of the brain's synaptic chemical messengers. Serotonin synapses in the brain control functions like sleep, mood, and general arousal.

One of the many people Krieger worked with was an elderly gentleman over 80 years old. He was stricken with cancer in palliative care, incapacitated in a wheelchair, and unable to do anything on his own. He couldn't speak and drooled uncontrollably. Additionally, he was a double-leg amputee at the knees as a teenager but was able to use artificial legs for most of his adult life. His caregiver (daughter) was dead-set against cannabis, let alone psilocybin mushrooms. After Krieger properly educated the daughter she agreed to try a natural way of helping her father.

Krieger gave her strict instructions to administer cannabis butter and psilocybin mushrooms daily at the same time everyday without fail. One month later, when Krieger returned for a visit, the elderly man was able to sit up properly and carry on a conversation; however, he was still in somewhat of a fog due to the prescribed pharmaceutical medication morphine. After 3 months, on a return visit, the elderly man had blisters on the stumps of his legs. Krieger asked what happened. The elderly man proudly told Krieger that he was able to put on his arti-

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cial legs for the first time in many years and walk around the house and go on short walks. He had also gone shopping with his daughter, walking the whole length of a large shopping mall. “I’ll just have to toughen up my stumps again,” the elderly man proudly announced. Additionally, he was slowly cutting back on his prescribed pharmaceutical medications. After 4 months the elderly man was wrestling on the floor with his grandchildren and was able dance at both of his sons’ weddings. The daughter decides to tell the father’s doctor what has actually made the incredible improvements in her father’s health. The doctor convinces the daughter to stop the cannabis butter and psilo-

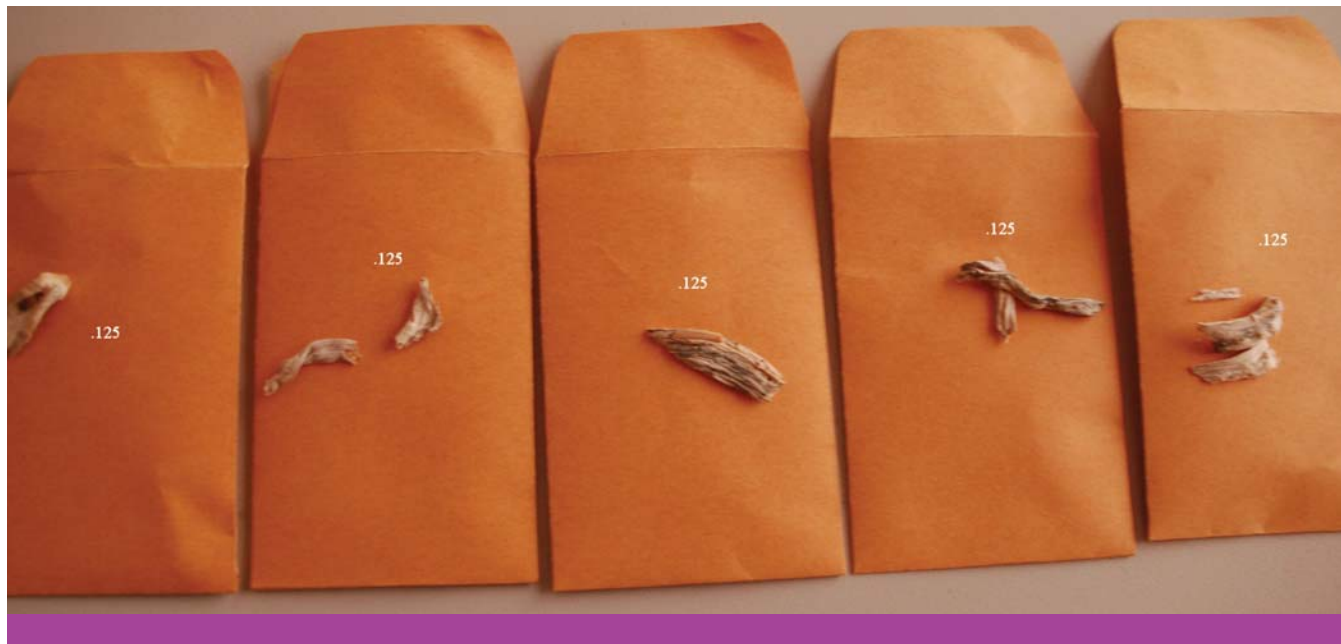
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cybin mushroom treatments immediately. The elderly man died two weeks later.

Another person Krieger worked with was a dying lady (medical doctors' opinion), incapacitated in a wheelchair unable to do anything, with multiple sclerosis. Krieger had her on cannabis

a hangover in the morning, whereas the psilocybin mushroom didn't. The mushrooms actually gave her a more upbeat feeling the next day and she was able to function better.

Bert is also on psilocybin mushroom therapy and consumes cannabis butter for medical reasons. He was injured in an indus-



butter and .05 of a gram of psilocybin mushrooms for one month. After the month, the lady was able to get 4 hours of Delta sleep each night. The woman's husband (caregiver) took Krieger aside and asked him, "Are you performing black magic in my home?" With his wife being able to sleep, and him finally getting rest, the couple's health seemed to be improving already. During the second month, the dose of psilocybin mushrooms was doubled to .1 gram and the lady's Delta sleep increased to at least 6.5 hours per night. The third month there was another increase in the dose of psilocybin mushrooms. Afterwards, the couple was getting at least 8 hours of sleep each night. Six months later, with massage therapy added, the lady was walking around and able to enjoy a quality life once again. She was eventually able to end the psilocybin mushroom dose and massage therapy for 18 months before having to go back on the mushroom therapy for a period of time.

Another elderly lady seemed to grow an inch, even though the elderly don't grow. Krieger explained that it was due to the cannabis butter, psilocybin mushrooms, and massage therapy, which allowed the muscles to relax and the back to straighten up properly.

Here are two more examples (both Donna and Bert started their mushroom therapy at 0.5 g):

Donna (Sedative Ocean) is on psilocybin mushroom therapy and consumes cannabis butter for medical reasons. Donna found it took about 7 to 10 days to adjust to a schedule. Within one month she felt her biological clock had been reset properly, because she was sleeping normally. Donna had used pharmaceutical sleeping pills in the past but found that they gave her

trial accident. Before starting cannabis and psilocybin mushroom therapy he had to sleep sitting up in a chair and was only getting an hour of sleep at a time, at best, due to his pain. He wouldn't take pharmaceutical sleeping pills because he has two family members who have physical addictions to them. The first time Bert met Krieger, he noticed some serious issues with Bert right away. After having a conversation and physically checking him, Krieger recommended cannabis butter, psilocybin mushrooms, and massage therapy. Bert was desperate and immediately agreed to try Krieger's recommendations. On his way home with a free supply of cannabis butter and psilocybin mushrooms given to him by Krieger, he was stopped by the RCMP and charged with possession of cannabis and psilocybin mushrooms. Krieger had his lawyer call the crown prosecutor and the charges were dropped before a trial could even begin. Why were the charges dropped? It was *medicinal* use of cannabis and psilocybin mushrooms.

I have included a quote told to me from a non-cannabis consumer suffering from obsessive-compulsive disorder (OCD). "If I can do 1 to 2 grams of psilocybin mushrooms every 4 or 5 days I do not suffer from obsessive-compulsive disorder effects."

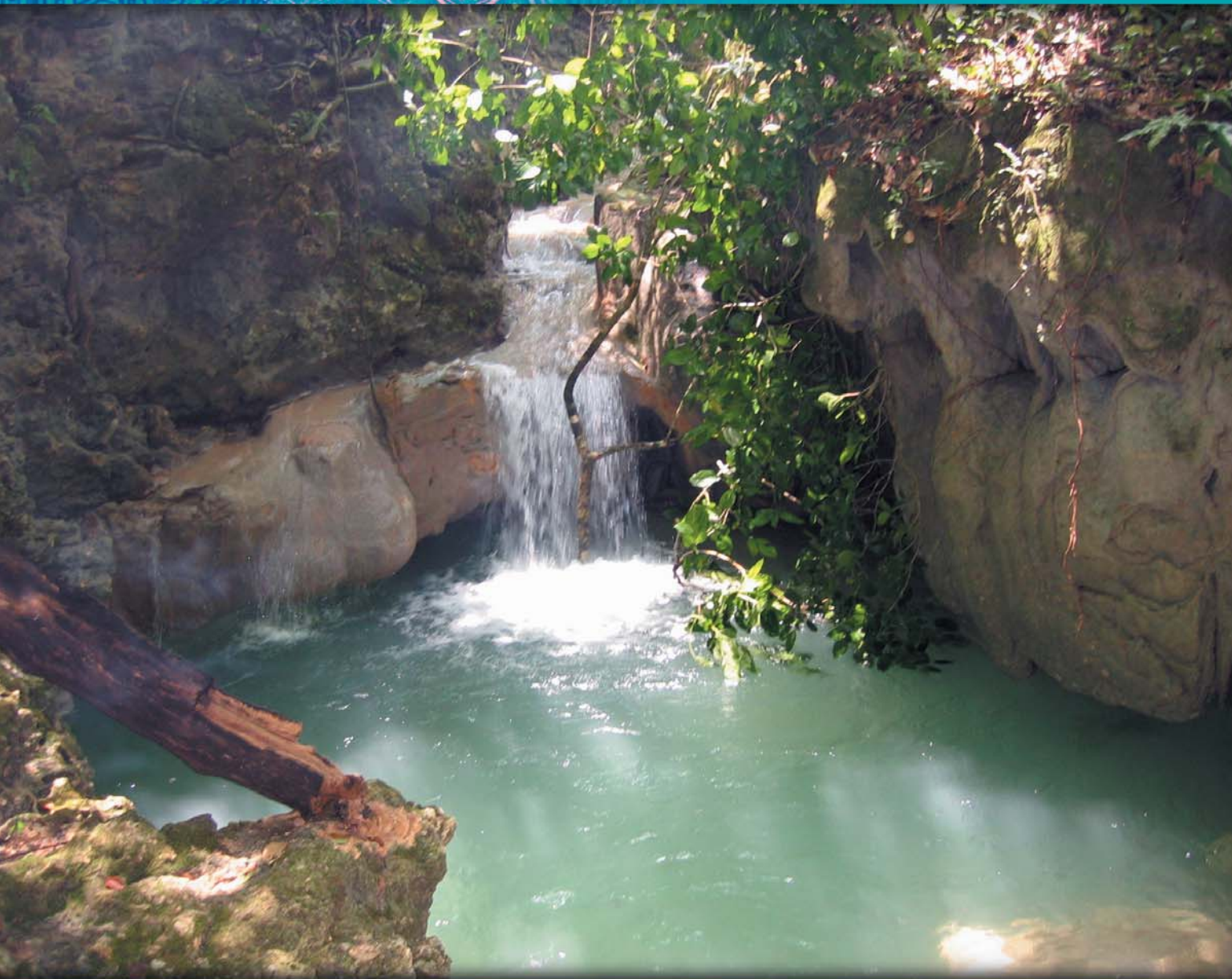
Keith Fagin
Calgary 420 Cannabis Community Founder
<http://Calgary420.ca/>

Editors Note: Everyone's entitled to his/her opinion! That said I would have to disagree with Keith about *all* TY members being against our Mushroom Feature. Only a handful was against it and *not* the majority of the TY online community.

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AS MEDICINE IN THE TWENTY-FIRST CENTURY



Ban Phang Ka

There has been a long history of the use of low doses of potentially psychedelic drugs for the treatment of a wide array of physiological and psychological conditions. There are several over-the-counter remedies that qualify, like Dramamine, Benedryl, and dextromethorphan, which are respectively used to treat nausea, allergies, and cough. More frequently, drugs that qualify are only provided through prescription. For example, the ergot alkaloid ergonovine and its synthetic analog methylergonovine are both used in obstetrics because of their oxytocic properties. At doses approximately ten times those utilized for their medical uses, the five chemicals listed above produce disassociating and psychedelic effects, respectively. Another class of drugs used in psychiatry, with a history of use as psychedelics, is the monoamine oxidase inhibitors (MAOIs), which are commonly prescribed to treat depression.

Despite these observations, many of our readers might be startled to learn that the psychedelic indolamine psilocybin has been suggested to be beneficial for a variety of medical conditions. Psilocybin is the more stable of the two primary active chemicals in psychedelic mushrooms. The FDA has approved two preliminary studies into the use of psilocybin. One study is investigating treating obsessive-compulsive disorder (OCD) with psilocybin. The other study is testing psilocybin's ability to reduce physical pain, and the anxiety and depression associated with fear of dying in stage IV cancer patients. Researchers at Harvard Medical School are currently seeking approval for a third study into the even more promising use of sub-recreational doses of psilocybin and LSD25 as treatments for cluster headaches. These three preliminary studies, backed by a troop of case reports, may potentially open the door for future clinical trials into therapeutic uses of psilocybin.

Obsessive-Compulsive Disorder

Obsessive-compulsive disorder is a frequently occurring condition in western culture. Those who suffer from OCD experience uncontrollable and inappropriate obsessive thoughts, which the sufferer knows to be a product of his/her own mind but is powerless to stop. These thoughts often concern cleanliness of the hands, issues of safety, like “Was the oven left on?” and issues of order and tid-



Tak 1st flush day.

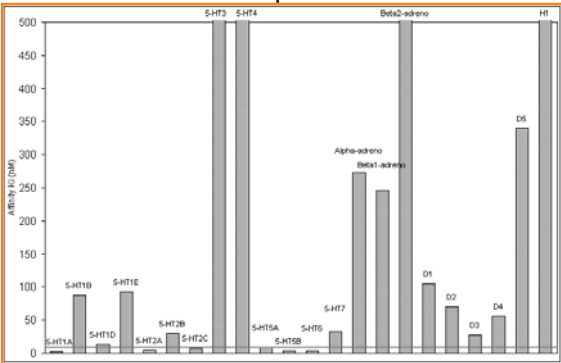
ness in the environment. As a reaction to, and in an attempt to control, the obsessive and intrusive thoughts, the individual will begin to feel compelled to practice ritualistic and repetitive behaviors. These behaviors often consist of things like hand washing, counting, and checking. Yet the behaviors do not provide any relief from the individual’s concerns about cleanliness, dangers, such as the oven, or any other obsession. These behaviors can, and often do, become so extreme that they consume hours a day and prevent the sufferer from attending work or leading a normal social life. Attempts to stop the behaviors inevitably end in failure, and exaggerated anxiety and stress in the individual (1).

Selective serotonin reuptake inhibitors (SSRIs) represent one of the primary effective treatments for OCD. This has lead to the “serotonin hypothesis” of OCD, which suggests that the brains of those suffering from OCD and related conditions have a greater number of serotonin (5-HT) 2A and 2C receptors and potentially dysfunctional 5-HT1 receptors (1). In general, this has the effect of reducing the ability of 5-HT to activate enough of these receptors to trigger the next cell in line to fire as and when it properly should. This is because firing a neuron requires that a certain threshold *percentage* of its receptors be activated in close enough temporal proximity; therefore, the firing frequency of 5-HT neurons will drop if the level of 5-HT stays the same while the number of

receptors increases. It will also drop if a type of receptor is dysfunctional in such a fashion as to reduce binding affinity of 5-HT for that receptor. Drugs like SSRIs help to alleviate this situation to a degree. They achieve this by decreasing how quickly 5-HT is returned to the pre-synaptic neuron for reuse and, as a result, more 5-HT becomes available to the receptors (1). However, what SSRIs do not do is target the specific afflicted receptors in OCD sufferers, and this would be preferable.



One class of chemicals that shows a very high affinity to bind to, and activate, all three afflicted receptors are the indolamine hallucinogens, like LSD25 (Figure 1) and psilocybin. All these drugs also quickly produce a substantial tolerance through the reduction of the number of 5-HT2 receptors expressed on the surface of postsynaptic neurons (2, 3); therefore, one could reasonably predict that these chemicals would produce improvement in patients suffering from OCD and, indeed, preliminary reports confirm this prediction.



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room intoxication (6). Since BDD is a closely related and often co-occurring condition to OCD, this provides further support to the theory that psilocybin and related compounds may help in the treatment of OCD.

More recently, in 1997, Moreno and Delgado described a man of 34 who had suffered from OCD since he was 6 years old. In his late teens he began the recreational use of the psychedelic drugs mescaline and psilocybin mushrooms. After the patient observed that his symptoms vanished during psychedelic intoxication he started taking a low dose of psilocybin mushrooms daily. This continued for 4 years during which the patient did not experience any psychedelic effects due to developing a high tolerance to the drug. Not only did he receive constant relief from his symptoms for 4 years but the relief continued for 2 years after he stopped using the mushrooms, after which the symptoms gradually returned (7).

Together, these observations concerning the effect of psychedelics on the expression of OCD led to Moreno, Delgado, and their colleague Gelenburg to petition the FDA for permission to study the use of psilocybin to treat OCD in ten volunteer patients. On the 8 of May 2001 the researchers received approval to perform their study from the FDA, the first study in 25 years into the psychiatric use of psychedelic drugs. Subjects in the study would be given up to four treatments, separated by at least 2 weeks. Each treatment consisted of a 2-day stay in the hospital where they'd receive a dose of psilocybin and 8 hours observation, with a follow-up interview and symptom evaluation the next day (8). Unfortunately, only eight subjects completed the study due to lack of funding, but there were no reported complications or apparent lasting effects on the subjects (9). If this study yielded positive results concerning the effects of psilocybin to suppress OCD, the door would open for research into a new class of drugs aimed at addressing the root of OCD symptoms more selectively than the current, favorite SSRIs. In fact, in 2005, Sard and colleagues reported that a psilocybin ana-



log, selective 5-HT_{2C} agonist 1-methylpsilocin, proved effective in an animal model of OCD (10).

