

Treating Yourself

The alternative medicine journal

AMA Report
recognizes medicinal
benefits of Marijuana

**Cannabis &
Melatonin**
as mood regulator
for a woman of 38

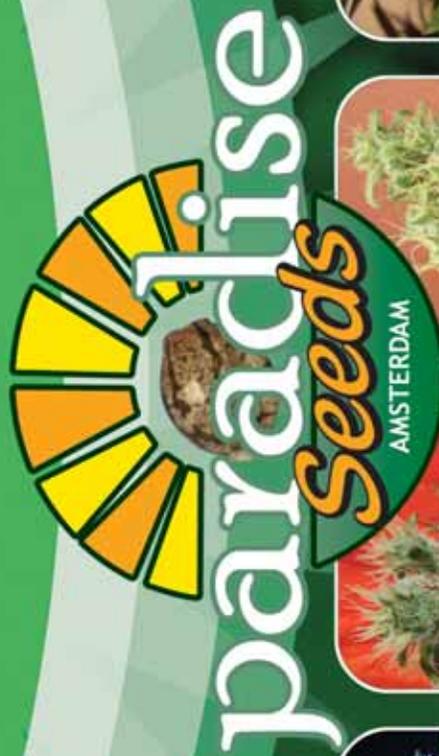
Old Hashish Trail, Emerald Triangle & Show Ring Star,
The Legend of Kachook

Contest:
Win a custom
ROOR package
& Volcano Vaporizer

Posters, Smoke Reports,
Product Reviews,
Events, Survey
And much more...

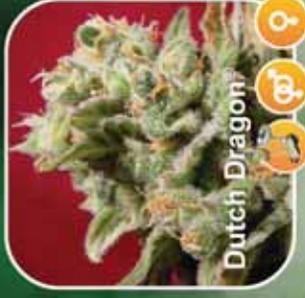
\$7.99 USD/CAD





paradise Seeds AMSTERDAM

New!
All regular seeds
feminised in 5 and 10
seeds per pack



Paradise Seeds - Postbox 377 - 1000 AJ Amsterdam-Holland
tel +31 20 6795422 fax +31 33 4952104
info@paradise-seeds.com

www.paradise-seeds.com
Seed breeder since 1994

WORLDWIDE SHIPPING!
FREE SEEDS WITH EVERY ORDER!



WWW.**THCFARMER**.COM
WE SET THE STANDARDS, OTHERS FOLLOW

YOUR CHANCE TO BUY RARE MARIJUANA SEEDS



Kush, Chemdawg, HeadBand, Sour Diesel, Urkle, Bubba.
The hottest names, the finest dank.

Colombian Gold, Panama Red, Highland Nepalese, Vietnamese Black, Chocolate Thai, the exotic wacky weeds of yesteryear

Finally the myths and legends of the weed world have arrived in seed form for everyone to grow, smoke and enjoy!

Even better they are available worldwide & free seeds with every order!

So head to the place with the widest range of dank genetics, talk to the breeders who made them and grab a piece of a legend for yourself!



The Attitude
Seed Bank

CHECK OUT OUR LATEST AND HOTTEST STOCK!

RESERVA PRIVADA

LA CHEESE

BARNEY'S FARM

LSD

DNA GENETICS

SLEESTACK

TGA SUBCOOL

JILLY BEAN

TGA SUBCOOL

JACK THE RIPPER

TGA SUBCOOL

SPACE BOMB

SERIOUS SEEDS

AK 47

LOWRYDER

EASY RYDER

GREEN HOUSE SEEDS

SUPER LEMON HAZE

JUST A FEW OF THE BRANDS WE STOCK!



WWW.THEATTITUDESEEDBANK.CO.UK

01473 724698 INT: 0044 1473724698 INT: 011 44 1473724698

You have to be at least 18 years old to order cannabis seeds from The Attitude Seed Bank.
It is an offence to cultivate any plant of the genus Cannabis in most of the world without a licence from the Secretary of State. Anyone committing an offence contrary to this section may be imprisoned or fined, or both.
Seeds are sold as souvenirs only, or for the preservation of genetics or incense laws may change. It is your responsibility to check your local laws before ordering.

The Attitude Seed Bank

THE ONLY SEED BANK
TO OFFER GUARANTEED
WORLDWIDE SHIPPING



**ACCEPT NO
SUBSTITUTES**

www.cannabis-seeds-bank.co.uk

**WE STOCK MORE STRAINS THAN ANY
OTHER SEEDBANK IN THE WORLD!**



A WHOPPING 10% OFF WITH OUR VOUCHER CODE: 420

Publisher/ Editor in Chief

Marco Renda
weedmaster@treatingyourself.com

Design Director

Ivan Art
ivan@treatingyourself.com

Assistant to Editor

Jef Tek
jeftek@treatingyourself.com

Copy Editor

Andrew Rininsland
submit@treatingyourself.com

Director of Sales & Marketing

Michelle Rainey
Michelle.rainey@treatingyourself.com

Technical Writer

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

Q&A Advisor

Shantibaba
shantibaba@treatingyourself.com

Text & photography Contributors

Marco Renda, Andrew Rininsland, Ivan Art, Michelle Rainey, Pflöver, Jef Tek, Shantibaba, Jay Generation, Harry Resin, Jeremy Norrie, Joe Pietri, Eddy Lepp, John Rolling Thunder, Soma, Otto Emery Snow, Jerry Biesler, Subcool, Vycki Fleming, Richard A. Devito Jr., Wendal Grant, Keith Fagin, Bilbo7, Gregorio "Goyo" Fernandez, Georgia, Ale Keppel, Tony Avalos, Zany Trails, Mike Bifari

Cover Pic

D. Graf
www.gypsysstudio.com

Submissions

submit@treatingyourself.com

Treating Yourself

250 The East Mall,
P.O. Box 36531
Etobicoke, Ontario
M9B 3Y8 Canada
T: + 416 620 1951
F: +416 620 0698

Printed in Canada



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

Subscribe online now:
www.treatingyourself.com



Subscription Prices
1 year subscription for North America
\$45.00 USD/CAD
1 year subscription International
\$75.00 USD

Mail your subscriptions to:
Treating Yourself
250 The East Mall
P.O. Box 36531
Etobicoke, Ontario
M9B 3Y8
Canada



Contact us:
(416) 620 1951 Mon - Fri 8am - 8pm (Eastern)
(416) 620 0698 Fax



To begin with, I would like to apologize to the following contributors from our previous issue, because I forgot to add their names to the list of contributors for issue nineteen. **Mike Bifari** for his article The First Latin-American Conference , **John Henning** for his article THC Expo A Patient Point of View, as well as **Ed Borg** Photography Studios and **Doobie Duck** for their centre fold pictures.

I would also like to point out that the views and opinions of Joe Pietri are his and not that of Treating Yourself or myself! I find it disheartening that some of the readers would take their anger and frustration out on me personally instead of directing it at the person with whom they are actually angry with. I have recently travelled to London for the UK Hemp Expo and Amsterdam for the High Times Cannabis Cup and at both of these events I met up with some really angry people. It wasn't so bad in the London but in Amsterdam I had two cream pies thrown in my face. I took it in my stride though but on reflection, I never realized just how childish grown adults could be.



What troubles me the most lately is the fact that Canadian medical marijuana patients are not allowed to travel with their prescribed medicine. In Europe, some countries have a medical marijuana program in place, while others do not. However, some countries remain receptive to medical marijuana users bringing in their medicine despite not having a program of their own. There are always exceptions to this rule however, which are dictated by politics. One example of this would be UK where the politicians their still have their heads buried deep in the sand.

On my return back to Canada I rushed to pack my luggage and totally forgot a container with less than 10 grams in it. It was then located by the employees of Canada Customs. I was immediately arrested, strip searched and questioned first by Canada Customs officers and then by the R.C.M.P. After three hours, I was released with a "promise to appear" notice and will have appear in court on December 17, 2009. Now I really can't understand why legal patients have to go through this headache. When do people ever get arrested with prescription drugs that are the equivalent to man made heroin?

I'm glad that Marc Emery was able to get out on bail and hope that the Minister of Justice here in Canada allows him to do his time in a Canadian prison instead of being sent down to the USA. I wish him nothing but the best with regards to his case.

Please let's not forget about our good friend Eddy Lepp either who is serving time as I write this. Another tragedy to the cause.

Take Care and Peace

Marco Renda



blogs.riverfronttimes.com

Issue 20 - Advertisers Index

- 4,5 Attitude Seedbank
- 120 Cannapalooza
- 13 CannaShops
- 47 Crosstown Traffic
- 128 Delta 9
- 23 DNA Genetics
- 107 Dolce Vita
- 43 Dr. Dog
- 10 Dutch Passion
- 39 Genetics Collection
- IB+BCover Green House Seeds
- 126 Greenlife Seeds
- 28 Grobots
- 28 Grow Doc Seeds
- 37 Harborside
- 72 Ha-swesh
- 58 HID HUT
- 110 Home & Garden Show
- 72 Hotbox Magazine
- 28 H.U.M.A.N.
- 47 Hydroponicz
- 73 KDK Distributors
- 29 Medicalcannabis.com
- 29 MMA of America
- 88-90 MM Seeds Wholesaler
- 14 Michelle Rainey
- 127 Moe Medibles
- 59 Mr.Nice Seedbank
- 12 Nirvana
- 82 Niagara Seedbank
- IFCover Paradise Seeds
- 28 Planetary Pride
- 129 Pyramid Seeds
- 91 RooR
- 127 Seed Boutique
- 21 Serious Seeds
- 47 SHHC
- 83 Soma Seeds
- 3 THC Farmer
- 29 Time 4 hemp
- 99 Trimpro
- 111 TY Expo
- 4 TY Subscribe
- 73 Vaporizers.ca
- 13 West Coast Cannabis
- 50 WeedWorld

Cartoons

- 11, 24, 61 Ivan Art
- 98, 123 Georgiatoons

Advertising Policy Statement

TreatingYourself is not responsible for the actions, service or quality of the products and businesses advertised in our publication. We will not knowingly support unethical practices of any advertiser. If you choose to purchase a product from one of our advertisers, please let them know that you saw their ad in **Treating Yourself Magazine**



Happy Hippie creator Georgia Peschel would like to thank C.A.L.M (our compassion club in Toronto) for treating us to Dinner at the CN Tower with Tommy Chong and his beautiful wife, Shelby. It was an experience we'll never forget :-)

photo Storm, Norman & Tommy.

Inside this issue...

7 **Marco's Editorial**

15 **Ask Medicinal Michelle** ○

Society

16 SACRAMENTO'S BUDDING BUSINESS

18 NEW HAMPSHIRE, A STATE OF SUFFERING

Hemp Chronicles

20 MEDICINAL USE OF MARIJUANA, PAST, PRESENT AND FUTURE...

22 AMA REPORT RECOGNIZES MEDICAL BENEFITS OF MARIJUANA

24 EDDY LEPP INSIDE FEDERAL PRISON

26 NEWS BUDS

Health

30 CANNABIS & MELATONIN AS MOOD REGULATOR ○

39 **SIGN UP for Survey**
on the modes of Delivery of Cannabinoids

Spotlight

51 INTERVIEW WITH M FROM S.D. URBAN GROWER'S SOCIETY

Smoke Report

54 JAMAICAN OIL



Submission info

Ads

Format: JPG, TIFF or EPS in (CMYK) **Resolution:** 300dpi at 1/1 (actual print size)

- Ad sizes:**
 - 1/4 page: 95mm x 132mm (wxh) / 3.74in x 5.2in
 - 1/2 horizontal: 195mm x 132mm (wxh) / 7.7in x 5.2
 - 1/2 vertical: 95mm x 267mm (wxh) / 3.74in x 10.5in
 - Full page: 203 x 276 (wxh) + 3mm bleed on all edges. / 8in x 10.9in + 1/8in bleed

Articles

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

Note

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



Centerfold Posters



- Grow**
- 60 SHANTIBABA'S GROW TIPS
- 64 HASH MAKING 101
- 74 THE DANK MYSTERY
- 78 SOIL, COMPOST AND COMPOSTING
- 84 THE OUTSIDE IS SACRED
- Travel**
- 92 THE LEGACY OF KACHOOK
- 100 ELITE SEEDS, A SPANISH SEED STORY
- 104 SPANISH/CANADIAN SAMPLER GARDEN
- Review**
- 108 THE VAPIR
- Events**
- 112 EXTRAVAGANJA
- 114 COPA CANNABICA DEL PLATA
- 116 VISITING THE FIRST MICHIGAN MEDICAL MARIJUANA EXPO
- 118 CONTINUING ADVENTURES OF MA
- Recipes**
- 124 MAJOUN
- 130 TY Contest entry form & winners

Disclaimer

Treating Yourself wishes to remind readers to be aware that the sale, possession and transport of viable cannabis seeds is illegal in many countries, particularly in the USA. We do not wish to induce anyone to act in conflict with the law. We do not promote the germination and growth of these seeds where prohibited by law. Treating Yourself assumes no responsibility for any claims or representations contained in this publication or in any advertisement. All material is for entertainment and educational purposes only! Treating Yourself does not encourage the illegal use of any of the products or advertisements within. All opinions are those of the writer and do not necessarily reflect those of Treating Yourself. Nothing in this publication may be reproduced in any manner, either in whole or in part without the expressed written consent of the publisher. All rights reserved. All advertised products and offers void where prohibited. Occasionally we may use material we believe to be placed in the public domain. Sometimes it is not possible to identify or contact the copyright holder. If you claim ownership of something we have published we will be pleased to make a proper acknowledgement. All letters and pictures sent are assumed to be for publication unless stated otherwise. Treating Yourself can not be held responsible for unsolicited contributions. No portion of this publication can be reproduced for profit without the written consent of the publisher.

2009

DUTCH PASSION PROUDLY PRESENTS:

TWO AUTOFLOWERING VARIETIES: TAIGA® AND TUNDRA®
TWO HIGH ALTITUDE VARIETIES: SNOWBUD® AND PAMIR GOLD®
GREAT NEW SATIVA: LA LYBELLA®
MEDICAL VARIETY: ORTEGA INDICA®
5 MIXED SEEDBAGS: 6 SEEDS,
3 STRAINS PER SEEDBAG



**YOUR PASSION,
OUR PASSION,
DUTCH PASSION**

Creator of the Revolutionary Feminized Seed Technology
Amsterdam, Utrechtsestraat 26, telephone 0031 (0)20 6251100
Maastricht, Grote Gracht 40, telephone 0031 (0)43 3215848

www.dutchpassion.nl





AMSTERDAM

NIRVANA

*** Guaranteed Quality ***

Nirvana:

- AK-48
- Aurora Indica
- Blue Mystic
- Bubblelicious
- Chrystal
- ICE
- Indoor Mix
- Kaya Gold
- Master Kush
- Medusa
- Northern Lights
- Papaya
- PPP Pure Power Plant
- Short Rider
- Snow White
- Super Skunk
- Swiss Cheese
- Venus Flytrap
- White Castle
- White Rhino
- White Widow
- Wonder Woman

The Sativa Seedbank:

- Blackberry
- BlackJack
- Eldorado
- Full Moon
- Hawaii Maui Wau
- Haze #13
- Jock Horror
- N.Y.P.D. New York Power Diesel
- Raspberry Cough
- Royal Flush
- Sterling Haze
- Urban Poison

NEW

STRAINS!!

The Sativa Seedbank

ALL STRAINS IN NATURALLY OCCURING AND 100% FEMINISED SEEDS!!




100%
 FEMALE SEEDS

www.nirvana.nl

WEST COAST CANNABIS



A free monthly magazine
for hemp enthusiasts
everywhere!



I invite you to see what's happening on the West Coast.
Stay Informed & Inspired. —Ngaio Bealum, Publisher

Available at cannabis friendly venues. Get the latest issue online:

www.westcoastcannabis.com


"It's Your Right!"



NEW FEATURES:

PODCAST, BLOGS, CONTEST,
ARCADE, CUSTOM SOCIAL
PROFILES, LIVE STREAMING VIDEO,
CHAT, SOCIAL GROUPS, MUSIC,
NEWS, SEEDS AND CANNABIS
GROW INFORMATION.



CANNASHOPS.COM

Support Medicinal Marijuana

Medical Marijuana Exemptee

Patient Advocate



www.MichelleRainey.com *



Shipping Included
PayPal Accepted

All proceeds go to Legal Fees

Order Online or
Send Money Orders to:

Michelle Rainey
1102 - 525 9th Street
New Westminster, BC
V3M 5T9 Canada

(Indicate size: S, M, L, XL, XXL)

Men's and Women's sizes available.



Ask Michelle

Hi Michelle,

I stumbled across a video of yours on you tube and found that your passion for cannabis is outstanding. I am sorry to hear about your illness and I hope that medical marijuana serves you well.

I live in the U.S. near Boston, a state that has recently relaxed its marijuana laws (100\$ fine for under 100 grams), but I am finding myself to want to become more active in supporting cannabis law reform here in the states. As I get older I find myself paying more attention to the laws and politics of this corrupt government, who, as you stated in your video, has their own agenda which seems mainly to provide themselves with financial rewards from industry lobbyists while ignoring the rights and needs of their constituents'. I find this to be very frustrating and downright despicable.

I was wondering if you have any good choices for organizations that need help or more support so I can get started as an active supporter, right now I just hide in my basement supporting with plants behind closed doors, this whole thing is ridiculous. It's funny because the laws on cannabis, almost worldwide, seem to encourage the eradication of a plant species, purposely to cause extinction by mankind. Does this remind you of Nazi Germany in a way? Who are the law makers think they are, causing genocide of a beautiful plant species which may make the quality of life of some people better. You know they could give a crap about you or me as long as the money comes in from the drug and alcohol companies.

Good luck on your legal situation also, I look forward to getting info from you. Thanks and god bless.

Hiding In the Basement, USA

Dear HIB,

Having spent the better portion of the 90's, 'hiding in the bathroom', self medicating smoking cannabis, I can completely relate! Courage can conquer fear especially when medical necessity is involved. Over the past decade since voicing my opposition to marijuana prohibition and being apart of the global community that advocates full legalization I honestly do feel blessed. Here we are at the end of 2009 and marijuana has been written about, talked about, fought about, every single day this year. The debate will continue. We need to collectively unite and extinguish all false propaganda perpetuated by as you said 'industry lobbyists'. I am honored that you appreciate my efforts and will continue dedicating my life in ending the reefer madness! Here is a list of organizations to contact.

DrugSense, <http://www.drugsense.org/html/>

Canadian Media Awareness Project, <http://www.mapinc.org/cmap/>

Drug War Coalition, <http://drugwarcoalition.ning.com/>

The National Organization for the Reform of Marijuana Laws, <http://norml.org/>

Treating Yourself, http://www.treatingyourself.com/vbulletin/cms_index.php

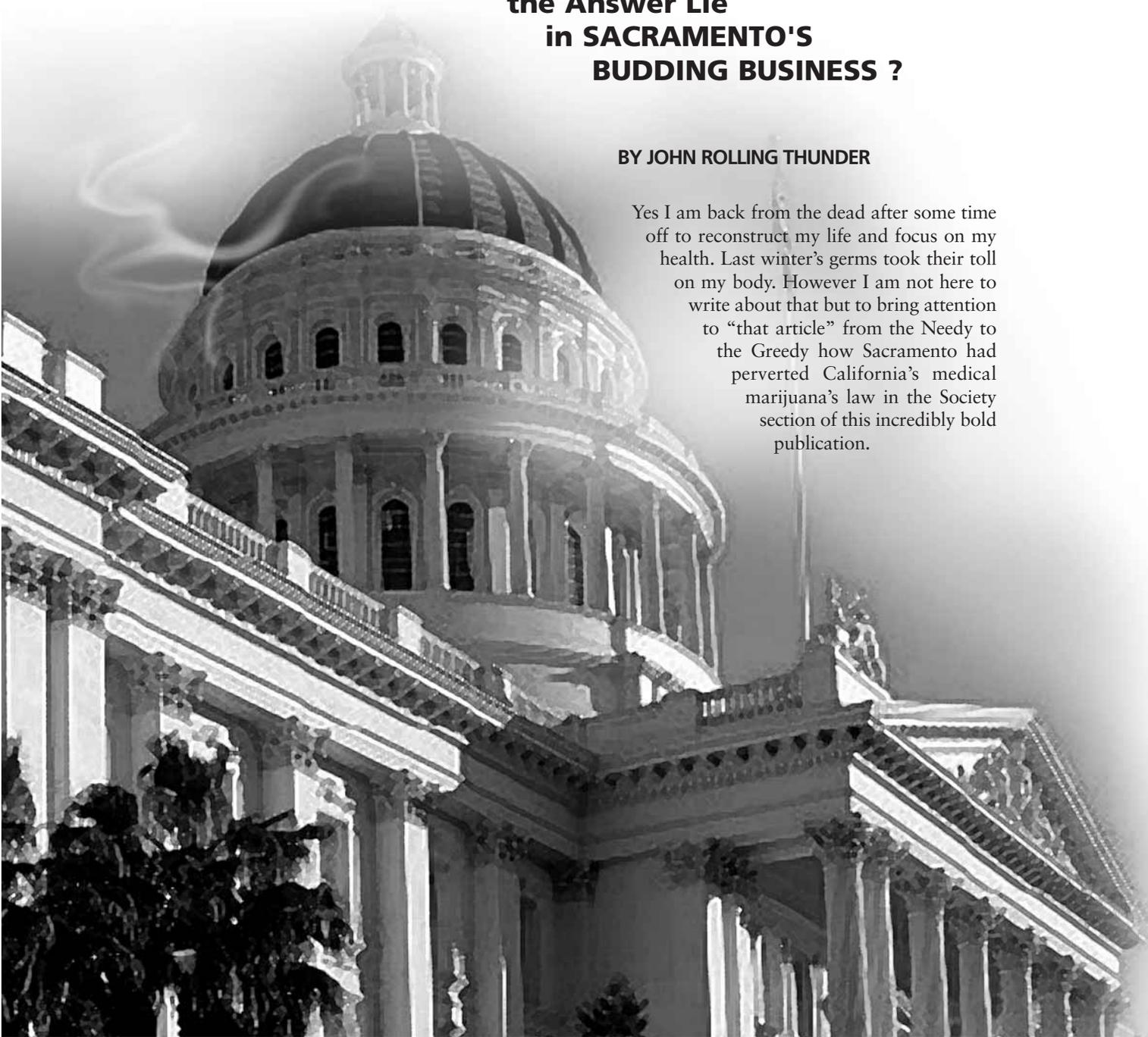
XOXO Medicinal Michelle

SACRAMENTO'S BUDDING BUSINESS

**Where Does
the Answer Lie
in SACRAMENTO'S
BUDDING BUSINESS ?**

BY JOHN ROLLING THUNDER

Yes I am back from the dead after some time off to reconstruct my life and focus on my health. Last winter's germs took their toll on my body. However I am not here to write about that but to bring attention to "that article" from the Needy to the Greedy how Sacramento had perverted California's medical marijuana's law in the Society section of this incredibly bold publication.



Is it in the supply and demand of medical marijuana or between the definitions of greed and compassion, privileged versus poverty, politics versus privacy, organized crime versus organized love?

A truly dedicated publisher is willing to give voice to patients to practice a fundamental belief in the right for freedom of speech is commendable. Now this I can applaud. If we were denied the basic rights of our freedom to speak all paintings would be black and then viewed in silence. The article written by our "mystery writer" is truly a patients bleeding testimony of frustration aimed at a couple of dispensary's, names withheld, that may not be living up to expectations set upon by this ghost writer. Taking note of what was written there lays a connection with the inner workings of some of the collectives and or dispensaries here is Sacramento ,The River City or as of recent years known as The City of Trees.

Because of this connectedness I believe, was the reason why "mystery writer" resigned to putting their name down next to their comments in turn reducing the article to be rather worthless in many of the eyes of the readers/patients I spoke with and very damaging to most dispensaries. However the idea echoed that we all have opinions and the freedoms to express them.

Some said "yes but a name should rightfully be by it or Treating Yourself should have set it up as a letter to the editor but not as a story in the society section without a name."

This person, obviously known, did not want to for whatever reasons to be caught up in the fire even though "the author" was the one with the match that lit the fire in the first place. Then screams fire so everybody can hear and then yells for help then walks away into the smoke left behind by all the disgruntled, hard working, and often generous dispensary and collective owners.

Oh yes! The real kicker is the only name brought up in the article is mine, they write I quote," the article that was written (issue 12 summer 2008. titled Greed Weed and the Birth of the California Medi - Mart) by John Rolling Thunder is very accurate in his claims regarding how dispensaries in Sacramento are run." "The author" goes on to validate some points I had. The article I wrote, I used a particular collective as an example but only that of how things can go from good to bad to worse. I put my name next to that piece along with all my works for I stand in my truth and next to that you will always find my name. I am glad the author agreed with me but don't you think

"no name" one article was enough? Thanks for having me skinned alive once again.

What troubled most patients I spoke with were that they did not have to bash all the dispensaries ending the article with such an irresponsible conclusion and mindless opinion. I quote," maybe Sacramento is too lawless to have any dispensaries at all." I found this to be a very damaging comment, one that wasn't necessary at all. The timing of this article's release could not have been worse with the city government of Sacramento starting to engage the reality of the dispensary's futures at hand . It being disrespectful to all the people who put their lives on the line everyday dispensing relief to those suffering.

We must remind ourselves how important our freedoms are including the right to free speech.. Marco Renda publisher of Treating Yourself has always, as long as I have known him, to be one to support the right for freedom of speech.

What is going on in Sacramento is happening everywhere in California. Just because there are a few bad worms in the buds doesn't make the whole plant worthless! WE HAVE SOME EXCELLENT DISPENSARY'S HERE IN SACRAMENTO WHICH I AM VERY PROUD TO BE ASSOCIATED WITH.

Sacramento is actually going through a period of transition now that the city has intervened there has been a moratorium placed on growth and the word is they will be closing down the doors of some, about half of the dispensary's here.

A friend of mine in this business recently returned from Los Angeles and Orange County. He met up with a mutual friend to tour some of the facilities in those counties and what they found was that it was very common to see prices of medical marijuana priced extremely high up to 2 to 3 times the prices that are the norm here in Sacramento. Why one might ask themselves? If people are willing to pay these prices for their favorite trendy purple buds "du jour" or Kush fanatics to acquiesce and not complain about the prices then where does the problem lie, in the supply and demand of medical marijuana or between the definitions of greed and compassion or privileged versus poverty? 



New

by Otto Emery Snow

I remember New Hampshire as a state with rolling hillsides and cow pastures, 'til paradise was paved. I have fond memories of a place where anyone would be happy to live and raise a family.

In the 1970s onward, Vietnam Vets with PTSD could obtain some of the finest cannabis to help them to sleep and relax without the addiction and insanity caused from benzodiazepine sleeping pills, tranquilizers and disabling antipsychotics.

Sadly, in the more recent decades, the news describes a place where physicians sexually assault patients and then gang up on the victims to silence them. The Catholic schools and churches where children were once thought to be safe were plagued with sexual assaults on minors. There was a case in which intoxicated minors were passed around by priests for sex. The 'holy men' were not prosecuted because 16 is the age of consent and sacramental wine was used to loosen up their prey.

Much has changed, some has not. The once-thriving computer and electronic industries did not incorporate robotics, and are now gone. The property taxes have skyrocketed as the state has no sales tax. Some things have not changed, however. People and businesses

pop.com

Hampshire

A state of suffering

from Massachusetts, Maine and Vermont still save money on purchasing liquor in the state and bringing it across the borders, costing these three states multi-millions in lost tax revenue over the decades.

In the 1970s onward, the drugs most abused were benzodiazepines. Physicians doled out free samples, some quantities in excess of three months. NH did not have diversion units years ago, though maybe today they do? Tranquilizers are more likely to be the first drug children will abuse, along with alcohol, then followed by other prescription drugs. This is a national problem and not isolated to NH.

The violent crime rate has always been low. Law enforcement (state and local) have always been top notch professionals. State Troopers remove their hats when pulling over cars and excuse themselves for causing any inconvenience to the driver, before giving you a ticket. They are highly respected and looked upon as role models for state law enforcement across the nation.

A friend of mine supplied law enforcement with fine cannabis. The officers used cannabis instead of taking pills to sleep, or narcotics for pain. Seems rational to me. The officers did not arrest people for simple possession or for growing a few plants.

In many communities, law enforcement rarely arrests adults with cannabis or patients growing a few plants in their backyard gardens. This has always kept a steady stream of information on major crimes from the ears and mouths of cannabis users to law enforcement. Unfortunately, the anti-patient rights in the NH Senate are interfering with that. Stopping patients from growing their own medical cannabis guarantees that organized crime will silence those who depend on their services.

In earlier administrations, the AG's Office and Secretary of State's Office have been a pleasure to work with. They shut down a company that was conning people; I don't like people who take advantage of others. The Secretary of State also offered his assistance when a friend was discriminated against in renting a condo for having long hair. If Uncle Sam needs the help of citizens to stop crime he needs to represent patients.

State AG Kelly Ayotte gave a report to the state senate on the dangers of cannabis that reads like something from *Reefer Madness*. Unfortunately, it contained nothing about the serious drug problems in the state — NH has long been a drive-thru state for tons of cocaine heading south. This is not something new. The federal government knows the players. Prescription drug diversion has always been a

problem. The targeting of patients growing a few plants masks deeper drug problems that are not being addressed.