Terminal Cancer

Perhaps the most well known use of psychedelic drugs in medical practice concerns their use to aid in psychotherapy. Since most of this research occurred before 1967 when LSD₂₅ became a controlled substance in the US (11), often people discredit it as lacking in standards, direction, repeatability, or promise. Indeed, there are many ways to dismiss such research as being sound, especially when dealing with powerful mind-altering, illegal drugs, the very

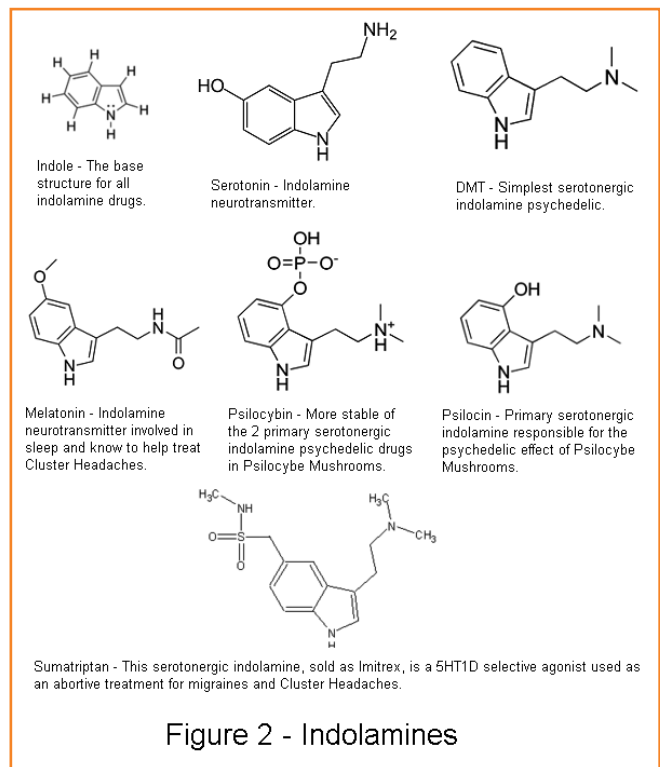


Figure 2 - Indolamines

effect of which is to induce a temporary psychosis. Despite this stigma, in the September 1995 issue of *FDA Consumer Magazine*, Paula Kurtzweil, a member of FDA's public affairs staff, reported that hallucinogens have the following "promising potential" (12):

"In a study of 31 cancer patients suffering from



anxiety, depression and uncontrollable pain, 71 percent showed improvement in their physical and emotional status after each LSD session.

According to (Dr Richard) Yensen, researchers also observed that many cancer patients receiving LSD reported that their desire for addictive pain medicines, such as morphine, had diminished or vanished, along with the pain."

True to their word, in 2003 the FDA approved a new pilot study by Charles S. Grob, MD, into the use of psilocybin to treat anxiety, depression, and persistent physical pain in twelve Stage IV cancer

patients (13). Overall, there are several reasons why someone may find the approval of this study surprising. To start with, the study addresses anxiety and depression and, in so doing, appears to be a throwback to what many feel should be a forgotten era of psychedelic research. As well, the study suggests that drugs that primarily activate 5-HT receptors can affect pain. Considering that most drugs used to treat major pain work on opiate receptors this assertion seems suspect.

Despite these objections, one must remember the 1995 statements by the FDA concerning LSD25 and cancer. It is also important to note that this study was partially inspired by the 2001 report by the National Cancer Policy Board of the Institute of Medicine and National Research Council in which they advised the investigation into methods and agents novel to, or conventionally ignored by, science in the treatment of cancer (13).

The link between 5-HT and antinociception, or the blocking of the perception of pain, is more straightforward than many readers may guess. In the opioid pathways responsible for controlling pain there is a brain region known as the thalamic nucleus submedius (TNS). Serotonin neurons, which originate in the TNS, descend from the brain to the spinal cord where they synapse with ascending pain pathways and the substance P (for Pain), releasing neurons in the spinal cord. Activating 5-HT_{1A} and 5-HT₂ receptors on neurons in the TNS results in the inhibition of both the release of substance P and the activation of the pain neurons ascending to the brain, thereby producing antinociception (14, 15, 16, and 17). Psychedelic drugs like LSD, mescaline, and psilocybin all potently bind to and activate 5-HT₂ receptors and even more potently activate 5-HT_{1A} receptors (Figure 1). As a result, psychedelic drugs are effective at inhibiting the perception of pain originating in the periphery of the body.

Another factor that may have influenced the choice of the FDA to approve this study is that 5-HT₁ & 2 receptors are both involved in the vasoconstriction of blood vessels feeding certain kinds of tumors (18). If blood flow is reduced to the tumor it no longer receives all the food and oxygen it requires to grow. If the vasoconstriction is great enough it can reduce the size of the tumor and may even lead to remission. Once again, psychedelic drugs have a great affinity for both indicated receptors.

For Dr. Grob's study, each participant was admitted to the hospital overnight on two separate occasions to receive "treatment." For all participants, one of the treatments was psilocybin and the other was a placebo. Whether the placebo or psilocybin came first was randomly determined for each participant. Neither the person administering the treatment nor the participant knew which order they were administered, affording the study double-blind status. During their hospital stay, participants filled out questionnaires, inquiring about their feelings, mood, and level of pain. Subjects were also encouraged to bring small keepsakes, photos, and favorite music to the treatment sessions (13).

Perhaps this is the beginning of a new avenue in the care of terminally-ill cancer patients struggling to come to terms with their own imminent death and the affect this will have on their loved ones while suffering tremendous physical pain. One thing seems certain, though: patients' current care options are not considered satisfactory, often focusing more on the treatment of physical pain with opiates while underplaying, or even outright ignoring, the psychological well being of patients. This is compounded by the fact that opiates often cause depression, anxiety, severe cognitive impairment, and confusion, significantly lowering the quality of life for both patients and their families. Perhaps it is time for a new paradigm. One where we recognize the body, mind, and soul as a uni-



fied whole, and design our medical treatments accordingly.

Cluster Headaches

The sufferers of cluster headaches are by far the most vocal and ambitious supporters of the therapeutic potential of major psychedelics—and with good reason. The comparison between the obvious severity of the condition versus the overwhelming and blatant improvement of quality of life following only one or two sub-recreation doses of drugs like LSD or psilocybin is dramatic. This improvement is also repeatedly observed in case study after case study (19, 20, and 21). Surprisingly, a study into the treatment of this condition using psychedelic drugs has yet to be approved by the FDA.

For those readers that do not know, cluster headaches are a relatively rare form of migraines. They are commonly considered *the* most painful experience known to humankind, more painful than kidney stones, natural childbirth, or limb amputation without anesthetic (22). A related experience, which is much less severe, may help yield some perspective on the location and kind of pain involved with cluster headaches. This phenomenon is known to many people as brain freeze and is actually produced by a similar but transitory swelling of the blood vessels around the ophthalmic

nerve bundle (23). In light of the pain cluster headaches produce, that they are also known as Suicide Headaches should come as no surprise. Indeed, in an ongoing survey, out of 194 cluster headache sufferers responding worldwide, 65.48% had considered suicide while 9.14% had actually attempted it (24). Statistics could not be found on the actual prevalence of successful suicides in this population.

The pain is produced by intense vasodilatation of the blood vessels surrounding the trigeminal and ophthalmic nerve bundles in the head. These nerve bundles provide the main lines of communication between the brain, face, and eye, respectively. The vasodilata-

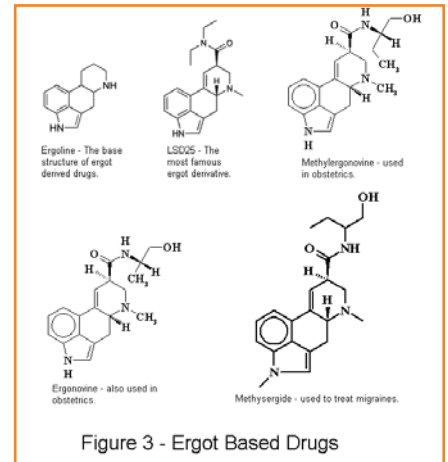


Figure 3 - Ergot Based Drugs



Flowering peyote with 2 fruit.

tion puts great pressure on these nerve bundles, resulting in immeasurable pain perceived in the teeth, sinuses, and especially behind the eye. There is one set of both these nerves on each side of the face. Attacks usually occur on just one side of the face at a time but have been known to switch sides (22).

Attacks usually come on quickly, building to peak intensity in as little as 5 minutes. They can last from 15 minutes to 3 hours and occur once a day to as many as eight or nine times a day, often with clock-setting regularity (24). There are two primary classes of cluster headache sufferers: episodic and chronic. Episodic episodes occur with periodic regularity, either at the same time each year or separated by the same interval between each occurrence. Episodes can last from 7-365 days with at least a 1-month break from pain between episodes. If the attack lasts longer than a year without going into remission for at least a month the condition is considered chronic. Some patients who start as episodic sufferers eventually become chronic sufferers (22).

Treatments for cluster headaches are usually divided into three basic groups of effectiveness. Abortive agents are used to halt the progression of individual headache attacks. Other agents are effective at terminating entire episodes. Prophylactic agents go beyond this to either extend episode remission or skip an entire episode

the first return on a search for “cluster headaches” at Erowid.org (20).

There are a couple of items of particular interest found in this synopsis. The first is an experiment performed by Flash on himself. Alcohol is a known trigger for migraines and cluster headaches. Flash induced a cluster headache by drinking a “large glass of whiskey.” Tea was made in advance from 1/4 of what would be considered a recreational dose of psilocybin mushrooms. As the headache began to peak, the tea was consumed over a 15-minute period. A short while later the headache suddenly stopped completely. Flash reported that this single sub-hallucinogenic dose provided relief from expected cluster headache episodes for 12 months (20).

The second item of interest is the observation that treatments are often devastatingly expensive. For example, sumatriptan, sold as Imitrex, requires an injection for every treatment. For some patients, individual treatments are required to abort each and every headache in an episode. At \$35 (USD) per injection, three plus times a day for months, the cost can add up quickly. Sumatriptan is a close chemical relative to psilocybin. When comparing multiple daily injections for several weeks or months to one or two sub-recreational doses of mushroom tea every 6-12 months, much of the

Thai king cube.



cycle (21). When taken continuously some agents can make the condition worse in the long run, resulting in the precipitation of an episodic patient becoming chronic (25). Lacking an actually cure, the best treatments would act at all levels of effectiveness for the majority of those receiving the treatment.

Recently, there has been a substantial trend in the international community of cluster headache sufferers to use psilocybin mushrooms and LSD25 to treat their symptoms. In the Internet community, an individual going by the handle Flash initiated this trend in November 1999 on the forums at clusterheadaches.com. A powerful synopsis of the discussions that followed and several treatment experiences reported by cluster headache sufferers can be found as

appeal behind the psilocybin treatment choice becomes clear (20).

The final item of interest concerns the observations by cluster headache sufferers and their caregivers of the dramatic effect psilocybin tea can have in aborting headaches. The following was observed 10 minutes after the patient drank tea made from approximately 3/4 teaspoon dried psilocybin mushrooms during a particularly severe attack.

He complained about being cold, very cold, rocking with his head clenched in his hands from a sitting-up position to his head on his knees and up again, moaning, “Oh God, oh

God.” Then he came up and said, “OH MY GOD!” Then it was gone. Between being in an upright position and rocking forward to his knees it disappeared! He was rubbing his head and smiling and wiping tears away and saying, “I can’t believe I was just suffering so much! It’s gone completely. It’s gone!”

- Monique (on Greg’s experience)

Monique’s report appears to typify the experience of most cluster headache sufferers who have tried to relieve their suffering with a major psychedelic. When relief occurs it is usually fast and complete (20).

The duration of relief varies from individual to individual, a point made clear by a new survey of cluster headache sufferers recently published in a 2006 issue of *Neurology*. Sewell, Halpern, and Pope surveyed 383 cluster patients; only 53 consented to a more in-depth interview and check of their medical records. Of the 53 interviewed, one had only tried LSD25 to treat headaches, 8 had tried both LSD25 and mushrooms, and the remaining 44 had tried mushrooms only. Sub-psychedelic doses produced therapeutic results in 22% of the LSD25 group and 42% of the mushroom group. There were several categories of relief measured in the survey. Of the respondents to each category, 85% reported mushrooms aborted headaches, 52% reported an episode termination with mushrooms, 88% with LSD25, and 95% reported prophylaxis of their next episode with mushrooms, 80% with LSD25. In a secondary analysis performed on the remaining survey responders, 52% reported terminating at least one episode with mushrooms (21).

Overall, the results are promising. Often doses so small as to not induce noticeable psychedelic effects appear to produce therapeutic results. Psychedelic drugs were reported to be effective treatments by a majority of respondents for all three levels of relief: abortive, episode termination, and prophylaxis. This report should go a long way to help Halpern obtain FDA approval for a Harvard-based study into the use of these drugs to treat cluster headaches. Until now, all information on the topic came from anecdotal reports from individuals attempting to treat their condition on their own. A controlled double-blind study has yet to be conducted, which is what Halpern proposes.



“FOR OVER THREE DECADES NOW, RESEARCH INTO THE MEDICAL POTENTIAL OF MAJOR PSYCHEDELICS WAS VIEWED CULTURALLY AS TABOO, AND APPROVAL OF NEW RESEARCH WAS ESSENTIALLY UNHEARD OF.”

So far, a two-part theory exists to explain how psychedelics may be providing these therapeutic results for cluster headache sufferers. The first part is better understood and concerns the immediate cause of the pain experienced in cluster headaches—the vasodilation. Psychedelic drugs can easily (to reasonably easily) bind to the 5HT_{1D} receptor responsible for vasoconstriction in the brain (26). In fact, Imiprex is a selective agonist at the 5HT_{1D} receptor but, as reported above, Imiprex is an abortive agent and does not tend to produce prophylaxis (27). The second half of the theory is a bit foggy but the prophylaxis may result from longer-term changes to the hypothalamus, possibly mediated through activation of 5HT_{1A} receptors (26) and/or through a change in gene expression exerted by these drugs (28, 29, 30). Psychedelic drugs are extremely potent agonists at 5HT_{1A} receptors (Figure 1). What is clear is that whichever way they do it, the major psychedelics produce both abortive and prophylactic properties in the treatment of cluster headaches, which goes beyond simple 5HT_{1D}-activated vasoconstriction.

Conclusion

For over three decades now, research into the medical potential of major psychedelics was viewed culturally as taboo, and approval of new research was essentially unheard of. This was a product of the stigma associated with the recreational use of these drugs and the banning of LSD and other hallucinogens by the federal government. Whether deserved or not, a strong stigma still exists in both the scientific community and the public at large in the use of psychedelic drugs to aid in psychotherapy. As there have been significant improvements in the standardization and use of the scientific method in psychology and psychopharmacology since these drugs were banned, the time to give them a second look as psychotherapeutic agents may be quickly approaching. Whatever our cultural stance on the more intangible potential uses of psychedelic drugs, the case reports and pilot studies discussed above should make it clear that in ignoring this class of drugs we have also ignored the potential aid they may offer as valid medications. If one examines Figures 2 & 3 and compares the chemical structures of psychedelic drugs to that of other drugs already in use for some of the conditions discussed above it quickly becomes obvious why pharmaceutical companies are rarely surprised to hear the therapeutic results reported by patients experimenting with psychedelic drugs. They already know these drugs should provide therapeutic relief for some conditions; their hands are just tied to do anything about it. The time has come for our culture and government to begin loosening their bonds.

By Ally (a.k.a. pflower)
“Preserve Neural Plasticity”

Mushroom pictures provided by www.mushroomjohn.com. Thank you John Allen!

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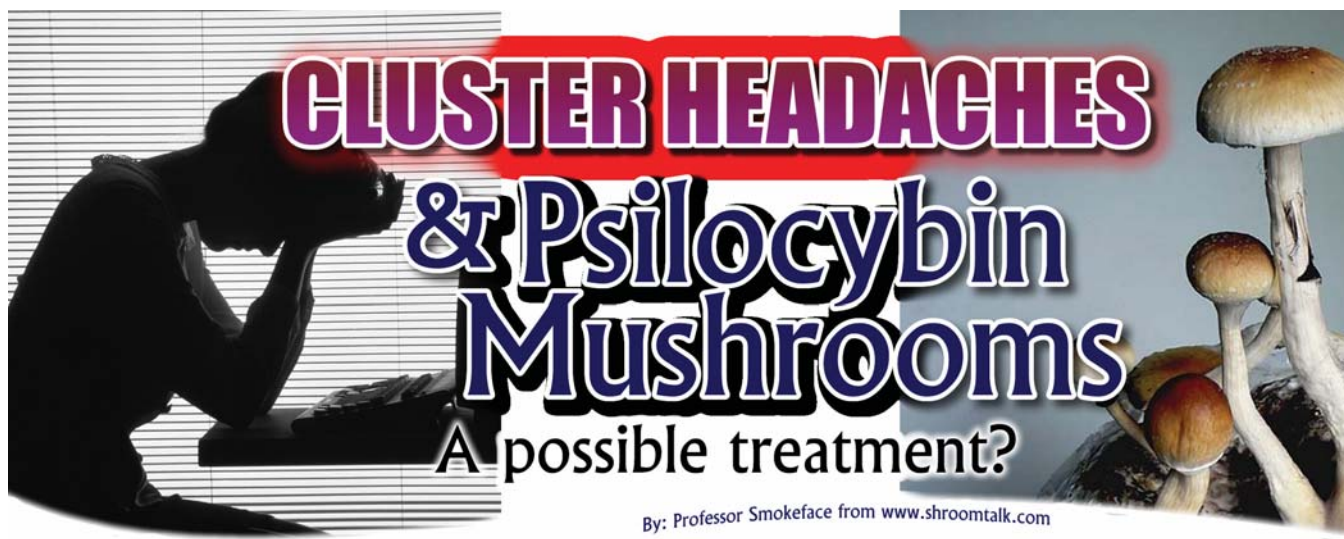
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Patient Resources

OCD:
<http://www.maps.org/news/1099news.html>

Cancer:
<http://www.clinicaltrials.gov/show/NCT00302744>

Cluster Headaches:
<http://www.clusterbusters.com/>
<http://www.maps.org/research/cluster/psilo-ld/>
<http://www.clusterheadaches.ca/DesktopDefault.aspx>
<http://www.ouch-us.org/index.shtml>



What is a Cluster Headache?