Fortunately, those with integrity in law enforcement, county attorneys, and judges will not comprise public trust by criminalizing patients.

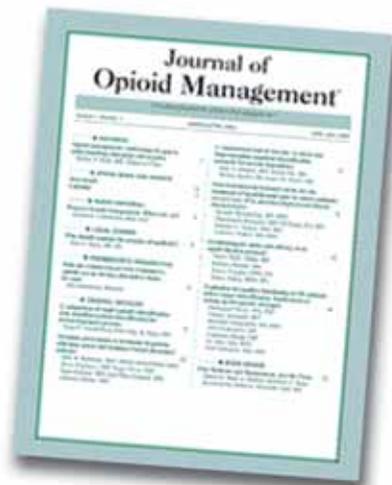
There are some good things to come out of the state. The statute of limitations has been increased on child molesters. Physicians that sexually assault patients are now having their wrists slapped. Patients have rights to their medical records. To what extent the state prosecutes physicians and hospitals that don't comply, I would not know.

I love the people and state of New Hampshire. They are hard working (if they can find work) and a handshake is their bond. The Old Man of the Mountain, the state symbol has fallen down and has been replaced with a tacky facsimile, but the foliage is still colorful in the fall.

Unfortunately for patients, the governor remains against patient rights and vetoed a patients' rights bill. Organized crime must have breathed a sigh of relief with Gov. Lynch voting to treat patients as second-class citizens. The pharmacies will continue profiting from the suffering of patients. Live free or die will remain meaningless, until next year's vote. ❖

Medicinal Use of Marijuana:

Past, Present and Future...
A Fresh Look by Experts in the Field



Author :

Journal of Opioid Management

News Category :

PressRelease

WESTON, Mass., Nov. 9 /PRNewswire/ -- Groundbreaking articles in current issues of Journal of Opioid Management, for the first time explore, in depth, the emergence of cannabinoid medicine, its challenges for health care providers and its potential benefits for patients.

In these important articles, University of Washington authors, Sunil Aggarwal, PhD who is a member of the prestigious Medical Scientist Training Program and who conducted the article's research and Gregory T. Carter, MD, nationally recognized expert in the field of pain management, lead their team in taking a fresh look at all aspects of cannabinoid medicines, including the cannabinoid botanical marijuana, from the historical perspective and clinical evidence base for its use to the legal ramifications. In the second article, they offer a chart review examination of the treatment with medical cannabis of 139 chronic pain patients in the state of Washington.

As the authors point out, there is a near complete absence of education about cannabinoid medicine at any level of medical training despite the fact the Institute of Medicine concluded, after reviewing relevant scientific literature including dozens of works documenting marijuana's therapeutic value, that nausea, appetite loss, pain, and anxiety are all afflictions of wasting and all can be mitigated by the drug safely and with minimal toxicity. The research also shows that cannabinoid medicines have particular application for patients intolerant or refractory of opioid therapies for pain management.

The authors conclude that while cannabis is neither a miracle drug nor the answer to everyone's ills, the evidence suggests that physicians and medical students should make an extra effort to educate themselves in the art and science of cannabinoid medicine.

To purchase a reprint of Medicinal use of cannabis in the United States: Historical perspectives, current trends, and future directions Sunil K. Aggarwal, PhD; Gregory T. Carter, MD, MS; Mark D. Sullivan, MD, PhD; Craig ZumBrunnen, PhD; Richard Morrill, PhD; Jonathan D. Mayer, PhD click this link <http://tinyurl.com/ydqwtd2>

To purchase a reprint of Characteristics of patients with chronic pain accessing treatment with medical cannabis in Washington State Sunil K. Aggarwal, PhD, MD Candidate; Gregory T. Carter, MD, MS; Mark D. Sullivan, MD, PhD; Craig ZumBrunnen, PhD; Richard Morrill, PhD; Jonathan D. Mayer, PhD click this link <http://tinyurl.com/y9yk9zq> .

Journal of Opioid Management, a professional, peer-reviewed publication is designed to meet the challenge faced by physicians as they prescribe powerful, quality-of-life enhancing painkillers to their patients. Filling a long standing gap in medical literature, it addresses all aspects of opioid use and safe management and does so at a time when the federal spotlight has been switched on to the rising problem of abuse and addiction tied to these prescription painkillers.

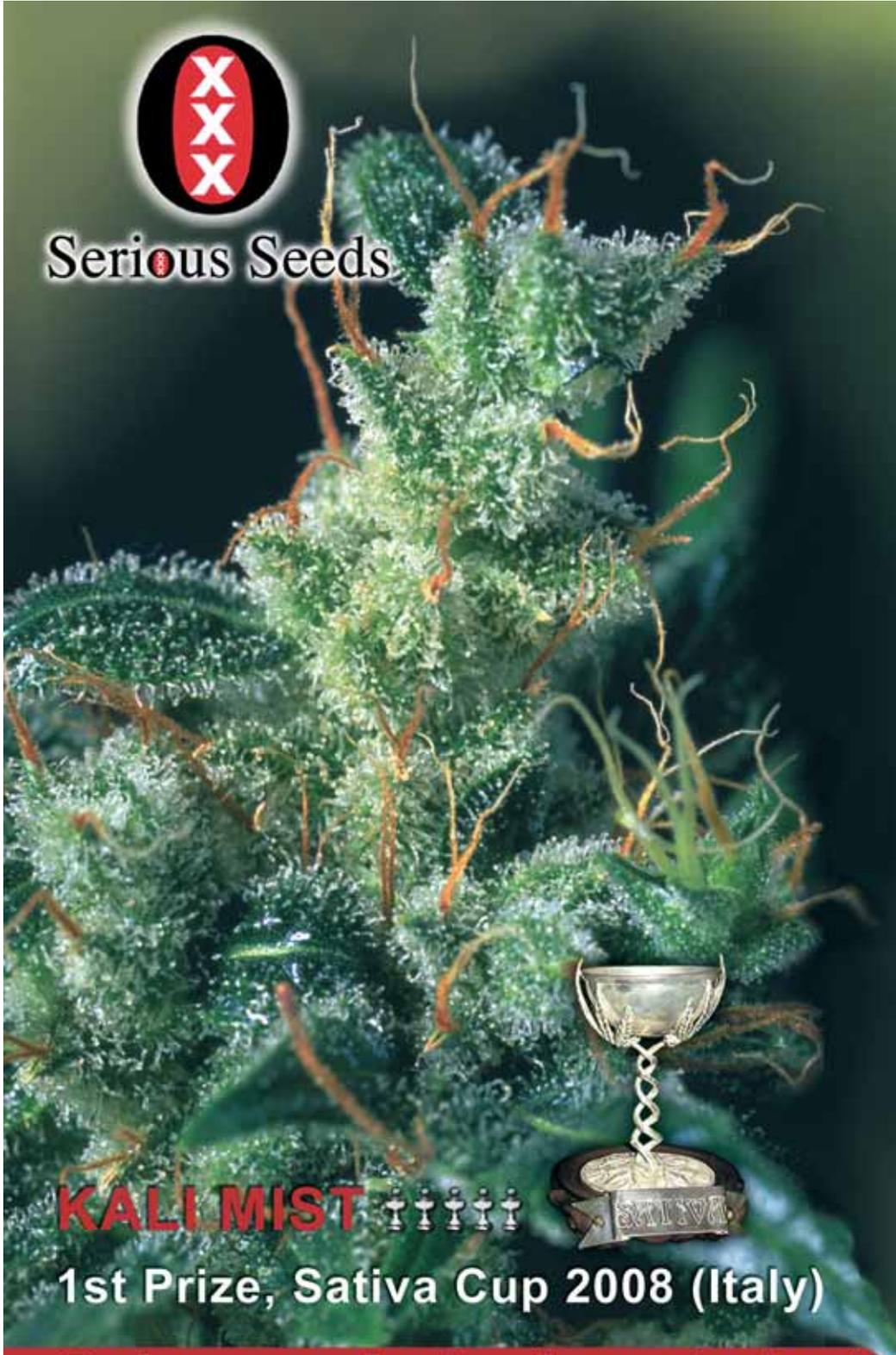
Journal of Opioid Management has become the unchallenged journal of record for those in the field today. For more information about the journal, visit <http://www.opioidmanagement.com> . To subscribe to the online edition please visit <http://ejournal.opioidmanagement.com> or call the circulation department at 781-899-2702 ext 108.

Contact:

Richard A. Devito, Jr.
Journal of Opioid Management
781-899-2702 Ext. 107
radjr@pnpco.com 🇺🇸



Serious Seeds



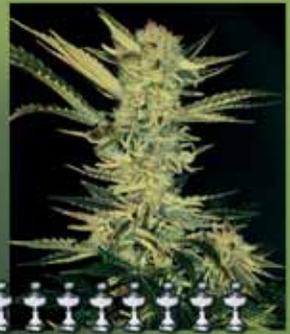
KALI MIST 🏆🏆🏆🏆

1st Prize, Sativa Cup 2008 (Italy)

Only award winning strains!

Your guarantee for success!

For catalog, info or seeds: **Serious Seeds**
Postbus 1239, 1440 BE Purmerend, The Netherlands
info@seriousseeds.com - www.seriousseeds.com



BUBBLE GUM
Many awards



AK-47
Most awarded strain known



CHRONIC
Quantity and Quality



WHITE RUSSIAN
Strongest strain around



11 handselected seeds in a tube

AMA Report Recognizes Medical Benefits of Marijuana, Urges Further Research

Largest and oldest U.S. physician-based group reverses long-held position on medical marijuana

Houston, TX* -- The American Medical Association (AMA) voted today to reverse its long-held position that marijuana be retained as a Schedule I substance with no medical value. The AMA adopted a report drafted by the AMA Council on Science and Public Health (CSAPH) entitled, "*Use of Cannabis for Medicinal Purposes*," which affirmed the therapeutic benefits of marijuana and called for further research. The CSAPH report concluded that, "*short term controlled trials indicate that smoked cannabis reduces neuropathic pain, improves appetite and caloric intake especially in patients with reduced muscle mass, and may relieve spasticity and pain in patients with multiple sclerosis.*" Furthermore, the report urges that "the Schedule I status of marijuana be reviewed with the goal of facilitating clinical research and development of cannabinoid-based medicines, and alternate delivery methods."

The change of position by the largest physician-based group in the country was precipitated in part by a resolution adopted in June of 2008 by the Medical Student Section (MSS) of the AMA in support of the reclassification of marijuana's status as a Schedule I substance. In the past year, the AMA has considered three resolutions dealing with medical marijuana, which also helped to influence the report and its recommendations. The AMA vote on the report took place in Houston, Texas during the organization's annual Interim Meeting of the House of Delegates. The last AMA position, adopted 8 years ago, called for maintaining marijuana as a Schedule I substance, with no medical value.

"It's been 72 years since the AMA has officially recognized that marijuana has both already-demonstrated and future-promising medical utility," said Sunil Aggarwal, Ph.D., the medical student who spearheaded both the passage of the June 2008 resolution by the MSS and one of the CSAPH report's designated expert reviewers. "The AMA has written an extensive, well-documented, evidence-based report that they are seeking to publish in a peer-reviewed journal that will help to educate the medical community about the scientific basis of botanical cannabis-based medicines." Aggarwal is also on the Medical & Scientific Advisory Board of Americans for Safe Access (ASA), the largest medical marijuana advocacy organization in the U.S.

The AMA's about face on medical marijuana follows an announcement by the Obama Administration in October discouraging U.S. Attorneys from taking enforcement actions in medical marijuana states. In February 2008, a resolution was adopted by the American College of Physicians (ACP), the country's second largest physician group and the largest organization of doctors of internal medicine. The ACP resolution called for an "evidence-based review of marijuana's status as a Schedule I controlled substance to determine whether it should be reclassified to a different schedule. "The two largest physician groups in the U.S. have established medical marijuana as a health care issue that must be addressed," said ASA Government Affairs Director Caren Woodson. "Both organizations have underscored the need for change by placing patients above politics."

Though the CSAPH report has not been officially released to the public, AMA documentation indicates that it: "(1) provides a brief historical perspective on the use of cannabis as medicine; (2) examines the current federal and state-based legal envelope relevant to the medical use of cannabis; (3) provides a brief overview of our current understanding of the pharmacology and physiology of the endocannabinoid system; (4) reviews clinical trials on the relative safety and efficacy of smoked cannabis and botanical-based products; and (5) places this information in perspective with respect to the current drug regulatory framework."

Further information:

Executive Summary of AMA Report:

http://AmericansForSafeAccess.org/downloads/AMA_Report_Executive_Summary.pdf

Recommendations of AMA Report:

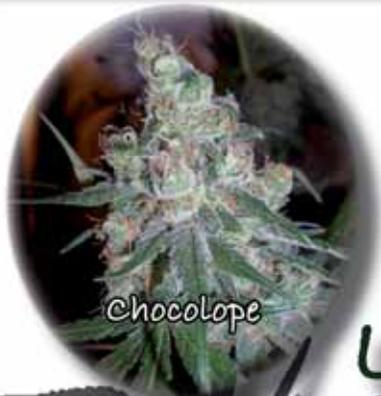
http://AmericansForSafeAccess.org/downloads/AMA_Report_Recommendations.pdf

American College of Physicians resolution:

http://www.acponline.org/advocacy/where_we_stand/other_issues/medmarijuana.pdf 🇺🇸



DNA
GENETICS
AMSTERDAM



Los Angeles Amsterdam

Merchandise available throughout the world.
Email info@dnagenetics.com for all inquiries.



Providing the medical
community with
quality genetics



www.dnagenetics.com

How would you like a natural substitute to pharmaceutical drugs that are treating wasting syndrome and loss of appetite in AIDS and cancer patients, depression, anxiety, nausea and vomiting, anorexia nervosa, Multiple Sclerosis, spinal cord injury, epilepsy, cancer pain, other pain categories, Parkinson's disease, Tourette's syndrome, glaucoma, bronchial asthma, hypertension, psychiatric disorders, Crohn's disease and alzheimer's disease?

Award winning
cannabis strains



We do not ship seeds to the USA

Eddy Lepp

Inside Federal Prison



illustrations: ivanart.net

October 2009

Greetings Everyone,

I love to write, but writing about this place is hard.

On the one hand, in some ways it doesn't seem that bad.

I have met some wonderful men here; even some of the staff and guards are okay.

But there are the others. They are the people who were pieces of shit before they got here, and still are. Why people are so able to not care about anyone or anything including themselves is very hard to understand. These are the ones who abuse everything, causing trouble for all those around them.

This place is strange. Sometimes at night I awake to pee and it is silent as a tomb. At other times it is like being in a cave full of snoring bears. Other times it is like Times Square at 3 a.m.

One never knows what it will be like, so one must always be on guard. One friend, who has been to many prisons, tells of some places where every prisoner carries a knife or weapon of some kind, a place where violence could explode at any minute.

I wrote of the old man who was beaten into a coma here, and had his eye lying on his cheek – well, he is still in a coma as of last report. This all happened over a game of dominoes. Just brushing against someone can cause words and that can go anywhere.

The mentality is shocking; many do nothing but watch TV all day and sadly, their favorite shows are Cops and America's Most Wanted. It is bad enough to be here, but to watch that is just well, I don't know... Sad.

Others here are extremely talented and play musical instruments, draw, sing, make cards, et cetera. Beautiful pottery comes from the hobby shop. And, of course, there are always sports and God issues, which I will address in my next story.

I hope to address the injustice heaped around us by a cruel system that is so overpopulated it is a threat to us all. There was a riot two years ago that everyone is still paying for one way or another. The system here is such that being in jail isn't enough for the powers that be — they must penalize you and make it worse, forcing you to pay fines or be moved to the worst areas; charging you to go on a sick call or see a doc-



tor. Making you pay for braces, supports, et cetera. If you need aspirin, eye drops or whatever, you must purchase it through the commissary, which is always out of stock and more expensive than the outside.

Being forced to wait in lines for everything, and abused by some of the staff, it is apparent some go out of their way to make this place worse for us. We are powerless to say or do anything; I am appalled at the sentences given out and the absurdity of it all.

Kill a man and get probation. Kill and fight dogs and get 18 months and a multi-million dollar contract.

I know eight guys here who, between them, had less than an ounce of cannabis, and are collectively doing over a hundred years of time.

THIS IS INSANE.

This must be stopped!

I also want you to know that there are boxes behind the mess hall that say "Unfit For Human Consumption." That is what they feed us.

For most of my life, I have wished we were truly more Godlike, filling our hearts with kindness, compassion and understanding. To empty our prisons of those who have created no victims, so that we may punish those who have.

This is a war against the poor of this country, and the Drug War is a war on ourselves. The government uses it to remove those that they deem to be undesirable from society.

We must force our leaders to go after those who harm others, and let the rest of us decide what is best for us.

Until next time,
Respect All, Hurt No One, Love One Another

Eddy Lepp



News Buds

by Jef Tek



Canada

There is not a day that goes by without somebody asking me where to buy seeds from. In this litigious world where one man's information is another man's conspiracy, I never give a direct answer. One reason is that Marc Emery is going to an American prison for selling seeds, while the rest of the world continues to turn profits from this semi-legal niche market, with seed banks literally popping up everywhere.

My wife, "**Medicinal**" **Michelle Rainey**, plead guilty earlier this year in exchange for two years probation in Canada — with no Canadian charges — for her part in the BC-3 "conspiracy" along with



Greg "Marijuana Man" Williams who also got two years probation. Marc may have to serve five years in a Federal U.S. prison for, first and foremost, being an outspoken marijuana activist/advocate. When the indictment first came down from the Washington DEA, they were looking for life in prison, for all three persons. Life, for selling seeds?! *Life!* And, while I am ecstatic that the case has been resolved for Greg and Michelle, I really don't want to see anyone go to jail for an ideal. Emery generated huge resources to fund the cause of legalizing marijuana and he did such a good job that he wound up in the sights of the U.S. DEA. Because he won't deny selling seeds he has virtually no defense. He surrendered himself to the Fraser correctional facility on September 28th in B.C.

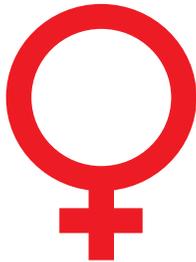


First **Eddy Lepp**, and now **Marc Emery** — love them or hate them, they have done so much to educate and expose the plight of cannabis and medicinal marijuana law reform. Laws against plants are laws against nature.



Amsterdam, Holland-

Founded in 1987, Dutch Passion were pioneers of the seed bank business; today, many consider Dutch Passion the leading seed company in the world. With strong releases like Power Plant, Blueberry, Orange Bud, Mazar, Euforia, Strawberry Cough, Passion #1 (formerly Amstel Gold) plus many others, Dutch Passion is now even more famous for the development of feminized seeds.



What is a feminized seed?

In a nutshell, feminized seeds come from selected strains that show highly-desirable traits and they are treated with pollen collected from slightly-stressed females. This pollen almost always produces 100 per cent female offspring, and Dutch Passion has paved the way for a venerable cast of strains to continue to flourish around the globe with no need for removing unproductive male plants — because there aren't any.

Male cannabis is basically hemp and female cannabis is medicine, with few exceptions, so for a grower to know he or she is planting all females from the get-go results in less time wasted and more productive plants in the end run.

In 1997, Dutch Passion released six feminized varieties of fine cannabis to the market. They were a major success right from the very beginning and they currently stock over 34 feminized seed strains. And the list keeps growing...



Dutch Cheese

The breeders at Dutch Passion took the best Cheese genetics and crossed them with various strains, looking for the “perfect marriage” where both strains combine the best they have to create an even better strain — easier, faster, stronger, higher yield, disease resistant, color, THC content, et cetera. So they wound up crossing

their highly-celebrated strain “Euphoria,” which is a very potent, stable, skunk strain. Their Dutch Cheese is 60% Sativa/40% Indica, without compromising the cheesy qualities and with actually improved potency and increased yield. The main growth is complimented by lots of sticky buds growing in side shoots; however, the side growth shows some inter-nodal spacing that will help prevent bud rot/mould — an important feature for a heavy-yielding indoor/greenhouse variety. Flowering is 8 to 10 weeks and it has an exotic and spicy aroma. Initially it will hit you with a strong (skunk) stone that is followed by a long lasting elevated high that will keep you coming back for more.

The Ultimate

A 50/50 Sativa/Indica blend that just may be the ultimate grower's dream. Combining connoisseur quality with heavy yields, the team at Dutch Passion really do have a passion for finding and breeding exceptional strains for the world to grow in their own backyard and beyond. Flowering takes just 8 to 10 weeks and the explosive bud growth that takes place in the last two weeks has to be seen to be believed. It is also resistant to molds and bud rot, making it a good outdoor (southern latitudes) and a good greenhouse choice as well. The Ultimate burns with hints of citrus fruit and oranges; a tropical delicacy with a knockout punch and a powerful hint of Haze. Even Dutch Passion can't explain how much fun they had creating this strain, some things are better left unsaid.



Although I haven't actually tried these two strains, I have had extensive experience with Dutch Passion seeds and I find them to be highly viable (no duds) and also highly stabilized, with little variation from plant to plant within a strain. WYSIWYG — What You See Is What You Get, and with Dutch passion, their passion can become your passion. Please visit dutchpassion.nl for more info on these strains and more.

My heart and prayers go out to the friends and family of the one and only Jack Herer (Pronounced like “terror,” not “hair air”!). At Portland Hempstalk, Jack suffered a Heart Attack and though he spent some time in critical condition is now stabilized. If you would like to send Jack an email, please forward it to his wife Jennie at jeannieherer@yahoo.com

That's all I got for now. It seems 2009 has been a year of more closures than openings, but with each dusk there is the hope of the dawn. To Farrah Fawcett, Michael Jackson, David Carradine and Ed McMahon — we will miss you. Now I got some planting to do... 

HUMAN

HEMP USERS MEDICAL ACCESS NETWORK

www.HumanHempHealth.ca

Toronto Therapeutic Cannabis Health & Nutrition Products

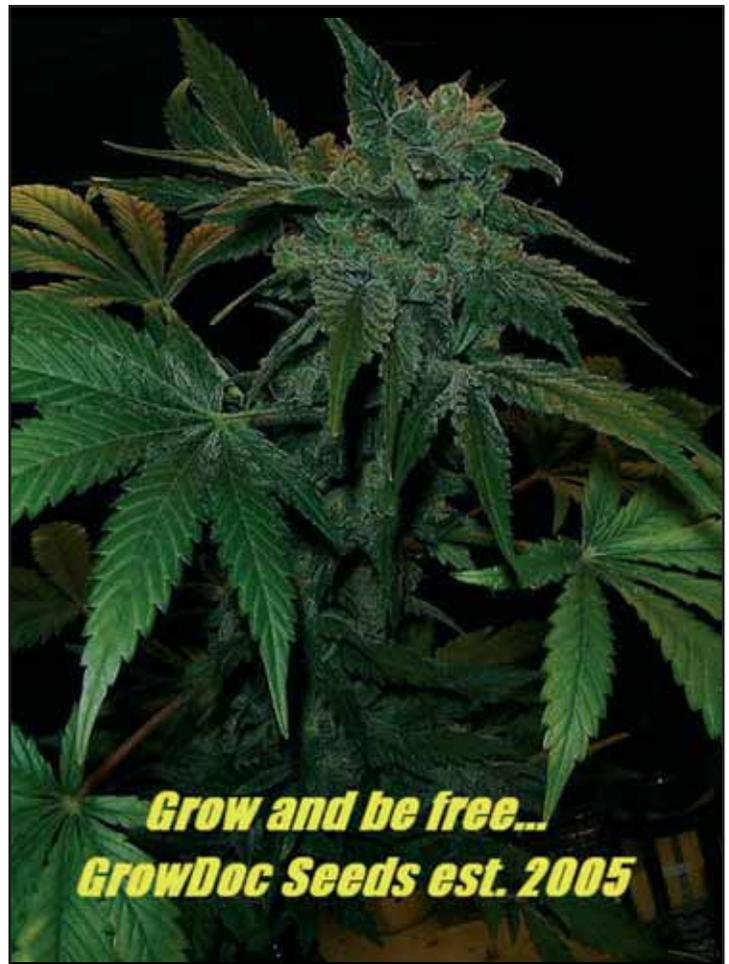
Compassionate providers to Ontario's Medical Cannabis Community since 2003

416-253-1021

info@HumanHempHealth.ca

FAX 416-253-1428

"Service with dignity"



**Grow and be free...
GrowDoc Seeds est. 2005**

Planetary Pride

**372 QUEEN ST E
SAULT STE MARIE, ON
P6A 1Z1**

CHECK OUT THE WEBSITE FOR LOTS OF GREAT GIFT IDEAS

**Recieve a FREE HOUSE 5 Pck
With Every SEED Order**

OFFER ENDS JAN 30TH/10

Merry Christmas

WWW.PLANETARYPRIDE.COM

NEXT GENERATION : GROBOTS SUNGATE MOBILE SYSTEM

Variable Size - Adjust to your situation

- USE FOR PORTABLE PLANTERS
- "WALKER TIPS" INCLUDED!
- COMPLETE LIGHT EXPOSURE
- 20+1 EXTENSION ALL ON SOLAR
- SHINE OR PROTECT COVER - IT - AUTOMATIC!

All Solar Powered

Two SUNGATEs cover up to 12' x 20'

Light & Heavy Duty Covers & Bow Kits Available

Concrete Secure in "Pelican Box" & Event Traps

Open after dark. Close before sunrise!

Endlessly Extendable Length!

Lightweight Aluminum Move your SUNGATE - not your plants!

Two Plus & Ready To Go! SUNGATEs come completely assembled!

WHAT THEY NEVER WANTED YOU TO SEE

OVER 17 YEARS OF INNOVATION FROM THE EMERALD TRIANGLE!

1992 Grobots Little Flower-Forcer!
First self-contained fully-automatic solar-powered light-deposition grow-system - US patent #5,387,652 - USE THE SUN'S FREE POWER FOR CONTINUOUS FLOWERING!

1997 First ever Bubbles!
ICE WATER METHOD and EXTRACTor INTRODUCTION - High Times Cannabis Cup Amsterdam - US patent #6,150,591, EU patent #1015118, Canadian patent #2327815.

2001 The Xtractor Kit - MAKE YOUR OWN GOLD!
Video instructions plus all special tools for "hand-on" application of the patented "ICE WATER METHOD"

2005 Grobots Walk-in-Size Flower-Forcer!
First self-contained fully-automatic solar-powered light-deposition grow-system for greenhouse or outdoor use! "CLEAN COMMERCE - CLEAN ENVIRONMENT"

2007 Grobots Sungate Pro Mobile System!
Simple, Pre-assembled, Variable Size and Solar.

NOW AVAILABLE FROM GROBOTS RELAX... GROBOTS SUNGATE PRO

THE GROBOTS SUNGATE SYSTEM AUTO-COVERS YOUR GROW!

www.grobots.com www.icecold.org

1 800 547-6268 1 707-984-8180



cannabis as medicine
 medicalcannabis.com
*A compassionate, science-based educational forum
 for the restoration of medical Cannabis knowledge.*

Attention
 Doctors, Nurses & Other Health Care Professionals

Online Cannabis Education

University of California San Francisco's
 On-Line Clinical Cannabis Program

Many of your patients are using Cannabis. Do you know how to advise them? Many of your patients could benefit from it. Will you recommend it? Learn about the indications for use and the risks and benefits of this medicine.

Earn 10 CME credits (or 10 contact hours) for only \$75

Available between May 27, 2009 and May 27, 2012

[Click Here to Learn More](#)
 UCSF CME Website

Includes video content from



The Fifth National Clinical Conference on Cannabis Therapeutics

Re-Entering Mainstream Medicine

April 4 - 5th 2008 — Asilomar Conference Center,
 Pacific Grove California

Faculty include speakers from the U.S., Canada, Israel, and the Netherlands.

This conference was sponsored by Patients Out of Time and the University of California San Francisco, School of Medicine.

Patients Out of Time is a non-profit organization dedicated to educating healthcare professionals and the public about the therapeutic use of cannabis.

www.medicalcannabis.com

Patients Out of Time Fish Pond Plantation, 1472 Fish Pond Road, Howardsville, VA 24562
 TEL (434) 263-4484 FAX (434) 263-6753 email: Patients@medicalcannabis.com



'Time 4 Hemp' is an amazing global internet-radio program that is growing like a weed. Every week, two pre-recorded broadcast are released at Time4Hemp.com along with a LIVE broadcasts on AmericanFreedomRadio.com each Tuesday and Thursday, 5-7p.m. (CST).

In the Time4Hemp.com archives are interesting interviews featuring Willie Nelson, Dr. Tim Leary, and all the founders of the Marijuana Movement mixed with a variety of great music.

Once you listen, you will want to share this entertaining and educational series with with everyone you know. Critics agree, it's the best way to stay on top of the Cannabis Movement and that it REALLY IS Time 4 Hemp!

Find out more at: <http://www.Time4Hemp.com>



**Medical Marijuana
 of America**

**ONLINE
 DIRECTORY**

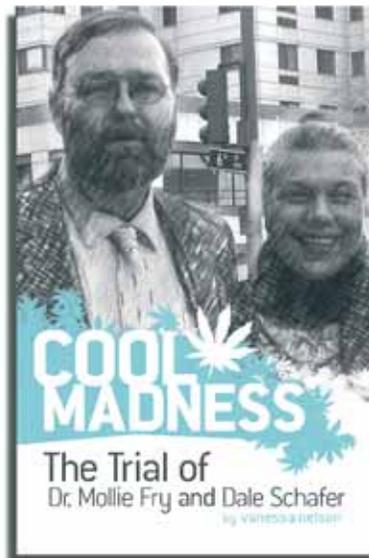
Search by Zip Code

Locate Medical
 Cannabis Professionals and
 Service Providers

Ratings & Reviews

Add and Manage
 Your Own Listings

MedicalMarijuanaOfAmerica.com

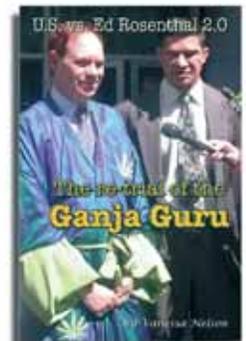


COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical marijuana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

www.MMAPUB.com

BOOKS BY VANESSA NELSON

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



I wrote the following seven years ago, shortly after graduating. Most people understand the basic concept of depression and the majority of us probably have a similar understanding of bipolar disorder, however mania, the other half of bipolar, may be less tangible to some readers. The stereotypical manic state is not dissimilar to the state someone is in after doing stimulants like speed, cocaine or methamphetamine. There is a great sense of euphoria, everything is not just good but GREAT! Everyone else may seem unbearably slow. It may seem one is always talking, walking, writing, or otherwise just doing something. Thoughts may fly through consciousness, a new one following the last very quickly. Things like shopping, flirting, sex or other behaviors which normally require self-control produce a burst of great pleasure and are engaged in with reckless abandon. All of this is accompanied by a feeling that one is invincible, all powerful or may even be godly. At its most extreme one may even find themselves believing clearly delusional ideas like that cats can communicate with them telepathically in English; that the President is personally intent on hunting them down for thought crimes; or that evil bugs live under their skin and must be cut out with a knife. Manic individuals are also easily frustrated and can quickly go from zero to raging in no time flat. A manic in the midsts of a rage is perfectly embodied by the Incredible Hulk, and may indeed appear super human. In other words, mania is a state of being which feels so good it's bad.

Cannabis and Melatonin as Mood Regulators for a with Unipolar, Rapid-Cycling Mania.

Original research by:

Ally (aka pflover) & M. Asbury, 2002

“Preserve Neuroplasticity!”

Introduction

Mania as an independent disorder is not currently included in the mood disorders listed in the DSM-IV. Therefore, comparatively little research has investigated unipolar mania or how its subtypes might be differentially treated, especially in the USA. Lithium and anticonvulsants like valproic acid, the only current treatments for mania generally accepted for long-term pharmacological regulation of mood, can both produce unbearable side-effects for many afflicted individuals (1). Therefore, a need exists for more streamlined and tolerable treatment options. Despite the logic of opposites, there are multiple



dailymail.uk.co

types of unipolar depressive disorders and bipolar mood disorders listed in DSM but no recognition of any unipolar manic disorders. Instead, any case presenting with a manic episode and no depression is assumed to have not experienced a depressive episode yet, and thus receives the diagnosis of bipolar disorder. There are many justifications and potential reasons for not recognizing the potential for mania without the corresponding depression, however, the hypotheses underlying them often are not testable. For example, one justification states that the individual is likely to have had mild depressive episodes in the past that just went unnoticed (2). This statement has little meaning because it can be neither confirmed nor denied. It therefore stands to reason that, although possibly rare, cases of unipolar mania do occur.

Mixed or ultra-rapid-cycling mania and rapid-cycling mania are not considered separate disorders from bipolar disorder in the DSM-IV because individuals with these conditions appear to present depression-like symptoms

with the manic symptoms. Several studies have disputed the conceptualization of these symptoms as 'depressive'. In two separate studies evaluating the reliability and validity of the Self-Report Manic Inventory (**SRMI**), factor analysis produced two natural groups of individuals experiencing distinct manic states (3,4). One state was described as the traditional hedonic euphoria, the other as 'energetic dysphoria' but not depression. Others have proposed that the depressed mania subtype be kept but that dysphoric mania should still be made its own classification (5). The acceptance of the dysphoric manic state as actual mania with negative mood qualities, but not depression, frees mania from its bipolar tether and allows for the existence of a unipolar manic disorder.

It is of particular clinical importance that individuals presenting mixed or rapid-cycling manic symptoms have a low

memory and cognitive functioning, and produce neurological side-effects like tremor and **ataxia** (lack of proper communication between brain and muscles) (1).

Each of the anticonvulsant drugs also can potentially produce severe adverse effects. On the mild side, carbamazepine can induce GI upset, sedation, ataxia, cognitive impairment, visual disturbances, and dermatological reactions. In severe cases, carbamazepine can result in blood reactions like leukopenia (decrease in white blood cells) and aplastic anemia (1). Therefore, invasive blood monitoring is also required for this drug.

Valproic acid, arguably the most widely used antimanic today, impairs cognitive functioning and results in GI upset, changes in the liver's metabolic functioning, induces hand tremor, sedation, lethargy and alopecia (hair loss) (1).

38! Woman of



prognosis for response to the traditional antimanic, lithium. This suggests a divergence between the underlying physiological correlates for traditional 'pure' mania and these 'atypical' manias. Therefore, the recognition of dysphoria as something other than depression may be crucial to the effective management of the atypical manias.

The treatments for mania, that are currently generally used, all have potentially severe and/or aversive side-effects for the individual using them. For example, lithium is severely toxic and even fatal at only 4 times the currently recommended blood concentration. This means that those taking lithium should be regularly screened for increases in blood concentration, an invasive process. Chronic lithium administration (CLA) has been associated with hypothyroidism as have mixed and rapid cycling manias. This should be considered carefully before choosing to put a mixed or rapid cycling patient on lithium (6,7). CLA may also impair

Valproic acid is also the drug with the best prognosis for individuals with mixed and rapid-cycling manias (1), conditions that are associated more with females than males (8,9,10). This is significant because valproic acid is associated with an increased risk of marked obesity, increased ▷

testosterone levels, and polycystic ovaries in women (1).

By far the least invasive, the only side-effects of gabapentin are sleepiness, somnolence, nausea, flatulence, reduced libido, double vision, dizziness, ataxia, and nystagmus (1). Topiramate has the potentially fatal side-effects anxiety and depression along with depressing cognitive function (1). Finally, like several of the other anticonvulsants, lamotrigine can lead to dizziness, tremor, somnolence, headache, and nausea as well as a rash of such severity that 10% of cases require hospitalization. Extreme cases of the rash produced by lamotrigine have resulted in death (1). Antimanic drugs share one final side-effect; they produce a flattened affect that robs the individual of the euphoric highs associated with even relatively mild mania. Such side-effects not only may inhibit individuals with unipolar mania from seeking help but result in treatment non-compliance rates estimated at 30-50% or higher depending on the treatment method.

The concerns brought up by the side-effects for most known anti-manic compounds highlight the need for more treatment options. This need appears especially great for rapid and ultra-rapid-cyclers. The reportedly adverse effect of current mood-stabilizing compounds to produce flattened affect suggests the need for treatments that might be better described as mood-dampeners. Here, a mood-dampener would be defined as a compound that did not completely remove the affective 'ups and downs' but rather reduced their intensity to a manageable level. This level of treatment might best suit individuals who experienced low to moderate levels of some manic subtypes. Similarly, for ultra-rapid-cycling individuals it would be equally important to decrease the frequency of both episode occurrence and mood switching.

In 1975, Supprian proposed a new model of bipolar disorder that centered around the concept of phase shift between the circadian rhythms of drive and mood. In Supprian's conceptualization of the chronobiological model of bipolar disorder the diurnal rhythms of mood and drive are independent of each other. When the different rhythms of these systems fail to be synchronized their phase shifts produce cycles of interference that result in symptoms of bipolar disorders (11). For approximately 15 years Supprian's model received very little attention. Since its proposal, the chronobiological model has undergone a few changes although it is still based on dysfunction of the circadian rhythms. On

the behavioral level, this model suggests that zeitgebers to which the rhythms have become synchronized are shifted in individuals with bipolar disorder compared to the normal functioning population resulting in disorganized rhythms. As a result the conflicted individual should experience disorganized thought form, dysphoria and psychomotor agitation leading to experiences of mania and/or depression (12). Zeitgebers are environmental cues which regulate an organism's biological clock. In a way, the 12/12 light cycle used to induce flowering on most strains of cannabis would be an example of a plant zeitgeber.

The biological interpretation of the chronobiological model of mania and bipolar disorder has taken a slightly different approach. This approach postulates a genetic predisposition to developing abnormalities in circadian rhythms and sleep/wake cycles that when manifested result in the symptomatic profile known as bipolar disorder (13). Such abnormalities have been documented in populations of individuals diagnosed with bipolar disorder. Nathan, Burrows and Norman (1999) verified earlier reports that both individuals with bipolar disorder and those with seasonal affective disorder demonstrated a supersensitive melatonin response to a 200 lux (dim) light. This response consists of a temporary reduction in or even prevention of melatonin release by the pineal gland. Melatonin induces sleep and is believed to provide chemical control for the sleep/wake cycle. The participants diagnosed with major depressive disorder did not respond significantly different from controls (14).

Further support for the biological approach comes from the study of the effect of lithium on individual, mammalian, suprachiasmatic nucleus (SCN) neurons. This nucleus plays an integral role in the production and maintenance of circadian rhythms in mammals, including humans. Lithium was found to dose-dependently lengthen the circadian period of firing rates of in vitro SCN neurons suggesting that lithium may exert some of its antimanic effect by regulating the sleep/wake cycle (15).

Individuals experiencing a manic episode commonly experience a reduced subjective need for sleep or even insomnia. Sleep deprivation has been shown to improve depression and in bipolar patients to precipitate the onset of a manic episode (16). The ability to induce sleep deprivation has also been proposed as a common link between events and compounds that precipitate mania (17). Since mania appears to induce sleep deprivation itself, these findings suggest the

By far the least invasive, the only side-effects of gabapentin are sleepiness, somnolence, nausea, flatulence, reduced libido, double vision, dizziness, ataxia, and nystagmus (1).

potential of a vicious cycle. Once a manic episode begins, the mania begets sleep deprivation which in turn begets more mania, thus propagating the episode further.

Furthermore, one of the very few animal models proposed for the study of mania, and that appears relatively unique to mania, involves inducing sleep deprivation in rats by confining them to a platform for an extended amount of time (18). The behavioral profile expressed by the rats after they have been returned to their home cages includes insomnia, irritability, aggressiveness, hypersexuality, hyperactivity and stereotypy. These behaviors closely mimic the manic syndrome found in humans. Moreover, they show a significant reduction in magnitude if a lithium/blood concentration within the therapeutic range used to treat mania is maintained during the period of sleep deprivation, especially the excessive locomotion and latency to sleep (18).



The evidence that mania both produces and is produced by sleep deprivation, the link between bipolar disorder and abnormal sleep/wake cycles and circadian rhythms, and the supersensitivity to dim light of the melatonin releasing mechanism in individuals with bipolar disorder all suggest melatonin therapy as a possible treatment for mania. Preliminary studies have supported this idea. Robertson and Tanguay (1997) have reported a case study of a boy of 10 that had received the diagnosis of bipolar disorder at age 5. When a regular regiment of melatonin was begun, the boy's insomnia quickly remitted and the natural course of a manic episode was aborted. There were no relapses in the mania or the insomnia during the 15 months melatonin therapy was continued (19). A pilot study on 11 inpatients experiencing mania also showed a significant effect of melatonin on increasing length of time spent sleeping with a corresponding reduction in severity of manic symptoms (20). With the growing public interest in medical cannabis comes a greater need than ever to investigate the effects of this drug on psychopathologies. For some syndromes like schizophrenia, cannabis use may lead to an episode or may even precipitate the initial break from normal functioning. For other clinical syndromes like attention deficit/hyperactivity disorder (ADHD) and mood disorders there is some anecdotal evidence that cannabis may act as a stabilizer (21). Currently, only a small collection of empirical evidence directly addresses the effect of cannabis on the known psychopathologies.

In 1976 an experiment was conducted that explored the effect of delta 9- tetrahydrocannabinol (THC) on human sleep patterns (22). The primary conclusion of this study was that **THC** effected sleep in a manner almost identical to lithium. The authors suggested that THC might there-

fore be useful in the treatment of bipolar disorder and discussed evidence that dysphoria was induced by THC in unipolar depressed individuals but not those diagnosed with bipolar disorder (22). Although a clinical trial has never been carried out in order to follow up on this finding, a recent review of case histories discussed numerous reports of cannabis being used to relieve the symptoms of mania. Cannabis was reported as more effective than conventional drugs and was said to help relieve the side-effects of these drugs, especially lithium. One woman specifically used it to curb her manic rages (23).

The medical cannabis laws in California not only allow the administration of cannabis for physical ailments but also for some psychological disorders, specifically bipolar disorder (21). Such laws make the need for research into the psychological effects of cannabis all the more necessary. Unfortunately, the federal status of cannabis products as Schedule I drugs makes obtaining permission to research them very difficult. Gathering further preliminary information on the effects of cannabis and other cannabinoids need not, however, be limited to government-funded laboratories. Other sources of information can come from case studies and personal experimentation in the private sector. Such sources rarely contain the controls or rigorously controlled environments of the laboratory but this does not rule them out as valuable starting points for the development of hypotheses that can later be tested in the laboratory. Melatonin and cannabis offer two potential pharmacological alternatives to the more invasive and generally toxic drugs commonly used in the treatment of bipolar disorder today. Some individuals suffering for the different subtypes of this condition may not be able to take such drugs as valproic acid or lithium. This may be due to a preexisting medical condition, a significantly increased risk of being inflicted by one of the potentially severe and/or fatal side-effects, or simply from the absolute unwillingness to comply with treatment with such drugs. In such cases, the use of melatonin or cannabis or both, if they prove effective, to reduce the severity and/or frequency of episodes would be a great blessing to those inflicted. Both drugs have exceedingly large therapeutic margins and to date, no overtly toxic effects have been found for either. Indeed, both melatonin and the two major active compounds in cannabis are powerful antioxidants with corresponding neuroprotective properties.

Background

In 2002 when this study was conducted, the subject was an employed 38-year old married Caucasian female college 

graduate. With the exception of short periods of unemployment during an extended convalescence between 1987 and 1989 (for a back injury) and between career changes in 1992, 1993, and 1996 the subject has been employed throughout her adulthood.

There is some family history of mental illness. In the immediate family, one younger sibling has been diagnosed as BP disorder II. The subject's father had a long history of alcoholism. The maternal grandfather was widely reputed to be mentally ill, but was also an exceptionally gifted and intelligent mathematician. Two of the subject's half aunts by another father also have been diagnosed with forms of BP indicating there maybe some proclivity towards affective disorders in the maternal grandmother's genetic profile as well. The paternal grandmother, while not diagnosed or treated for a specific mental illness spent her married adulthood lying about her substantial nicotine addiction and this, anecdotally, reached the level of disrupting her everyday life. The paternal grandfather was well connected and well adjusted in his social group, but was known to be deeply fundamentalist about his religious faith. When the subject began to show substantial uncontrolled symptoms during adolescence, her parents and her paternal grandparents severed their ties with the subject.

Although this patient has had a lifelong history of behavior and symptomology consistent with mania, she was not diagnosed as having a manic disorder until her mid-thirties. There is both a family and personal history of alcohol abuse, as well as domestic violence. Teachers noted behavioral problems as early as kindergarten, although the subject was not referred for diagnoses or treatment during childhood. Parental confirmation of behavioral problems throughout childhood and adolescence was obtained.

In 1981, the subject enlisted in the Army, and trained to be an intelligence analyst. The subject has described developing a severe alcohol abuse problem during her first six months in the Army, although she had no previous experience with alcohol. Severe pharmaceutical opiate abuse was also reported to have occurred between March 1986 and January 1989, after a back injury. Promiscuity became a career-threatening problem for the subject during her first

tour of active duty (6/81-7/87), although the subject stated that her sexual behavior was similar in high school. She became sexually active at 14, and states that she has had approximately 160 to 225 sexual partners, depending on definition, most of whom were male.

The subject's first marriage (11/81-7/95) was characterized primarily by domestic violence and other 'terror tactics'. During the 14 years of this marriage, these conditions resulted in the subject receiving the diagnoses of multiple personality disorder (now termed dissociative identity disorder (**DID**)), posttraumatic stress disorder (**PTSD**), panic disorder without agoraphobia, and severe paranoia or delusional disorder – persecutory type.



Manic

By Susan Kummer, www.SusanInColor.com

Retroactive analysis would suggest a diathesis stress role of bipolar disorder, which the subject was diagnosed with at age 36, in the development of all four disorders. Evidence suggests that the bipolar disorder, manifesting solely as rapid cycling mania, was present but overlooked since childhood. The DID and early PTSD are believed to have resulted from paternal sexual abuse that is reported to have occurred throughout early childhood (sexual abuse was confirmed by family). The contents of recent manifestations of PTSD indicate that it now results from the domestic violence and 'brainwashing' that occurred during the first marriage. It is also believed that the tendency of individuals with manic disorders to develop delusional ideation has played a central role in the manifestation of PTSD and the period of severe paranoia. This is especially likely for the paranoia, which occurred at the height of the domestic violence and consisted primarily of an unreasonable expectation that her spouse was following her everywhere and conspiring with others to spy on her. The panic disorder mostly appears to be the result of extreme anxiety over when the next, and usually unpredictable, attack of violence would occur.

At the time of this study, the subject had been married again for 6 years and with the exception of manic cycling and occasional episodes of PTSD has not experienced symptoms of the past diagnoses during this period. The PTSD generally appears to be mild and responds favorably to changes of environment and relaxation exercises. The mania is ultra-rapid cycling with distinct regular occurring episodes at a frequency as high as 8-12 times a month. The episodes consist of approximately 2/3-3/4 energetic euphor-

ic type and 1/3-1/4 agitated dysphoric type. At the time that the diagnosis of bipolar disorder was given, the subject also received the diagnosis of hypothyroidism. The hypothyroidism and the rapid-cycling quality of the mania both made lithium a poor choice for this subject.

Despite the effects of the mania, the subject has generally been able to adequately function. This is quite possibly the result of a strong “desire to pass” and a high IQ (tested as 160 in adolescence, and scored 155 as an adult in her twenties placing her in the “highly gifted” to “exceptionally gifted range”). Based on this history of being essentially functional, she has indicated a policy of non-compliance with respect to treatment with antimaniacs with high side-effect profiles, especially those that produce a flattened affect. The dysphoric and most severe euphoric states, however, do produce significant reductions in social abilities and significant personal discomfort. Episodes are also associated with reduced need for sleep and/or actual insomnia, as defined by desire to sleep but inability to do so.

In an attempt to maintain a regular sleep cycle, the subject started taking melatonin daily about two years before this study was conducted. Shortly after this the subject also began to use cannabis recreationally daily. This led to the combined use of melatonin and cannabis for sleep regulation as this resulted in the most significant effect. After several months of this, the subject began to suspect an association between missing either medication and the onset of an episode the following day. In this case, cannabis had already been demonstrated to be highly effective at aborting dysphoric rages and treating other symptoms of acute mania. The following experiment was conducted in an attempt to test the hypotheses that the melatonin reduced the severity of episodes and that the cannabis reduced both the frequency and severity of episodes, with an especially powerful effect on dysphoric episodes. It was further hypothesized that the most beneficial effect came from the combined use of both compounds.

Methods

Subject – This was an experimental case study of a 38-year-old Caucasian woman diagnosed with bipolar disorder I at age 36. Evidence indicates, however, that the condition was present since childhood. The bipolar disorder presents as ultradian, or ultra-rapid, cycling unipolar mania with psychotic features. At the time, the subject worked ten-hour

shifts, four days a week for a large corporation and despite not having senior status was the highest paid individual in her department due to her generally exceedingly high level of productivity.

Materials – The frequency and severity of manic cycling were tracked using a self-report rating inventory that the subject filled out nightly. On the inventory, the subject indicated which of the two drugs she was currently on, if her general affect for that day was positive or negative, AM and PM measures of severity (-5-0 for dysphoria; 0-5 for euphoria), stress level (0-5), how many hours she slept the night before, if she was menstruating, and whether or not she worked that day. The inventory also included 6 symptom indices, 4 believed to be associated more with euphoria and



2 with dysphoria. The four euphoric symptoms were hyperkinesia, stereotypy, impulsiveness and rapid speech. Irritability and antisocial tendencies (feelings of hostility or wishing to be alone) comprised the dysphoric symptoms. All indices were on a 0-5 range and were an estimate of the average for that day. The scores were recorded and tabulated on Microsoft Excel for Windows.

Drugs – High grade sensimilla (seedless mature female flowers of the cannabis plant) were obtained from street sources.

Natrol brand melatonin in 3 mg tablets were obtained from local drug stores. Cannabis was used both recreationally and right before bed and the route of administration was by smoke inhalation. Melatonin (6 mg) was taken orally 5-30 minutes before the subject went to bed.

Procedure – The study lasted for 180 days, or 6 months. On the first day a coin was flipped to determine if the subject was to take melatonin for the following two weeks (heads for yes; tails for no). The coin was flipped to determine the status of melatonin again every two weeks. On alternate weeks (starting on the first day of the second week), the coin was flipped to determine if the subject was to use cannabis over the following two weeks. Flipping for cannabis also occurred on an every two-week basis. This created a coin-flipping schedule such that melatonin was flipped for on odd numbered weeks of the study and cannabis on even ones. This pattern produced a random series of overlapping periods of on and off for both drugs. Periods two weeks long were chosen because this was believed to be adequate for basic stabilization to occur. No attempt to regulate cannabis consumption was made dur-

Melatonin fared less well in terms of generally improving mood. While on melatonin, as compared to off it, 21% more days were experienced as dysphoric ($t(177) = 3.468, p = 0.0007$) and 15% less days were experienced as euphoric ($t(177) = 2.186, p < 0.05$). The non-significant effect of taking melatonin on the percentage of 'normal' days experienced was to reduce this percentage almost in half.



In examining the raw data, a cyclic pattern in the occurrence of dysphoric days was observed such that the 5 days preceding menstruation were likely to be experienced as dysphoric, regardless of medication status. Since there was a high probability that the dysphoria experienced during these 5 days was PMS, a second analysis that excluded the 30 premenstrual experimental days was conducted on the frequency data. Calculated this way, a 24% reduction in dysphoric days ($t(147) = -3.357, p = 0.001$) and a 22% increase in euphoric days ($t(147) = -2.679, p < 0.01$) was experienced on cannabis as compared to off it. The only effect of this recalculation on the results for the effect of melatonin on frequency was to reduce the significance levels (the effects were still significant). Otherwise, the results for melatonin were nearly identical, with or without the 30 premenstrual days.

Unpaired, two-tailed t-tests were also used to determine the effects of cannabis and melatonin on magnitude of manic episodes. No one set of scores taken during the study gave an accurate representation of the subjective ebb and flow of the entire affective phenomenon known as a manic episode. Therefore, a magnitude score was created by averaging the absolute values of the AM/PM severity scores with the scores for the six symptoms. To assess the validity that this was a relatively accurate representation of episode magnitude the degree of correlation between this score and the average of the absolute values of AM/PM severity was calculated. These scores were highly correlated ($r_2 = 83%$) indicating that the artificial magnitude score was a good estimation of episode magnitude.

Three sets of tests were conducted on the magnitude scores (one for all days, one for just dysphoric days and one for just euphoric days). When all the days in the study were viewed together, cannabis was found to have the general effect of significantly reducing the magnitude of episodes ($t(177) = 3.123, p = 0.002$). Melatonin appeared to slightly increase magnitude, both drugs to decrease it the most,

and neither drug was almost indistinguishable from the average magnitude for all other days. The latter three trends were not significant.

On only dysphoric days, cannabis significantly decreased episode magnitude ($t(37) = 2.364, p < 0.05$). The directions of effect on dysphoric days for melatonin was to increase magnitude, for both drugs to minimally reduce magnitude, where as the average episode magnitude on no drugs ($M = 2.411$) was substantially higher

than all medicated dysphoric days ($M = 1.688$). Again, the later three trends were not significant.

On only euphoric days, there was a moderate trend toward cannabis reducing episode magnitude but the effect size was only about half that observed for either all days or just dysphoric days. With the lowest average magnitude for euphoric days, both drugs together resulted in a marginally significant reduction in euphoric episode magnitude, $t(120) = -1.969, p = 0.05$. The effect of melatonin was a minimal and non-significant reduction in episode magnitude while compared to other euphoric days the magnitude of completely non-medicated days was non-significantly greater. The effects of cannabis, melatonin and whether or not the subject worked that day (independent variables) on the scores for AM severity, PM severity, the six symptoms, stress level, and hours slept the night before (dependent variables) were examined using three-way ANOVA. Two-way ANOVA for the drugs were also conducted on work and non-work days separately because work had a main effect on seven of the ten dependent variables and an interaction on five. This allowed for a deeper understanding of how the two drugs affected the ten variables differently on workdays versus non-workdays.

There were significant main effects of work on hyperkinesia ($F(1,171) = 5.687, p < 0.05$) and stereotypy ($F(1,171) = 6.373, p < 0.05$) such that less of each were experienced on workdays. Work had a marginally significant effect on antisocial tendencies ($F(1,171) = 3.735, p = 0.05$) and a significant effect on irritability ($F(1,171) = 5.091, p < 0.05$) such that both symptoms generally increased on work days. Work also significantly reduced impulsiveness ($F(1,171) = 13.474, p = 0.0003$), increased stress level ($F(1,171) = 9.117, p < 0.005$), and decreased the average number of hours slept ($F(1,171) = 21.692, p < 0.0001$).

Cannabis produced two significant main effects. Both hyperkinesia and stereotypy were significantly lower on days when the subject used cannabis than when she did not, ▷

Out of the Shadows, Into the Light....



Best Selection in Bay Area
Free, Secure On-site Parking
Full ADA Access
Knowledgeable, Supportive Staff
Professional, Friendly Security
6 minutes from Downtown Oakland
10 minutes from Berkeley



Free Holistic Care Clinic
NEW! All Medicine LAB TESTED
Pathogenic Mold Screening
THC Percentage Quantification
1st Clean Green Certified Dispensary
Wide Selection of Healthy Clones



Harborside Health Center
1840 Embarcadero, Oakland CA 94606
510-533-0146 harborsidehealthcenter.com
11AM – 8PM 7 days/week

No card required: we will verify your doctor's recommendation.

ing on periods. The tracking inventory was filled out nightly. Raw scores were imported to Statview for Macintosh and all analyses were conducted there with the exception of analysis of correlation clumping.

Results

It was hypothesized that four of the symptoms (hyperkinesia, stereotypy, rapid speech and impulsiveness) would characterize the positive mood-state of euphoric mania but not the negative mood-state of dysphoric mania. Correspondingly, dysphoric mania was hypothesized to be relatively exclusively characterized by the two symptoms irritability and antisocial tendencies. To test these hypotheses, the degree of correlation between the daily scores for the two mood-states and the six symptoms was calculated. (table1)

Table 1.
Correlation of Negative and Positive Mood-States with Symptoms.

Table 1 shows r2-values above and r-values below, r indicates the direction of correlation and r2 indicates the degree to which the positive and negative mood-states are correlated with each of the six symptoms measured.

	Neg.	Pos.	Hyperkinesia	Stereotypy	Rapid Speech	Impulsive	Irritability	Antisocial
Negative Mood	1	-31%	1%	0.25%	0.49%	-5%	58%	40%
Positive Mood	-0.56	1	40%	40%	42%	49%	-21%	-11%
Hyperkinesia	0.12	0.63	1	76%	66%	46%	0.04%	0.09%
Stereotypy	0.05	0.63	0.87	1	64%	44%	-0.09%	0%
Rapid Speech	0.07	0.65	0.81	0.80	1	38%	0.18%	0.36%
Impulsive	-0.22	0.70	0.68	0.68	0.62	1	-11%	-8%
Irritability	0.78	-0.48	0.02	-0.03	0.04	-0.33	1	64%
Antisocial	0.63	-0.33	0.03	0.00	0.06	-0.38	0.80	1

Negative mood correlates best with irritability and antisocial and these best with each other. Positive mood and the four positive symptoms all correlated well with each other but poorly with negative mood and symptoms. The negative correlation for impulsiveness with negative mood and the two negative symptoms indicates that impulsiveness may function particularly well to rule out the presence of dysphoria. Positive mood corresponds to euphoric mania, negative mood to dysphoric mania.

The r²-values in Table 1 show two distinct clumping patterns. The patterns are such that negative mood (corresponding to dysphoric mania) is highly correlated with

both irritability (r² = 58%) and antisocial tendencies (r² = 40%). In turn, both the latter two symptoms correlate best with each other (r² = 64%). Negative mood, antisocial tendencies and irritability all correlate poorly with hyperkinesia, rapid speech and stereotypy. This supports the hypothesis that antisocial tendencies and irritability best characterize dysphoric mania. The small association between negative mood and hyperkinesia (r² = 1%) is indicative of the 'agitated' quantifier often given to the dysphoric phase. As would be expected, negative and positive mood-states share an inverse relationship to each other (r² = 31%; r = -0.56). The moderate inverse associations between impulsiveness and negative mood (r² = 5%; r = -0.22), impulsiveness and irritability (r² = 11%; r = -0.33), and impulsiveness and antisocial tendencies (r² = 8%; r = -0.28) suggest that the expression of this symptom is a good indicator that the presence of dysphoria should be ruled out. Similarly, positive mood is inversely associated with antisocial tendencies (r² = 11%; r = -0.33) and irritability (r² = 21%; r = -0.46). Therefore, the presence of these two symptoms, but especially irritability, are good indicators that a manic state is not euphoric.