Basically, a cluster headache is a rare headache that occurs in groups or clusters. Typically, a person will experience very severe pain of a piercing quality near one eye or temple that lasts between 15 minutes and 3 hours. Some other symptoms include drooping eyelids, red and watery eyes, and nasal congestion on the affected side of the face. In an episodic cluster headache it can occur once or more daily, often at the same time, for a period of several weeks. The episode is usually followed with a headache-free period lasting weeks, months, or even years. In a nutshell they are extremely painful and can be debilitating.

Medical Treatment

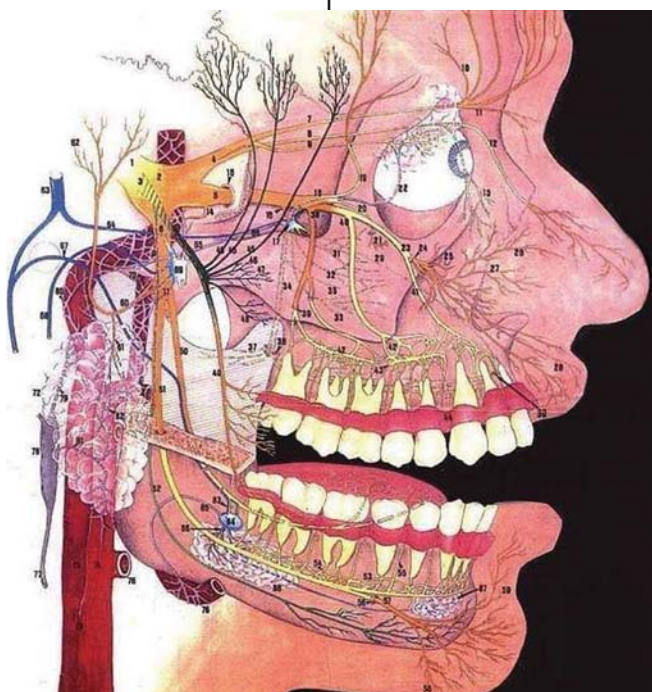
Many doctors are unfamiliar with the disease and it can go undiagnosed for many years. Over the counter medications (such as aspirin, acetaminophen, and ibuprofen) have no effect on dulling the pain from a cluster headache. Some have reported partial relief taking narcotic painkillers but the frequency of their use in a cluster cycle (1-3 times a day) often disqualifies them. Other medications are classified as either abortive or preventative, but patient response to these drugs is highly variable and unreliable. Other reported supplements and natural methods have also had small successes but there is no known cure or absolute treatment.

What is Psilocybin?

Psilocybin is a psychedelic alkaloid of the tryptamine family. It is present in many species of fungi, especially the famous "shrooms" or "magic mushrooms." What is interesting to note is that these psilocybin mushrooms are one of the only life forms on Earth that naturally produce this chemical. Psilocybin also happens to resemble serotonin, a chemical synthesized in the human brain that plays an important role in the regulation of our lives, including mood, sleep, sexuality, emotions, and appetite.

Can psilocybin help with cluster headaches? Apparently yes. There has been several cases reported from cluster headache sufferers that the use of psilocybin mushrooms can reduce the frequency and severity of cluster headaches. In some cases the mushroom dosage was able to completely interrupt a cycle and provide relief until the next episode started.

MAPS (Multidisciplinary Association for Psychedelic Studies) has been developing research into the use of psilocybin and LSD in the treatment of cluster headaches. Using a series of questionnaires posted on www.clusterbusters.com and www.erowid.org doctors can analyze the responses and develop a study directly investigating psilocybin as a potential treatment for cluster headaches.



The investigators are currently working on designing a pilot study where people will be assigned to receive low or high doses of psilocybin or LSD to see whether these substances will interrupt an ongoing cluster headache cycle. If study results are promising, then further research studies will be designed and conducted. Possibly leading to psilocybin becoming legal.

The most interesting thing that differentiates psilocybin (and LSD) from other CH medications is that it does more than just abort or prevent an attack from occurring; it actually terminates the entire CH "cycle" for an extended period of time, long after all traces of it have vanished from the body. Please note, however, that not all people should use magic mushrooms to treat their cluster headaches. There might be problems with this treatment for some people, and mushrooms may interact with other drugs.

Another factor to consider before using psilocybin mushrooms or LSD as a possible treatment is the legality. Psilocybin mushrooms themselves are not specifically named in the U.S. federal scheduling system;

however, their two primary active chemicals (psilocybin and psilocin) are both DEA Schedule 1. Since two substances are illegal to possess, fresh or dried magic mushrooms are also illegal. But the spores dropped from the mushrooms contain no psilocybin and are legal to sell and possess in all states except California, Georgia, and Idaho.

Should I Stop Taking My Current Medication?

If you want to try using magic mushrooms as a treatment you must detoxify from your current medications. Other medication can possibly inhibit or entirely eliminate the effectiveness of psilocybin, or the exact opposite, greatly increasing the effects that can cause serious problems.

How Does Psilocybin React With the Human Brain?

Psilocybin is a psychoactive because it closely resembles the structures of neurotransmitters that convey impulses from one nerve to another in the brain. Examples are serotonin and norepinephrine. The hallucinogenic molecules fit into the same receptors as the neurotransmitter and overstimulate them, leading to false signals being created.

Once the body begins to break down the flesh of the mushrooms and

whole blood during attacks of cluster headaches, whereas platelet serotonin levels fall precipitously during migraine attacks. Waldenlind et al. (1985) found low whole blood serotonin levels among cluster patients both during an active bout *and* remissions, comparable to levels found among migraine patients. When the mechanism for cluster headaches takes place in the brain and an episode begins, the psilocybin may shock the body into resetting the imbalance ahead of schedule. Similar to how you would smack the television when the reception gets fuzzy.

After absorption the molecules of psilocybin bind to the 5-HT receptor sites in the brain that normally would be occupied by 5-HT (serotonin) molecules. Instead, the signal that gets sent up the axon of the affected neuron is slightly different than the signal that gets sent when it is occupied by a serotonin molecule. The results of this slightly altered signal are various psychedelic perceptions. But another result is that a signal gets sent to the hypothalamus (or whatever else it is in our brain that periodically initiates a cluster cycle), telling it to “reset” itself to its normal mode. But there’s something else that happens as well. One of the most widely reported side effects of using psilocybin mushrooms is the tolerance effect. For several days after a significant dose of a hallucinogen,

Psilocybe Cubensis Magic Mushroom - B+ Strain from www.spores101.com



expose the psilocybin, it’s converted to psilocin via enzymes in the body. The psilocin then acts as an agonist at the 5-HT serotonin receptor in the brain where it mimics the effects of serotonin. Hallucinatory effects can occur with larger doses but usually the effects are pleasant or ecstatic, including a sense of connection with others.

How Do Cluster Headaches Work?

Cluster headaches are usually described as a vascular headache; however, the striking circadian rhythm of this strictly half-sided pain syndrome cannot be readily explained by the vascular hypothesis. Some findings have shown that in the acute pain state, activation was seen in the ipsilateral inferior hypothalamic grey matter, the contralateral ventroposterior thalamus, the anterior cingulate cortex, and bilaterally in the insulae. More studies are needed to give equal weight to the pathological and physiological mechanisms that are at work.

Serotonin, Psilocybin, and Cluster Headaches

Serotonin alterations are subtler in patients with cluster headaches than in migraines. Medina et al. (1979) found large elevations of serotonin in

such as LSD or psilocybin, the receptivity of the binding sites is altered. This alteration seems to put the synapses in a state of confusion, setting an expected episode off and delaying the start of another cycle.

There is currently work being done at the Harvard Medical School regarding official research into this treatment. Also, organizations like MAPS (www.maps.org) are in need of funding to develop research into the use of psilocybin in the treatment of cluster headaches. We hope that there will soon be an official FDA-approved study that cluster sufferers will be able to participate in. You can learn more about mushrooms and other mycology-related topics at Shroomtalk Forums online at www.shroomtalk.com.

You can also get everything you need to learn about growing mushrooms and mycology at websites like www.mushbox.com and www.spores101.com.

Professor Smokeface
www.shroomtalk.com

A PERSONAL ACCOUNT ON MEDICINAL MAGIC MUSHROOMS



I'd like to make a contribution to the discussion of growing and using magic mushrooms for medicinal purposes, having recently grown and dosed with them for the first time.

I'm a 40-year-old male and my background involves a troubled upbringing that included psychological and physical abuse and the trauma that often follows in their wake. Although I've come to terms with much of my past I still have some dark lingering shadows, but I don't feel the trauma as acutely as I once did. Thankfully, I haven't touched any alcohol in 5 years, which used to really add to my problems.

I've always been interested in the healing power of medicinal herbs over other treatments, having been prescribed antidepressants and sedatives in the past that didn't do me much good. I often found that they masked symptoms with worse ones. Cannabis, on the other hand, was a far more effective treatment for my anxiety and depression, not to mention safer. This is why I like to grow and use my own medicine in a responsible manner and why I was open to other herbal treatments.

I was pretty intrigued when I read somewhere that magic mushrooms

have been used for the treatment of anxiety and alcoholism; it suggested that it could be of benefit to me. So I looked into ways of acquiring some spores and researched the topic more fully, which led me to www.fsccanada.com where for \$2.00 in postage they'll send out a free spore print. Given my meager circumstances, this charitable arrangement was ideal, especially as the price of a kit is definitely out of my reach. The kits also seemed to be a waste of money, unless, for some reason, you weren't able to spend the time and effort in setting things up; then, I guess, they'd be very useful. It's how I found myself in possession of a Cambodian *psilocybe cubensis* print. Now all that was needed was to grow them.

I'd been visiting the excellent and informative www.shroomery.com and www.mycotopia.net for some time and reading as much as I could about the different growing options (teks), of which there are many. I felt confident enough after about a month of researching to go with a bulk grow on straw/manure, thinking it'd be better to grow one big lot and preserve them if I could.

First, I inoculated some well-prepared (sterilized) birdseed in a glass jar by scraping some of the print straight onto the seed and shaking the jar. It was then left in a dark, warm spot to colonize. Many growers don't seem to recommend inoculating straight from a print but would rather prepare a syringe mixture of spore/water, but in my case this wasn't possible and, as it turned out, unnecessary.

After a few weeks the mycelium had taken over and covered the birdseed, which enabled me to inoculate further jars using what's called a grain-to-grain (G2G) transfer, and after waiting until they were all colonized I evenly mixed the whole lot with a tub of straw/manure (prepared in advance). Then it was simply a matter of waiting some more until it, too, was colonized with the mycelium, which, in my case, took about another month.

Initiating the actual growth of mushrooms (fruiting) involved introducing fresh air, a lower humidity, and a little light. After a few weeks "pins" formed on top of the casing, which then turned into mushrooms in about a week.

From beginning to end I think the whole process took about 2 months, but things don't have to be this ambitious; they can just be grown on rice cakes in an aquarium or something, cutting out much of the time and effort. It cost very little and the key was to keep things as hygienic as possible in order to prevent mold contamination, and, as I soon found out, patience—lots and lots of patience.

On my first tentative try with ingesting the shrooms, I followed the best advice and my own ambitions and tried to keep the

dose to what I thought was a low to moderate one (about 30-40 grams, fresh) but which was probably more moderate to high, as things turned out. Anyway, around 30-40 minutes after I'd drunk the 'shroom tea I noticed that everything around me looked like it was given a fresh coat of paint, and some visual distortion and light trails were noticeable. Another 20 minutes and I was feeling disorientated and had to lie down.

I closed my eyes and as outside noises fell into a distance, I found myself in what seemed to be a pulsing, organic *other-world* that was somehow more real than the world I'd left; however, it was no Alice's Wonderland. Initially, I wouldn't have called it pleasant, but it was fascinating (and overwhelming) and not what I'd expected at all (although I didn't really know what to expect). Everything seemed to be connected. If I were asked to describe what I saw and felt, it would've been impossible for me. It was quite powerful.

After a while I got used to the sensation and was even able to enjoy the alien-ness of it all. That "world" lasted about 2 hours, with me lying in a relaxed fetal position, eyes closed, and mind wide open in awe. After a while I slowly felt a creeping euphoria rising up and through me, which heralded a return, not to consciousness—I was never unconscious—but to a new aware-

ness, I'd say, of my physical surroundings. It came on in waves, like an exceptional orgasm, slowly fading to a pleasant and relaxed feeling of newness and something I felt resembled a re-awakening to life's potential.

I came down from the experience feeling the best I'd felt in years—energized and optimistic. I felt like I had a generalized insight into my life and life in general. Real or imagined, I needed to talk with other family members to share my epiphany with them. I didn't—they'd have thought I was mad anyway—but I can understand why people have the compulsion.

In conclusion, overall I found the experience to be uplifting and life affirming. It had a positive lingering affect that, I'm sad to say, faded over time. I wouldn't recommend it to everyone but for me it was an experience that left me feeling better about things in general, even if it wasn't quite the panacea I'd hoped for. Still, I'd call it therapeutic and well worth the effort it took for me to produce. I don't think it's something anyone wants to experience too often, but I'd certainly like to revisit this world in the future as it was strangely cathartic—and confusing and wonderful.

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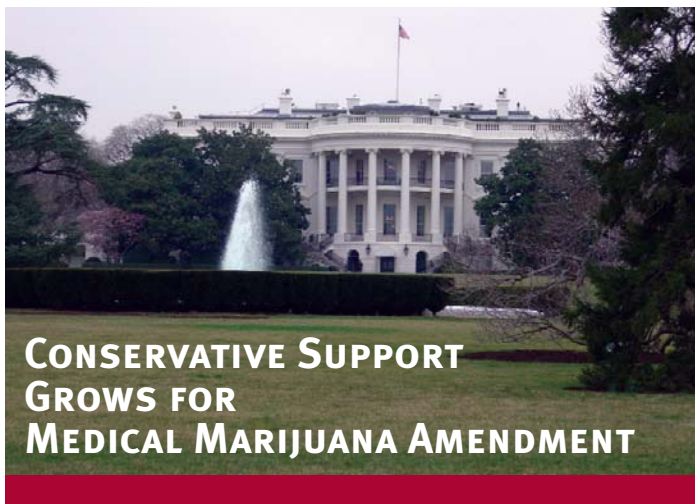


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CONSERVATIVE SUPPORT GROWS FOR MEDICAL MARIJUANA AMENDMENT

WASHINGTON, D.C. - A leading conservative organization, Citizens Against Government Waste (CAGW), has come out in support of an amendment to stop the DEA from attacking medical marijuana patients in states where medical use of marijuana is legal. The Hinchey-Rohrabacher amendment to the Science-State-Justice-Commerce appropriations bill, sponsored by reps. Maurice Hinchey (D-NY) and Dana Rohrabacher (R-CA), could receive a floor vote as early as today.

CAGW's report, "Wasted in the War on Drugs," released Monday available at www.cagw.org/site/DocServer/Drug_Report.pdf?docID=1661, slams the federal government for "using valuable taxpayer dollars to track down and persecute medical marijuana patients that are using the drug legally in their state," and calls such efforts "useless." The report, which comes on the heels of a letter sent to members of congress by a coalition of conservative groups condemning the government for wasting money attacking medical marijuana patients, concludes, "If passed, the Hinchey-Rohrabacher amendment would free up federal dollars for more important priorities and help to restore a proper division of power between the state and federal governments."

The Hinchey-Rohrabacher amendment would bar the justice department from using its funds to interfere with the medical marijuana laws now in effect in Alaska, California, Colorado, Hawaii, Maine, Montana, Nevada, Oregon, Rhode Island, Vermont, and Washington. It would not impact states that don't have medical marijuana laws. A national Gallup poll released in November 2005 found that 78 percent of voters favor allowing physicians to prescribe marijuana "to reduce pain and suffering."

"We are excited by the groundswell of support for this sensible, humane measure," said Aaron Houston, director of government relations for the Marijuana Policy Project (MPP) in Washington, D.C. "This week's vote will be a test of whether House members are truly listening to their constituents." MPP organized a grassroots push for the amendment, which included face-to-face meetings with over 250 congressional offices, phone calls, and connecting over 3,000 constituents with their representatives' offices via MPP's online system.

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

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COMPASSION TEN YEARS AFTER

Photos: Craig Lemire of Hello Jazz Productions



Eddy with the boys.

Well, it's been ten years since the people of KALL-LAY-FORN-YA passed the Compassionate Use Act, Proposition 215, 11632.5 of the C.A. Health and Safety Code. Craig and I are going to the heart of it all, where it all began, San Francisco. We'll be staying with the driving force and co-writer of 215, Dennis Peron. His beautiful home is in the heart of Castro, San Francisco's, gay district, just a few blocks from Dennis's first dispensary on Church and Market.

Our mission is to ask the gay community how Prop 215 has worked to help meet their medical and spiritual needs. My darling Linda can't go but will try to meet us Sunday for another event. Linda wanted to know how the state has tried (or not) to implement the programs asked for in 215. I believe this to be a very valid point, because many patients still face prosecution by the state and federal government, which, of course, results in millions of dollars of income to the legal profession, with both sides playing us like fiddles.

By our rough estimate, NORML alone refers over 3 billion dollars worth of cases nationwide each year. This is big business for them. For us it can be a death sentence. We're hoping to ask the mayor and former mayor, Gavin Newsome, and the irreparable Willie Brown how Prop 215 affects managing one of the world's greatest cities, where it's okay to be yourself no matter what you are. From my childhood trips with my dad and granddad to watch the Giants' games, to getting to meet many of the great players, to lunching with my mom at DiMaggio's as I shipped out for Nam, to romantic nights with Linda as she and I grew to love it as no other place on earth, San Francisco has always been on the cutting edge when it came to being new and innovating!

Acceptance and compassion have a long, proud history here. I've often wondered why it's taken ten years for the rest of the state to get it. Even worse, I shudder to consider how long it'll take to get them to give up the money they steal from us illegally. Taking

patients to trial at all levels, making millions—no billions!

I am for law and order. I want a safe state. But I wonder how we can keep putting people in prison for victimless crimes. The constitution says we can't but we are. Prisoners are sleeping outside in exercise yards because they have 6,520 men in a prison built for 3,000. I'm sure many should be there, but with the way we're going about it we can't afford to keep arresting everybody. We must go after real criminals: people that kill, rape, steal, beat, torture, abuse children and animals, destroy property, etc.