Finally, positive mood correlated well with hyperkinesia (r² = 40%), rapid speech (r² = 42%), stereotypy (r² = 40%), and impulsiveness (r² = 49%). All four of these symptoms were highly correlated with each other, especially stereotypy, hyperkinesia, and rapid speech but as already noted not with the two negative symptoms. This supports the distinction between dysphoric and euphoric mania as separate states and the hypothesis that euphoria is best characterized by impulsiveness, rapid speech, stereotypy and hyperkinesia.

Unpaired, two-tailed t-tests were used to determine if either cannabis or melatonin had an effect on the frequency of dysphoric episodes, euphoric episodes or 'normal' days. Dysphoric states were shorter and rarer (n = 39 days) than euphoric states (n = 122 days), therefore any day receiving a negative score for either AM or PM severity was termed dysphoric.

Days with either one positive and one zero score or two positive scores were termed euphoric. Days with two zero scores were termed 'normal'. Cannabis appeared to generally improve mood, although it did not appear to reduce the frequency of euphoric states. With respect to cannabis, the percentage of days the subject experienced dysphoria was 19% lower while on it than off it (t(177) = -2.738, p < 0.01). There was a trend toward more (15%) euphoric days on cannabis than off (t(177) = -1.867, p = 0.06). Although neither effect was significant, the basic direction of effect was that while on cannabis the percentage of 'normal' days experienced was almost twice as high as that experienced either off cannabis or on melatonin alone.



Genetic Collections®



The Magus Collection

genuine



MAGUS GENETICS

inside



Exclusive Canadian Distributor



See list of MMSW retailers on page 98

I want you for a **Survey** on the modes of delivery of **cannabinoids**



Anyone who uses cannabis or other cannabinoids for medicinal purposes and has experience with two or more of the following substances or modes of delivery are invited to participate:

- Smoking cannabis
- Inhalation of cannabis via a vaporizer
- Oral use of cannabis as a tea
- Oral use of cannabis in baked goods/cannabis tincture
- Oral use of dronabinol/Marinol (THC)
- Oral use of nabilone/Cesamet
- Inhalation of dronabinol (THC) with a vaporizer
- Sativex
- Other use.

Participants remain anonymous.

The survey was approved by the Ethics Committee of the Medical School of Hannover and is headed by the chairwoman of the IACM, **Dr. Kirsten Mueller-Vahl**,

Professor at the Medical School of Hannover (Germany), in cooperation with

Dr. Arno Hazekamp

of the University of Leiden (The Netherlands),

Dr. Donald Abrams,

Professor at the University of California San Francisco (USA),

Dr. Ethan Russo,

Adjunct Associate Professor at the University of Montana (USA),

Dr. Franjo Grotenhermen

of the nova-Institut (Germany),

Dr. Mark Ware,

Assistant Professor at the McGill University, Montreal (Canada), **Dr. Ricardo**

Navarrete-Varo,

Malaga (Spain), and

Dr. Rudolf Brenneisen,

Professor at the University of Bern (Switzerland).

The questionnaire is available at **www.cannabis-med.org**

The following are direct links to the questionnaire in different languages:

English:

<http://www.cannabis-med.org/limesurvey/index.php?sid=91387&lang=en>

German:

<http://www.cannabis-med.org/limesurvey/index.php?sid=91387&lang=de>

Spanish:

<http://www.cannabis-med.org/limesurvey/index.php?sid=91387&lang=es>

French :

<http://www.cannabis-med.org/limesurvey/index.php?sid=91387&lang=fr>

Dutch:

<http://www.cannabis-med.org/limesurvey/index.php?sid=91387&lang=nl>

$F(1,171) = 5.687, p < 0.05$ and $F(1,171) = 5.687, p < 0.05$, respectively. Melatonin also produced two significant main effects. Melatonin resulted in a reduction of average PM severity scores ($F(1,171) = 8.161, p < 0.01$) and an increase in average irritability scores ($F(1,171) = 7.809, p < 0.01$). Interactions were also observed between the two drugs. An interaction between cannabis and melatonin on impulsiveness ($F(1,171) = 4.953, p < 0.05$) was found that derived specifically from a significant interaction that occurred on workdays only ($F(1,90) = 15.749, p = 0.0001$). This interaction was such, that on workdays, impulsiveness was highest on just melatonin, only slightly lower on just cannabis, approximately half this with neither, and a third of the average for neither (near zero) on both drugs. Impulsiveness was high for all non-workdays. There was a trend toward an interaction between the drugs on numbers of hours slept such that in general the most amount of sleep was achieved on both drugs, the least amount on neither. This interaction appears to be the result of melatonin producing a regulatory effect on number of hours slept with the least disparity between work and non-workdays occurring when on melatonin and the most when on neither drug.

On several measures, interactions were also found between work and one or both drugs. A significant interaction between work and melatonin was found on the number of hours slept ($F(1,171) = 5.441, p < 0.05$). This interaction was such that more sleep was achieved with melatonin on workdays but without it on non-workdays. The interaction resulted from substantially less variation in hours slept between work and non-workdays while on melatonin despite an approximate equality of the average hours slept on and off melatonin.

A marginally significant three-way interaction between work, melatonin and cannabis ($F(1,171) = 3.709, p = 0.05$) was found on rapid speech. Rapid speech was greatest both on non-workdays with no medication and workdays when the subject was on melatonin. In general, it was lower on workdays than non-workdays. Rapid speech was in general lowest on cannabis but especially low on workdays when the subject was on both drugs. Tukey's test indicates that this interaction resulted primarily from cannabis lowering rapid speech scores (Mean Diff. = 0.389, Crit. Diff. = 0.375).

Cannabis, melatonin and work produced a significant three-way interaction on impulsiveness ($F(1,171) = 7.525, p < 0.01$). Tukey's test indicates that this interaction resulted from work reducing impulsiveness (Mean Diff. = 0.615, Crit. Diff. = 0.318). The effect of work to reduce impulsiveness was especially seen on workdays when the subject took either both drugs or neither of them but not observed when

the subject took just melatonin. Impulsiveness was lowest on workdays when the subject was on both drugs and greatest on non-medicated non-workdays.

There were trends toward three-way interactions between melatonin, work, and cannabis for both irritability and antisocial tendencies. These almost identical interactions were such that the subject was both least irritable and least antisocial on non-workdays when not on either medication but highly irritable and antisocial on workdays when on both drugs. High levels were also expressed when just on melatonin and on non-medicated workdays. Low to moderate levels were expressed when the subject was on just cannabis, regardless of work status, and on non-workdays when on both drugs.

On non-workdays, the only significant main effects of cannabis were to reduce the expression of both hyperkinesia and stereotypy, $F(1,81) = 5.485, p < 0.05$ and $F(1,81) = 4.363, p < 0.05$, respectively. Melatonin significantly increased irritability on non-workdays ($F(1,81) = 7.114, p < 0.01$), especially when taken by itself. On workdays, cannabis also significantly reduced the expression of hyperkinesia ($F(1,90) = 4.819, p < 0.05$) and stereotypy ($F(1,90) = 3.955, p < 0.05$) and increased the number of hours slept on these days ($F(1,90) = 7.608, p < 0.01$). Like cannabis, melatonin also increased the number of hours slept on workdays ($F(1,90) = 9.897, p < 0.005$).

There was an interaction on non-workdays between melatonin and cannabis on the expression of antisocial tendencies ($F(1,81) = 4.457, p < 0.05$). This interaction appeared to result from cannabis blocking or masking the antisocial tendencies brought on by melatonin. On workdays, the two drugs interacted on two measures. First, the increase in rapid speech observed on just melatonin was blocked or masked by cannabis ($F(1,90) = 5.265, p < 0.05$). Second, as described above, cannabis and melatonin interacted to produce the least amount of impulsiveness together but impulsiveness was high on either one alone ($F(1,90) = 15.749, p < 0.0001$).

Discussion

The current experiment was focused entirely on mania, ultra rapid-cycling mania in particular, but not depression. This was because the study employed an ABABA, or measure/manipulation/measure, design on one subject, whose condition governed its focus. The subject cycles multiple times a month between extreme positive and moderate negative mood-states. Subjectively, both states contain characteristics of mania including 'flights of fancy' and delusional thought patterns, agitation, and high-speed thought progression/ 'racing thoughts'. The subject rarely if ever experiences depression, especially on the clinical level.

It was not possible to obtain an empirically validated and clinically employed self-rating scale for mania such as the Self-Report Manic Inventory (SRMI) (3,4). For this reason, the Authors developed a survey of several measures of factors potentially related to the expression of the subject's mania that included six symptoms believed to be easily quantifiable. It was hypothesized that four of these symptoms were expressed primarily during the extreme positive mood-states (euphoric mania), while the expression of the other two chiefly occurred in the moderate negative mood-states (dysphoric mania). It was therefore hoped that, beyond the simple measure of mood-'direction', these two sets of symptoms would provide a more accurate and detailed picture of the nature of manic cycling and episode magnitude.

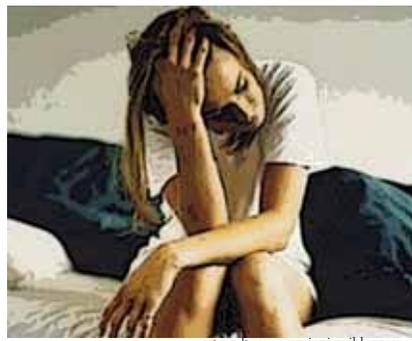
The primary objective of this experiment was to determine the validity of the subject's reports that the combination of melatonin and smoked cannabis significantly inhibited the expression of her mania, thus improving her ability to cope with her symptoms and manage her life. The subject first started taking these two substances to counteract her historically poor sleeping abilities. Without medication, she regularly did not sleep long enough (i.e., approximately 8 hrs.) nor did she sleep deeply (i.e., easily roused, even when exhausted). She used melatonin to increase sleep duration and cannabis to decrease the tendency to be roused easily. The subject began to suspect that the drugs affected her mania after several periods of relative stable mood were ended by a moderate to severe manic episode on days following an evening when she had not taken one or both drugs.

Although the subject reported that she still experienced a distinct cycling pattern between positive and negative manic symptoms, she believed that cannabis and melatonin reduced both cycle frequency and episode magnitude, when taken on a regular basis. She has also stated that, to date, cannabis has never failed to effectively treat the acute symptoms of extreme mania, especially in the case of bringing swiftly escalating manic rages back under her control. Unfortunately, it was not possible to empirically test the acute effect of cannabis on manic symptoms during this experiment.

The subject's belief that the regular administration of melatonin and cannabis inhibited the expression of mania as manifested in cycle frequency and episode magnitude became the central hypothesis of this experiment. It was further hypothesized that if such an effect did exist that it

would also manifest as significant effects on one or more of the individual symptoms. It was also hypothesized that variation in sleep duration would decrease while duration itself increased when the subject used melatonin but that the effect would be strongest when cannabis was also used. This last hypothesis was tested since the subject initially used the drugs to help regulate sleep and since, sleep-cycle disturbances have been implicated in the development and maintenance of manic episodes (24,16,17).

All hypotheses were supported to some degree by the results. The four symptoms predicted to occur primarily during positive states were found to correlate well with each other and the occurrence of euphoric mania but poorly, if at all, with the negative symptoms or the occurrence of dysphoric mania. Impulsiveness, however, was the only positive symptom that exclusively occurred during euphoric episodes. The two negative symptoms correlated well with each other and with the occurrence of dysphoric mania. The negative symptoms were also substantially correlated negatively with impulsiveness and the occurrence of euphoric episodes indicating that they occurred exclusively during dysphoric episodes.



arte-cultura-recensioni.noiblogger.com

In general, cannabis significantly reduced the average magnitude of mania and the average magnitude of dysphoric mania. Although only a weak trend, this effect was also observed for euphoric mania. The magnitude of euphoric mania was significantly reduced by combining of both drugs. Although not significant, the overall direction of effect for melatonin was to slightly increase magnitude, for both drugs combined to reduce magnitude the most, and when on neither drug to have increased average magnitude. Specifically, on dysphoric days the average magnitude of mania was the highest on neither drug, though this was not significant.

Cannabis was found associated with a significantly lower frequency of dysphoric days and tended towards an association with a greater frequency of euphoric (trend) and normal days (not sig.). If the five days preceding every menstrual period are excluded due to the potential for PMS to be a confound, the effects of cannabis on both euphoric and dysphoric days are substantially more significant. Melatonin, on the other hand, was found significantly associated with a greater frequency of dysphoric days and a lower frequency of euphoric days. Melatonin tended to be associated with a lower frequency of normal days (not sig.). The results for melatonin were not substantially altered by the exclusion of premenstrual days. ▷

Cannabis significantly inhibited the expression of hyperkinesia and stereotypy while melatonin reduced the severity of mania in the PM but increased irritability. Workday impulsiveness was greatest on just melatonin but lowest on both drugs while always high on non-workdays. The average hours slept was lowered by either drug alone compared to both or neither drug. The number of hours slept was most variable on neither drug and least variable on both together.

Whether the subject worked on a given day or not was discovered to substantially confound both the expression of mania and the effects of the drugs on the symptoms of mania. Most of the effects of work are straightforward. Work significantly decreased hyperkinesia, stereotypy, impulsiveness and the average number of hours slept. The latter effect of work was especially strong on non-medicated days. Work increased the subject's stress level, irritability and antisocial tendencies.

Work also interacted with the effects of the drugs. Work interacted with melatonin so that on non-workdays the most sleep was had without the drug but on workdays the most sleep was had on it. The nature of this interaction was such that although the average hours slept did not noticeably differ between days that the subject did or did not take melatonin, the variation between days off and workdays was substantially lowered by melatonin. Rapid speech was high on non-medicated days off and melatonin workdays. In general, rapid speech was lower on workdays and on days when the subject used cannabis but lowest on workdays when she used both drugs. Regardless of work status, impulsiveness was moderately high when the subject was on just melatonin. Impulsiveness was lowest when the subject took both drugs on workdays but greatest on non-medicated days off.

Because work produced such a powerful confound, the effects of melatonin and cannabis were also examined on just workdays and just days off separately. Both drugs significantly increased the number of hours slept on workdays. Cannabis significantly decreased both stereotypy and hyperkinesia on workdays and days off alike. Melatonin, especially when taken alone, significantly increased irritability. Cannabis masked or blocked the tendency of melatonin to increase antisocial tendencies on days off. On workdays, melatonin increased rapid speech but this was masked or blocked by cannabis. Finally, although workday impulsiveness was high on either drug alone, it was lowest when both drugs were taken.

As expected, the symptoms clumped into two groups essentially positive (active) and negative in nature. The positive group occurred most with euphoric mania and the negative group exclusively with dysphoric mania. This indicates

that given that the less tangible internal states for dysphoric and euphoric mania are actually similar, two outwardly distinct manic states with their own symptom profiles do indeed appear to manifest in some individuals. This implies that cycling in mania need not involve depression and thus the possible existence of unipolar mania. It is suggested that at least some cases of rapid-cycling and mixed mania are not actually forms of bipolar disorder but rather subtypes of unipolar mania.

Cannabis, in general, increased the number of normal and positive mood days, decreased the number of negative mood days and lowered the magnitude of all types of mania that were expressed. On the level of specific symptoms, cannabis decreased hyperkinesia and stereotypy and increased the number of hours slept on work nights. The use of cannabis was not found to produce a single significant negative effect on the measures taken. Even if no other measures had been observed, the general effect of cannabis to improve mood while decreasing the overall magnitude of manic expression alone might be enough to warrant using this drug to facilitate the management of mania. This would be especially true for individuals who were physiologically or personally resistant to currently available treatments.

The subject has expressed social discomfort with the open display of stereotypy, and at work such behavior may indeed be disruptive for coworkers. Many antimanic treatments induce similar, and possibly embarrassing, side-effects like tremor (1). That cannabis actually relieves the hyperkinesia and stereotypy without neurological side-effects like tremor may make it highly favorable as a treatment for individuals with rapid-cycling mania.

On its own, melatonin did not have a particularly favorable effect on mania or most individual symptoms of mania. Melatonin alone had no significant effects on the magnitude of manic expression but was associated with a greater number of dysphoric days, less normal days, and less euphoric days. Melatonin was also found to increase irritability, although to its credit, melatonin did increase the number of hours slept on workdays and in general reduce the variability seen in the sleep cycle. It appears that on its own, melatonin may not be advisable as a treatment for all individuals with rapid-cycling mania. This does not negate the possibility that melatonin might still function as an adequate treatment option or adjunct for other forms of mania, especially in light of its positive effects on sleep regulation. If the negative effects of melatonin, seen here, were observed to hold true for the majority of individuals with rapid-cycling mania, it might be suggestible to develop other suitable methods of helping maintain healthy sleep cycles for this population. ▷

WARNING

Many have now been **INFECTED**



INFECTIONS

000000420



GET INFECTED

<http://ogas.ca>

Niagara Seed Bank

905 394 9181

Black RaIn , has absolutely no ties to any underground evil weather organizations
He is a nice family man, that enjoys growing and smoking. Normally waiting for snow

In general, the best results appeared to come from both drugs together. Partly, this was due to cannabis inhibiting the negative effects produced by melatonin, partly to genuine additive beneficial effects. Both drugs reduced episode magnitude but especially for euphoric episodes. Hours slept were least variable in general and longest on work nights when both drugs were taken. The subject experienced the least rapid speech on workdays when she used both drugs. The expression of impulsiveness was also reduced the most by the use of both drugs, especially on workdays.

Cannabis was found to provide obvious benefit and relief to the subject but both compounds together produced the overall best effect.

These findings suggest that this subject would receive the most benefit from both drugs. This appears especially likely since she reports that when both drugs are used she experiences minimal and tolerable impact on her life and ability to function from the negative side-effects produced by melatonin. The findings further suggest that if cannabinoids are effective for treating mania in general but an individual does not receive a sufficient regulatory effect on sleep that the supplementary use of melatonin would be advisable.

At the least, this study implies that more research on cannabinoids as an alternative treatment for mania would be advantageous. Melatonin should also be investigated further, especially as an adjunct to other treatment methods. Research on the effective use of these compounds to treat mania would be most beneficial if conducted with a mind toward differentiating the subtypes of mania since these subtypes are likely to have divergent treatment-prognosis profiles.

Since chance produced very few non-medicated experimental days during the study, the subject has agreed to do a 60-day baseline to further clarify the effects of the drugs on the mania and to document its non-manipulated natural course. At the time the write-up was completed, the baseline was not even half over precluding its use in interpreting the results. Preliminary verbal reports from the subject and her spouse indicate that the untreated mania, though bearable, is quite unpleasant and substantially harder to manage. Both also report that their relationship has been suffering because of it as well. Reportedly, subjective quantity and quality of positive feelings toward the other, emotional satisfaction with the relation, sexual compatibility and satisfaction and general contentment with life have all been substantially impacted in a negative manner since the cessation of all medication. Both also have expressed a sensation that the subject is 'like a new person' when treated with cannabis.

In light of the subjective experiences of the subject and her family, future researchers should keep in mind the potential for profound impact on the lives of their participants that their manipulations may present. These effects are not trivial and ethically require consideration when designing a study or requesting participants withstand some manipulation.

This study also suggests that researchers and clinicians would be well advised to take into account the effect of such lifestyle factors as occupation on the expression of both psychopathologies and the effectiveness of any given treatment when working with

non-hospitalized individuals.

Concerns and warning having been said; there are several directions that future research might go from here. First and foremost, although it appears clear that cannabis produces a beneficial effect for this subject, the results still need to be replicated in the population of ultra rapid-cycling and rapid cycling individuals at large. Cannabis and melatonin's effect on mania in general should also be investigated, for example by testing them with the rat model of mania. Focus could also be directed toward determining which cannabinoids or combinations thereof are most effective. Finally, possibly the most straightforward next step might be to determine what are the most effective dose-ranges for both compounds.

Conclusion

Although the baseline data is not yet available for this subject, her mania does appear to have a substantially negative effect on her family, her life and her sense of wellbeing. The primary question addressed by this experiment was do melatonin and/or cannabis provide any significant relief from the symptoms of her mania and thus improve her life? Cannabis was found to provide obvious benefit and relief to the subject but both compounds together produced the overall best effect. Melatonin alone was not particularly beneficial. The only significant beneficial effect it produced, a healthier sleep cycle, was outweighed by an increase in negative symptoms and the frequency of dysphoric episodes. The subject is advised to continue the use of cannabinoids to help manage her mania and if melatonin is to be used that this only occurs when cannabis is also available. As for the utility of cannabinoids or melatonin to the general population of individuals with mania, only more research will tell.

Follow-up and literary Update (2009)

Shortly after this experiment was conducted the subject applied to the Oregon Therapeutic Cannabis Program

ostensibly to help treat the chronic pain of osteoarthritis in her back due to breaking it during a domestic violence incident which occurred in her first marriage. However, unofficially she was applying to use it as a mood stabilizer as well and after showing her family doctor the above write up the on-the-fence doctor enthusiastically signed the application. The subject has been a part of the program ever since.

Due to subject noncompliance as a result of subjective significant increases in dysphoria and raging collec-

tion of baseline data was never completed. For the next three years the subject continued on melatonin and cannabis alone. On this combination she received at least two promotions at work. During the third year she was also placed on low dose Buspar (5mg 2 times daily) for generalized anxiety and given 2.5mg Zyprexa as an acute treatment to halt the rage-cycles which she was experiencing (rage-intensified emotionally liability-easily rage again). During the fourth year she received another promotion to a middle management position. Likely as a result of her now perimenopausal state and the increased stress her promotion produced she also started having more psychotic/delusional symptoms and began taking the Zyprexa daily at 2.5mgs. Eventually this was increased to 5mg and the Buspar was increased to 10mg 3 times daily. Both of these doses are comparatively rather low (Buspar's max dose - 60mg (25); Zyprexa's max dose - 20mg (24), but some may take higher doses) something which her healthcare providers frequently comment on.

She still uses cannabis as a mood stabilizer and melatonin to help regulate sleep. She still cycles and has episodes which can still be severe, almost completely breaking through all her medications. The occurrence of these more severe episodes however has dropped from 1-4 times a month to 4-6 times a year. She is now an extremely valued manager in her company's workforce management department and reliably out performs her peers in productivity. She does not feel she would be able to maintain this position if it were not for all three primary psychiatric medications: cannabis, Zyprexa and Buspar. She also feels that much of her high functionality through adulthood despite at times fairly extreme untreated mania has been the result of her exceptionally high intelligence, a strong awareness of when she has stepped outside of social norms, a 'desire to pass', and the ability to develop minimally functional coping mechanisms which this combination provided her. Some readers would probably suggest that the Zyprexa has been solely responsible for the subject's long term improvement over the last few years. To these readers I would point out that one recently repeated theme in the literature is that the best long

term clinical and quality-of-life improvements for manic phase bipolar episodes, especially those with dysphoric features, are found with combined atypical antipsychotic and mood stabilizer therapy over either one alone (27,28,29).

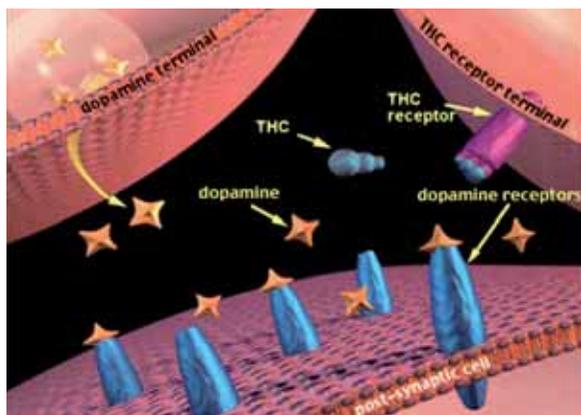
There has been one substantial negative side effect from the Zyprexa on the subject's life and she made a specific request

The occurrence of these more severe episodes however has dropped from 1-4 times a month to 4-6 times a year.

that this be included. Before starting Zyprexa she was a very prolific artist. She has painted for most of her adult life, mostly in acrylics but also dabbling in water color and oils, and has also been a

prolific writer of poetry, essays, short stories, keeping a detailed journal since she was 14. Since she started taking Zyprexa on a regular basis her painting and creative writing have almost completely ceased. Writing in her journal has continued but is an effort to maintain when before it "just happened." The only way that she is able to tap into the creative processes she uses to paint and write creatively is to stop taking the Zyprexa for at least a week, however the deregulation this creates can be severely disruptive to the rest of her life. At times, this can be a strong motivator to stop taking the Zyprexa completely despite the other benefits it offers.

Since this study was conducted, very little research has been done on cannabinoids and mania or even the endocannabinoid system and mania despite the fact that cannabis and specifically THC can induce mania in some individuals (30,31,32,33) or that CBD acts as an antipsychotic (34). This is even more surprising when you realize the quite a bit of research has gone into the link between the endocannabinoid system and depression (35). Instead most research appears to be strongly biased by a prohibitionist perspective and less driven by a genuine search for knowledge (36,37,38). They boil down to: "The illegal drugs, even or especially cannabis, are bad for BP and mania, Umm-K?" Over all these studies concluded that cannabis use was associated dose-dependently with more frequent development of manic symptoms in one and three year follow ups in the general population regardless of previous evidence of manic symptomology (31); that cannabis use rates were higher in first episode manic patients than it appears to be in the general population (32,33); that comorbid "cannabis abuse disorders" in BP patients were associated with a poor prognosis, more manic symptoms and more manic days, more psychotic symptoms, being single, being male, and treatment noncompliance (36,38). At least one of these studies which at first appeared to find that cannabis was associated with development of mania found that instead this was solely the effect of sex and that when sex was controlled for the effect of cannabis disappeared. Apparently more males than females in this study used cannabis and 



freewebs.com

more males than females were manic but there were not more manic cannabis using males than non-manic cannabis using males (37). Considering that cannabis use is associated with the male sex it might be worth investigating it in the two sexes differently. Another issue with these studies is that they do not generalize to the subject in this study because in most cases both rapid cycling and unipolar manics were excluded because of their general trend toward treatment resistance and apparently divergent prognostic outcome (39,40).

A few reviews have however proposed that future research investigate what role if any the endocannabinoid system plays in BP and manias (41,42). One points out that patients with BP who have previously been exposed to antipsychotics appear to have reduced CB1 receptor levels compared to those who have not been exposed (42). Such a reduction in CB1 levels also occurs following chronic high dose cannabis use and plays a role in the development of tolerance to cannabinoid use (43), suggesting that from a pharmacological point of view use of cannabinoids and/or manipulation of the endocannabinoid system may not be all bad for people with BP and manias.

Despite the lack of an organized effort to understand the relationship between manias and the endocannabinoid system, mildly positive to positive case reports continue to appear in the literature (23,44,45). One published in 2007 by El-Mallakh and Brown reported very similar results to those reported here. Two years abstinence was compared to two years extreme cannabis use in the same individual. Although cannabis use was not associated with a decrease in “total abnormal days” in this individual, it was associated with a shift away from depression to more hypomanic (mildly manic) days (44). Unfortunately, it was unclear what type of BP this individual had, however the use of the word “hypomanic” would seem to indicate BP disorder II and not BP disorder I as the subject in the current study is clearly classified because of her psychotic symptoms. Some

may consider two week intervals to be too short an adjustment period and that at least 6 week intervals should be used with the last 2 weeks having the most analytical weight. This would provide a potentially more “proper” adjustment period of 4 weeks. That said, the very similar results obtained by El-Mallakh and Brown suggest this might not be necessary.

Another registered Oregon Therapeutic Cannabis Program patient recently reported:

“This personal account is purely anecdotal, I have no real evidence and it is only what happened to me... I spent the time between 14.5 and almost 17 in three separate secure residential treatment facilities (out of one and straight to another, no time out) for the bipolar mood swings. When I was 15 I was diagnosed with Rapid Cycling Bi-Polar Disorder, put onto lithium, several different anti-depressants and haldol, an anti-psychotic (I don't know why, my parents were making my medical decisions and I was not consulted). Around 17 I started poking smot and would feel like I was fine with no meds but as the pot ran out so did my feeling of well-being. Back to the meds I went. However about a year and a half of recreational smoking and I was able to stop using the meds completely. When I hit an extended dry spell (7yrs'ish) I found that the marijuana had cured me of my bipolar. I have held jobs for years at a time, lived a “normal” life, all the stuff I was told I would never be able to do without proper psychotropic medication (45).” – johnqpublic12 (2009)

Although johnq's experience may be an unusual outlier to the normal curve in the BP population, it does add to the ever growing list of intriguing anecdotal accounts and case reports suggesting that cannabinoid therapy may provide benefit to a portion of these individuals, especially to the 30-40% who are resistant to more conventional treatments. One should keep in mind though when considering johnq's case that some other factor which changed over this time such as cessation of the hormone fluctuation associated with post pubescent maturation could account for his remission.

Despite the lack of new research on mania and the endocannabinoid system, there has been a little bit more published on the topics of dysphoria and on unipolar mania as a distinct condition vs. as a subtype of actually bipolar conditions. For one, self reporting was found to be a valid and reliable way of tracking mood states in female manic patients, especially those with dysphoric symptoms (46). This finding helps strengthen the validity and value of the current study. With that in mind, I'd like to point out again ▷

Treat Yourself members receive **5% OFF** on orders

Use coupon code "treat08"

**LOWEST PRICES
GUARANTEED!**



We carry the following products

- Bollers
- Dutch Nutrient Formula
- Fans
- Fittings
- Gardens
- Grow Lamp
- Growing Mediums
- Insect Spray and Controls
- Complete Lighting Kits
- Misc.
- Nutrient
- Order Control
- Organics
- Pumps
- and MORE!



We Carry Affordable Complete Lighting Kits

Visit us online today at <http://www.hydroponicz.net>

**CROSSTOWN
TRAFFIC**

**YOUR
COUNTERCULTURAL
VARIETY
STORE**

613
234-1210

CD'S,
COMIX,
BOOKS,
& BONGS

NOW!

2 OTTAWA LOCATIONS

593-C Bank St.
(613) 234-1210

396 Athlone Ave. K1Z 5M5
(613) 728-4800

Sacramento Holistic
Healing Center

SHHC

BETTERfeelGOOD.com

THE LOWEST PRICES &
THE BEST QUALITY OF
MEDICAL CANNABIS
in Sacramento!

www.
BETTERfeelGOOD.com

916.930.0939

2014 10th Street

Sacramento, CA 95818

info@BETTERfeelGOOD.com

Hours: Mon-Sat. 10am-10pm
Sundays 12pm-8pm

**ASK ABOUT OUR
COMPASSION PROGRAM**
For seriously ill patients.
Applications taken wednesdays.

SHHC

THIS AD IS INTENDED FOR CALIFORNIA RESIDENTS WHO HAVE BEEN ISSUED AND HAVE A VALID RECOMMENDATION FOR THE USE OF MEDICAL CANNABIS.

that the subject finds the effects of a dysphoric state as subjectively and prognostically different from feelings of depression. This suggests that dysphoria should be considered a distinct and separate phenomenon from sub-threshold depression even if there is little difference from outward presentation. If dysphoric mania is considered a distinct negative but not ‘depressed’ mania it becomes easily possible to dissociate unipolar mania from bipolar disorder as its own unique condition. Unipolar manics could cycle within this mania spectrum without ever entering into a depressive state as such.

In 2003, a 20 year longitudinal study of 23 “unipolar” manic patients found that seven of these never had an episode of depression over that period. Of these seven five received mood stabilizers for most of that time yet all five experienced repeat manic episodes. The other two received mood stabilizers only to abort the initial episode and yet did not experience repeat episodes so it was concluded that mood stabilizers did not account for lack depressive episodes (47). In 2007, another study was conducted on 87 bipolar patients who had at least 3 affective episodes over the past ten years. Of these, 17 were found to have experienced no depressive symptoms or episodes. In most ways they appeared similar to their counter parts but the unipolar group was faster cycling, experienced more mood-congruent psychotic symptoms, had significantly more markers for a hyperthymic temperament, and lower scores for the severity of disability in familial, work, and social interactions. The authors concluded that these individuals presented a prognostically and clinically valid and distinct subgroup within BP disorder I (48). The general picture of the unipolar manics in this study very closely fits the clinical presentation of the current subject, again pointing to the validity of the unipolar nature of her condition.

If unipolar mania is a valid condition on its own this would have to be incorporated into biological explanations of affective disorders and currently it is not. Another implication of the existence for unipolar mania is that it opens the door for the potential of comorbid unipolar mania with an episode of major depression. If these occur comorbidly and not as part of one unified cyclic disorder it would have implications for both prognosis and appropriate treatments since use of antidepressants could significantly worsen manic symptoms. If depression were easily treatable by appropriate talk therapy addressing the issues at the heart of the depression this would support the notion of comorbid depression vs. bipolar since historically bipolar related depression does not respond significantly well to this kind of therapy on its own.

Finally, research on melatonin and mood disorders appears to have made a few advancements since 2002. One of the

most important is the discovery that melatonin acts as a marker for helping diagnose affective disorders and is a way to trace specific states in some affective conditions. Melatonin or its metabolite can be easily monitored through bodily fluids such as saliva, plasma or urine. Melatonin production varies with affective disorder such that it is reduced during major depressive episodes, while in seasonal affective disorder (SAD) and BP the timing of cyclic melatonin production is altered along with reduced production, with SAD producing the most alterations to the melatonin cycle (49). Another important finding related to melatonin and mania is that alterations in the Clock gene, the gene which makes up the molecular clock in the SCN neurons which in turn run our circadian rhythms, are associated with affective disorders, especially bipolar. Furthermore mice with a specific mutant Clock gene express a nearly identical behavioral pattern to human mania. They return to wild-type behavior when receiving lithium treatment or following gene replacement therapy (GRT) (50). Not only does this offer the second untapped animal model of mania it also hints that the future of affective disorder therapy may not lay in psychopharmacology at all but in the realm of GRT for those who want it.

To conclude, when it comes to affective disorders the effect of cannabinoids appear to depend on what cannabinoid is used and which disorder one has. THC is thought to potentially increase depression in individuals with unipolar depression disorder, induce mania in members of the general population, potentially precipitate first manic episode in BP individuals, and increase mania in the general BP population. Yet still numerous case reports and anecdotal information continue to suggest that for some individuals THC can alleviate symptoms of both depression and mania. In mania this appears to be especially true for rapid cycling and unipolar manic individuals. In this case, the main global effect is to reduce negative days and increase days with positive affective ratings. Day in and day out, THC can abort manic rages and helps promote sleep by increasing adenosine through a CB1 mediated mechanism (51).

Cannabis however is not just THC and in some cases may contain significant levels of other cannabinoids like CBD and THCV which both act as CB1 reverse agonists. (Although due to selective breeding finding strains which contain these cannabinoids is getting rarer in today’s drug strains of cannabis.) Reverse agonists bind to the receptor and do not just block it from being activated but actively reverse the effects of other drugs like THC and anandamide which activate that receptor. In 2006, Zuardi and colleagues suggested that there was strong evidence that CBD may act as an atypical antipsychotic especially because it inhibits the psychotomimetic properties of THC (34). Two years later, the same research team published a pair of case reports on two normal cycling BP disorder I women given

placebo for a week followed by 3 weeks of 600mg-1200mg CBD per day followed by another week of placebo. In this case CBD therapy was well tolerated with no apparent side-effects but did not appear to produce any improvement. However, it still remains possible that whole cannabis containing both THC and reverse antagonists like CBD might be superior to either THC or CBD alone or to strains of cannabis containing only THC (52).

The subject of the current study has access to strains with verified cannabinoid profiles and reports that although strains containing mostly THC appear to be the best for helping promote healthy sleeping habits only the strains with a rich cannabinoid profile, especially those high in CBD “quiet {her} head” when really manic and provide some relief from excessive delusional thought patterns. She also reports that strains with rich profiles are the most likely to effectively move a moderately dysphoric state to a euphoric one.

The evidence that sex may also be playing a role in the association between cannabis and mania such that that it is much more likely to be used but single male PB patients suggests a potential two-way interaction between cannabis and sleep cycles. Bachelor males especially those with BP are not typically known for sticking to a routine. Tossing cannabis on top of already disrupted sleep habits may be asking for additional manic trouble since both disrupted sleep and THC are capable of inducing mania. However in this particular study and the resulting treatment of the subject which followed, a concerted effort on the subject's part was made to use cannabis to help regulate sleep and maintain a routine. This suggests life style may play a significant role in whether or not cannabis works for or against the manic individual. It is proposed that if studied one would find a two-way interaction between cannabis and sleep deprivation vs. sleep regulation.

Melatonin appears to play a major role in mood disorders, can be used to aide diagnosis as well as track mood state, is partially controlled by the Clock gene which has also been implicated in mood disorders, and may provide therapeutic benefit when used exogenously to regulate sleep patterns. The results of the current study and the finding that both melatonin and adenosine levels, which THC elevates, are lower in BP patients (49,51,53) suggest that THC/cannabis and melatonin may be particularly effective when used together. Considering the reasonably high potential for adverse and toxic side-effects for most of the currently available treatments for mania and BP more effort should really be put into developing these significantly friendlier alternatives. In some cases, THC and melatonin can potentially reduce the amount of other psychiatric medication that is required for effective symptom management. This

would in turn reduce the future social and economic costs associated with the management of side-effects of currently available treatments. 🚬

References

- Julien, R. M. (2001). *A primer of drug action: a concise, nontechnical guide to the actions, uses, and side-effects of psychoactive drugs (Rev. and updat ed.)*. New York: W. H. Freeman and Co.
- Carson, R., Butcher, J., & Mineka, S. (2000). *Abnormal Psychology and Modern Life* (11 ed.). Boston: Allyn and Bacon.
- Braninig, P., Shugan, G., & Kruger, S. (1996). An investigation of the Self-Report Manic Inventory as a diagnostic and severity scale for mania. *Compr Psychiatry*, 37(1), 32-35.
- Shugan, G., Schertzer, S., Toner, B. B., & Di Gasparro, I. (1992). Development, use, and factor analysis of a self-report inventory for mania. *Compr Psychiatry*, 33(5), 325-331.
- Dilsaver, S. C., Chen, Y. R., Sboab, A. M., & Swann, A. C. (1999). Phenomenology of mania: evidence for distinct depressed, dysphoric, and euphoric presentations. *Am J Psychiatry*, 156(3), 426-430.
- Chang, K. D., Kock, P. E. Jr., Stanton, S. P., McElroy, S. L., Strakowski, S. M., and Geraciotti, T.D. Jr. (1998). Differences in thyroid function between bipolar manic and mixed states. *Biol Psychiatry*, 43(10):730-3.
- Oomen H. A., Schipperin A. J., and Drexhage, H. A. (1996). The prevalence of affective disorder and in particular of a rapid cycling of bipolar disorder in patients with abnormal thyroid function tests. *Clin Endocrinol (Oxf)*, 45(2):215-23.
- Akiskal, H. S., Hantouche, E. G., Bourgeois, M. L., Azorin, J. M., Sechter, D., Allilaire, J. F., Lancrenon, S., Fraud, J. P., & Chatelet-Duchene, L. (1998). Gender, temperament, and the clinical picture in dysphoric manic states: findings from a French national study (EPIMAN). *J Affect Disord*, 50(2-3), 175-186.
- Bauer, M. S., Whybrow, P. C., Gyulai, L., Gonnell, J., & Yeh, H. S. (1994). Testing definitions of dysphoric mania and hypomania: prevalence, clinical characteristics and inter-episode stability. *J Affect Disord*, 32(3), 201-211.
- Post, R. M., Rubinow, D. R., Uhde, T. W., Roy-Byrne, P. P., Limboid, M., Rosoff, A., & Couderq, R. (1989). Dysphoric mania. Clinical and biological correlates. *Arch Gen Psychiatry*, 46(4), 353-358.
- Stanton, S. P. (1997). [A comparison of the long-term configuration of manic-depressive illness (author's trans)]. *Fortsehr Neurol Psychiatr Grenzgeb*, 43(7), 358-379.
- Healy, D., & Williams, J. M. (1989). Moods, misattributions and mania: an interaction of biological and psychological factors in the pathogenesis of mania. *Psychiatr Dev*, 7(1), 49-70.
- Frank, E., Swartz, H. A., & Kupfer, D. J. (2000). Interpersonal and social rhythm therapy: managing the 24 hours of bipolar disorder. *Biol Psychiatry*, 48(6), 593-604.
- Nathan, P. J., Burrows, G. D., & Norman, T. R. (1999). Melatonin sensitivity to dim white light in affective disorders. *Neuropsychopharmacology*, 21(3), 408-413.
- Abe, M., Herzog, E. D., & Block, G. D. (2000). Lithium lengthens the circadian period of individual suprachiasmatic nucleus neurons. *Neuroreport*, 11(14), 3261-3264.
- Wehr, T. A. (1992). Improvement of depression and triggering of mania by sleep deprivation. *Jama*, 267(4), 548-551.
- Wehr, T. A., Sack, D. A., & Rosenthal, N. E. (1987). Sleep reduction as a final common pathway in the genesis of mania. *Am J Psychiatry*, 144(2), 201-204.
- Gessa, G. L., Pani, L., Fadda, P., & Fratta, W. (1995). Sleep deprivation in the rat: an animal model of mania. *Eur Neuropsychopharmacol*, 5(Suppl), 89-93.
- Robertson, J. M., & Tangury, P. E. (1997). Case study: the use of melatonin in a boy with refractory bipolar disorder. *J Am Acad Child Adolesc Psychiatry*, 36(6), 822-825.
- Bersani, G., & Garavini, A. (2000). Melatonin add-on in manic patients with treatment resistant insomnia. *Prog Neuropsychopharmacol Biol Psychiatry*, 24(2), 185-191.
- Wilson, W. (2001, December 5, 2001). Mom keeps son on marijuana regimen. *Sacramento Bee*.
- Fennberg, I., Jones, R., Walker, J., Cavness, C., & Floyd, T. (1976). Effects of marijuana extract and tetrahydrocannabinol on electroencephalographic sleep patterns. *Clin Pharmacol Ther*, 19(6), 782-794.
- Ginspoon, L., & Bekerian, J. B. (1998). The use of cannabis as a mood stabilizer in bipolar disorder: anecdotal evidence and the need for clinical research. *J Psychoactive Drugs*, 30(2), 171-177.
- Kivi, S. A. (1996). Insomnia as a presenting symptom of mania. *Postgrad Med*, 99(4), 143-146.
- Wikipedia. Bupropione: Comparison to benzodiazepines. http://en.wikipedia.org/wiki/Bupropione#Comparison_to_benzodiazepines (Accessed 9-13-2009).
- Wikipedia. Olanzapine: Dosage forms and strengths. http://en.wikipedia.org/wiki/Olanzapine#Dosage_forms_and_strengths (Accessed 9-13-2009).
- Gonzalez-Pinto, A., Lalaguna, B., Mosquera, F., Pérez, de Heredia, J.L., Gutierrez, M., Ezcurra, J., Gilaberte, I., and Tohen, M. Use of olanzapine in dysphoric mania. *Journal of Affective Disorders*, 2001 Oct; 66 (2-3): 247-53.
28. Namyoshi, MA, Risser, R, Shi, L, Tohen, M, and Breier, A. Quality of life assessment in patients with bipolar disorder treated with olanzapine added to lithium or valproic acid. *Journal of Affective Disorders*, 2004 Sep; 81 (3): 223-9.
- Bowden CL. Atypical antipsychotic augmentation of mood stabilizer therapy in bipolar disorder. *Journal of Clinical Psychiatry*, 2005; 66 Suppl 3: 12-9.
- Hollister, L.E. Cannabis—1988. *Acta Psychiatrica Scandinavica. Supplementum*, 1988; 345: 108-18.
- Henquet, C, Krabbendam, L, de Graaf, R, ten Have, M, and van Os, J. Cannabis use and expression of mania in the general population. *Journal of Affective Disorders*, 2006 Oct; 95 (1-3): 103-10.
- van Laan, M, van Dorsselaer, S, Monbaster, K, and de Graaf, R. Does cannabis use predict the first incidence of mood and anxiety disorders in the adult population? *Addiction*, 2007 Aug; 102 (8): 1251-60.
33. Tohen, M, Yate, E, Gonzalez-Pinto, A, Reed, C, and Lin, D. Baseline characteristics and outcomes in patients with first episode or multiple episodes of acute mania. *Journal of Clinical Psychiatry*, 2009 Aug 25 [Epub ahead of print].
- Zuardi, AW, Crippa, JA, Hallak, JE, Moreira, FA, and Guimarães, FS. Cannabidiol, a Cannabis sativa constituent, as an antipsychotic drug. *Brazilian Journal of Medical and Biological Research*, 2006 Apr; 39 (4): 421-9.
- Serra, G and Fratta, W. A possible role for the endocannabinoid system in the neurobiology of depression. *Clinical Practice and Epidemiology in Mental Health*, 2007 Nov 19; 3: 25.
- Goldberg, JF, Garmo, J.L, Leon, AC, Kocsis, JH, and Portera, L. A history of substance abuse complicates remission from acute mania in bipolar disorder. *Journal of Clinical Psychiatry*, 1999 Nov; 60 (11): 733-40.
- Selzer, JF, Vera, N, Heck, H, W, Lam, W, Schok, D, van der Tweel, I, Feller, W, and Kahn, RS. Early course of schizophrenia in a representative Dutch incidence cohort. *Schizophrenia Research*, 2007 Dec; 97 (1-3): 79-87.
- van Kossium, I, Boomsma, M, Tenback, D, Reed, C, and van Os, J; EMBLEM Advisory Board. Does cannabis use affect treatment outcome in bipolar disorder? A longitudinal analysis. *Journal of Nervous and Mental Disease*, 2009 Jan; 197 (1): 35-40.
39. Calabrese, JR, Shelton, MD, Bowden, CL, Rapport, DJ, Suppes, T, Shirley, ER, Kimmel, SE, and Caban, SJ. Bipolar rapid cycling: focus on depression as its hallmark. *Journal of Clinical Psychiatry*, 2001; 62 Suppl 14: 34-41.
40. Yazici, O, Kora, K, Uçok, A, Saylan, M, Ozdemir, O, Kezitan, E, and Ozpulat, T. Unipolar mania: a distinct disorder? *Journal of Affective Disorders* 2002 Sep; 71 (1-3): 97-103.
41. Ashton, CH, Moore, PB, Gallagher, P, and Young, AH. Cannabinoids in bipolar affective disorder: a review and discussion of their therapeutic potential. *Journal of Psychopharmacology*, 2005 May; 19 (3): 293-300.
42. Lenecke, FM and Koetsler, D. Cannabis and psychiatric disorders: it is not only addiction. *Addiction Biology*, 2008 Jan; 13 (2): 264-75.
43. González, S, Cebeira, M and Fernández-Ruiz, J. Cannabinoid tolerance and dependence: a review of studies in laboratory animals. *Pharmacology, Biochemistry and Behavior*, 2005 Jun; 81 (2): 300-18.
44. El-Mallakh, KS and Brown, C. The effect of extreme marijuana use on the long-term course of bipolar I illness: a single case study. *Journal of Psychoactive Drugs*, 2007 Jun; 39 (2): 201-2.
45. <http://pubmed.ncbi.nlm.nih.gov/19122222/>. Cannabis cured my severe BP. 2009. <http://forum.grasscity.com/5517160-post3.html> (Accessed 9-16-2009).
46. Hantouche, EG, Allilaire, JP, Bourgeois, ML, Azorin, JM, Sechter, D, Chatelet-Duchène, L, Lancrenon, S, and Akiskal, HS. The feasibility of self-assessment of dysphoric mania in the French national EPIMAN study. *Journal of Affective Disorders*, 2001 Dec; 67 (1-3): 97-103.
47. Solomon, DA, Leon, AC, Endicott, J, Coryell, WH, Mueller, TI, Posternak, MA, and Keller, MB. Unipolar mania over the course of a 20-year follow-up study. *American Journal of Psychiatry*, 2003 Nov; 160 (11): 2049-51.
48. Perugi, G, Passino, MC, Toni, C, Marenmani, I, and Angst, J. Is unipolar mania a distinct subtype? *Comprehensive Psychiatry*, 2007 May-Jun; 48 (3): 213-7.
49. Srinivasan, V, Sinits, M, Spence, W, Lowe, AD, Kayannou, I, Pandi-Peronnal, SR, Parry, B, and Cardinali, DP. Melatonin in mood disorders. *World Journal of Biological Psychiatry*, 2006; 7 (3): 138-51.
50. Roybal, K, Theobald, D, Graham, A, DiNieri, JA, Russo, SJ, Krishnan, V, Chakravarty, S, Peevey, J, Oehrlein, N, Birnbaum, S, Vitaterna, MH, Orsulak, P, Takahashi, JS, Nestler, EJ, Carlezon, WA Jr, and McChang, CA. Mania-like behavior induced by disruption of CLOCK. *Proceedings of the National Academy of Sciences of the USA*, 2007 Apr 10; 104 (15): 6406-11.
51. Murillo-Rodríguez, E, Blanco-Centurion, C, Sanchez, C, Piomelli, D, and Shiromani, PJ. Anandamide enhances extracellular levels of adenosine and induces sleep: an in vivo microdialysis study. *Sleep*, 2003 Dec 15; 26 (8): 943-7.
52. Zuardi, A, Crippa, J, Dursun, S, Morais, S, Vilela, J, Sanchez, R, and Hallak, J. Cannabidiol use ineffective for manic episode of bipolar affective disorder. *Journal Psychopharmacology*, 2008 Nov 21 [Epub ahead of print].
53. Machado-Vieira, R, Lara, DR, Souza, DO, and Kapczinski, F. Purinergic dysfunction in mania: an integrative model. *Medical Hypotheses*, 2002 Apr; 58 (4): 297-304.

Seedmania

MASSIVE REDUCTION ON ALL SEEDS!

R = Regular Seeds
F = Feminised Seeds

BARNEY'S FARM 10 Seeds (Reg.&Fem.)

Amnesia Lemon E52.50/\$105R E59/\$120F
Blue Cheese E38/\$75R E46/\$90F
Crimea Blue E40/\$80R E40/\$80F
G13 Haze E51/\$102R E78/\$155F
Honey B E41/\$82R E46/\$92F
Laughing Buddha E46/\$92R E72/\$145F
L.S.D. E46/\$92R E56/\$120F
Morning Glory E37/\$76R E60/\$120F
Night Shade E37/\$76R E59/\$120F
Phat Fruity E35/\$70R E42.50/\$45F
Red Cherry Berry E33/\$71R E44.50/\$94F
Red Diesel E42/\$89R E62/\$129F
Red Dragon E54/\$115R E67/\$140F
Sweet Tooth E41/\$87R E66.50/\$136F
Top Dawg E38/\$87R E51/\$109F
Utopia E54/\$115R E67/\$136F
Violator Kush E46/\$95R E72/\$145F
8 Ball Kush E37/\$79R

BIG BUDDHA 10 Seeds (Fem.)

Blue Cheese E45/\$90F
Cheese E45/\$90F
G-Bomb E45/\$90F
Buddha Haze E45/\$90F

DANK DAIRY 10 Seeds (Reg.)

Jack's Surprise E45/\$90R
Lemon Venom E54/\$108R
Pablo Cheese E40/\$80R

DINAFEM 10 Seeds (Fem.)

Blue Hash E77/\$155F
Blue Widow E99/\$140F
Cali Hash Plant E80/\$162F
Critical+ E79/\$160F
Moby Dick E99/\$163F
Moby Hash E87/\$170F
Powerkush E61/\$120F
Royal Haze E103/\$200F
Santa Sativa E99/\$200F
Shark Attack E83.50/\$167F
Super Silver E92/\$185F
White Widow E87.50/\$171F

DUTCH PASSION 10 Seeds (Fem.)

Blueberry E106.50/\$210F
Blue Moonshine E97.50/\$195F
Brainstorm E44.50/\$89F
California Orange E71/\$145F
Dolce Vita E80/\$161F
Durban Poison E86.50/\$173F
Euforia E75/\$151F
Flo E106.50/\$210F
Friskian Dew E86.50/\$173F
Green Spirit E71/\$142F
Hollands Hope E57.70/\$115F
Isis E97.50/\$195F
Jorge's Diamonds E80/\$161F
Khola E62/\$125F
Masterkush E71/\$142F
Mazar E84.25/\$169F
Oasis E75.50/\$151F
Orange Bud E82/\$164F
Passion #1 E57.70/\$115F
Power Plant E75.50/\$151F
Purple #1 E57.70/\$115F
Sacra Frasca E71/\$142F
Shaman E48.80/\$98F
Skunk #11 E44.30/\$89F
Skunk Passion E82/\$164F
Skywalker E111/\$223F
Strawberry Cough E84.25/\$169F
Super Haze E71/\$142F
Trance E67.70/\$135F
Twilight E53.20/\$107F
Ultra Skunk E75.50/\$151F
Voodoo E53.20/\$107F
White Widow E97.50/\$195F

DNA GENETICS 13 Seeds (Reg.)

Annunaki E90/\$180R
C13 Haze E50/\$100R
Cannalope Haze E66/\$132R
Cannadental E60/\$120R
Connie Chung E66/\$132R
L.A. Confidential E75/\$150R

Lemon Skunk E60/\$120R
Pure Afghan E27/\$54R
Sour Creams E80/\$160R
Super Cannalope E50/\$100R
Sweet Haze E30/\$60R

FLYING DUTCHMAN 10 Seeds (Reg.&Fem.)

Afghanica E31/\$62R
Amsterdam Mist E75/\$152F
Arctic Sun E40/\$80R
Aurora B E28/\$56R
Blueberry Skunk E79/\$172F
Dame Blanche E79/\$172F
Dutch Delight E61/\$133F
Royal Orange E31/\$62R
Early Durban E23/\$46R
Edelweiss E70/\$151F
Feminised Mix E49/\$108F
Flying Dragon E61/\$132F
Fuma Con Dios E31/\$62R
G Force E57/\$123F
Hayleys Comet E36/\$79R
Haze Mist E45/\$98R
Kerala Krush E27/\$54R
Mixed Sativa Diva's E36/\$79R
Nepal Kush E97/\$205F
Original Haze E58/\$129R
Pineapple Punch E40/\$80R
Pot of Gold E40/\$80R
Power Skunk E79/\$172F
Real McCoy E40/\$80R
Skunk #1 E52/\$112F
Skunk Classic E70/\$151F
Swazi Safari E40/\$80R
Temple Haze E88/\$191F
Thai Tonic E27/\$54R
The Pure E15/\$35R
Titan's Haze E45/\$98R
Voyager E61/\$133F
White Widow E88/\$193F

GREENHOUSE 10 Seeds (Fem.)

Alaskan Ice E43/\$86F
AMS E29/\$58F
Arjan's Haze #1 E57/\$120F
Arjan's Haze #2 E57/\$120F
Arjan's Haze #3 E52/\$110F
Arjan's Strawberry Haze E61/\$122F
Arjan's Ultra Haze #1 E61/\$122F
Arjan's Ultra Haze #2 E61/\$122F
Big Bang E24/\$48F
Bubba Kush E47/\$94F
Cheese E38/\$76F
Chemdog E43/\$86F
The church E29/\$58F
El Niño E52/\$110F
Great White Shark E52/\$109F
Hawaiian Snow E71/\$143F
Himalaya Gold E43/\$86F
Jack Herer E43/\$86F
K-Train E47/\$98F
Kaia Kush E47/\$98F
King's Kush E43/\$86F
Lemon Skunk E33/\$66F
Neville's haze E71/\$144F
NLS Haze Mist E43/\$86F
Super Silver Haze E60/\$132F
Train Wreck E43/\$86F
White Widow E57/\$115F
White Rhino E57/\$115F

HOMEGROWN FANTASEEDS 10 Seeds (Reg.)

Afghani E26/\$52R
Armageddon E53/\$106R
Australian Blue E53/\$106R
Amazing Haze E53/\$106R
Big Bud E31/\$62R
Blue Haze E53/\$106R
Blue pearl E53/\$106R
California Orange E26/\$52R
Carmella E31/\$62R
Cheese E53/\$106R
Citral E26/\$52R
Early Girl E22/\$44R
Eclipse E49/\$108R
First Lady E53/\$106R
Flashback E31/\$62R
Fourway E26/\$52R
Genie Of The Lamp E45/\$90R
Haze E40/\$80R
Indoor Mix E18/\$36R
Jah Herer E53/\$106R

Kamamist E49/\$98R
K2 E26/\$52R
Mango E26/\$52R
Master Kush E26/\$52R
Millennium E40/\$80R
Northern Light E35/\$70R
Original Misty E49/\$100R
Outdoor Mix E13/\$25R
Purple E22/\$44R
Shiva E26/\$52R
Shiva Afghani E35/\$70R
Skunk #1 E22/\$44R
Super Crystal E53/\$106R
Top 44 E31/\$62R
Train Wreck E53/\$106R

KIWI SEEDS 15 Seeds (Reg.)

2 Pounder E51/\$102R
Algeria E88/\$134R
Daddy's Girl E47/\$95R
Hindu Kush E32/\$64R
Indoor Mix E37/\$75R
Kiwiskunk E23/\$46R
Maiko Haze E94/\$190R
Milky Way E51/\$102R
Mr Cook E47/\$95R
Outdoor Mix E37/\$75R
South Star E56/\$113R
Tasman Haze E66/\$134R
White Island E51/\$103R

MAGUS GENETICS 10 Seeds (Reg.) / 5 (Fem.)

Biddy Early E30/\$60R
Biddy Sister E30/\$60R
Double Dutch E55/\$120F
Exile E55/\$120R
Motivation E55/\$120R
Warlock E45/\$90R

PYRAMID SEEDS 12 Seeds (Fem.)

Now available as single seeds just divide the price by 12.
White Widow E100/\$200F
New York City E110/\$220F
Northern Lights E100/\$200F
Shark E95/\$190F
Pipi E95/\$190F
Nefertiti E105/\$210F
Wembley E100/\$200F
Lennon E110/\$220F
Galaxy E65/\$130F
Tutankhamon E65/\$130F

RESERVA PRIVADA 6 Seeds (Fem.)

R.K.S. E35/\$70F
Silver Bubble E35/\$70F
Snowcap Romulan E50/\$110F
Tora Bora E50/\$110F

SEEDSMAN 10 Seeds (Reg.&Fem.)