What scares you more: some babe turning a trick, a dude smoking a joint in the park, or a carload of gang members in a drive-by? For me the choice is easy. You would think it would be easy for us all, but it sure doesn't seem that way. Anyway, ask yourself how long we can afford this when every one of them screams that we don't have enough men or money. Maybe we should change our priorities. If they were arresting real criminals as defined by our constitution maybe they'd have enough resources and wouldn't raise our taxes yet again. Yeah right!

After settling in at Dennis's we were on our way to lunch with the lovely Mona from Good Fellows Dispensary in the Height. I was able to ask her a couple of quick questions beforehand.



Jennifer Beal from the Lword speaks at the rally on Sunday.

The stunning sisters from the Good Fellows Smoke Shop with Ariana the princess of herb, Eddy and our dear friend.



Eddy: How long have you been in the business?

Mona: About 3 years. We're soon to have a hearing for our new permit. It's a long process but worth it. It's sad they have done little to implement the programs asked for under 215.

Eddy: How much will all this cost you to stay in business?

Mona: About \$7,000 to the health department, another \$675 to the planning department, plus \$1,500 for permits, and \$2,000 for plans or more. All together, 12 to 13,000 dollars plus.

We went to the transgender march; it was touching to be there. They only ask for what we all want: the freedom to be themselves, free from the fear of persecution. Mark Leno made a short speech and then we walked to the Castro for ice cream. It was interesting as we went with Dennis P. who brought the other "pinky." As you will see from the pictures, it was an enlightening experience. After a walk and a thousand stops and hellos, etc, we returned to Dennis's for a night's sleep.

Up and at 'em by 7:30 a.m. while everyone else was still asleep. As I waited for the day to begin I thought of my little bitty pretty one, wishing she were well enough to be with us. We called five times yesterday and will call at least that many each day. I'll keep an eye open for a cute little something for her. Today is the Dykes On Bikes event and rally at Delores Park, with the Pink Party tonight in the heart of the Castro. The Castro will be alive all night, with a party that is going to be the envy of all other parties. As always there will be too much booze and way too many will forget why they're even here.

We went to the Lexington Club, a quiet little neighborhood bar, to see Excuses For Skipping. The girls were red hot and the show was great. They will play again tomorrow at the Civic Center. Allison and

I LOVE A PARADE

Wendy laid down a beat the others, Linda and Tammy, built on. It was very good entertainment. Check out their website: www.excusesforskiping.com.

Earlier, while waiting, we had the honor of watching an Aztec coming-of-age ceremony that lasted several hours and was truly touch-

We didn't see one fight in 3 days. There were, sadly, way too many that drank too much. But for the most part they sat with heads between their legs, puddles of puke at their feet, their friends all jokingly telling them "have another drink, it'll get better," and so they do, only to puke again and again. I wonder how long 'till we have events where the sacred herb is the main source of fulfillment.



San Francisco's openly Gay Politicians.

ing, both on the human and spiritual level. You could feel their ancestors as we watched the dances and heard the songs. Craig and I were touched to witness it, because it reaffirmed my feelings about the strength found in a more tribal setting. They are very proud of who they are and where they came from. Not wanting to dishonor their Aztec heritage, many shied away from pictures. We were, however, allowed to take pictures of one of the leaders. To them, we say, thank you for the honor, it was wonderful.

We returned to Dennis's and changed and got ready for the evening. We were picked up and went to Fisherman's Wharf for dinner. I had a crab sandwich, the likes of which you can only get on the west coast, and it was good. The Wharf was full of tourists, like the whole town was. Then we headed to the Castro. We met the folks from Nice Dreams, a wonderfully wicked, infused ice cream. Ben and Jerry better watch out, because the boys are in town!

The streets were packed, taking 45 minutes to travel when the night before had only taken 5. There were vendors, drag queens, drag kings, gays, straights, bisexuals, lesbians, some that just weren't sure, and a couple who were just that way for the weekend. They came from all over the world. There wasn't a group or category that was not represented here this weekend; over a quarter of a million people, all having fun. It was wonderful to be a part of it, knowing that we were all embracing the beauty of diversity.

The night was a kaleidoscope of entertainment, from the outfits to the stages to the small shows put on in the windows lining the Castro. It was a night of love, laughter, understanding, enlightenment, and, well, of course, puking. We returned home about midnight, leaving the night to the young and the restless.

At 7 a.m. we were up and going as today was the Gay Pride Parade, with a huge party at the Civic Center afterwards. An area ten square blocks covered with booths, stages, vendors, and several hundred thousand fun-loving, love-motivated people from everywhere imaginable. The diversity was proof that we can all get along. We can all live together in peace. I know this is a new concept for us, as we seem to have created all any of us have by killing each other. We can justify it, we can tell ourselves why it's that way but, as always, we would just be lying to ourselves once again. The truth is that the killing, the wars, the hate, and prejudice must stop, or we're all doomed. We must work together if our world is to survive.

The Civic Center party was centered around a huge stage in the park. There were many other stages and shows everywhere, and an endless array of food and things. The air was full of wonderful smells, food, incense, and the sounds of laughter. We circulated through the whole place, taking time to watch the parade where we saw stars everywhere, from film, TV, politics, music, etc. The speak-



Anyone this fabulous is defiantly criminal.

ers and entertainment were all informative and fun. The drag kings stole the show as always. As we covered the event we spoke to many patients and asked the following questions.

Q: In the last ten years have you participated in programs set up by the state or federal as called for in 11362.5 of the H&S Code?

Sadly, the answers were all the same.

A: What programs? There are none. The city of San Francisco has a card program and works to make it better, but they're about all. Then again Richard Eastman and many other brave souls seem to have Los Angeles coming around.

Q: Do you know anyone, or have you personally been arrested or hassled over Prop 215?

Again, sadly, over 90% of those talked to have had a personal experience with the law, and that is a shame.

The attorney general of C.A. has clearly stated THC is TH, but the cops say hash is illegal. The courts have said that 215 is a legally guaranteed right, not a defense. Yet we must still be arrested (which, if you read 215, is against the law) and prove ourselves. Probably 80% of all patients are on fixed incomes and have no resources to fight a battle the law says they don't have to fight.

This weekend showed that we can all live together and make the world a better place for us all, regardless of our differences. It sadly, very sadly, showed that those we've trusted to protect and serve us as our representatives are doing little or nothing to honor our wishes. Maybe it's time for them to go.

Thanks so much to Dennis Peron for all he does. Thanks to the best city in the world, San Francisco. Many thanks to all the wonderful people who made it so enjoyable. Thanks to the voters of C.A. for Prop 215.

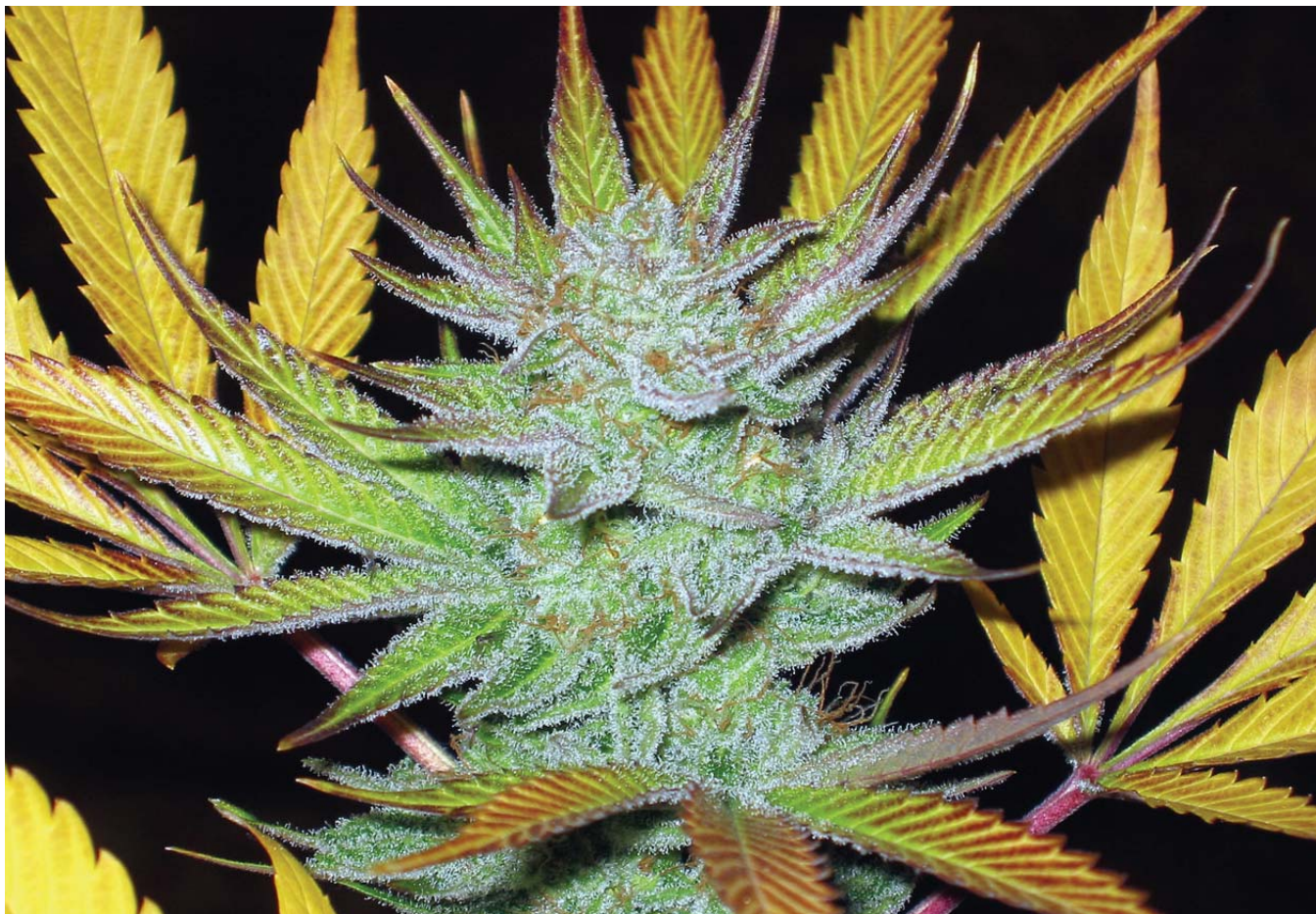
Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy



Are You Gay.

GROWING INDOORS, CHEAP



Before starting to grow you should review many of the most basic aspects of growing plants indoors. You should know that you'll need a secure space, lights, air replacement, water and nutrients. In my first article these items were briefly reviewed to give you an idea of what the most basic needs to grow successfully are. For this article I'll be going more in depth into each of the areas to help you plan out what you'll need to get started on a budget.

Ventilation, lighting and space: The three go hand in hand. How much light you need depends on how much space you have. The amount of space will depend on how much light you can afford to both run and ventilate. And finally, ventilation will depend on how much space and how many lights you have. It's a hard place to start but the purchase of lights and fans will be your biggest initial costs associated with starting your grow and are also the most important. Most times you already have a space in mind like a closet, basement or bedroom. You can even build a box to put in the garage if you so desire. Once you get the space picked out all the other aspects will fall into place.

A good general rule for lighting is between 50 and 100 watts of

HID lighting per square foot. For example a 3 foot by 3 foot closet can take between 450 and 900 watts of light. This could be lit by using one 600w HPS and a 250w MH or two 400w lights. Buds grown only under MH light won't develop as much weight as those grown under only HPS and there is significant debate as to whether buds grown under both HPS and MH are more potent. Until the debate is settled it is a matter of preference and what you can afford. One light will be cheaper to buy and a smaller light will be cheaper to run. But we also want buds so we need to balance the cost of buying and running the light with how much bud we'll get in the end. The best value is a 600w light as it puts out the most lumens per watt of power you use to run it. While the lumen is a horrible way to measure the level of light produced (humans and plants don't 'see' light the same way) it's a good way to estimate how much you'll need. Now that you've made your decision about what light you want, you'll need to bring in fresh air.

Air contains about 350 parts per million (0.035%) of carbon dioxide which plants use to make sugars for growth. In a sealed space the level can drop rapidly and plant growth will slow. In addition to bringing in CO₂ you also need to ventilate the heat from the lights. Without removing the heat your plants will

roast. You can choose to ventilate the lights separately from the room or together. Ventilating the lights separately will allow the use of carbon dioxide systems to increase growth but will increase the cost to get started and will require a different fan for the room. To save money, we'll go with one larger fan to vent the lights and room. So to start we have a 600w HPS light and 6" cool tube and we should probably get a 6" inline fan to fit the cool tube. So we've spent about \$300-400 on a brand new lighting system and \$175-250 on a fan. That's between \$500 and \$650 and not a single bud has been grown! When you consider the price of buying meds from a dealer, the two components are cheap by comparison. From here on out you can buy bags of soil and a good liquid fertilizer, plant seeds that you've saved and you'll harvest more on your first crop than you'd get if you'd bought it a bag at a time.

This is the cheapest way to get started. Buy a good light and a good fan and the two most important parts of your grow are taken care of. Exactly what type of soil to use and what type of fertilizer is slightly less important than the light and fan that you buy. The cheapest fertilizers aren't the worst and the most expensive fertilizer isn't the best. Read up on the advantages and disadvantages of each brand, preferably not from the manufacturers, but from people who have used it. The Treating Yourself online forums at www.treatingyourself.com is a good place to start asking around.

Dirt and fertilizers will be your next purchase. While you can also grow plants hydroponically, it may cost a little bit more to get your grow room started than it would with soil. What kind of dirt should you buy? You'll want to buy a good quality potting soil, preferably without any fertilizers in it. A garden center should sell bags for between \$6-12. Once you've bought some soil you'll also want to buy a few containers (or often you can get them free at some locations). A couple small ones (1-4") to start your seeds in and a few larger ones (1-3 gallon) to allow the plants to grow once they're established and finally a 5 gallon bucket with drainage holes for each plant you want to grow will make a good flowering container. You should also buy enough soil to fill up each container, but you don't want to keep the soil in the same room as your plants just in case the soil has harmful bugs in it from improper handling by the store. Buying the soil just before you need it will help ensure quality and sterility.

If you're starting with clones then you already know if you have

a male or a female. Seeds can be either male or female and we only want females around for the good seedless buds. To avoid wasting soil and planting a male in a 5 gallon bucket, you can keep plants in the medium container for a week or so after switching to flowering to identify and discard any males. You should repot any plants that you identify as female as soon as you know they are female to give the roots plenty of time to grow.

If you've ever walked into a hydro store and seen the shelves lined with colorful bottles of creatively named nutrients, you know that choosing one to feed your plants with can be a challenge. Reading the labels doesn't always help as the companies will tell you that their product is the best. It says so right on the bottle! Look for one that is made for soil and is moderately priced. You can also ask the salesperson which brand is the most popular, but realize their job is to sell you something. It

may be helpful to have an idea of what the most popular brands of nutrients are before you go in.

Nutrients are generally formulated for the different stages of growth (vegetative and flowering) and can come as a two part or a three part and range in cost quite a bit. About \$50-150 a gallon (which will last many grows) is a good starting price. Other products are additives and are supposed to be used in conjunction with nutrients to increase growth. Realize that claims on the bottle don't always translate into reality in your garden. Some additives will react with your nutrients (usually if not the same brand) and can cause nutrient deficiencies because of the formation of insoluble compounds that your plant can no longer take up.

So for about \$800 you can grow several good crops and harvest well more than the

few ounces you'd get from dealers. If you have a specific question regarding getting your garden growing, or if your garden is growing already and you have a question- drop by the TY.com forums and ask. Check us out, get your questions answered, stop paying for overpriced, under quality meds. Treat yourself and grow your own.

Mendrel has a B.S. in Botany with extensive studies in Plant Molecular Genetics, Biotechnology and Chemistry. He has assisted in teaching plant propagation and plant physiology classes and can be reached at Mendrel@treatingyourself.com or a question asked in the 'Mendrel Q&A' forum at www.treatingyourself.com

“THIS IS THE CHEAPEST WAY TO GET STARTED. BUY A GOOD LIGHT AND A GOOD FAN AND THE TWO MOST IMPORTANT PARTS OF YOUR GROW ARE TAKEN CARE OF. EXACTLY WHAT TYPE OF SOIL TO USE AND WHAT TYPE OF FERTILIZER IS SLIGHTLY LESS IMPORTANT THAN THE LIGHT AND FAN THAT YOU BUY.”

GROWING THE FINEST ORGANIC MEDICINE **With A Modest Setup**



All Cash Crops. Copyright by GBI 2006.

For achieving a sufficient supply of medical marijuana, one doesn't always have to have a high-powered garden with 400, 600, or 1000 watts of light. Depending on a patient's illness and the dose determined by it, a small setup with energy-saving CFL lights (one or more) might do the job. For example, somebody suffering from insomnia may need only one joint of indica before getting to bed and, therefore, isn't necessarily out for harvesting pounds or kilos.

Let's see how Karl, a 35-year-old German medical marijuana patient, setup a very modest indoor garden with CFL lights in order to produce his organic medical marijuana supply. Karl suffers from seasonal affective disorder. In the dark and cold season, he experiences heavy mood swings. Some years ago he found out that certain sativa strains could provide much help, acting as a vitalizing antidepressant when smoked one or two times a day, at a low dose of 0.1 grams of weed per joint. Since

then he's been smoking that kind of weed primarily in the winter but not exclusively, which results in a modest overall need of about 60

grams per year. For years, Karl used to grow one late-start female balcony plant in the summer in order to meet his demand. But then he moved to another place and didn't have a balcony at his disposal any more. So he turned to small-scale indoor growing, although Karl is a nature freak who wants everything to be as natural and organic as possible. His balcony plants had always been cultivated in rich soil and never received anything but natural fertilizers, such as fish emulsion and guano, and no pesticides. If one's health is at stake, there's no alternative to organic gardening for growing one's medicine!

In order to keep power consumption to a minimum, Karl checked the grow supply market in search of energy-saving, environmentally friendly lamps and found the CFL types manufactured by the German company MaxGrow to be the best choice. MaxGrow optimized the CFL's light spectrum and

Cash Crop garden. Copyright by GBI 2006.



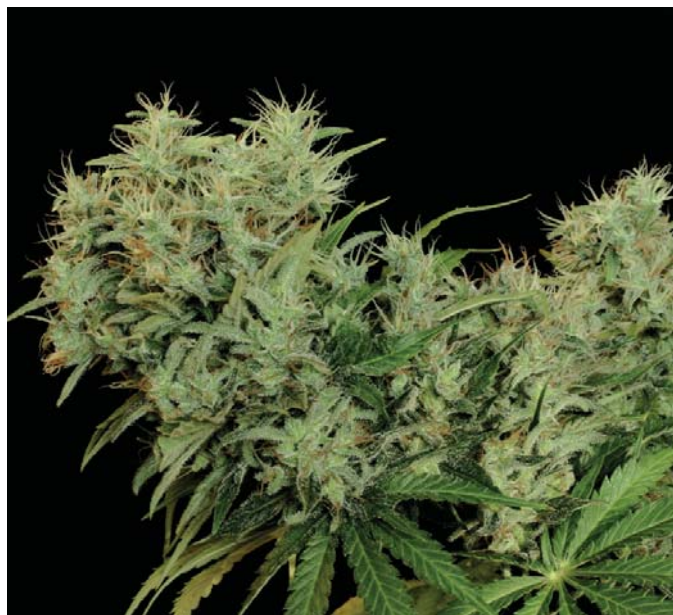
developed specific spectrum types for different applications. The result was that plants received a higher share of photosynthetically utilizable light. The different types of MaxGrow CFLs—Full Spectrum (6400 Kelvin), Dual Spectrum (4200 K), and SON-T Spectrum (2100 K)—are available in two versions: 115 and 180 watts (power consumption). These lamps fit into regular HPS mountings and can be directly connected to the power outlet; the electronic ballast is already integrated into the base of the lamp.

The Dual Spectrum type is an all-purpose lamp, suitable for both the vegetative and flowering stage, and that's why Karl decided to use this kind of CFL. As mentioned above, Karl wanted to realize a very modest grow setup, aiming at a harvest of approx. 60 grams to be received from four females grown on an area of about 0.3 sq m. He calculated

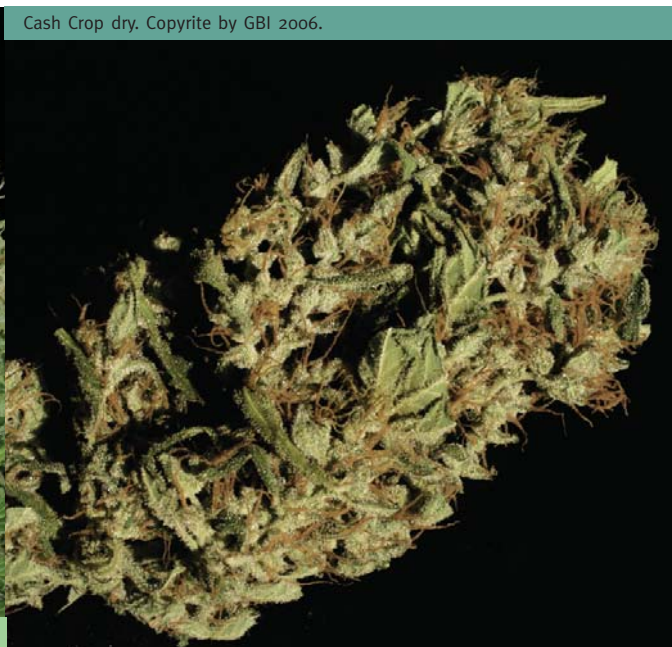
years ago by Daddy's Garden, a veteran German grower and breeder. Cash Crop delivers a highly antidepressant cerebral sativa high; it almost has an effect similar to speed, rushing through your brain like lightning. Karl let eight seeds germinate in a bottom-heated mini greenhouse, hoping to get four to five females in the end. All of them sprouted and after a couple of days, Karl transplanted the young seedlings to 6-liter pots filled with Plagron standard soil mix. Under the 115 watt Dual Spectrum CFL, they did very well, being fertilized with Canna Bio Vega once a week (in the flowering period, the plants received Canna Bio Flores). Two and a half weeks after germination, Karl induced flowering by shortening the light period from 18 to 12 hours. Four plants turned out to be female.

Cash Crop is not a stabilized, homogeneous strain; very often the

Cash Crop dry. Copyright by GBI 2006.



Cash Crop. Copyright by GBI 2006.



that one 115 watt CFL would be sufficient for the vegetative stage, and intended to add another one at the beginning of flowering. Karl didn't want to have an isolated grow chamber, choosing instead to have his small garden openly integrated into his living room, because he hoped that the bright light emitted by the CFL lamps would also help him with his winter depression. So he just fixed the reflector that housed the CFL(s) directly to the white wall and placed the plants on a table underneath. Only the left and right side of this small garden was covered with black/white film so that it was open toward the front (see picture). Karl was aware of the fact that he lost some light due to this open front and lack of reflection but decided that the antidepressant effect of the light shining through was more important to him than a couple of extra grams. When it was time to induce flowering, Karl attached another piece of black/white film to the front during the dark period in order to achieve total darkness within the garden.

The lamp's distance from the plants' tips plays a very important role and is a crucial factor in the application of CFLs. Because CFLs emit substantially less heat than HPS lamps, they can and should be mounted very close to the plants. A 115 watt CFL, for example, can be fixed as close as 2 cm above the plants. The short distance from the plants results in a particularly compact and short growth pattern—ideal for indoor growing in small boxes.

Karl grew the marvelously exotic Cash Crop (flowering time: 10-14 weeks), a noncommercial, mostly sativa polyhybrid consisting of Namibia x Malawi x Ghana (sativas) x Hawaiian (indica), bred about 20

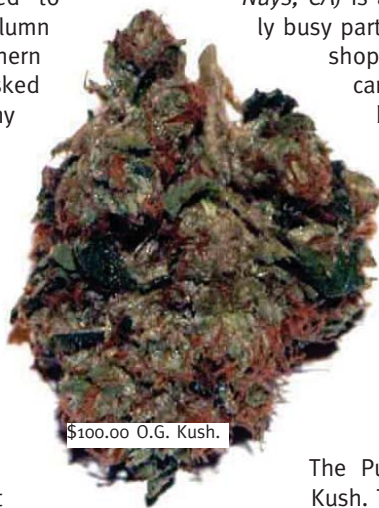
plants show different characteristics, predominantly expressing Namibia or Malawi traits, for example. And, indeed, one of the four females almost totally looked like the Hawaiian indica, very squatty, and the other three plants were clearly sativa, but each of them slightly different in the flower structure. Karl decided to bend the sativa types down so that the buds would equally profit from the light, thanks to the horizontal growth. The Hawaiian-like plant matured first, taking 9 weeks to ripen. Unluckily, it had become rather poor, with very small buds and a low calyx-to-leaf ratio. Maybe it suffered from a genetic defect. The next Cash Crop ripened after 10 weeks, the second one after 12, and the last one after 14 weeks of flowering. These three ladies were excellent, delivering beautiful sativa buds with a high calyx-to-leaf ratio and lots of resin.

Altogether, the four plants yielded 55 grams, so Karl's goal of 60 grams had almost been achieved. It would have been considerably more, unless the Hawaiian-like Cash Crop yielded merely nine grams. But, amazingly, even this one gave that incredible soaring sativa high, like, of course, the three sativa-like Cash Crops. The small setup with one or two MaxGrow Dual Spectrum CFLs, respectively, proved to function very well. So Karl was happy about his organic Cash Crop harvest and probably had enough medicine for the following year. But, if not, he has several Cash Crop grower friends who could help him out in case of an emergency.

Text and pics by Green Born Identity – G.B.I.

HERE, THERE, AND EVERYWHERE

After much debate, I've decided to make the focus of this issue's column the medical dispensaries in Southern California. Many people have asked me about the local shops in my area and how they compare to the shops I visit up north. More importantly, people want to know the quality of the bud and differences in price. Another question I've been running into concerns a rumor that various clubs from Southern California are claiming that their medicine is coming from "up north." Honestly, only the growers really know where it comes from. I will say that I just returned from the Bay this past weekend, and not one major grower or dispensary owner I know or met had any knowledge of any strains, let alone the best strains, that



\$100.00 O.G. Kush.

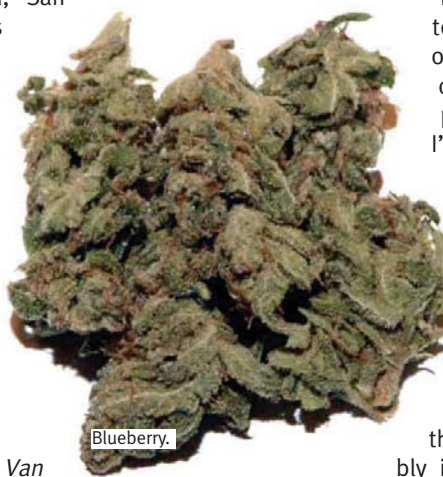
Nuys, CA) is a small shop located in a mini mall in a fairly busy part of Van Nuys in the San Fernando Valley. The shop is somewhat unmarked on the outside but can be found with a little effort. Once inside it becomes a different experience, with very little medical feeling. The person who helped me appeared to be a security guard and had no knowledge of the strains in any way. He couldn't even tell me if strains were indica or sativa dominant. The prices were mostly fair, with fair quality; I'd say B level. They did have two strains that appeared to be very good, though—Purple Bubba Kush and Granddaddy Purple.

The Purple Bubba Kush is clearly a pure Bubba Kush. They added "purple" to the name because of

"IT WAS UNFORTUNATE THAT THE STAFF WAS EQUALLY UNKNOWLEDGEABLE ABOUT THE STRAINS THEY WERE SELLING AND SEEMED MORE CONCERNED WITH THEIR WORKOUT SCHEDULES FOR LATER IN THE DAY THAN HELPING ME WITH MY PURCHASE."

were being transported to So Cal and surrounding areas. That covers Santa Cruz, Oakland, San Francisco, Hayward, and many other places nearby. To even further complicate the question, I was provided with proof and countless examples of club owners who do their own personal shopping in the Bay area and other surrounding cities. In fact, one of the owners of the clubs I'm about to discuss called my good friend, also a club owner, while I was there. It's time to make a special effort to give these wildly successful shops a closer look. So, without further ado, let's jump right into the first shop, which was voted the best dispensary in the valley, THC.

THC (7100 Van Nuys Blvd. Suite #204, Van



Blueberry.

the color in some of the buds; there's no genetic purps or grape relation, which brings me to a small problem I've been seeing all too often—the changing of strain names for no other purpose than to attempt to sell more product. This is only a small example, but I'll be pointing out some more ridiculous incidents as we go. Anyway, back to the Bubba. I must say that this strain is very high quality, A+ level, but from what I was told it's only periodically available and the cost is very high at \$75 per eighth. The GDP was also a good strain, but nowhere near as high quality as their Kush, maybe B+ level. It was clearly a grape or purps hybrid but didn't share any characteristics that I've commonly seen in true GDP; possibly it was Purple Erkle or something similar.

“THEY WERE NOT EVEN SLIGHTLY CONCERNED WITH MY PURCHASE OR SATISFACTION. IN FACT, THEY SEEMED LIKE THEY DIDN’T EVEN WANT TO TALK TO ME WHATSOEVER AND WERE CLEARLY MORE CONCERNED WITH GETTING TO THE NEXT CUSTOMER IN LINE.”

The two top strains were good, but all in all I didn’t feel safe in the shop. The owners have suspicious appearances and make virtually no effort to run their shop like a legitimate medical dispensary. Their prices are high and they put a ? limit on the high-quality strains while also offering a wall full of fair-quality strains at a moderate price. There were, unfortunately, too many completely made up Kush hybrids that I suspect have no Kush genetics. Still, if you want to get some good Kush, and you don’t mind paying a moderately high price, you’ll be happy with their top strains when in stock. Still, be careful when going to this place.

Next on the list of the best shops in the valley is **VIP** (19459 Ventura Blvd, Tarzana, CA) located in a small building almost on the corner. The shop is very similar to THC in the way that they conduct business. I particularly liked their menu: They only have three top-quality strains and very little else if anything. That’s all each shop really needs and it’s a shame so many of them are having people purchase reputable strains that are all too frequently grown only to half or less than half of their full potential. This shop is not contributing to that, but the quality strains they did have were very costly. It was unfortunate that the staff was equally unknowledgeable about the strains they were selling and seemed more concerned with their workout schedules for later in the day than helping me with my purchase. Their top strains at the time were Bubba Kush, Blueberry, and Purple Erkle. Their Blueberry and Purple Erkle were grown to a similar consistency. Both were distinct and seemed to be about B+ quality; most people would find them quite enjoyable. The Blueberry smelled slightly fruity, with a fair high and taste. The Erkle was very earthy and didn’t seem to have more than a hint of grape flavor but was also enjoyable. Lastly, they had some Bubba Kush and it was an A level strain. It had a good aroma and a heavy narcotic high that was very enjoyable. These strains were also priced high with the Bubba going for \$75 as well. I must say also that this version was not quite as good as the strain from the previous shop but still better

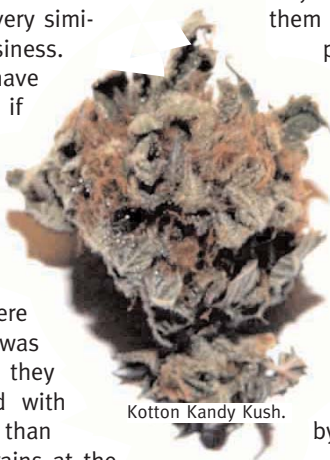
Bubba Kush.



than most Kush found anywhere else; just be ready to pay more.

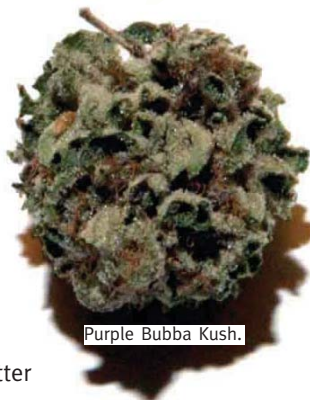
Last shop on the list is the **West Hollywood Center for Compassionate Healing** also known as The Sunset Club (8921 Sunset Blvd, West Hollywood, CA). This shop was something I had to see to believe. Located on Sunset Blvd in a fairly decent area across from a Hustler store, it’s reported to have the best strains out of any shop. The club does have some good strains but also the highest prices I’ve ever seen or heard about anywhere in the world. Still their business is booming. Plasma-screen TVs and other luxuries show the professionalism and business ethic involved in running the shop, though not necessarily in a positive way. They have a huge variety of strains; almost all of them were B level quality but very high prices. The people working there were the absolute worst assistants I’ve ever had at any dispensary anywhere. They were not even slightly concerned with my purchase or satisfaction. In fact, they seemed like they didn’t even want to talk to me whatsoever and were clearly more concerned with getting to the next customer in line. (FYI: Many of the places in the So Cal area have a line so be ready to wait.)

Kotton Kandy Kush.



The Sunset Club is a prime example of renamed strains and they had some ridiculous ones. I mean honestly. George Kush? Who are they trying to fool by renaming a strain like that? My problem with it is

Purple Bubba Kush.

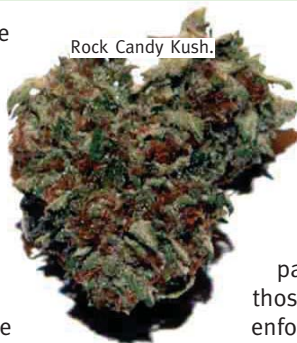


“I MEAN HONESTLY. GEORGE KUSH? WHO ARE THEY TRYING TO FOOL BY RENAMING A STRAIN LIKE THAT?”

“THESE DISPENSARIES ARE PRIME EXAMPLES OF WHAT’S BRINGING DOWN MEDICAL MARIJUANA. THIS IS HOW THE OPPONENTS OF MEDICAL MARIJUANA GET AMMUNITION FOR THEIR ARGUMENTS AGAINST THE PLANT BEING TREATED LIKE A MEDICINE.”

a simple one: I would like to know the true genetics of my medicine, and calling something George Kush, for example, tells me little to nothing about the genetics. Due to the employees’ lack of knowledge I have no way of finding out what to expect from these mystery strains. My question to them: Why? What’s the point of changing a strain’s name if it isn’t an attempt to sell it more quickly or for a higher price? Clearly, this shop is not catering to the real medical community or to the knowledgeable cannabis enthusiasts of the world, but, that being said, they definitely have some topnotch Kush varieties. The first one I got from them was OG Kush at, I kid you not, \$100 for an eighth. I almost had to take a picture of the bottle to prove it because so many people can’t even imagine a place actually trying to get away with that. The strain was maybe A level, certainly not as high quality as many other varieties I’ve seen around town. They did have two other varieties of Kush that were decent despite obvious name changes. Rock Candy Kush and Kotton Kandy Kush were Bubba Kush, or Bubba Kush hybrids at the very least. Both were better quality than the OG they were trying to push for \$100. Still, you’ll pay around \$80 for an eighth for just about anything worthwhile. Some were priced at \$75 but the lower the prices went the worse the bud got. It’s a good shop if you want quality Kush—and don’t mind paying almost \$600 an ounce—and are not concerned with the true identity of your medicine.

These dispensaries are prime examples of what’s bringing down medical marijuana. This is how the opponents of medical marijuana get ammunition for their arguments against the plant being treated like a medicine. I’m a proponent of medical marijuana and even I can see that these shops are not making any effort to support the cause in their business practices. I suspect anyone who visits these shops will leave thinking medical marijuana is simply a way to sell pot at the quickest pace and the highest price, hand over fist. The ultimate goal, the complete legalization of marijuana as medicine, becomes further hindered as these shops become more popular while the decent places are being put out of business. In fact, if the federal government, or any law enforcement for that matter, ever wanted evi-



Rock Candy Kush.



Purple Erkle.