Afghani #1 E20/\$45R
African Buzz E20/\$45R
Ata Tundra E20/\$45R
Columbian Red Haze E20/\$45R
Early Durban E20/\$45R
Haze Mix E13/\$30R
Hash Passion E20/\$45R
Hindu Kush Skunk E20/\$45R
Hawaiian Skunk E20/\$45R
Indian Haze E13/\$30R
Indian Skunk E20/\$45R
Jungle Wreck E20/\$45R
Nerkush E20/\$45R
Mana Mia E35/\$80F
Mama Thai E20/\$45R
Mazari E35/\$80F
Nemesis E35/\$80F
Northern Lights E20/\$45R
Northern Soul E35/\$80F
Outdoor Mix E13/\$30R
Original Haze E13/\$30R
Original Skunk #1 E35/\$80F
Power Africa E35/\$80F
Purple Bud E20/\$45R
Skunk Haze E13/\$30R
Skunk Mix E13/\$30R
Swazi Skunk E20/\$45R
Skunk #1 E20/\$45R
Sugar Haze E20/\$45R
Velvet Bud E35/\$80F
White Widow E20/\$45R E35/\$80F
Top Skunk 44 E20/\$45R

SENSI SEEDBANK 10 Seeds (Reg.&Fem.)

Afghani #1 E45/\$98R
American Dream E61/\$129R
Big Bud E78/\$176R E88/\$189F
Black Domina E85/\$184R
California Indica E39/\$88R
Durban E49/\$109R
Early Girl E49/\$109R
Early Pearl E49/\$109R
Early Skunk E29/\$68R
Ed Rosenthal Superbud E125/\$270R
First Lady E45/\$98R
Four Way E88/\$189R
Fruity Juice E88/\$189R
Guernilla's Gusto E22/\$53R
Hash plant E106/\$222R
Hawaiian Indica E61/\$130R
Hindu Kush E29/\$68R
Indoor Mix (25 Seeds) E49/\$109R
Jack Flash E88/\$189R
Jack Flash #5 E97/\$204F
Jack Herer E133/\$280R
Jamaican Pearl E49/\$109R
Maple Leaf Indica E45/\$98R
Marley's Collie E106/\$222R
Mexican Sativa E20/\$45R
Mother's Finest E71/\$155R
Mr Nice G13 x Hashplant E126/\$271R
Northern Lights E97/\$204R
Northern Lights #5 x Haze E121/\$259R
Outdoor Mix (25 Seeds) E39/\$91R
Ruderalis Indica E20/\$45R
Ruderalis Skunk E40/\$92R
Sensi Skunk E23/\$51R
Shiva Shanti E30/\$71R
Shiva Shanti II E20/\$45R
Shiva Skunk E59/\$134R
Silver Haze E78/\$189R E88/\$189F
Silver Pearl E51/\$136R
Skunk #1 E20/\$60R E35/\$76F
Skunk Kush E73/\$158R
Super Skunk E39/\$91R E49/\$109F
Sensi Female Mix E67/\$146F

SERIOUS SEEDS 11 Seeds (Reg.)

AK47 E60/\$131R
Bubble Gum E55/\$121R
Chronic E55/\$121R
Kali Mist E60/\$131R
White Russian E55/\$121R

SEEDISM 5 Seeds (Fem.)

Chaseawreck E45/\$90F
Nevilleberry E45/\$90F
White Skunk E45/\$90F
Killa Watt E45/\$90F
AppleJack E45/\$90F
BLZBud E45/\$90F

THESE PRICES ARE ONLY AVAILABLE AT A CASH PRICE. FOR MONEY ORDERS AN EXTRA 10% NEEDS TO BE ADDED TO THE ORDER TOTAL.

EXAMPLE:
DUTCH PASSION - FLO WITH CASH YOU PAY: \$183.00 WITH A MONEY ORDER YOU PAY: \$201.00

SEND YOUR COMPLETED ORDER FORM TO:
WW,
P.O. BOX 1332
COVENTRY
CV8 3YA
WEST MIDLANDS
UNITED KINGDOM

DISCRETION ASSURED!
GUARANTEED DELIVERY

ESTABLISHED SINCE 1990

Interview with

M from the San Diego Urban Growers Society

by Harry Resin

After all the talk this month about attorney General Eric Holder's comments about not prosecuting medical patients who abide by the framework laid out by state law, I thought it would be great to interview someone from California who was working in the medical cannabis scene. I was fortunate to be able to interview M (abbreviated for the purposes of this article) from the San Diego Urban Growers society.

For those of you that don't know, San Diego is one of the most conservative counties in all of California. Historically it has been a Republican stronghold, going so far as to back former moronic U.S. president George W Bush. This mostly-conservative county is also very outspoken against Prop 215 — in fact, I found out that they stopped accepting new applications in 2008, although this has finally opened up again. This is the mentality that the medical cannabis community of San Diego has to endure. Up until a year ago, there were no compassion clubs and patients had to drive to neighboring Orange or L.A. counties. This is slowly changing, although M reports things are still difficult.

M is one of the most compassionate and charitable people I have gotten to meet. His collective is set up in such a way that in extreme cases he can provide medicine to some of his more impoverished members at no fee — that's right, free medicine. The society is set up as a non-profit organization that distributes medicine to other collectives working directly with terminally ill patients. Their society acts as a caregiver to the numerous collectives that are provided with their medicine. They are truly unsung heroes as most often the patients receiving the meds from the various collectives are unaware of who actually grew their medicine.



Clockwork Orange

HR: When was the the club founded?

M: Our society, the San Diego Urban Growers Society, has been working together as a group for over ten years, but as a society with a legal name and legal non-profit tax status, only around a year and a half.

HR: What led you to starting the society?

M: The original goal in starting the society was to promote knowledge about every species of plant and to enrich the lives of others by teaching them the therapeutic effects of growing all types of plants.

HR: What was your experience with cannabis like prior to starting the club?

M: Now, I wasn't there at the start of the club, it was pretty much our elders that paved the way to get us to this point. However, my experience with cannabis was very far reaching. I had been experimenting with cannabis since the age of 12, and as far as cannabis went, it helped me reach new points in my musical career and artistic career, all the while maintaining top grades in school. As far as

the rest of the society it really differs. Some of the people in our society have never used cannabis, however are willing to grow it and work with it to benefit the terminally ill patients that receive free care from us.

HR: Have the police and local government been tolerant?

M: Absolutely not. San Diego has been everything opposite of tolerant. They harass people who hold a legal medical recommendation that they receive tax money from. They harass the clubs that pay their taxes that in turn pay their salaries. Other places in California are very tolerant and understanding, but San Diego is definitely at the forefront of the war on cannabis, and unfortunately it puts my head on the metaphorical “chopping block” by letting my name out in the public. By doing this, I feel that our society has the responsibility to represent the medical users of cannabis in San Diego and I think our society is doing a great job of that.

HR: Is it better to be working with small “mom and pop”-style suppliers, or say one big government-sanctioned grow op like the dutch company Bedrocan BV, which supplies pharmacies here in the Netherlands?

M: I always prefer to work with “mom and pop”-style suppliers because once major corporations get their hands on this it will be turned into big tobacco, where they will add their poisons to start having people become addicted. Unfortunately, I haven’t had much experience with the Dutch government; however, the US Government is very predictable. Any country run by bankers will grab something pure and good and add negative impurities to it to reap financial reward.

HR: What strains are the most popular with the collectives you deliver to?

M: Right now, kushes seem to be the most popular for pain control, whereas the sativa-leaning plants tend to be the best for anti-anxiety. Our current most requested strain is Clockwork Orange, which is an Alaskan Ice (White Widow x Haze) hybrid that has massive amounts of THC and CBD. It seems to cover both spectrums of the relief that indicas and sativas provide, so in our most current crop we are growing some very large crops of this. Unfortunately, right now it’s a CA clone-only strain, but we are working with a few people to make that change and get some seeds out there so everyone can benefit from its healing powers.

HR: What are other solutions offered to patients, in terms of canna-pills, edibles, or tinctures?

M: In California, we are seeing all kinds of new ways to reap the beneficial effects of the cannabis plant. We are seeing lip-balms, lotions, shampoos — you name it, there’s a way to involve cannabis with it!

HR: What do you think the future holds for medical cannabis under the new Obama regime?

M: I feel that the new Obama regime offers nothing new to the cannabis community. Now, this is only my personal opinion; however, it is well studied. I feel that Obama is just another face on the banker controlled nation — something to calm us down and think we are experiencing change. If anything changes, it has nothing to do with Obama, but it’s just another well-played chess move by the financial puppet masters of our country. It may appear to be a positive step, however, it has nothing to do with keeping the country’s best interests or the medical marijuana community’s best interests in mind.

HR: With shows like “Weeds” and articles in mainstream magazines like Fortune, do you think pot is already legal, a question asked by the magazine last issue?

M: The media may be portraying it as being more tolerable, however, the show “Weeds” is supposed to take place in San Diego, and they definitely are NOT portraying it as it really is. Although, I must admit, I watch the show every night it’s on and love it!

HR: Do you feel the line between recreational user and medical user are blurred in California?

M: I feel that the marijuana community has done this as a move to make the use of cannabis more acceptable by saying “Look, we are medical users, we aren’t screw-ups like those recreational marijuana users,” and it’s ended up backfiring because it isn’t proving that everyone should be able to use it responsibly without oversight by the government. It’s a way of getting the public to think that all people holding medical prescriptions are terminally ill, which simply isn’t the case. The lines are obviously blurred, and it’s a shame, because you shouldn’t need a recommendation from a doctor to prove that you’re a responsible human being.

HR: How do you see the future of the medical vs recreational debate that is currently going on in California? In November they will vote to

tax it and legalize it. Do you think that, if that happens, there will be room for coffee shops to spring up next to the compassion clubs? And what effect could that have on the already established compassion clubs?

M: There already are coffee shops here. They may only be quasi-legal, but they're here. I think no matter what the vote is, they will continue to be here. California isn't considering making marijuana legal because of tolerance, it's considering it because we're in a major recession and they know it's our major cash crop. That has to be clearly stated because I think there will still be oppression and negative views cast on users of cannabis.

Well, there you have it — one view from California. From where I'm sitting in Amsterdam, the grass certainly looks greener on the California side, but as M points out, there are still problems — the whole state is not as laid back as Northern California and people with legitimate licenses are still getting shut down. Currently, M has informed me that the society is under a lot of trouble as a Latvian guy has begun bullying their landowner and trying to take over the land where all of their medicine is planted. He has even gone so far as to threaten to poison the plants. As they are a humble society in which money is not the main priority, they are at the moment cash strapped and are stuck with a major problem of figuring out where to move the 150 plants that have just started to flower. M also told me that he had some issues on some of the more popular forums, one of which took his money and never sent his seeds, while the other had members flip out on him because he was growing a massive list of strains. In the course of his work, M has collected over 80 different strains, some from seeds he purchased or were donated and some from clones he was able to collect in California. In addition, they seemed to have issues with him donating medicine to some terminally ill patients who couldn't afford it. It seems that indeed bad things happen to good people.

I think it is a shame that our industry is as greedy as it sometimes can be. Imagine if everyone put down their grudges and their egos and we all collectively held hands. Imagine the power we would all collectively have. I think The Man is actually laughing at us and how disorganized we can be. We need to take a collective stance and try and all agree on one thing, which should be easy. It's not about the how or about the conditions imposed upon it, it is about one thing. Make cannabis legal. Legal to grow and legal to smoke. Once this happens, the revolution could begin. Could we all collectively imagine how many sick people could benefit from this? Finally, people could

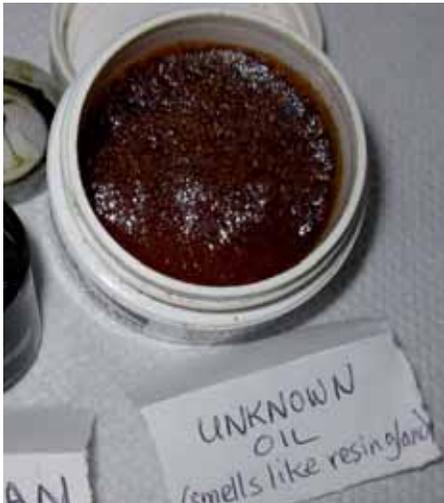


have open access to their medicine and, in addition, it would allow proper focus to be given to an herbal remedy that can cure cancer, in addition to all of its other benefits. I think this magazine is a great example of what can be achieved through our community; a proper forum where this plant can be seriously discussed in the medical context it deserves.

I think, based on Fortune magazine's article and the current wave in the U.S., Cannabis is finally out of the box. Let's just hope that the government doesn't try and put it back in. The bottom line is that the cannabis fever is rapidly spreading across the U.S. Hopefully, this positive vibe will continue to grow across the planet in the lead up to 2013.

Much love and light
Harry Resin 

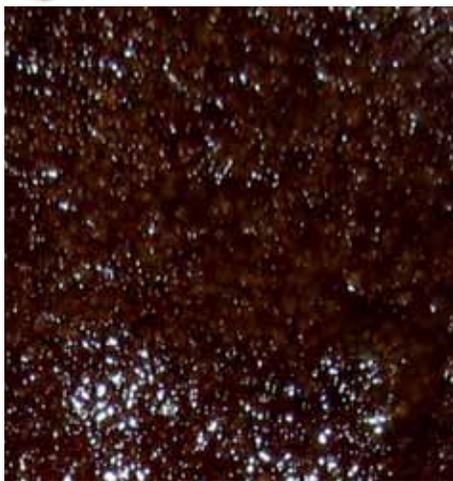
Physical Examination



Unknown Oil



Unknown Oil



Strain: Unknown Oil - \$200/5g
Breeder: (made using both butane and alcohol extraction)
Grower: unknown
Judge: Vycki Fleming
Date: March 19 09

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

Comment

This oil was thick when cooler and had a grainy texture to it that almost appeared to be like honey that had gone a bit thick. The smell was intensely of an entire cannabis garden. A strong and potent smell that was very enticing and reminded me of the smell of my hands on harvest day.



Smoke Test

1. Utensils: Chills Double Percolator bong

2. Taste descriptors: Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence
Earthy 7, Petroleum 3, Hash 6

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

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

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

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

Smoke Test Comments: There is a very real temptation to use way too much of this medicine. It is very smooth and has almost no taste until you exhale it, so you think you don't have any. On exhalation, the first taste is the petroleum but it smoothes itself out as you go. It is very clear in your head and made my eyes open up and feel very clear. I'm not sure if the eye clearing is from the relief in the sinuses or if it is relieving my headache tension enough that i can see properly.

FOLLOW UP QUESTIONS

1. Dosage: 2 hits to reach desired effects.

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

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

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

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

6. Duration of effect: .75 hours

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

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

Morning/wake up 9 Day/work 9 Evening/relax 6 Night/sleep 5

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

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

11. Do you personally consider this strain a keeper for long term use? No

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

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

Extended Medical Survey:

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

FINAL COMMENTS:

I wish I could be sure that I would find this medicine all the time. It, in my opinion, was as potent as Budderking's budder for half the price. It took away the worst of my daily headaches and cleared the pain in my eyes to see more clearly.

Physical Examination



Jamaican Oil



Jamaican Oil



Jamaican Oil

Strain: Jamaican Oil - \$75/5g
Breeder: Don't Know. Never been to Kathmandu
Grower: unknown
Judge: Vycki Fleming
Date: March 25 09

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

Comment

This oil was so thick and heavy that it stood up after removing some, as if it were a Dairy Queen swirl! The smell was very earthy. If you smeared this oil out thinly onto a paper, it appeared to be more dark greenish in colour.



Smoke Test

1. Utensils: Chills Double Percolator bong

2. Taste descriptors: Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence
Earthy 7, Petroleum 3, Grass/Hay 4, Leather 2

3. Taste: 6 Impression of the taste from 1-10 unpleasant-delicious.

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

5. Smoke ability: 7 smoke ability of the sample from 1-10 harsh-smooth.

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

Smoke Test Comments: The smoke was a heavy white cloud as if it was permeated with lots of medicine. The taste was just as earthy as the smell. I would almost swear that I could also taste a bit of the "green" chlorophyl from the plant.

FOLLOW UP QUESTIONS

1. Dosage: 5 hits to reach desired effects.

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

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

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

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

6. Duration of effect: 5 hours

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

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

Morning/wake up 9 Day/work 7 Evening/relax 4 Night/sleep 4

9. Overall satisfaction: 6 Rate your overall satisfaction from 1-10 poor-Holy Grail.

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

11. Do you personally consider this strain a keeper for long term use? No

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

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

Extended Medical Survey:

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

FINAL COMMENTS:

This particular oil seemed to also have the effect of clearing my nasal passages as if it were a strong sativa. I found this to help with the pressure of my headaches, particularly the ones that were intensified with barometric pressure changes.

High Lumens, meet our friend high efficiency.



the SUPERNOVA

The only one of its kind in the world, the Supernova provides incredible output and efficiency for extraordinary growth potential.

Independently adjustable spectrums let you fine-tune the light to your plants.

Using only 270 watts of power, the Supernova far outshines a 1000w HID light, while providing maximum coverage (5' x 5' area). For even greater growth, choose the Enhanced Spectrum Supernova, at just \$1,399.95. Our standard Supernova is only \$999.95.

the L.E.D UFO & SATELLITE SYSTEM

Our L.E.D UFO's are extremely efficient and powerful. Using only 90w of electricity, our UFO's eclipse all 400w HID lights on the market.

Our *new* Adjustable L.E.D UFO allows for custom output settings and is priced at just \$599.99, while our original L.E.D UFO is priced at \$499.99. Our latest Satellite System allows for extended coverage at only \$49.99. (LED UFO and LED Bulbs not included with Satellite System)

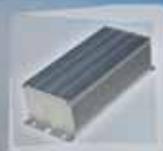


WE HAVE EVERYTHING YOU CAN POSSIBLY IMAGINE.
take a look online at www.HIDHut.com or call for a free catalog!



REFLECTORS

Cooltube reflectors for just \$79.99, deluxe air-cooled reflectors with German anodized aluminum inserts for the low price of \$119.99.



DIGITAL BALLASTS

250w Digital Ballast	\$99.99
400w Digital Ballast	\$119.99
600w Digital Ballast	\$179.99
1000w Digital Ballast	\$274.99



NUTRIENTS & ADDITIVES

Bloomblastic - triggers explosive sugar and bloom production, and ensures large compact buds with a sweet flavor, all while minimizing plant stresses. 42.3oz for \$205



COMPLETE DIGITAL SYSTEM

400w Complete Digital System	\$159.99
600w Complete Digital System	\$229.99
1000w Complete Digital System	\$319.99

We've been praised for our quality products, customer service, and attention to detail. We ship in brand-new brown cardboard boxes, safely and discretely all over the world.

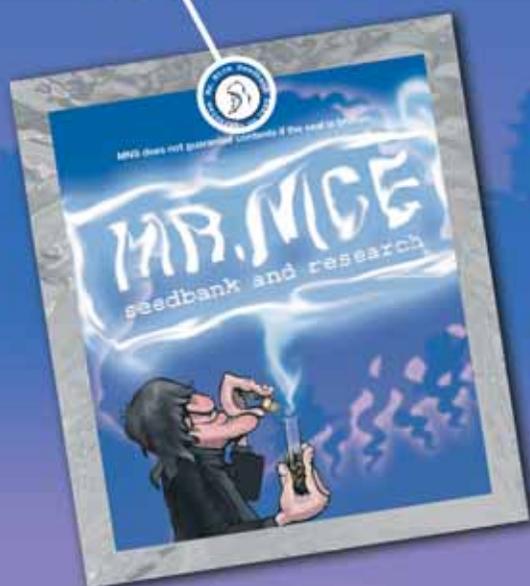
Call or email us if you ever have any questions!

The choice of connoisseurs...

MR.NICE
seedbank and research



MNS Seal
of freshness!



NEW
Official MNS packet!



Mr Nice recommends Super Silver Haze, Medicine Man and Early Queen for medical patients.

www.mrnice.nl

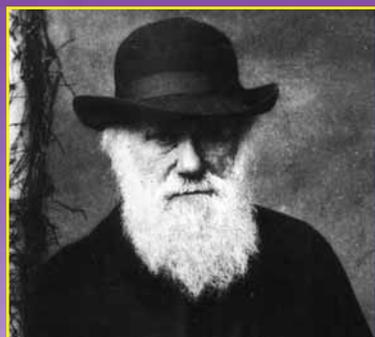
All enquires for sales, wholesale and retail, questions about MNS products and an online catalogue with loads of photos plus free helpdesk supporting all MNS growers... moderated by Shantibaba and Howard Marks.

Shantibaba's

GROW tips



The Day God was replaced...!



One hundred and fifty years ago, a man who I very much admire and spent my life understanding, sent a shiver through the world with his publication. He spent 20 years knowing things that went against the fabric of a god fearing society before publishing them. So it was not done without a lot of thought at the ramifications and implications it would have on Human Kind. That man was Charles Darwin. The book was entitled `The Origin of Species`.

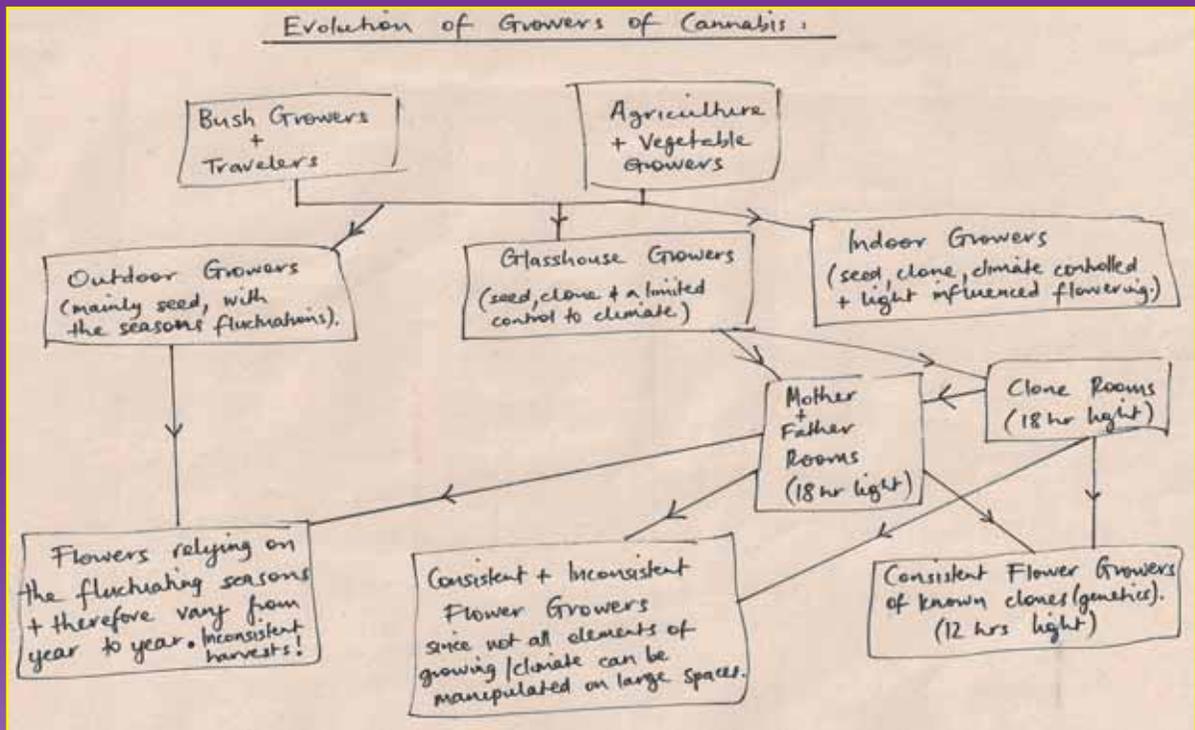
Since this book has affected all mankind whether they know it or not, I felt it was appropriate that we have a little look at some of the facts that this theory of Evolution brought with it to the plant kingdom specifically Cannabis, and the breeding of it till the modern day. I also will touch on an evolutionary theory of my own with respect to human growers of cannabis.

In the year 2000, with the use of computers and a lot of man hours the Human Genotype was deciphered. To most it was a bundle of letters in varying order, but to those who follow genetics it was the day we could see what Charles Darwin based his life work on, and never saw. It is one of the big concepts of the modern times, and something in the category of genius.

Darwin, through his study of plants and animals around the world saw patterns occurring when certain parent lines got to partner each other. With his curiosity and analytical mind he slowly began to test things he saw by collecting seeds and breeding animals. Basically through this he was lead into watching for the minuet differences between plants offspring and why certain traits seemed to prepare species better to there environment while others lead to extinction. The term Selection or Selective Breeding arose from his work and is the basis of all plant and animal species humans now calls Agriculture. Every person through the ages who breed livestock or plants have put their Selection into the fruits and vegetables, cows and chickens etc that we eat and grow to this day. Species related to Man's agriculture Evolved through individual Selective breeding down the ages.

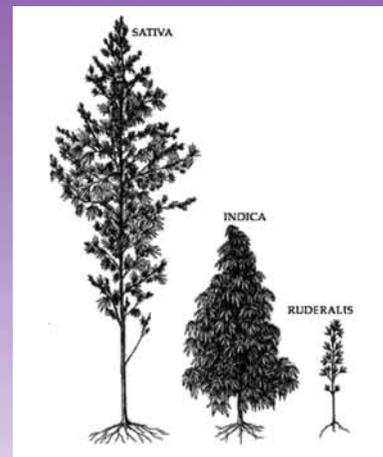
Darwin writes;

` The great power of this principle of selection is not hypothetical. It is certain that several of our eminent breeders have, even within a single lifetime, modified to a large extent their breeds.... `



Cannabis and Cannabis growers have evolved similarly. Origins of Cannabis lie with the land races of India, Afghanistan, Thailand, Burma, Malawi, Swaziland and many more indigenous land races. Those people who travelled and collected seed and brought it back to their home countries acted like a modern day bumble bee...and slowly hybrids arose from countries and growers who combined traits of certain landraces to traits of other land races...and Cannabis Hybridization came into being. Where we stand now is with poly-hybrids which now dominant the markets. They adapt to their growing environments with the selective process being continued by each and every grower who does some hobby breeding.

Growers evolved, technology advanced and nutrients-specific food developed over time to cater for Cannabis growers. A diagram above shows the evolution of the grower from the beginning to now...according to my experiences. ▷



Before technology was with us, it was the simple travelers who forged the beginnings of Selection of Cannabis hybrids. As our collective knowledge grew and we unraveled the secrets of the Cannabis plant we stepped up our selections in different growing mediums and by altering the hours of light to commence onset of flowering. We learned that plants use certain elements from their mediums for food: more Nitrogen for the growing phase whilst more Phosphorus /Potassium during the flowering stage. We learned that by keeping the hours of light at 18 or more the plant remained in the vegetative stage and continued to grow. However, when the plant was subjected to 12 hours light or less it went into the flowering stage and eventually died. This was a big leap and enabled us to play with the photo period of the Cannabis plant to control the size and quickness of flowering

The next big advance was recognizing the plant in the vegetative stage, could be cloned to maintain the exact genetic replica of the original mother plant. We, through knowledge of the plants needs began to play a God like character, affecting the outcome and the harvest of Cannabis. Growers then were able to separate sub species of Cannabis into sativa and indica, illustrating the differences of these and combining facets of both sub Species into new Hybrids. Diversity of the plant took the shape of all those growers /breeders who selected for certain traits. It became apparent that God did not really influence the plant kingdom any longer as Evolutionary selection was really in play. In fact it was those growers who selected their desired seed and plants that manipulated the types of flowers that came to be known as Cannabis...just like all modern day plants and grains. Humans had deciphered those aspects of triggering a plant to do what they wanted irrespective of the weather and season.

Indoor grow rooms began to pop up and people now played Mother Nature or God, to the plants they cultivated. As our skills became honed and we understood the slightest differences we became ever so specialized on certain Hybrids. By in-breeding same batches of seed with combined traits of land races, we came up with new plants that would never have been in existence if we as growers never stepped in and imprinted out likes and dislikes on a species of plant. Similarly it occurred with tomatoes to pumpkin and wheat to rye, so it became a real fact that we had in some way become God-like in our actions on plants and animals.

Such varieties as Widow, Skunk, Northern lights, Haze and Afghani became building blocks for these processes of creating new hybrids. Unlike modern agriculture that had lead the march on selective breeding and had now taken a turn to become more specialized in creating high yielding strains to feed the populations of the world, Cannabis hybrids grew in diversity. Hybrids of plants best suit-



Photo: Erem Lukatsky/AP

Top
Travelers seed selection

Middle
An example of an 18hr light mother room with over 42 different mothers grown for clone production.

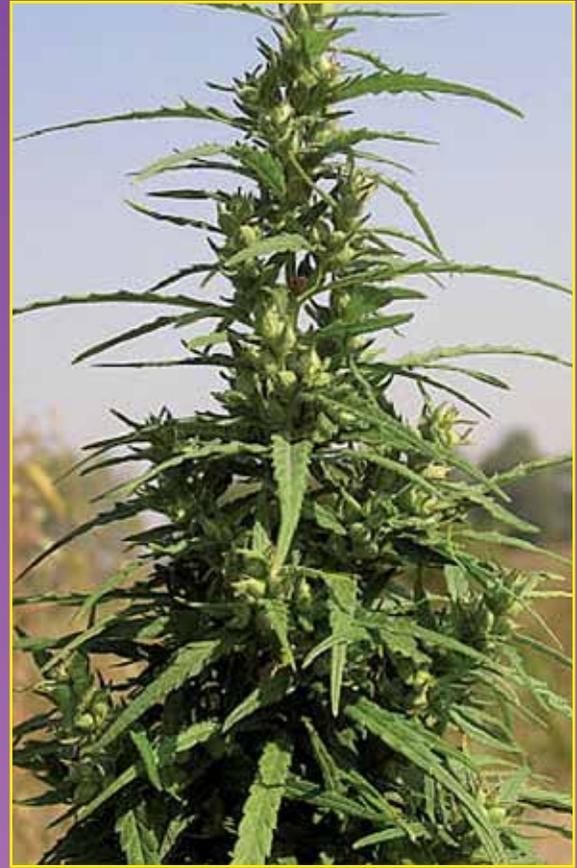
Bottom
An example of cutting a clone, hormone powder dip and into rockwool cube to root



An example of Mr Nice Seedbank clones grown under 18 hr fluoro lighting and mobile



Vietnamese land race



Ruderalis

ed for the needs of certain people were favored and selected while other plant hybrids became extinct. In the natural world this would also occur, but the speed it occurs with when humans interfere with this work meant it was quickening with every generation of plants. This meant human began to choose which ones lived and went on to breed with while others died and became extinct. Humans had unknowingly taken on the work they assumed God to have done for the last few million years, but within only 50 years of humans doing this work our diversity of plants increased to a level that could never have occurred naturally. We had become God like entities in our gardens, and now directly controlled our destiny.

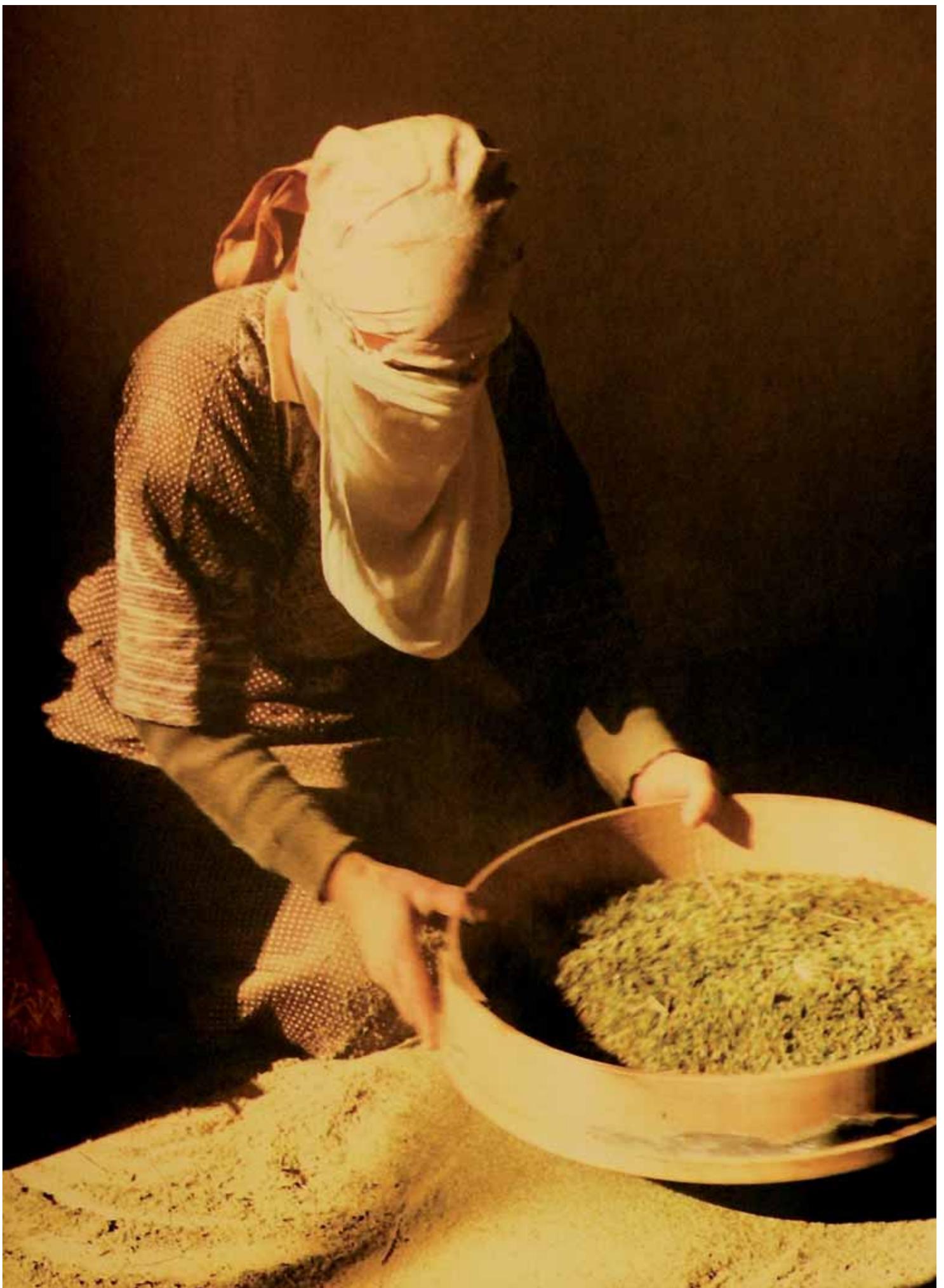
Charles Darwin did not live long enough to see how well his theory of the Origin of Species has affected every element of the human world. But after 150 years of it being written and published we can see how important it still is today. It explains the invisible world of genetic dominance, survival of a species and adaptation to a species environment, amongst many other things. He was a man who noticed small details that made everything different. He bravely tore his own beliefs apart as his knowledge of selection grew. His theories showed us that man collectively could control his environment through the understanding of details and the selection of his plants.

Darwin writes,

..as a general rule, it cannot be doubted that the continued selection of slight variations, either in the leaves, the flowers, or the fruit, will produce races differing from each other chiefly in these characters.

We are in the years of transition between accepting God and the Godly nature of Man's ways through learning, experiences and knowledge. There will always be room for religion to help Mankind and teach aspects of Cultural life and traditional life, but the day Charles Darwin proposed his Origin of Species was for me the day God as the almighty was replaced...

Evolutionists stood up to be counted from this day on, and questions that religion could not previously answer were now explained with logic and proof. As we roll into the future we may find that things change and new theories arise, but for this time in the World, and for me, Darwin has shone a bright torch in a dark and mysterious cave once known as God. 🕯️





Hash Making 101

Field of Lebanese cannabis in the Bekka valley ready for harvesting, in Lebanon hashish is made from Cannabis Sativa.

Joe Pietri

Today's medical patients and stoner's in the US and Canada have not had the pleasure of smoking imported hashish since the Reagan presidency nearly 30 years. Back in the day hashish from Nepal, India, Pakistan, Lebanon, Syria, Turkey, Afghanistan, Jamaica, Nigeria, where ever it was produced was imported into the US and Canada. The first time I ever smoked hashish was Red Lebanese back in 1965 and have loved hashish ever since.

There is much confusion today of what and how real hashish is made. But thanks to Soumi LaValle a historical record of how hash is made traditionally in Lebanon has been left to us. To me this is the greatest book on hashish because it is a complete pictorial of Lebanese hash making from the fields of cannabis to the final product hashish.

LaValle was not a smoker, dealer, smuggler, with no axe to grind, he was an anthropologist. It took him several years of building trust with the hash families in the Bekka Valley before he was allowed to take the photos in his great book. These photographs were taken in the early 1980s and his book published in 1984.

Unlike LaValle I am a hash smoker, X dealer, X smuggler,

now medical patient/provider, and I do have an axe to grind.

Historically hashish has always been the medicine made from cannabis, the Chinese, and Indian Ayurvedic medicine have been using hashish as medicine for 5000 years. The Chinese developed the dry sieving technique and the Indians hand rubbed their plants. Sometime in the 8th century when Islamic forces conquered Chinese Turkestan, is probably when Hash making technology passed over to the Moslem culture, as it was a very guarded secret of Chinese pharmacopeia. Hashish was mostly eaten, mixed in candies, eaten in food, or mixed with wine. It was increasingly smoked after the introduction of tobacco in the 17th century. Chinese Turkestan and Its capital Yarkhun have always been famous for making the finest hash in the world. The British exported cannabis indica extract, cannabis resin, from central Asia to pharmaceutical companies in the UK, US and Germany, which produced at least 100 different medicines from cannabis indica extract. Most of the major pharmaceutical companies today made their initial fortunes selling cannabis based medicines made from hashish. In fact you could buy powdered cannabis indica extract over the counter at any pharmacy in the US until 1937. The last caravan that came from Yarkhun to British India was in 1947. I lived in Kashmir in 1973-74, and there I met the agent who handled the consignments coming from Yarkhun. back 1947. ▷



Farm house where hashish will be made. Note the piles of all ready processed cannabis at the back of the buildings. With today's technology more than 50% could still be extracted from those piles.



Cannabis drying room, fires are kept going to help dry the cannabis.



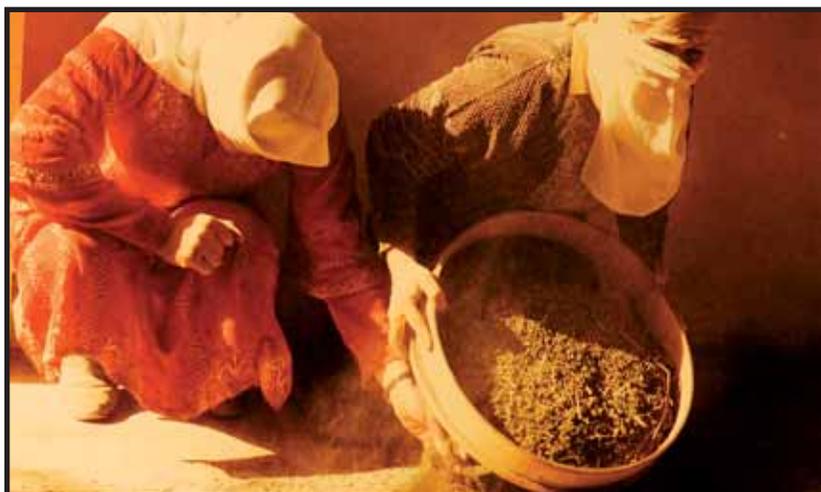
Initial screening process, the window screen used is metal, this process removes all stems, twigs,



Removing seeds and stems, similar to cleaning your weed to smoke a joint.



First nylon screen. Nylon screens of varying sizes are now used to separate the green cannabis from the golden resin glands.



Separating resin glands from plant matter





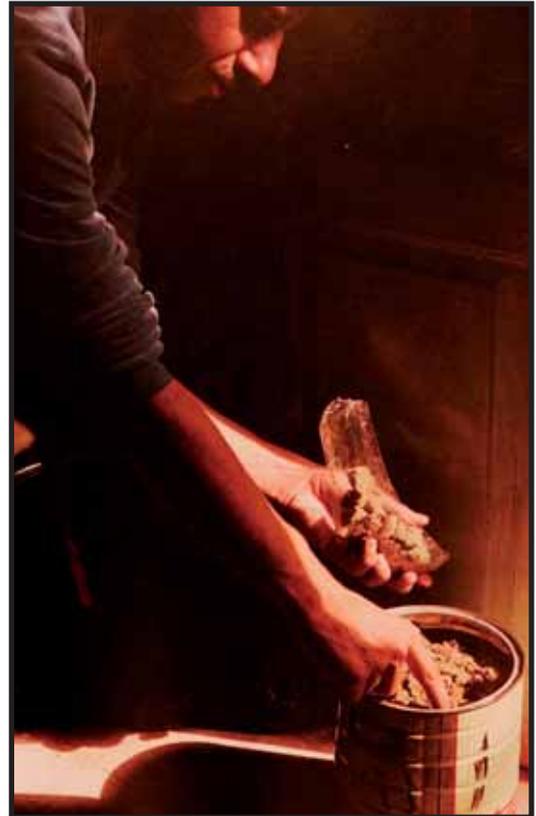
Fine resin glands separated from plant matter. They have taken the green cannabis plant, and separated all the resin glands, which are either golden or red into pure resin. Hashish.



Super fine gold Lebanese resin hashish. The hashish powder made was so fine it penetrated the lens and camera bodies, which had to be sent back to Nikon for cleaning.



Super fine gold Lebanese resin hashish 



Resin packed in tins and kept in heated rooms coagulate into clumps. This is how I bought resin in Lebanon, Afghanistan, and Pakistan. I bought raw resin and then had it pressed into sacks or slabs for export. Old resin will not stick together, fresh resin you can squeeze in your hand into a ball then you give it the smoking test. That is how I bought hashish back in the day.

These families have been making hash in the Bekaa valley for hundreds of years, before they used Nylon they used silk to make hashish

They take the green cannabis and separated the resin glands, which are either red, gold. When you look at your trichomes to judge whether your cannabis is ready to be picked, the trichome is cloudy, clear, and then amber, never green. When you see green in hashish it means you have over processed your cannabis and plant matter has contaminated your hashish. Back in the day you never saw green hashish, the only times you did was Paki hash that was over processed, that was black on the outside and green inside, that was the most inferior hash you could buy on the open market. If you purchased large tonnage, you were bound to get some of those slabs mixed in. Even though Moroccan farmers produced excellent hashish (zero-zero), the product that sometimes came to the US market, was basically un-sellable, it was powdery and was mostly plant matter, and very weak. You couldn't give it away, nor call it hashish. 

1



Triple beam shot of trim



Close up of Lemon Kush trim 170 grams

Actually the Ice Method made sieving obsolete. Hence the previous article showing the Lebanese technique in the early 1980's, using tighter nylon screens as they separated resin glands from plant matter. The inventor Reinhard Delp and holder of patent, gave seminars for two weeks prior and during the Cup. He showed his bucket routine, how to use a washing machine, all the methods you hear about today, except for one thing, they have added unnecessary steps to the method, that were made obsolete by the method. The bags are a sieving technique copied from Lebanese technique as you can see from the LaValle photos.

The bag application, using 2 bags or more usually over processes the material. I will show you the method as taught by inventor at the 97 Cup. I will explain the complete process with pictures as well. I will also show you how to make an extraction device at home for well under \$100, that gives comparable results as the state of the art XTR 1000, which somehow automated the method, presenting all pure resin extracts in a glassbottle. I will also compare dry sieving with correct Ice water application, using material all-ready processed by Okief crop master, a state of the art dry sieving machine. These are the machines I use as my medical grower, as well as demonstrate at the Hashish 101 classes I give at Portlandsterdam University.

The O'kief crop master is in my opinion better than any bag system available on market, not only will it perform the 2 bag system, the hash made from Okief tumbler has not lost the flavor, aroma, and strength that you lose when you over-process in a bag system.

The processed material can still be made to make powerful tincture, and all the other strong food products that are made for patients who must ingest cannabis. Wet, processed material produces an awesome butter or oil extract, if just slowly boiled in a pot of water

with butter or oil added. After draining water and material the top layer separates and solidifies in the fridge on top of the residual water.

I will also show you how to make an extraction device at home for well under \$100, that gives comparable results as the state of the art XTR 1000, which somehow automated the method, presenting all pure resin extracts in a glassbottle.

Nothing goes to waste. This I will show in the simple test I did. Using 170 grams of Lemon Kush sugar trim and small buds, I ran it first with Okief tumbler, and then I took the same materi-

al and using the original ice-water bucket routine as shown in the XTR-kit. From the Okief I got 8.8 grams, from the buckets I got a further 9.3 grams from the same used material, over 18 grams of fine resin hash, well over 10% extraction. If I would have used XTR or the bucket routine, I would have gotten more 12-15%. So you see I can honestly say that I could reprocess all the left over waste behind that Lebanese hash factory and produce 50% more hash and what I think would be better quality. In other words the Ice method done correctly gives a purer product than the O'kief.

This is why:

Fresh or dried material stays or becomes flexible in water (if dry: after soaking, leafs 1/2hr, dense flowers 1 hr under water). When trichomes (and all other "surface" plant resins (hops, Yerba Santa etc.) are frozen they become brittle and easily come off with simple agitation. Remember all the different instructions out there about first grinding up your material, makes no sense! As when you process bud in ice water and agitate, it comes out looking like a broom brushed the trichomes off, but the bud stays intake.

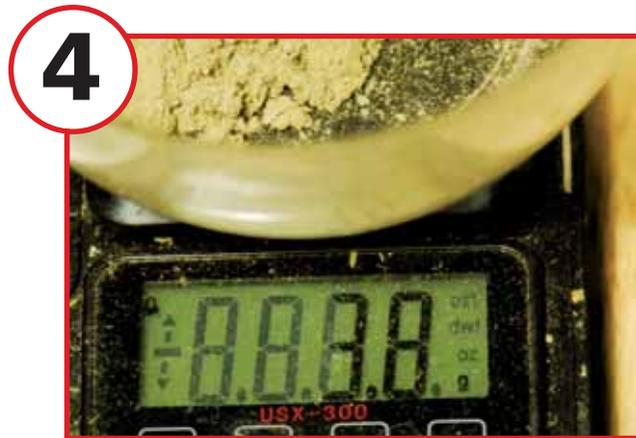
Look in the previous pictures of the Lebanese technique you see the women grinding the weed down separating the seeds and stems from just the plant matter, which they then process with different size nylon sieves, until the resin is completely separated from plant matter. The Ice Water Method is the biggest improvement in processing cannabis in 5000 years.



Okief Trimmer



Trim into okief



shot okief production



Same trim in bucket



Bucket set up, here we have a 3 gallon bucket with lid and mixer, surrounded by ice inside an ice chest.

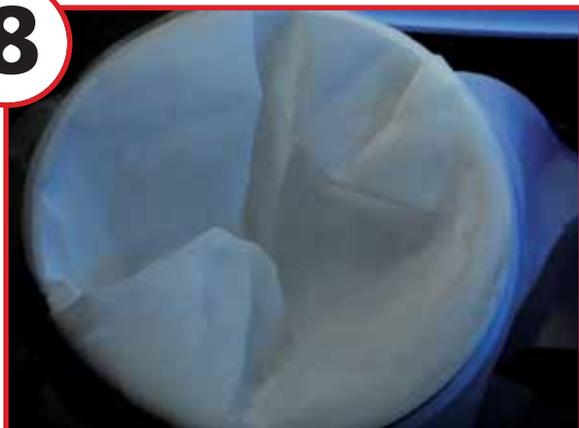


Foam shot, when you see this foam your process is working, this took 2.5 hours.

This is extremely effective in getting correct temperature for process to happen, 2-4 hours, this run took 2.5 hours Please note that nowhere in the original teaching is there an open bucket of water with live electrical mixer in your hand. The adding of bags did hinder the use of a lid. A mixing bucket is simply built at home by drilling two holes in the lid for a

mixer. I added 170 grams of trim into water inside of bucket, kept it very cold by the surrounding ice chest, water about one third of bucket inside, then material and ice, After soaking time and top fill I made sure the blades of the mixer were an inch or so in the mix, let it run at the lowest setting, check in 2 hours, every hour after that until foaming has clearly started. ▷

8



150 micron nylon screen 5 gallon bucket the only nylon screen you need to separate plant matter from trichome water mixture.

9



Pouring material into five gallon bucket.

10



Resin in glass showing separation, clearly you see the separation of the water on top and resin glands on bottom. For this experiment we poured mix into glass for photo.

11



Separation showing resin and oil on bottom water floating on top.

This is where the learning curve comes in, by adding a catch bag say 25 micron or 33 micron, you get an instant result, but you lose all the resin fragments under 25-33 microns into the bucket. This is where you lose flavor, taste and aroma, and effect. Anymore bags added to this and you can expect to lose 10% from each bag as well as introduce plant matter into your resin pieces, which is all you have because the bags destroyed the resin glands. You went backwards you separated the resin glands from the plant material, by adding bags you reintroduce plant matter, it makes no hash making or scientific sense. You went from golden pure glands to green sludge.

Resins do not solve in water and fall to the bottom of the bucket, the water floating on top. All you need to do is pour off the top 85%, and process the rest on the bottom through a 5 micron coffee filter, catching all the resins and resin fragments. What you get is the purest hashish known to man, pure trichome.

White buckets are best for visibility, I would suggest 2 white 3 gallon buckets instead of the 3-5 combo I used, for better handling. After this you let the bucket sit, this enables the resin glands to settle on the bottom of the bucket, this process can take up to several hours. Then pour off water the last 15% work through coffee filters. If you use bigger 5-gallon buckets, you can process 250 grams at a time, with 3 gallon, we recommend 150 grams though I used 170 grams for experiment.

I use a dehydrator to fast dry the piece in 2-4 hours. I check my piece after one hour and peel the coffee filter away and put it back in the dehydrator, 3-4 hours should do it. Never squeeze the piece when it is still wet, let it dry completely. If you don't have a dehydrator get one, or just let your piece dry out in a dry room for days in one piece or crumble it up for faster drying. Very "oily" resins develop a crust, which very much prolongs drying and should be crumbled. Again do not squeeze the wet piece, compacting locks up moisture within. Ice water extraction removes the resin glands as undamaged as possible.

You can build this simple device at home, for well under \$100. I don't recommend using just one bag, as resin adheres to the side walls and pulling them out flushes a lot of "dirt" down. All you need is an at least 150 micron screen openings, crystal size varies per strains and a strong lens lets you match up the crystals with your screen openings. "Silk screen" is available at art shops. You can order a kit from grobots.com, the kit comes with a DVD

explaining the bucket routine as well as showing the XTR 1000, it comes with the highest quality 150 micron screen and coffee filters, you just have to put the buckets and mixer together, so it's still under \$100 total cost. Use bone dry material for fastest results, do not grind up or cut up any plant material before hand.

The Okief tumbler is available at Okief.com, I used the crop master which can take as much as 650 grams, comes with stainless steel 110 micron screen, heavy duty Dayton motor, which will not burn out, and shuts off automatic. What I especially like about the okief is that it has a plexi type plastic collection plate, that lifts out and makes collecting the resin very easy. Okief makes a heavy duty machine that all Co-ops and medical providers could use. They offer many great products, at a class recently I demonstrated the Okief. When the product came out there were dog hairs from the trim, I then used the stack screens available from Okief, the top one is 145-117-70 micron, I ran the material through this process which removed the dog hair. The students were real impressed and gave them a hands on hash making technique. Again the trim can still be used for making tinctures, and strong edibles. Nothing goes to waste.

In comparison dry sifting methods can produce pure bubbling resin extracts, but only in very small quantities. Before the necessary destruction of plant material to reach the trichomes inside flowers and curled dry leaf introduces fibrous "contaminants".

Traditional Hash is considered excellent when resins appear on the surface of a heated piece.

Ice-Water-Hash, made correctly, "bubbles" like boiling oil when heated. ALL the resin extracted is pure, not only a small percentage, since fibrous particles are not introduced in the process.

Taste however is different subject. It is highly connected with memory and personal experiences. Many of the boomer generation are fortunate to remember the different Hashish varieties brought by the "Hippy Trail" and freebooting smugglers.

Millions of boomers still love their "commercial grade" Pakistani for relaxation and sleep help. While others grave for the energetic creativity of some pure Lebanon or Afghan. The next generation, who lacks this memory has a wide variety of Cannabis extracts, methods and gear available to create their own. One just has to ask himself if the resulting effect matches the expectation, is a positive experience and good for you. Cannabis can help you go to sleep, eliminates pain, cures cancer and give you energy to survive the rat race. Nobody else but you can **TREAT YOURSELF!** 



12

Coffee filter on a mason jar, a spray bottle with water is used to spray down the sides so all resin collects at the bottom of the coffee filter in one piece.



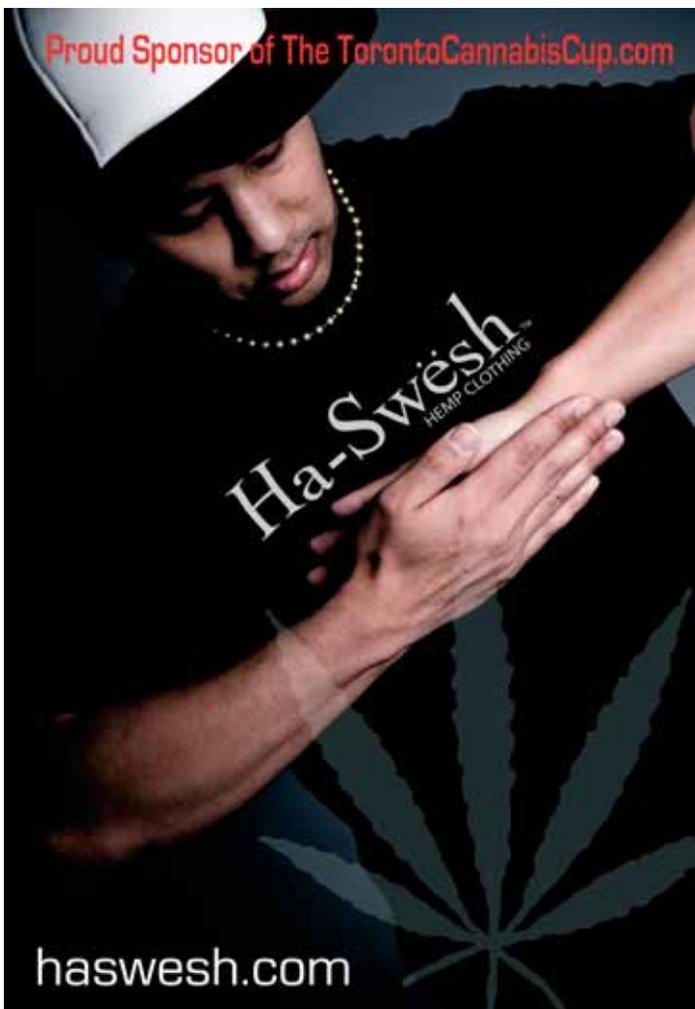
13

Picture of scale showing Ice Method production, note the darker richer resin, more dense stronger concentrate than what produced by the dry tumbler.



14

Resin hash, this piece was made from Purple Erkle, pure trichomes, I would put a piece like this against any hash from anywhere. This is what you can expect using correct Ice Method technique.



hotbox magazine

Social Networking and
Publishing Community
for the Higher Culture

Hotbox Magazine strives to define the next generation of cannabis periodicals by being a grassroots independent news community driven by dedicated volunteers and a knowledgeable group of editors. Creating an account on the site makes you a freelance member of our staff, eligible for a free blog and photo gallery, along with access to events and information relating to Canadian alternative music, art, activism and environmental culture.