Granddaddy Purple.

dence or examples to use in their efforts to shut down the effort to legalize marijuana as a medicine, they would merely have to visit these types of places. It would probably take less than a weekend for them to find enough simply at the dispensaries alone; the other places they work with are practically giving away medical recommendations with no proof of the patient’s illness, among other inefficiencies. Still, those shops suffer little to no torment from local law enforcement and/or government while the best and most legitimate clubs are being raided and shut down, despite practicing more humane principals and trying to follow every letter of the law to legitimize the efforts of making marijuana a legal medicine. For every step forward by one of these legal and legitimate shop, there are two steps back from the other places trying to make money at the expense of sick people.

Now, all that being said, as far as the quality of the medicine, well, it’s better than I expected. In fact, if you want good Kush and are ready to pay for it, you’ll find more and better Kush in So Cal than anywhere else. It’s not reliable and is limited to Kush and possibly some purple varieties, although Oakland is still the Purple capital of the world. Other well-known strains were not grown anywhere near top quality and were priced slightly more fair but still high. Also, be careful about fictitious strain names, strains that have been flavored or pre-keifed, and the every so often bag swap where you end up with the bottom of the bag or some lesser quality strain. If you have the time, I can’t stress enough how great it’ll be for you to travel to some other places and experience them for yourself. If you can’t, just try and do your best and make the wisest purchases you can. Good luck!

Thanks for reading. I hope you were able to find some good pointers here. Maybe you’ll find that Kush you’re looking for or be able to narrow your search down for your next visit. Any way you can use this info is great. Keep your eye out for my DVD coming soon called *The Battle of the Buds: California vs. Amsterdam*. More info can be found at www.AmsterdamDVD.com. Take it easy, have fun, don’t believe the hype, and find what works for you.

Written by Jeremy Norrie – AmsterdamDVD.com
Photos by Suzanne Gerace – Brooks Institute of Photography

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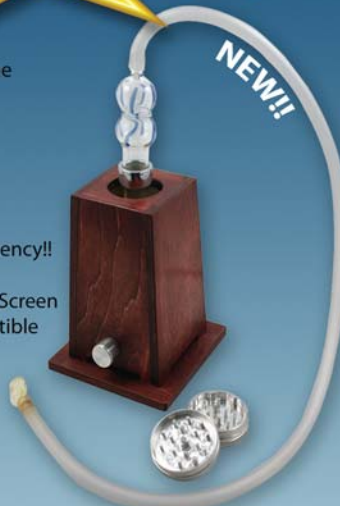
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HISTORY RANT

Photos: A. Jason Dunlap of Hello Jazz Productions



Eddy's cold house.

As I study the history of the sacred herb, I wonder at what point we turned our back on the obvious and began accepting lies. Why did we, as a whole, choose to give up our souls? What were we told that made this a good idea? I'm not sure but we must give this some serious thought and soon, for our options are rapidly dwindling away as we wait for them to fix it.

They won't. They're in power. But just as we gave them this power we can take it back. But we must quit believing this B.S. We must hold them accountable, both our political and corporate leaders. They must respect our needs and wishes. Voting will help, but we must do more. Read, watch, learn, go to meetings, email, and spread the word, especially by telling your friends. Get us all involved! We can make them listen to us.

It's our duty as humans to be loyal to each other. We must join as one to protect ourselves from those who would control and enslave us. Each one of us views about 25,000 TV ads each year. What do we need so badly that we must view 25,000 commercials yearly?

We've allowed ourselves to go from God and spirituality to religion. Why did the first six or seven popes have the largest standing armies in the world? Were they protecting or subjugating? What of the inquisitions, witch burnings, child abuses, and wars all done in the name of a loving and caring god? My ass! They were done in the name of power-hungry, greedy men! Not God but men.

Government is just as bad. The secrets, the wars . . . all for the all-mighty dollar and power, power, power! Then we have the corporations, who have systematically turned us into a bunch of

uneducated, overweight slaves, drooling as we wait for the next big pet rock. The sacred institution of marriage is failing at the worst rate in history. Our children are all screwed up. We care more about pictures of some star's baby than dead and dying babies that belong to us, the masses. We are the 99%, the middle class and poor of the world, and we must save ourselves. We must elect leaders from the roots not from royal bloodlines. It's time that Charlemagne's boys let us rule ourselves.

Every president we've had is related to one of the four royal bloodlines. Why can't we elect another family? The ones in charge the last couple of hundred years have surely screwed us up. So let's try a new, really new, group of leaders. You know, people who really are like *us*, not the 1%, people from among us who wish to stay among us.

As long as there's death, disease, hunger, illness, and homelessness among us, we, as a race, are failing. When one man has \$50 billion and whole nations are starving we have truly lost our way. How can we overlook this and so many other injustices that we allow to be perpetrated around the world? For we are all joined and are now facing the collapse of our world because our lifestyles are not sustainable. But we have no choice; we must change.

The question is, will we make the changes or will we fall on our backs, close our eyes, and pretend we don't feel the pain as our world is destroyed even longer? I pray not! Rise up my brothers and sisters; make a difference in our world.

Please Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy

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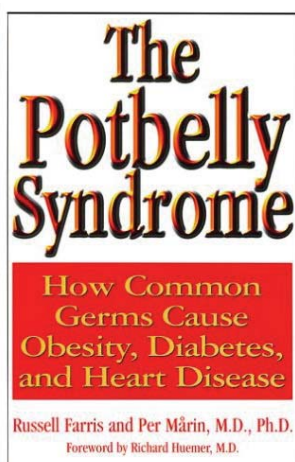
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I have chosen two very interesting books to review this issue.

The first, **The Potbelly Syndrome: How Common Germs Cause Obesity, Diabetes, and Heart Disease**, contains a lot of information on how germs cause havoc in our bodies. I found this book very interesting and would suggest it to anyone wanting to learn more about common germs and chronic illnesses.

The second book, **Psilocybin Mushroom Handbook: Easy Indoor & Outdoor Cultivation**, I found to be very informative. I learned all about the history, biology, and various species of mushrooms. This book doesn't just contain info on growing. I personally don't use or grow mushrooms as my ailments don't call for it, but I'm happy to have it in my library so that my visitors have a chance to read it too.



Potbelly Syndrome: How Common Germs Cause Obesity, Diabetes, and Heart Disease

By Russell Farris and Per Mårin, M.D., Ph.D.
Basic Health Publications
(U.S. \$17.95/Canada \$23.95)

This new book argues against the conventional idea that people develop obesity and heart disease because they eat too much or don't exercise enough. Instead, it suggests that these illnesses, as well as Type 2 diabetes, are caused by chronic infections. The infections produce inflammation, and the inflammation triggers the release of a stress hormone called cortisol.

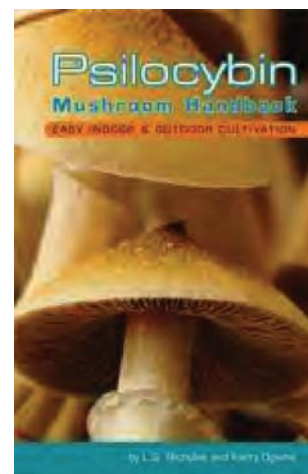
To learn more about this book, or to purchase it, visit www.potbellysyndrome.com

Psilocybin Mushroom Handbook: Easy Indoor and Outdoor Cultivation

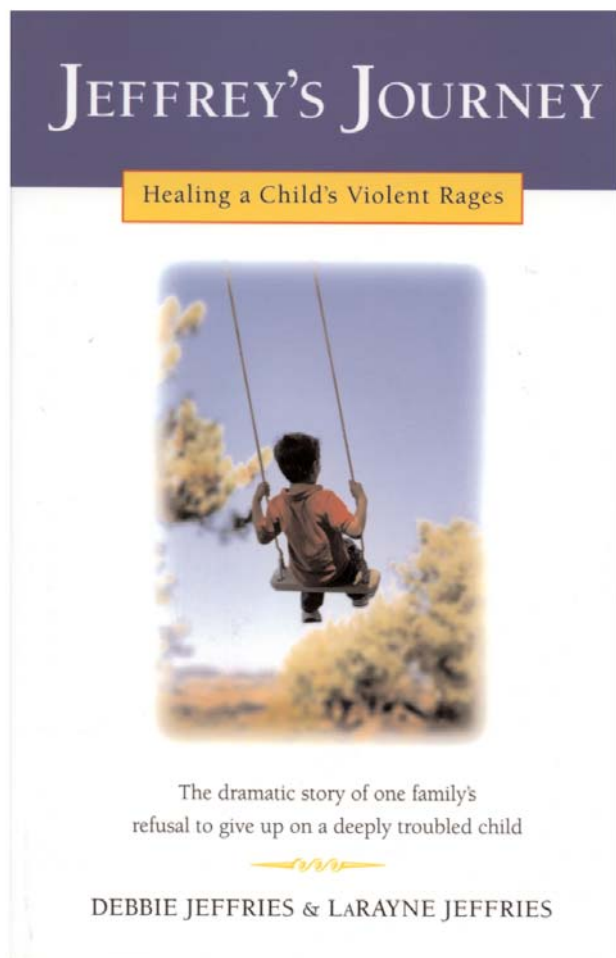
By L. G. Nicholas and Kerry Ogamé
Quick American (U.S.
\$19.95/Canada \$25.95)

A thorough introduction to the cultivation of psychedelic mushrooms indoors and out. Psychedelic enthusiasts can look forward to a winning combination of useful, practical, and well-organized information. With enthusiasm and breadth of knowledge this book is presented in a concise and visually enjoyable format.

To learn more about this book, or to purchase it, visit www.quicktrading.com



ONLINE BOOK REVIEW CONTEST WINNER



Jeffrey's Journey, Reviewed and Loved!

First, I have to say that I found his name interesting. Now that I got that out of that way, I would like to thank our sponsor, Quick Trading, for providing this chat prize, and Unicorn for shipping it to me.

I was overwhelmed by how well written and compelling a story *Jeffrey's Journey* was. I don't know why but I expected some-

thing harder to read. I got it on a Friday. I read slowly because of my dyslexia. Over Friday night and Saturday I read to page 25. Then at about 2:15 am Monday morning, I decided to read some more. Well, 15 minutes ago (6:45 am now) I finished reading every readable word in that book. Cover to cover, page 25-118, with no brakes. It was that enthralling.

I do admit that part of the reason I wanted this book was because I have followed this story (from what little of it appeared in the media) since it first appeared in 2001. I was thrilled when Jeffrey's mother won her case in California, allowing her to keep treating her son with cannabis. I was devastated when I learned last year on *Montel* that due to the Feds raiding the cooperative farm from which Jeffrey got his therapeutic cannabis he had a severe relapse and was in a treatment facility for disturbed children. The book, however, did put a brighter spin on things, and I'm happy that his mom still sees hope.

I relate personally to Jeffrey because I medicate for very similar reasons, just less severe symptoms. I have ADD and should have probably been diagnosed with ODD as a teen. If I'm not medicated, then my ability to be aware of the effects my behavior has on others, and the social needs and boundaries of others, is greatly diminished. Those around me suffer. I attribute my predominance of good behavior these days to my cannabis use and not much else.

Reading this book has given me new insight into what life must have been like for my mom when I was growing up, and it's increased my respect for her a great deal. Thank you, Mom, for continuing to always love me no matter what! It matters and has made a difference. :) I'll be sending her a copy of this book.

Jeffrey's Journey also gave me newfound insight into reasons I am and should be frustrated and distrustful of my own government and its choices for what is "best" or "good for me."

Overall, I would rate this book a 10 out of 10 for gripping, readable, real-life stories. Thank you, Debbie Jeffries, for this book and for being you! The words inside made me cry more than once.

Thanks, TY, for this experience!

(Now to medicate enough to get some sleep. It's daylight out again and I'm up way past my bedtime . . . hehehe)

Hugz!

Ally (a.k.a. pflover)

"Preserve Neural Plasticity"



Photo: Craig Lemire of Hello Jazz Productions

MUSIC THAT MATTERS

It is with great sadness that I write this article. For it exposes the failing of men in general and the movement in particular. This tale is a sad example of what power can do to the ego and what the ego can do to hurt us all.

Just a little over a year ago I was asked to speak at a Music That Matters (MTM) event. I was honored to be asked and said so. My road buddy and best friend, Mr. Jack Herer, and I arrived early and introduced ourselves. We were shown to the vendor area where we set up our table. We then went backstage, got our passes, and spent a lovely day on the river. Jack spoke at about 4:20 p.m. (when else?). I was asked to speak later, before Marshall Tucker, one of my all time favorites. The sound was so bad (no fault of the band) that we left after three songs. As we drove the three hours home we talked about the wonderful time we had and how nice it was to be treated so well and to be asked to return in 2006. We said

After collecting myself, I once again had Craig call MTM. He got through to Jim and handed me the phone. I started to ask what was up and was rudely cut off. When I could talk, I asked him what I had said last year that caused so much trouble; I didn't want to possibly embarrass myself, or the event, again. I asked six or seven times, but all I was told was, "I didn't like your message. I want NORML and ASA to talk, but no personal stories." Then he said that there were people speaking this year who had "no story but their own to tell."

I was called a liar, repeatedly, and many other things, but mostly he was upset that we never called. But then, Jim suddenly remembered I *had* called, and his partner had told him. He claimed he told her to call, arguably, two of the most well known men in the movement and tell them they were unwanted at his event. It was bad enough he lacked the courage to call us himself, but showed his lack of management skills by not bothering to see if she was competent or not. After sever-



"I WOULD'VE LOVED TO GIVE YOU MY USUAL TYPE OF ARTICLE, UPBEAT AND POSITIVE, BUT THE TRUTH IS THAT IT TAKES ALL KINDS. SOMETIMES THE TRUTH ISN'T LIGHT AND FLUFFY."



we'd be there.

Checking my calendar, I told Craig to check with MTM and make sure everything was all set. Craig had called several times and left messages with the receptionist who promised to get the message to the right people and have someone call him back. Finally, after leaving two or three messages and no one returning his calls he thought I should try. I called and left a message with the same woman Craig had spoken to, who stated she would give the message to those in charge and they would call back.

No call ever came. Local radio stations were announcing that Jack and I would be there to speak. We had told many people about it, as well as giving the event a big thumbs-up at other events and on the Internet. We arranged hotel rooms. I made two round trips to Santa Rosa—10 hours driving to buy a pop-up shelter so Linda wouldn't have suffered if she was able to attend. She was so looking forward to going; she had such a great time last year. Eventually, we quit calling, figuring they were just too busy, which happens often when trying to do these events. So we just went ahead with our plans to go.

A dear friend of ours, who will remain nameless, said she knew someone and would call and see why we hadn't been called. She called us two days before the event in tears, saying they didn't want us to be part of it. Craig, who had taken the call, asked why. She said she was told that I was too revolutionary, vulgar, and controversial, while Jack, they said, rambled on too much. Dumbfounded and in shock, we called Jack; he also was dismayed.

al minutes of Jim's anger and my apologizing for any misunderstanding, I believe Jim let the cat out of the bag: When I pointed out how well things went last year, he jumped on my ass and said I had never even been invited, it was his show, his stage, and he and he alone would decide who used it. After a few more minutes of chatting Jim backed off a little and pointed out that if Jack and I still felt we wanted to attend, he would give us a table, but we were unwelcome to participate in any of the festivities.

Jack and I didn't go. Jim was right: It's *his* stage, which is a real shame, because Music That Matters should matter. It should be a showcase for up-and-coming acts like Pyrex, with Blaze 1 blazing away on drums. Or old favorites like Elvin Bishop and Leon Russell.

I would've loved to give you my usual type of article, upbeat and positive, but the truth is that it takes all kinds. Sometimes the truth isn't light and fluffy. As for Jim, we, here at the ministry, pray that the next time he's on his stage he bothers to open his eyes and see the light—not just the pretty colored ones but the big bright one we're all supposed to see. After all, as Dennis said, "It's all about compassion, truth, and understanding."

Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy

CANNABREX CAPSULES ARE 'BIG IN JAPAN!'



If you're sick of coughing up loogies while hitting the bong, or you know someone who may be interested in trying marijuana for the first time to treat his/her symptoms but doesn't want to smoke, then this article is for you.

Way back in 2004, a new Canadian company launched an innovative product to help people who wanted to benefit from the healing effects of marijuana but wished to decrease, or even stop, their smoking habit. That company was Cannabrex Nutraceutical, and the product was the Cannabrex Home Encapsulation System, also known as the Cannabrex Kit.

Cannabrex Nutraceutical was started by two Montrealers, one of them a well-known member of a now-defunct online cannabis forum. He's a medical cannabis user and was getting sick (literally!) of the coughing fits that were a direct result of his smoking marijuana every day. He tried to rationalize it but, in the end, he knew that there was only one way for him to keep using cannabis: stop smoking it.

Developing the Cannabrex Kit allowed him to transform his THC into capsules in an easy and clean environment. The Kit was designed to include empty capsules, a capsule-filling machine, a small bottle of Cannabrex Oil Blend, a container of Cannabrex Excipient Powder, a special decarboxylation chamber, and a rubber spatula.

What makes a Cannabrex Capsule different from simply stuffing an empty capsule with some weed is the Cannabrex Oil Blend. The main component of this specially designed formula is oil that has no odor or taste and, incidentally, won't go rancid, which means that Cannabrex Capsules require no refrigeration *and* have a surprisingly long shelf life. Cannabrex Oil Blend is also formulated so that it's recognized by your body as a carbohydrate, which is a very beneficial quality, because the body uses carbs immediately after consumption but stores fat for later use. So the THC in a Cannabrex Capsule will enter the bloodstream much sooner than a capsule made with other oils (such as olive or hempseed), or even baked goods made with canna butter.

Another nice thing about the Cannabrex Kit is the mysterious decarboxylation chamber. This encyclopedically named device is better known as an empty jar. It basically allows the THC/oil blend to be brought to the required temperature for a certain amount of time, which, in laypeople's terms, frees up a carbon molecule and renders

the THC psychoactive. This empty jar was chosen from among thousands of vessels for its multi-boil capacity and straight "no lip" edge, which makes it very easy to extract material from the chamber and then into the empty capsules.

Over the last 2 years, the Cannabrex catalog has been expanding beyond the original formula to include a potency-enhancing Cannabrex-3X formula and a very popular non-drowsy 3X-AM formula that not only makes the Cannabrex Capsules even stronger but also packs a punch with a healthy dose of caffeine, Siberian Ginseng, and Yerba Mate.

Cannabrex-3X was designed for those who have a particularly high tolerance to THC, which would basically include almost all medicinal users. It can also be used to make capsules that are quite potent but contain much less THC than would be expected. Cannabrex Capsules can be made in three strengths: silver, gold, and platinum. The gold formula, the most widely used recipe from the Cannabrex online user guide, requires only 3.4 grams of kif powder per batch of 24 capsules, which means that each Cannabrex-3X Gold Capsule contains just 0.14 grams of kif powder. Once pulsing through the bloodstream, the 0.14 grams will feel more like half a gram.

The Cannabrex team was seen in action at the 2005 Cannabis Cup in Amsterdam and has been seen at other cannabis conventions and exhibitions in California and western Canada. Their products are available in Europe through the Pollinator Company, and, most recently, a distributor from Japan has been selling Cannabrex Kits quite successfully. He's recently become the exclusive distributor for Cannabrex in Asia, and the website will soon be available in Japanese.

The Cannabrex Team has been getting so busy that they're looking for more distributors, so they can stop dealing on a retail level and concentrate on getting their products to as many people as possible. Look for Cannabrex Kits at your local head shop, ask for ready-made Cannabrex Capsules in your favorite compassion club/dispensary, and don't forget to check out their website at www.cannabrex.com.

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Flowering time: 9-10 weeks from seed to finish
Environment: Indoors/Outdoors

Bred by:



Power Stout: A 100% auto-flowering Hybrid, that is similar to pure Lowryder. The hope here was to make a more bulkier Lowryder Hybrid that has an improved taste. Only the bulkiest plants were kept for further breeding. An unknown female is in the mix displaying a heavy Indica presence. Plants will stay short in stature, and very easy to manage.

Flowering time: 9-10 weeks from seed to finish
Environment: Indoors/Outdoor

Bred by:



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Please note that these strains are not 100% autoflowering.....YET!



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REV. TOM BROWN SPEAKS HIS MIND

Photos: A. Jason Dunlap of Hello Jazz Productions



The Teaching Garden Aug 2003.

Greetings Brethren,

This month we take to look at the recent UDV decision. UDV is short for *O Centro Espirita Beneficiente Uniao Do Vegetal*.

The Supreme Court in the U.S. ordered the DEA to issue a license to the UDV church to import and distribute ayuhwasca tea. The tea contains DMT, which is a chemical similar to LSD. Our church, the Multi-denominational Ministry of Cannabis and Rastafari, has filed an injunction against the federal government to prohibit the police from raiding the church, as did the UDV church. We expect to win.

So, please read the quotations below and see for yourselves how the federal government's prohibition of entheogenic plants is at an end.

Understand that the pope made marijuana illegal in 1188 when he started burning witches. The first was Mary Magdalene and

her church, the Cather Church in the South of France, beginning in 1208. It was the Catholic Supreme Court Justice Roberts who wrote that the U.S. government couldn't burn witches for the pope any longer.

Go to the Supreme Court website at www.supremecourtus.gov/opinions/05pdf/04-1084.pdf for a complete copy of this historic ruling.

"Comes the Plaintiffs Multi-Denominational Ministry of Cannabis and Rastafari Inc. (MDMCR hereafter); Rev. Linda Senti, registered agent of MDMCR; Rev. Tom Brown, chairman of the Legal Committee; Craig Tierney; MDMCR's members and affected parties several who are enumerated in the Complaint and Request for Injunction and by attached affidavit, in propria personae to make claim for injunctive relief and to address this Honorable Court.

Plaintiff asserts that the published decisions of the federal courts that have interpreted the federal and state drug laws, RFRA, RLUIPA, and other laws under RICO and civil rights damages require that this Court mandate fact proofs from the Government as to the particular threat to public health and safety that the government responded to when the Government agents attacked Plaintiffs persons and properties by way of attempting to prohibit the religious establishment and exercise of MDMCR in growing marijuana plants.

In support of that position, Plaintiffs cite the following published decisions of the federal courts that have interpreted RFRA, RLUIPA and the terms and conditions where RFRA and RLUIPA are applied.

1. Recently the U.S. Supreme Court ruled on that very issue of the interpretation of RFRA as applied to the religious use of a Schedule I drug on a motion for preliminary injunction. In *Gonzales v. O Centro Espirita Beneficiente Uniao Do Vegetal*, Number 04-1084, decided February 21, 2006 the court ruled that:

At page 2-3

“Under RFRA, the federal Government may not, as a statutory matter, substantially burden a person’s exercise of religion, ‘even if the burden results from a rule of general applicability.’ sec. 2000bb-1(a). The only exception recognized by the statute requires the government to satisfy the **compelling interest test** - to ‘demonstrate that application of the burden to the person - (1) is in furtherance of a compelling government interest; and (2) is the least restrictive means of furthering that governmental interest.”

As to the issue of the criminal nature of the sentence and the penalty for possession of a Schedule I substance under the drug law.

At page 3

“The Act (federal drug statute) authorizes the imposition of a criminal sentence for simple possession of Schedule I substances, and mandates the imposition of a criminal sentence for possession ‘with intent to manufacture, distribute, or dispense’ such substances.”

As to the issue of application of RFRA to a preliminary injunction issuing:

At page 8

“Here the burden is placed squarely on the Government by RFRA rather than the First Amendment, see 42 U.S.C. sec. 2000bb-1(b); 2000bb-2(3), but the consequences are the same. Congress’ express decision to legislate the compelling interest test indicates that RFRA challenges should be adjudicated in the same manner as constitutionally mandated applications of the test, **including at the preliminary injunction stage.**”

As to the law itself proving compelling interest by the definition of Schedule I drug:

At page 9-18

“Under the government’s view, there is no need to assess the particulars of the UDV’s use or weigh the impact of an exemption for that specific use, because the Controlled Substances Act serves a compelling purpose and simply admits of no exceptions.

- A -

“RFRA, and the strict scrutiny test it adopted, contemplate an inquiry more focused than the Government’s categorical approach.

“RFRA requires the Government to demonstrate that the compelling interest test is satisfied through application of the challenged law ‘to the person’ - the particular claimant whose sincere exercise of religion is being substantially burdened. 42 U.S.C. sec. 2000bb-1(b). RFRA expressly adopted the compelling interest test “as set forth in *Sherbert v. Verner*, 374 U.S. 398 (1963) and *Wisconsin v. Yoder*, 406 U.S. 205 (1972).’ 42 U.S.C. sec. 2000bb(b)(1).

“In each of those cases, this “Court looked beyond broadly formulated interests justifying the general applicability of government mandates and scrutinized the asserted harm of granting specific exemptions to particular religious claimants.”

At page 11

“Under the more focused inquiry required by RFRA and the compelling interest test, the Government’s mere invocation of the general characteristics of Schedule I substances, as set forth in the Controlled substances Act, cannot carry the day . .

“But Congress’ determination that DMT should be listed under Schedule I simply does not provide a categorical answer that relieves the Government of the obligation to shoulder its burden under RFRA.

“This conclusion is reinforced by the Controlled Substances Act itself.

“The Act contains a provision authorizing the Attorney General to ‘waive the requirement for registration of certain manufacturers, distributors, or dispensers if he finds it consistent with the public health and safety’, indicates that congressional findings with respect to Schedule I substances should not carry the determinative weight, for RFRA purposes, that the Government would ascribe to them.

“And in fact an exemption has been made to the Schedule I ban for religious use. For the past 35 years, there has been a regulatory exemption for use of peyote - a Schedule I substance - by the Native American Church. See 21 CFR sec. 1307.31(2005). In 1994, Congress extended that exemption to



Babies from the 2003 Mother Room.

all members of every recognized Indian Tribe. See 42 U.S.C. sec. 1996a(b)(1).

“Everything the Government says about the DMT in hoasca [ayahuasca] - that, as a Schedule I substance, Congress has determined that it ‘has a high potential for abuse,’ has no currently accepted medical use’ and has a ‘lack of accepted safety for use . . . under medical supervision, ‘applies in equal measure to the mescaline in peyote, yet both the Executive and Congress itself have decreed an exception from the Controlled Substances Act for Native American religious use of peyote.”

At page 13

“The well established peyote exception also fatally undermines the Government’s broader contention that the Controlled Substances Act establishes a closed regulatory system that admits of no exceptions under RFRA. The Government argues that the effectiveness of the Controlled Substances Act will be ‘necessarily . . . undercut’ if the Act is not uniformly applied, without regard to burdens on religious exercise.”

At page 16

“We do not doubt that there may be instances in which a need for uniformity precludes the recognition of exceptions to generally applicable laws under RFRA. But it would have been surprising to find that this was such a case, given the longstanding exemption from the Controlled Substances Act for religious use of peyote, and the fact that the very reason Congress enacted RFRA was to respond to a decision denying a

claimed right to sacramental use of a controlled substance. .

“And in fact, the Government has not offered evidence demonstrating that granting the UDV an exemption would cause the kind of administrative harm recognized as a compelling interest in *Lee, Hernandez, and Braunfeld*.

“The Government failed to convince the District Court at the preliminary injunction hearing that health or diversion concerns provide a compelling interest in banning the UDV’s sacramental use of hoasca. It cannot compensate for that failure now with the bold argument that there can be no RFRA exceptions at all to the Controlled Substances Act.”

At page 18

“The Government repeatedly invokes Congress’ findings and purposes underlying the Controlled Substances Act, but Congress had a reason for enacting RFRA too.

“Congress recognized that ‘laws neutral toward religion may burden religious exercise as surely as laws intended to interfere with religious exercise’, and legislated the ‘compelling interest test’ as a means for the courts to ‘strike sensible balances between religious liberty and competing prior governmental interests.’”

As to the compelling interest proven by the fact of international drug control treaties and the Government’s need to enforce them:

At page 16

“The Convention, signed by the United States and implemented by the Controlled Substances Act, calls on Signatories to prohibit the use of hallucinogens, including DMT. The Government argues that it has a compelling interest in meeting its international obligations by complying with the Convention . . .”

At page 17

“The fact that *hoasca* is covered by the Convention, however, does not automatically mean that the Government has demonstrated a compelling interest in applying the Controlled Substances Act, which implements the Convention, to the UDV’s sacramental use of the tea.

“At the present stage it suffices to observe that the Government did not even **submit** evidence addressing the international consequences of granting an exemption for the USV.”

At page 18

“We do not doubt the validity of these interests, any more than we doubt the general interest in promoting public health and safety by enforcing the Controlled Substances Act, but under RFRA invocation of such general interests, standing alone, is not enough.”

For more details please visit:

www.cannabischurches.net/index.php?option=com_content&task=view&id=9&Itemid=2

GOD: THEIRS AND OURS



The Healing Fields Aug 2003.

I’m trying to understand at what point the government assumed they knew more than God? How could they dare try to replace the Most High with their own ideals? Because their God’s ideals are not my God’s. Theirs, they would have you believe, is a war-like God: uncaring and cruel, sending the young to die in a holy war for oil and the almighty dollar. They’ll tell you that their God needs money and power, and for you to crawl on your belly like a snake, not just for their unholy god but for themselves.

Their world is built on wars, prisons, fear, hatred, anger, prejudice, and more fear. Their way is not working and can’t because it’s not sustainable. The God who chose me is fair and kind, believing we’re all equal and have the freedom to do anything as long as it doesn’t harm anyone or his/her property. A God that believes we can live without killing, prisons, and wars, and show me that we can change the world with love and understanding.

I wonder why anyone would turn his/her back on a world where

we all get along. No slaves, no wars, no starvation. A world where we’re united for the good of the whole and, most of all, we respect the rights of individuals. To live in a world where we have the right to be free, truly free, from the infringement of others, and where we may travel anywhere to rejoice with our brethren. Free of fear of any kind, for any reason. Free to be who and what we are, respected by all as we, in turn, respect each other. This world is possible if we believe in ourselves, the Most High, and the morality of what we’re doing.

It is possible but we must put aside fear and prejudice. We must learn to live together because if we cannot, we are doomed to repeat the insanity that has become our way of life, a way we can no longer sustain. Will you be among those who lose by trying to stay in a world we must leave behind, or will you be among those who deliver unto us all the Garden of Eden it can be?

Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,

COURAGE UNDER FIRE!

Photos: Craig Lemire of Hello Jazz Productions



Eddy and the garden he can not enter.

I sit here, heartbroken and sad. Things like this happen, but it shouldn't be today. Because today Linda's ministry is planting more plants, which is a day that should rank up there with the 4 of July and Christmas. Why is this? Why, when there should be such joy, am I so sad? Simple: I'm a victim! My family and me are victims of an out-of-control government. Sadly, this problem is worldwide. When men covet the dollar more than happiness we become lost. Why would they sell us out? And, believe me, they have at every level.

Our ancestral liberators spoke of this here in the good old US of A. Telling of tyranny, how it is evil and wrong, and how it should be overthrown by the masses. I'm against violence but I'm not against revolution. History has proven that it's often necessary—necessary for the masses to stand up for

what was given to us by God, to take back the things that were stolen and ripped away. Money and power elect governments.

Start wars and then illegally overthrow other governments in order to install your own puppets that jump at the ends of their strings until the strings snap.

Who suffers when we allow this? Why us, of course, for we are the fodder with which they feed the machines of war and poverty. We are that which the powerful and the wealthy spend so freely. The power and the wealth that buys and sells us, then sells us out.

We need only look as far as the pharmaceutical industry. Study how the rich control the drugs and, therefore, our health industry, which is shameful. If they can't fix it with a pill you're fucked. If they can then you're really fucked because you have to take five or six other pills for the side effects. Or per-

A family that plants together stays together.



haps we should look at food, and how three or four corporations control everything we eat. Look at how the altered foods destroy our health even further. We are poorly educated, poorly fed, and poorly represented. Most of all we are poorly treated. Again, this is not just here, it's worldwide. Why? Because big business is worldwide.

We are pawns; they are corporate royalty. Look at the Exxon Valdez lawyers! They followed the typical protocol for any cor-

other. Hurt none! When we hurt others we hurt also ourselves. This leads to anger and escalates, leading to more hurt. God frowns on this, so do I, and you sure should, too. Love one another! No matter which path you take to the Most High, all of His prophets tell you the same thing. He is a loving God, and love is the key word here. Love is the key that opens the doors to compassion, communication, understanding, and truth. Without truth nothing is possible and nothing can last. I await you in the one light! This is the light of truth, knowledge, and

“THE END OF THE WORLD IS NEAR. NOT IN AN ARMAGEDDON KIND OF WAY, BUT WE HAVE USED UP NEARLY ALL OF OUR NATURAL RESOURCES WORLDWIDE.”



The Rev Linda Senti.

poration that finds themselves in trouble: pay the fine. For them it's cheaper than fixing that which they have destroyed. Think! Think about it! How often worldwide do these things happen? Far too often. What's done? Far too little. Why? It's cheaper to pay the fine. I should be thrilled on this day, being able to see my brave darling wife planting her garden. A Garden of Eden for cannabis can make the world the promised paradise we all want, need, deserve, and have been given by the Most High.

Cannabis is a plant that can change the world for the better. For us! The masses! A world where money is good, not one where money is God. So please join Linda and her ministry, and plant a seed at every chance. Throw your seeds out every window, into every river and stream, across every field; drop them from cliffs and from the air. Put them everywhere. We love you, each and every one, as we hope you love us.

In closing, I end by asking that we respect all! Because it's only in respecting each other that we can take the time to see each

compassion. There is no problem that can't be solved by dealing with it through communication, education, and the truth.

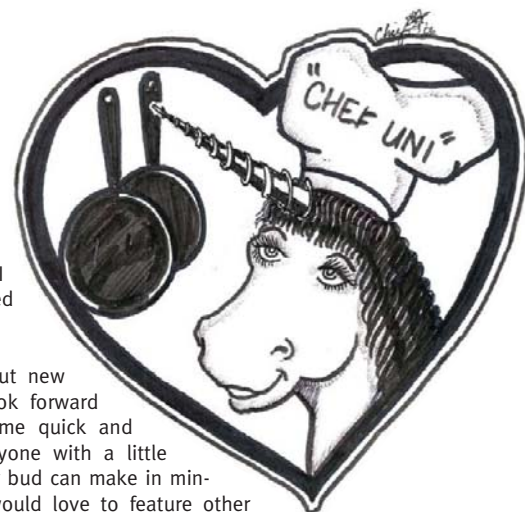
We must return to these principles. The end of the world is near. Not in an Armageddon kind of way, but we have used up nearly all of our natural resources worldwide. Many believe that there's no more than 25 to 30 years of oil. Forests are being cut down at the rate of thousands upon thousands of acres a day. This can't last. Dirty water, dirty air, and medical care that doesn't care, only prolongs the pain. So, yes, my brothers and sisters, I, as many, await you in the one light. Join us, help us, and help yourself. God has blessed us all. We need to act like we know it.

Remember: Respect All, Hurt None, Love One Another

Awaiting You in the One Light,
Eddy

MMM...

CHEF UNI



Hello Everyone...my name is Maggie aka Chef Uni, but most will know me as Unicorn of TreatingYourself.com. I have been married for 20 plus years to my best friend Gord aka zardoz and we have 2 fantastic kids, one girl and one boy. Some would say we have a millionaire's family without the mega bucks. We are originally from Ontario, Canada but now call Nova Scotia our home. I enjoy photography, taking walks on the beach, reading, chatting (if you didn't know this already), spending time with my family and I love cooking and baking.

I have been a member of TY for 3 years now and have had the privilege of meeting Marco and Sue and a few others of the TY Family. Treating Yourself has become a big part of my life. Over the last 3 years, I've not only learned how to be a better Caregiver to Gord, but I am also able to share my knowledge and experiences with others around the Globe, hopefully making just 1 more person's life a little bit better.

I have been cooking and baking since I was a young girl. Currently I am working for a small restaurant where I have been the assistant cook for 5 1/2 years. I have enjoyed creating recipes over the years and have many successes and a few disasters and my family says I know how to throw together a meal in 30 minutes with only a few things from the kitchen. Recently I've enjoyed converting recipes into MMJ Treats and Dinners. Gord and a few friends (who are all legal MMJ users and growers) have

enjoyed being my guinea pigs and I promise I haven't killed anyone yet!!

I love trying out new recipes and look forward to showing some quick and simple tips anyone with a little canna butter or bud can make in minutes. I also would love to feature other Member's recipes as Gord will get rather large always being a taste tester.

If you have a recipe you want me to create and showcase for you or you have created something yourself and have high resolution pictures please email them to me at chefuni@treatingyourself.com.

See You In The Kitchen...
Hugs Chef Uni



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RECIPES



BARBEQUED MJ BURGERS - submitted by Chef Uni

Ingredients:

1 pound ground meat (your choice)
Seasoning to taste
1 egg
Bread crumbs
4-6 teaspoons finely ground marijuana

Combine all of the ingredients, make patties, and grill.

Makes 4-6 burgers.

HAPPY CLIPPERS TOSSED SALAD - submitted by Chef Uni

Ingredients:

Lettuce
Tomato
Cucumber
Grated cheese
Boiled egg, chopped
Carrot, grated
Red cabbage, chopped in fine slices
Freshly clipped marijuana buds

Make the salad by chopping, slicing, grating, and tossing all of the ingredients together except the marijuana. Place salad in a bowl and sprinkle a few fresh buds on top. Top with your favorite salad dressing.

This makes an excellent side dish to the burgers. Something I do to make this faster is buying the prepackaged salad mixes.

NUMMY RUMMY MILKSHAKES

- SUBMITTED BY CHEF UNI



2 good scoops of butterscotch or vanilla Ice Cream
1 cup of Cold Milk
1/2 tsp Rum extract
1 teaspoon finely ground marijuana

Put all these ingredients in a blender and blend till smooth.

ONE POP POT COOKIES

- SUBMITTED BY CHEF UNI



1 cup Canna Butter
2 cups Brown Sugar
2 Beaten Eggs
1 teaspoon Baking Powder
? teaspoon Salt
3 cups All Purpose Flour

Cream butter and sugar, add beaten eggs, and then add rest of ingredients which have been mixed and sifted together.

I find working the dough with my hands till it is soft like playdoh works the best.

Roll out to about 3/8 inch

thick. Cut out with your favourite cookie cutter (I use a small cutter so the cookies can pop into your mouth in one bite).

Place on an ungreased cookie sheet (I use parchment paper). You can add coloured sugar to the top before baking.

Bake at 425 degrees fahrenheit for 11 minutes, remove immediately to cooling rack. Quantity depends on the size of the cookie cutter.

BLAZED GUACAMOLE

- SUBMITTED BY CHEF UNI



I found this recipe in the "Marijuana Herbal Cookbook" by Tom Flowers. It was very simple to make and was enjoyed by the guinea pigs. I liked the fact that I could whip this up in less than 5 minutes and then leave it. There are many good recipes in this book that I will try to make over time.

I give this book my 2 thumbs up for great and simple recipes. Check it out in stores near you, or from our sponsor FS Books Co. (<http://www.fsbookco.com>)

Avocados are a good vegetable to use with pot because they contain 15 % or more oil.

Mash together
2 avocados
1 - 4 teaspoons marijuana leaf flour (I used ground bud) or 1/2 - 2 grams powder

dered sinsemilla flowers
2 tablespoons sour cream
1 clove minced garlic
Dash of salt and Tabasco

Refrigerate covered for 2 hours or more.

Serve with corn chips and salsa.

PATIENT'S CHOICE CANNABITES

A SCHWAB FAMILY RECIPE - SUBMITTED BY YREKAGROW



Looking for simple, great tasting MMJ cookies? Well, give these a try; they are easy to make. The results are remarkable and you can have a lot of fun varying the toppings. Plus the 1.5 cups of canna-oil used in this recipe makes it pack one of the hardest punches of any published patient's choice recipe, maybe second only to the "Clobberer Cobbler"...

4.5 cups flour
3 cups sugar
1.5 cups melted canna-oil or ghee
3 eggs (separated)
3 tsp vanilla
9 tbsp milk (measured precisely)

Topping ideas: broken pretzel sticks, crushed pecans, chocolate chips, M&M minis... just about anything, have fun with it...

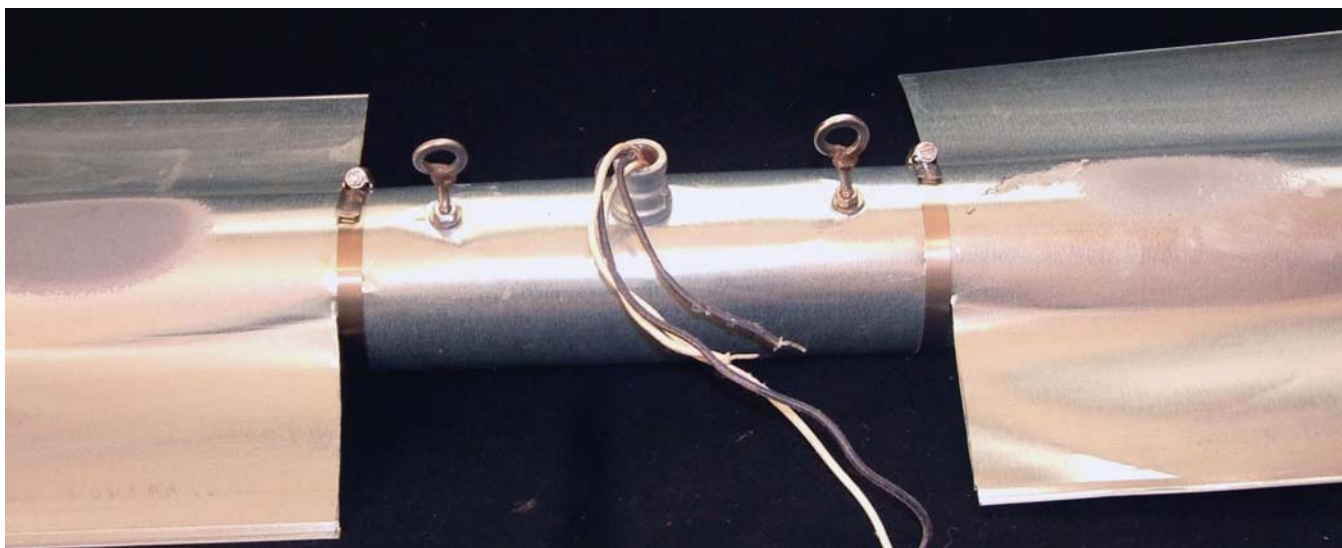
- 1) First preheat the oven to 350 f.
- 2) Sift together the dry ingredients and set aside.
- 3) Now mix the yolks of the eggs with the milk, vanilla, and canna-oil thoroughly with a whisk.
- 4) Mix the wet & dry ingredients with an electric mixer.
- 5) Form into balls and flatten into desired shapes on a cookie sheet, form the cookies no bigger than 2 inch squares or 4x1 inch bars no thicker than an 1/8 of an inch thick.
- 6) Beat egg whites until foamy and generously brush each cookie. Lightly press in the toppings and bake for 15-20 minutes depending on desired crunch.

This recipe makes a very large amount of cookies, but the dough freezes well will stay good for more than a year in a freezer if properly packaged (a "ziplock" freezer bag does nicely). These could be your new favorite; I hope you enjoy them.

DUAL COOL!

2000 WATTS OF FLOWER POWER!!!

Photos: Gord Hume



OK FOLKS IF YOU ARE LIKE MOST OF US IN THE INDOOR HYDRO ARENA YOU ARE CONCERNED ABOUT HEAT IN YOUR FLOWERING ROOM. LET'S FACE IT ONCE YOU FIRE UP A COUPLE OF 1000 WATT HPS LAMPS ABOVE YOUR LADIES YOU ARE INCREASING THE AMBIENT TEMPS IN YOUR ROOM BY AS MUCH AS 35 DEGREES FAHRENHEIT !

To combat this condition I built myself a "double fixture, air cooled, glass and ducting" air cooled lamp housing. The pictures in this (largely) pictorial DIY project are taken from my own housing that I have used for my last two grows... thus the stains and tape marks etc...

for easy marking. Find and mark the centre of your soon to be cool tube (centered end to end and side to side), at this point you will cut a hole appropriate in size to your pipe fittings (see picture #1) make the hole big enough to pass one of the 1/2 inch pipe nipples.. But not TOO big.

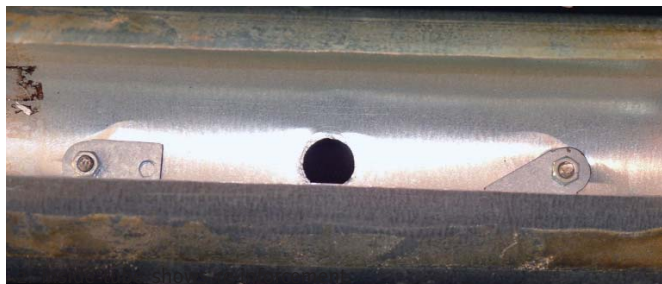
Materials list:

- 1: 1 length of 4 inch galvanized ducting, 3 feet long
- 2: 2 Pyrex tubes (purchased as "Bake a Round" bread baking tubes) 3 1/2 inch X 14 inch
- 3: 4 hose clamps 4 inch diameter
- 4: 1 pipe tee 1/2 inch
- 5: 3 pieces "1/2 inch X close" pipe nipples
- 6: 1 piece 1/2 inch pipe locknut
- 7: 2 mogul bases complete with 1/2 inch pipe flange bases AND high heat wiring
- 8: 1 piece 1/2 X 3/8 pipe adaptor
- 9: 2 pieces "Duct connector kit"
- 10: 2 lamps 1000 watts HPS
- 11: 2 lifting eyes 1/4 inch shaft
- 12: 1 exhaust fan of "reasonable" CFM
- 13: Lengths of "metallized" flexible dryer duct hose to suit room
- 14: Roll of foil duct tape

Go buy yourself a length of 4 inch galvanized ducting (and all of the other parts too!) (do NOT "snap" the seam together!), normally bought in 5 foot lengths... so you'll have to cut 2 feet off the end. When the duct is left "unsnaped" it can be layed relatively "flat"



1. Top shot shows lifting eyes and wiring hole.



Next you will mark and drill two holes for your lifting eyes, use large washers or similar metal scrap to “backup” your lifting eyes to help distribute weight (see picture #2). Use caution in placing your lifting eyes, you will want them as far apart as possible to assist in stability... but you must not allow them to be in the way of your glass tubes when we place them. It’s a good idea to pre assemble your double lamp holder BEFORE you drill holes (see picture #3); the centre for the lamp holder is and MUST be the centre of your duct. Also the lifting eyes are placed on the tube’s centre line.

Now make a mark 1 foot from each end of the duct (the “tube” is still NOT closed, so make four marks one foot from each corner), now make a cut 4 inch’s towards the centre of the tube. These cuts will eventually become reflector wings.

Time to test fit your lamp holder assembly, build it as shown in picture #3 (note the condition of my wires, they indicate that they have been “chaffing” as well as being subject to very high heat. I will have to secure the wires with a fire proof bushing of some sort to prevent further wear and tear).... Adjust the distance of the “lock nut” to place your lamps as close to the centre of the Pyrex tubes as possible. Now remove the lamp holder. OK what you have in front of you should look like picture #1 (except don’t have the lifting eyes mounted yet) it should look a little like a tube with three tabs cut in it... left centre right. Now cut the edge off of one of the “centre tab’s” (cut off one side of the “snap” edging). Place your Pyrex tubes into the structure and insert them 1 inch into the “centre tab” section (one tube from each end). This part can be a little tricky and you might ask an assistant to help you hold your tubing in place... hold the cut edge of your ducting tight to your glass tubing, now roll the un-cut edge of the duct over until you have covered the cut edge by at least an inch. Mark where this is along the uncut edge of the ducting... now take out your glass tubes and cut that last edge that you just marked. This will allow you to form a metal tube for your Pyrex tubes to fit into.

Time for assembly of the major components! Go get your glass tubes and wash them. Grab your foil tape and give each Pyrex tube a single EVEN (no big bumps or creases) wrap of tape on each end (see picture #6b); this helps with air sealing and also to help “cushion” the force of the hose clamps on the glass. Now make SURE your glass is CLEAN! Set them aside for a minute. See picture #6a

Now take your lifting eyes and backup washers and install them (you DID leave room for your glass didn’t you? Remember ... at least an inch of glass needs to be inside the “centre tab”!). OK now the eyes are installed and your feeling good... you should... you haven’t all that far to go now! J OK now install that double lamp fixture that you so carefully put together... you know the one that you made sure ALL of the screws were tight and that you made DOUBLE SURE that you used HEAT RESISTANT WIRE for the mogul bases. See picture #4.

Now install your lamps, make SURE THEY ARE CLEAN! Wipe your lamps with alcohol after you install them to eliminate any finger prints (oil from your hands can destroy a HOT lamp!). See picture #5.

OK time to place your Pyrex tubes into the fixture, slide them into the “centre tab” section from each end (see pictures # 7 and 8). Now close the centre tab over the glass tubes and clamp them evenly and fairly tightly with a hose clamp on each tube end. Jump ahead and see picture #12 TAPE THIS SEAM!

Now take out your trusty tin snips and make a 2 inch cut into the ducting 4 inch’s from each end edge (this leaves a “tab” at each duct end for your next set of hose clamps). OK time to use those



3. Sockets fitted and wired.



4. Mogul bases installed.



5. CLEAN those LAMPS!!!.



6a. Pyrex tubes

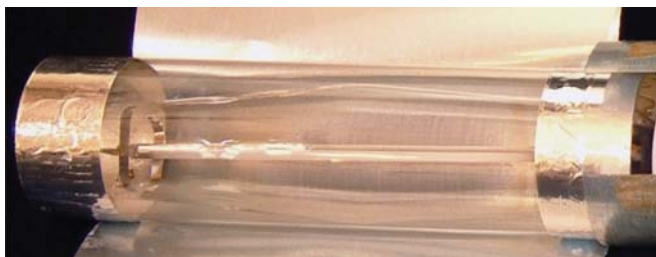


6b. Glass tube length.



7. Tape with 2 inch FOIL tape insert to 1 inch

GROW YOUR OWN



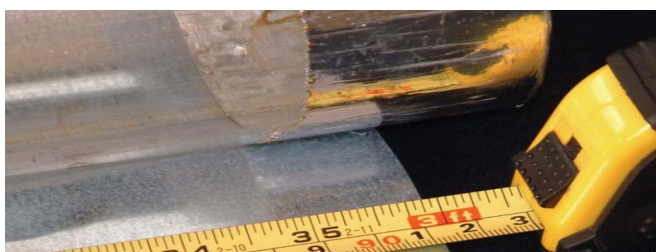
8. Overlap the centre section and install hose clamps.



9. Remove this rivet.



10. Attach a duct connector kit to each end.



11. Total duct length.



12. Tape this seam!!!



13. Top shot with wiring and hose clamps installed.

two duct connector kits... remove the rivet that is shown at the top in picture #9, this is the surface you want to place against you glass tube... this rivet WILL cause your Pyrex to break due to it's creating a pressure point if not removed. Now slide the duct connector kit over the outside end of your COOL tube (see picture #10). Place the duct adaptor in between the glass and the duct, slip a hose clamp over the adaptor AND the "tab" created by the 7 inch long end snips in the end of the ducting.

OK there you have it... it's done! You just built your own double lamp air cooled tube fixture... just like the pros! What's that? It doesn't look like any cool tube you ever saw?

Oh yeah... I almost forgot... now that everything is clamped into place just grab the sides of your "reflectors" and bend them into the shape that best suits your needs (see picture #14)! I've run this particular assembly for at least a couple of grows and I'm currently planning on removing the bulk of my "reflectors" and utilizing more of the light that is currently being blocked. It must be kept in mind however that a reasonable amount of "shade top" be left intact as this aids in stiffening the lamp fixture.

Oh... by the way... have you seen picture #15? I made sure to show you that this fixture does get VERY VERY HOT!!!! If YOU or your plants touch the fixture it WILL burn you BADLY and QUICKLY! Even with a good powerful fan pushing fresh cool air into your tube assembly you will find that the surface is still very hot; you will however find that you can place your tubes MUCH closer to your plants than you previously could without the aid of "tubed" air cooling.

In the next issue I will show you my own garden and how I use this lamp assembly to flower 24 plants (with the aid of a linear light mover and a "self retrieving" exhaust hose assembly) in a "Hybrid" garden of my own design.

The idea for this assembly was sparked from reading a few articles on DIY single tube housing's; I simply expanded this into a dual tube configuration to suit my own needs. YOU can certainly adapt this to house a single lamp with very little difficulty, however lamp diameter must be such that it fits easily inside the 3 and 7 inch Pyrex tubing.

Gord Hume partially disabled CDN Army veteran, DIY guy for TY!



14. Install and GROW FLOWERS!



15. HOT!!

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The above prizes were sent in by the following sponsors:

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I would also like to thank the following company's who have also contributed to making this contest possible:

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You must be a resident of Planet Earth and have reached the age of consent in your state, province or country.

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Winners will be notified by telephone, Email and announced in Treating Yourself Magazine.

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WINNERS ISSUE 4

It is my pleasure to announce the winners from the previous issue of Treating Yourself. I was very surprised that we only received 3 entries with the correct answers so what we did was award GRAND PRIZES to the correct entries and the other prizes were drawn from ALL entries received.

At this time I would also like to thank Storz & Bickel who set me a few Volcano's for me to give away to those in need. The Volcano's were distributed to sick patients across North America

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

Congratulations goes out to the following winners

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J.S. Troy N.Y.	Set of Bubble Bags	J.H. Guelph, Ont.	Kief Box
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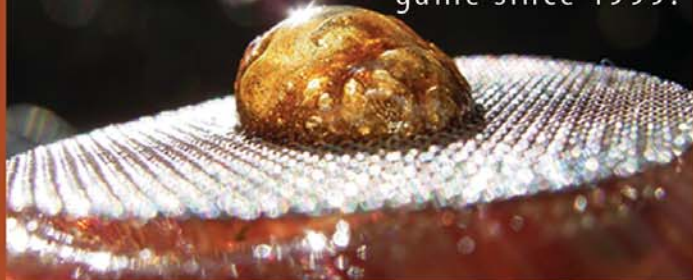



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