Our generation will create its own media.

www.hotboxmagazine.com



You've been thinking about it
 Your friends have been talking about it
 It's time....
 Make the switch to vapor

~ THE EXTREME ~ V-TOWER ~ VAPIR ONE ~ HERBAL AIRE ~ OXYGEN ~ DA BUDDHA ~




vaporizers.ca

visit www.vaporizers.ca

call us at 866-35-VAPOR

herbal Aire

KDIK DISTRIBUTORS
 WHOLESALE ONLY
 403-285-1697
kellyk@valleyofgreen.com

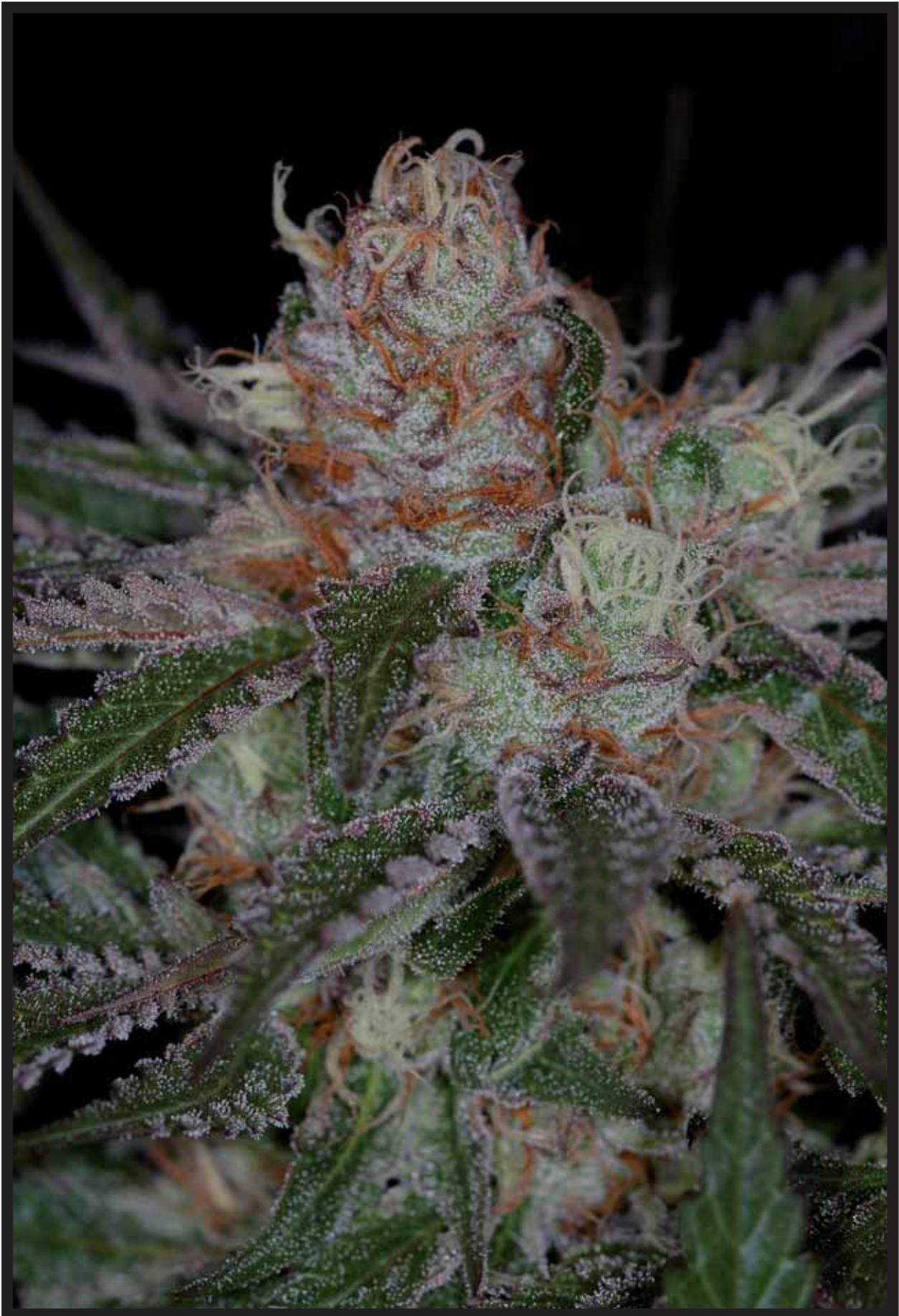
Zephyr ION

STONES DIFFUSION

DUG OUTS

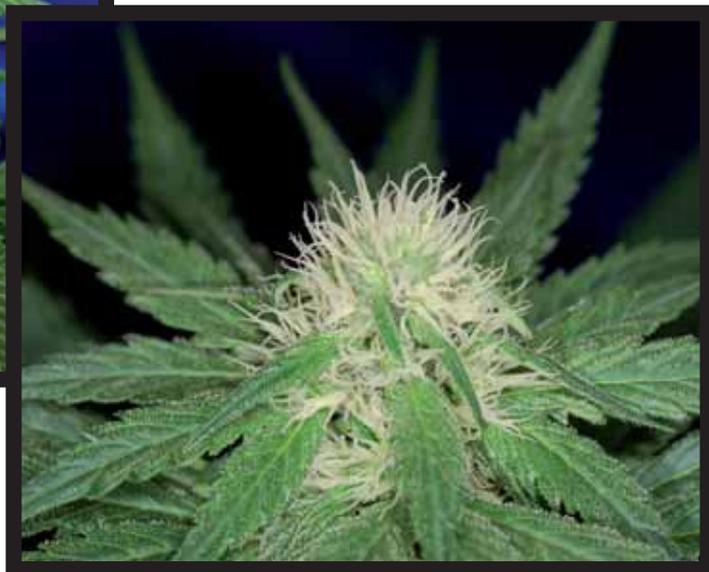
SELF-CLEANING BATS

pocketbong





Void day 26 and day 33



A Dank Mystery

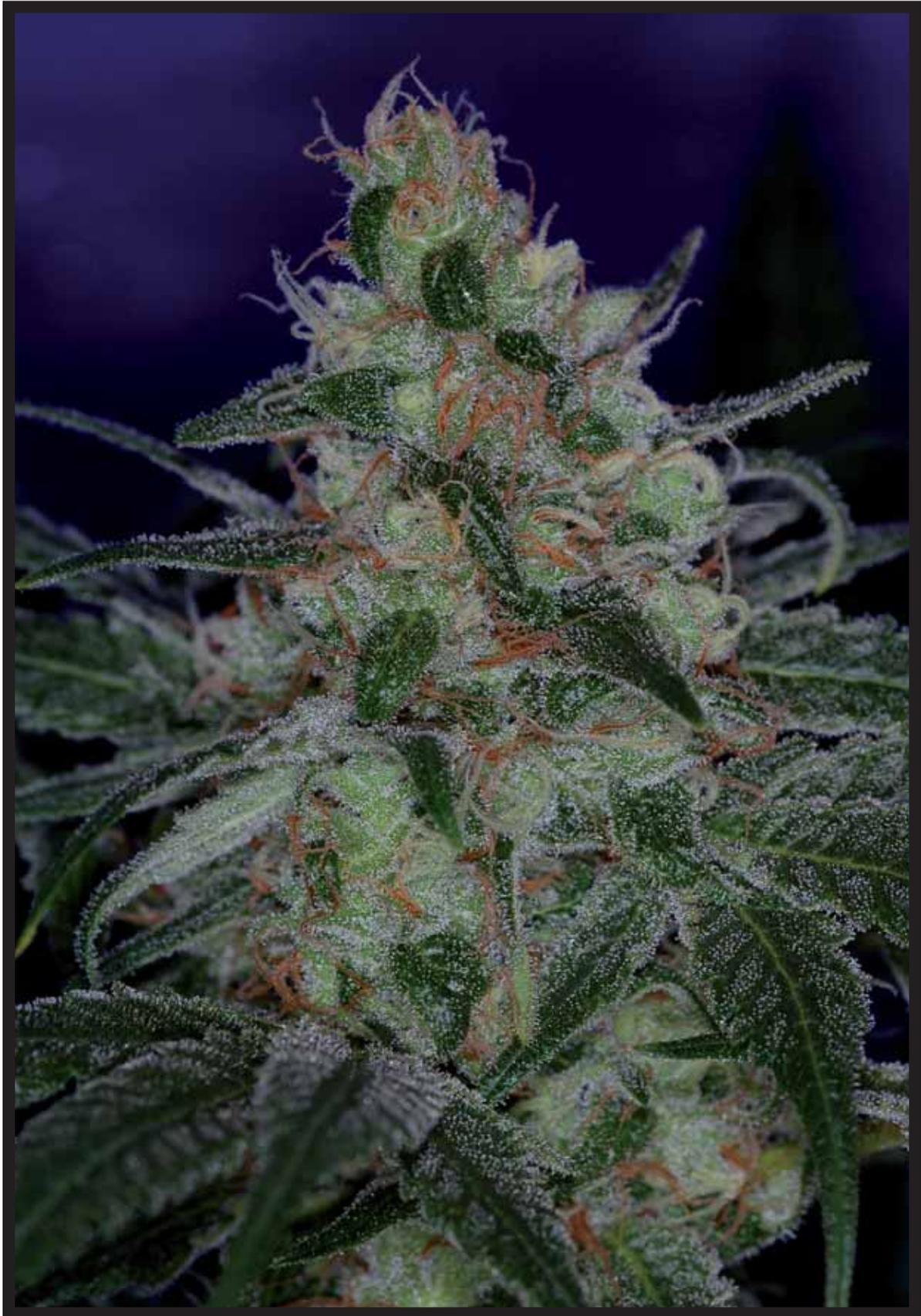
The case of Void got better

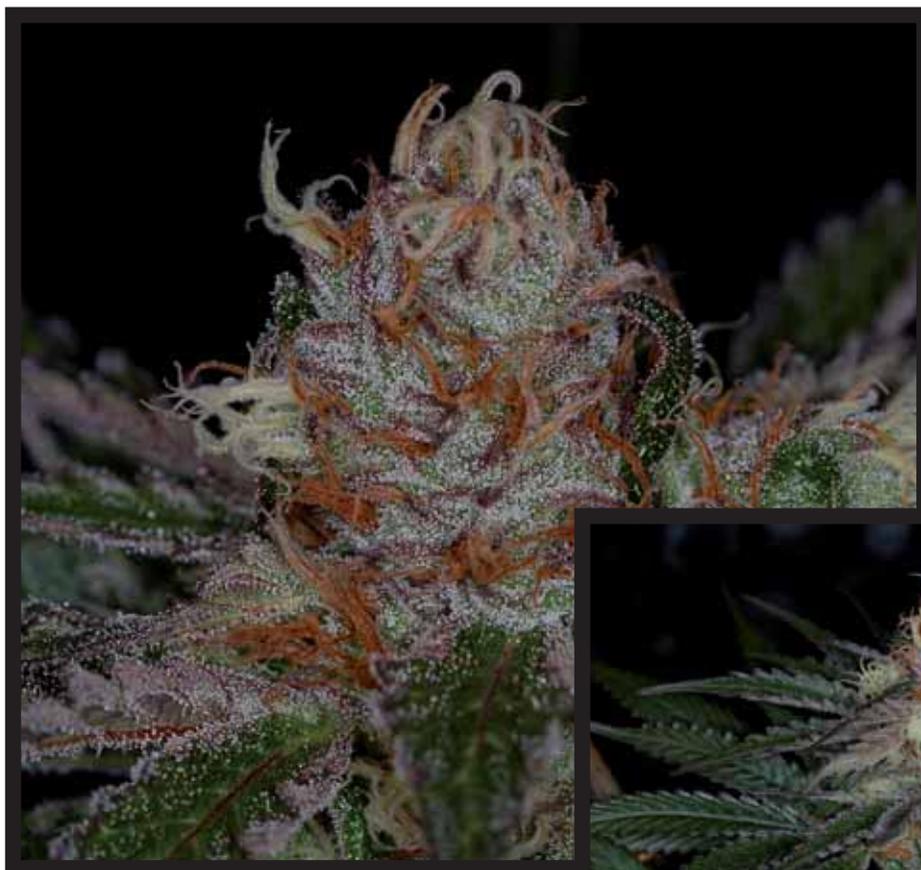
Subcool

Early this year, I selected a really goeey purple male Querkle plant and pollinated the Urkle mother and sent out 420 seeds for testing. This data is still being collected, but while I had the Querkle male live with pollen, I decided to also pollinate the Apollo-13 mother plant to give me an idea what traits this new male might pass on using a mother plant we know so well. I gave this hastily-created hybrid the name “**The Void**,” thinking it was fitting as it was a strain created in-between two others — Querkle and Deep Purple. I germinated five seeds and selected the two best looking females out of three and grew them to completion. The end smoke was potent and the yield was good as well, with both females just covered in raised trichomes, but both of them lacked the fruity smell I always look for in Apollo-13 crosses. The larger female tagged “L” gave us almost three ounces topped only once from seed and the other one, “J,” was smaller and had a better pistil-to-leaf ratio. Short and sweet at that time, I wasn’t overly impressed; our hybrid Vortex tastes better and

expressed more of the traits I follow in my lines and I told many people Vortex was simply better.

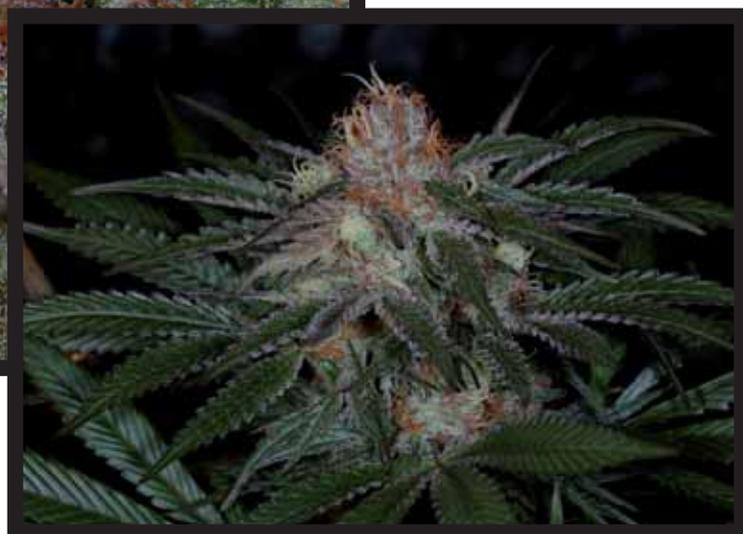
I always take clones of our new seedlings and I already had two nice plants vegged out and ready to be budded, so by the time I harvested the seed plants, I went ahead and budded both females. Vortex, after all, is a pretty high standard and certainly everyone that tasted the bud from the first Void plants was very impressed and most did not understand my lackluster endorsement of the cross. Since I already had really nicely topped clones of both females, it only made sense to run them through the bud room again. I mean, the weed was a crusher and extremely potent, and my patients certainly aren’t going to complain about free medicine no matter what kind it is. So I ran these in my regular super soil in the same environment, with the only difference being a slightly lower temperatures, 10 degrees less on average. I don’t really add any nutrients with my soil and only feed the soil itself using Sucanat and Sweatleaf, a product by AN, ▷





Left
Run 1

Top and right
Run 2



both containing high levels of sugars and citric acids to stimulate the Krebs cycle and resin production, as well as enhance the taste. I do not deviate from the way I have grown for a very long time, so there is not one thing I can point to that's different in anyway from the seed run and this clone run.

So what happened?

The plants grew basically the same until the last two weeks, when I noticed a slight fading that indicated the plants were turning a slight purple. This is very normal for a plant once the temps fall near harvest time when growing in organic soil. As the plants reached maturity, this time they began to take on a really nice grape smell not present in the seed run. The plants both finished at around week eight and I was surprised at how much different the bud smelled while I was trimming it. The first time the weed basically smelled like strong bud but lacked any definable character, unlike this run, where the bud smelled amazing,

a scent combining the grape flavor of Querkle with the strong sour smell of Apollo-13. My patient called me a few days after picking up his medicine and told me he was very impressed with Void and asked if it was the same plant as the last run. When I told him it was the same cutting he was also surprised, as he felt it was considerably better on the second run. We can only conclude that the plant took longer than normal to reach its full potential. We kept the smaller female tagged J and we enjoy her each harvest still. The larger female, L was passed on to a medical grower to provide clones to his co-op.

To sum up this report, it's very apparent that some strains won't reach their full potential grown from seed, and these rare females will only show their true colors if given more than one run through the bud room. Void is one that we almost judged too quickly, and that would have been a great loss to stoners everywhere. Don't be so hasty when growing something new and give it time to show you her stuff! 🍀

Soil, Compost, and Composting

By Zany Trails

(Photos courtesy of GrowDoc Seeds)

In this issue of Treating Yourself Magazine, we are going to take a closer look at the subjects of soil, compost, and composting.

Research suggests that plants grown organically in mediums of soil or compost produce cleaner, healthier and more beneficial crops than those grown in non-organic mediums using chemical nutrients. In this article, we shall first consider the ways that soil and compost are formed, and then later discuss some of the ethics behind using compost and composting at home.

Following the initial revolution in hydroponic methods of cultivation during the 1990s, the horticultural industry has since backtracked slightly and a renaissance in methods of organic cultivation using soil and compost (and hydroponic) mediums has re-grown. With more understanding about soil and compost mediums now available than ever before, it is hoped that this report will cover some of the basic principles behind organic gardening.

Before continuing, it is important to note that specific varieties of cannabis prefer specific soil types. As a rough guide, Cannabis indica 'Afghan' naturally tolerate dry, sandy, free-draining soils, whereas Cannabis sativa 'Thai' naturally tolerate moister silt- and clay-type soils. In this way, hybrid varieties of Cannabis often prefer 'soil mixes' that have been specifically blended together ready for cannabis cultivation. The medicinal value in using specific soils over specific cannabis varieties is still relatively unknown. As the botanical relationship between specific soil types and specific cannabinoids slowly unfolds, the medicinal community will start to benefit from the research that Med Growers, Caregivers and Breeders are currently undertaking in this field.

What is Soil?

Soil is the loose earth in which plants grow. The ecology of soil is usually made up of living organisms, dead organic matter and mineral deposits. Over millions of years, the remains of plants, rocks and animals have been composted down to form the dark textured subterrestrial substance we call "soil."

Depending on the geological and geographical origin, the local environment and former habitat, the different soils have evolved specifically in different regions. All soils sit upon a foundation of natural bedrock. This underlying bedrock ultimately lends character to the nature and pH of the soil living above it. As the elements of rain, frost, and wind weather away at the landscape, particles of sand and minerals are gradually added to the surrounding soil. Geological events in pre-history have since shifted large areas of soil from one place to another in a process known as "deposition."



depiuzzi.com.au



Sandy soil

Traditionally soil sites are measured in content of sand, silt and clay by Horticulturalists. However, Geologists may use the same words when applying a slightly different meaning.

Sandy soils are usually associated with coastal regions, ancient river beds, dead seas, old valleys and the banks of modern rivers. Sand is deposited, often far away from its original source, via elements including the wind, water and rainfall. Sandy soils contain little organic matter, are relatively neutral in soil pH and contain few available nutrients. Sandy soils warm quickly in summer, yet cool quickly into fall/winter. Sandy soils are free-draining and require added organic materials and a regular source of nutrients to keep them healthy and in good condition.

Silt soils are associated with wetland areas, recently drained sites, and the bottom of old lakes and rivers. Silt sits between sand and clay in terms of particle size and occurs as a result of chemical processes and weathering. Silt is made up of fine minerals — so fine they are first carried on the surface of water before being deposited as a sediment silt layer. Silt soils usually contain some broken down organic matter and available minerals combined. The hydromorphic properties of silt, however, mean that only aquatic plants can be fully adapted to the wet growing conditions that silt soils provide. Silt soils therefore require lots of work, added organic matter, and gravel/perlite to get them into shape ready for cannabis cultivation.

Clay soils are the remains of secondary sedimentary depositions of minerals and organic matter. Clay soils were deposited on land from their original location at



Silty soil

the bottom of ancient lakes and sea beds during glacial shifts. Clay particles represent the smallest particles on the soil chart. While clay soils display plasticity when mixed with water, they soon become brittle when dry and require careful management. Clay soils may also ‘smear’ when worked with heavy machinery. The negatively charged surfaces of clay particles, however, contain positively charged plant foods. When “freed-up,” clay soils then provide high levels of available nutrients. Clay soils require lots of added organic matter to help improve soil structure and overall condition.

Soil organisms

Soil is viewed by Soil Scientists as a living organism. Natural soils play host to and provide home for literally thousands of individual species of organisms. These may include Micro-fauna like bacteria, fungi, protozoa, roundworms and yeasts ; Meso-fauna including lice, mites, springtails and tardigrade; Macro-fauna including ants, bees, beetles, centipedes, earthworms, millipedes, snails, wasps and woodlice; and the Mega-fauna including frogs, mice, rats, snakes, and field voles — just to name but a few of the animals that inhabit the soil world.

Each species naturally has its own place within the overall ecology of the soil. Managing natural soils to the best of their potential, for the purpose of gardening, therefore involves striking a balance with nature. Being prepared to work closely alongside a whole host of fungi, animals, and insects is just a small part of learning what “soil-life” is all about. Getting your hands dirty is the best way to learn!

As a rough guide: sandy soils crumble easily in the hand. Silt soils feel sludgy and sticky. Clay soils will be supple and are easily rolled up into balls. To the eye, darker soils always contain more in the way of available nutrients than lighter soils (within the same region). In the extreme, Soil Scientists will happily smell, taste (eat) and then listen to the sound of the soil sample they are working with (between thumb and finger) in order to assess the soil’s texture and composure.



cambridgema.gov

What is compost?

Compost is a composition or “composure” of organic materials manufactured for use within the horticultural industry as a substitute for soil. Compost can be made from extracted natural soils, the byproduct of forestry and from organic waste materials, and can include synthetic soil additives and chemical enhancers.

Healthy compost usually comprises of a blend of broken down plant remains and other organic substances. These materials have been “composted” together for several seasons to form a rich textured soil substitute that will provide high levels of available nutrients to plants. “Organic Compost” usually comprises of organic waste materials, manure and organic fertilizers. These have usually been carefully selected and then blended together by hand.

Non-organic compost may contain artificial soil additives and non-biological nutrients and/or have been subjected to chemicals to help accelerate the composting process. Some brands of compost are likewise tumbled by machine, which helps speed up the composting process by allowing more aerobic bacteria to generate within the compost.

Making your own compost is the most rewarding and least expensive way of providing a healthy living medium for your plants. Buying compost is, however, the ideal option for anyone who doesn't have the time, space, energy or health to prepare their own soil-mix at home. Therefore, we will start with the shop bought compost first:

Peat-based compost is made from soils extracted from marshland and moorland habitats. Due to the hydromorphic nature of wetland soils, the peat must be dried out and processed before it is ready to be used as compost. Peat-based compost often contains additives to help improve drainage and the overall

condition. These may include: fertilizers, perlite, sand, vermiculate and worm casts. Poor quality peat-based compost may also contain slow release chemical fertilizer pellets or granules.

Compost containing slow release pellets is unforgiving and should be avoided when cultivating cannabis.

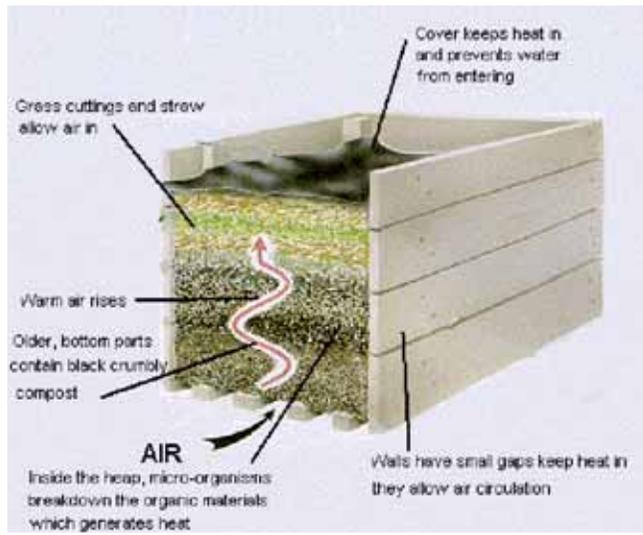
Tree bark compost is usually far too acidic (the wrong pH) for cannabis cultivation. This is because tree bark compost is mostly sourced from evergreen trees. Tree bark compost requires mixing with other soil based ingredients to make it suitable for growing cannabis. Many cheap brands of compost contain tree bark as a bulking ingredient and are best avoided.

Specific compost is usually ideal for cannabis cultivation because it has been specifically blended to meet the requirements of the cannabis plant and the grower. The most famous European brands that come to mind include: Atami, Bio-Bizz, Canna Professional, and Plagron. Each of these specific composts tends to produce similar results in the garden. When tested against regular shop-bought compost, the specific compost brands usually win, roots down.

Composting

Composting is perhaps even more popular than it ever was. Making your own compost at home is cheap, easy, fun and economical, not to mention a really ecological way of renewable gardening and working with nature.

To make your own compost, you will need an outdoor space to recycle domestic waste products. This can range from a rotational bucket system, to a compost heap, all the way up to a pallet-constructed New Zealand-style compost bin. The idea is to make a warm and ideally well-ventilated space, where waste materials can break down and decompose naturally.



More recently, the horticultural industry in Europe has looked further afield than its traditional peat harvesting regions in Ireland, the UK, the Netherlands and Scandinavia. Several peat-based composts are now being sourced from the steppes of Russia and China, the ecological impact of which is currently unknown.

As container loads of compost are shipped about the planet, the cost in fuel, money and pollution ever multiplies. The risk of soil contamination and unwanted pests also ensures that compost brands labeled as “organic” are usually never organic in methods of production. That is, “organic compost” labels usually fail to mention the fact that most of the living (beneficial) organisms have already been removed via sterilization in order to have attained their “organic” certifications.

Domestic waste materials for composting might include: egg shells, fruit and vegetable waste, garden waste, leaf-litter, nutshells and masts, shredded newspaper, cannabis trimmings, bubble hash waste, old indoor compost, stalks, tea bags and, of course, some earthworms to help break everything down. The only rules are to never add cooked material or meat to a compost bin, and always avoid carcinogenic materials such as tobacco and fern / bracken fronds.

The secret is to layer the materials evenly and turn the compost every few weeks/months. Once a rich, healthy texture has developed, spread the fresh compost onto a sheet for a day to remove any insects (the birds will eat them). The compost is then ready to add to indoor soil mixes and outdoor soil beds.

The ecology of compost

Crazy as it may appear, the majority of specific compost brands labeled “organic” used within cannabis horticulture today are procured from non-renewable sources. The peat bogs and fenland from which peat-based compost is harvested are being depleted at a much quicker rate than the millions of years of hydro-morphic soil conditions can replenish them. Likewise, the natural habitat of wetland wildlife within these areas is dramatically and permanently altered by peat-bog harvesting.

Ironically one of the few regions of natural wetland that remains untouched by tractor, trailer and soil cutting machine is the land surrounding the failed nuclear reactor at Chernobyl in the Ukraine. Here, due to a lack of recent human intervention, wetland wildlife is thriving and a healthy nature reserve now flourishes.

The ecology of composting

The main benefit of composting at home is ecological. The wildlife living in and surrounding compost sites usually represents its own ecology niche. Be it on a macro scale herding microscopic fauna when making organic fertilizer tea and cultivating worm-casts under a homemade worm bin, or on a Mega scale where the local hedgehogs, robins, and wrens are welcome to come in and forage for insects in the bin. The ecosystem surrounding and within the compost site stands to benefit.

Homemade compost also offers a much more practical way of introducing genuine organics into the garden. By using selective materials to make your own compost, it is possible to attract a whole plethora of beneficial microorganisms that will rapidly help generate waste materials into healthy organic matter. The natural bi-product of which is “humus,” an almost jelly-like substance, which directly enhances the soil condition and the soil’s ability to sustain healthy plant crops.

Those with time and space may consider constructing their own large-scale compost bins from old wooden pallets and wire meshing and perfect the art of composting. Combining natural outdoor soils, previously composted materials, and secondhand indoor substrates like specific compost brands and coco fiber is, arguably, one of the best ways to make your own soil mixes quickly at home. Otherwise, composting domestic and garden waste materials using traditional methods takes a few seasons to produce really healthy compost that is ready for use indoor and outdoor in the garden.

Keep medicating... 

NIAGARA SEED BANK



FREE!
STEP BY STEP DVD
WITH EVERY PURCHASE

FREE!
VAPORIZER WITH 1500\$
PURCHASE!

OVER 1000
STRAINS

Quality Seeds = Quality Plants

5 MIN
FROM THE BORDER!

You Never Know Who Will Stop By At Nagara Seed Bank

great white shark
white rhino
the doctor
kingskush
big bang
querkie

jillybean
powerplant
trainwreck
pandoras box
chronic
himilaya gold
lemon skunk



OLUF
GREENHOUSE
SEEDS



MARKO
FOUNDER OF
TY MAGAZINE



AMEIN
(CHEECH)
OWNER OF
HIGHTIMES
SMOKE & GIFT SHOP



FRANCESCO
NSB OWNER



ARJAN
KING OF
CANNABIS

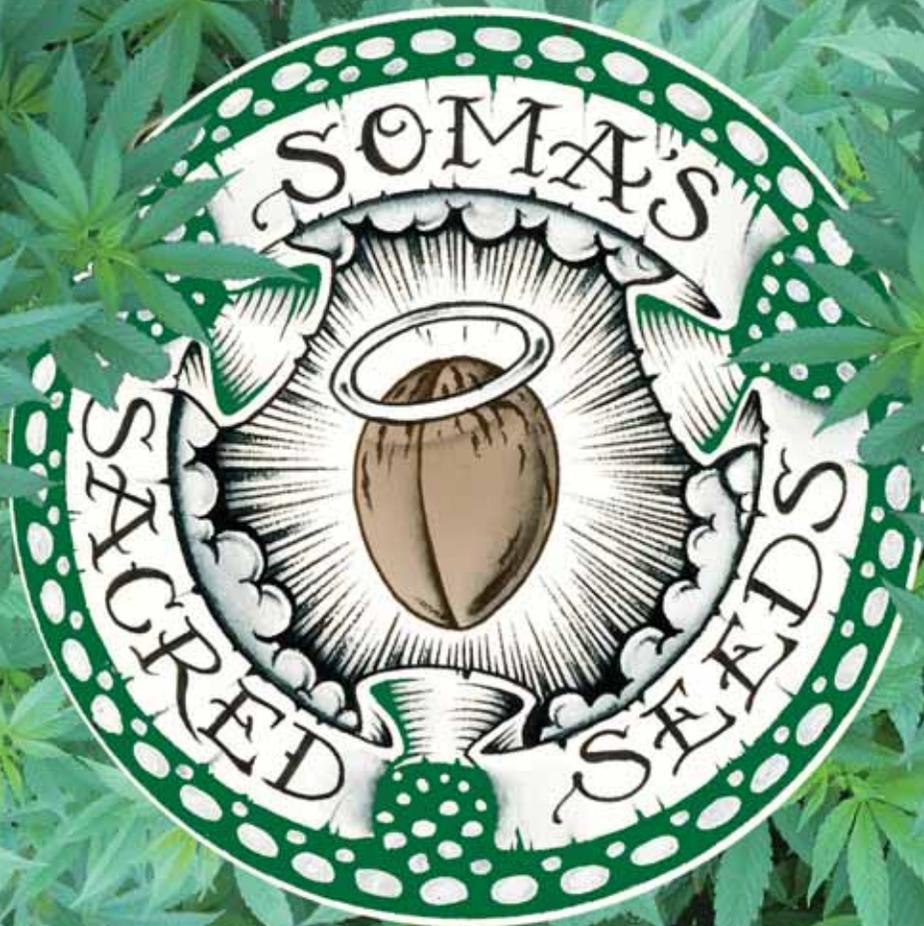
WE DONT SELL BAGGIES, ONLY ORIGINAL BREEDER PACKAGING
FRIENDLY KNOWLEDGABLE STAFF ON SITE TO ANSWER ALL YOUR QUESTIONS

6065 MAIN ST.
NIAGARA FALLS
CANADA
(905) 394 9181
9AM-9PM
7 DAYS A WEEK + HOLIDAYS!



NO SHIPPING TO USA!

Ad Designed by: Racquel
Mindfulvisions



AMSTERDAM



MEDICINAL GENETICS

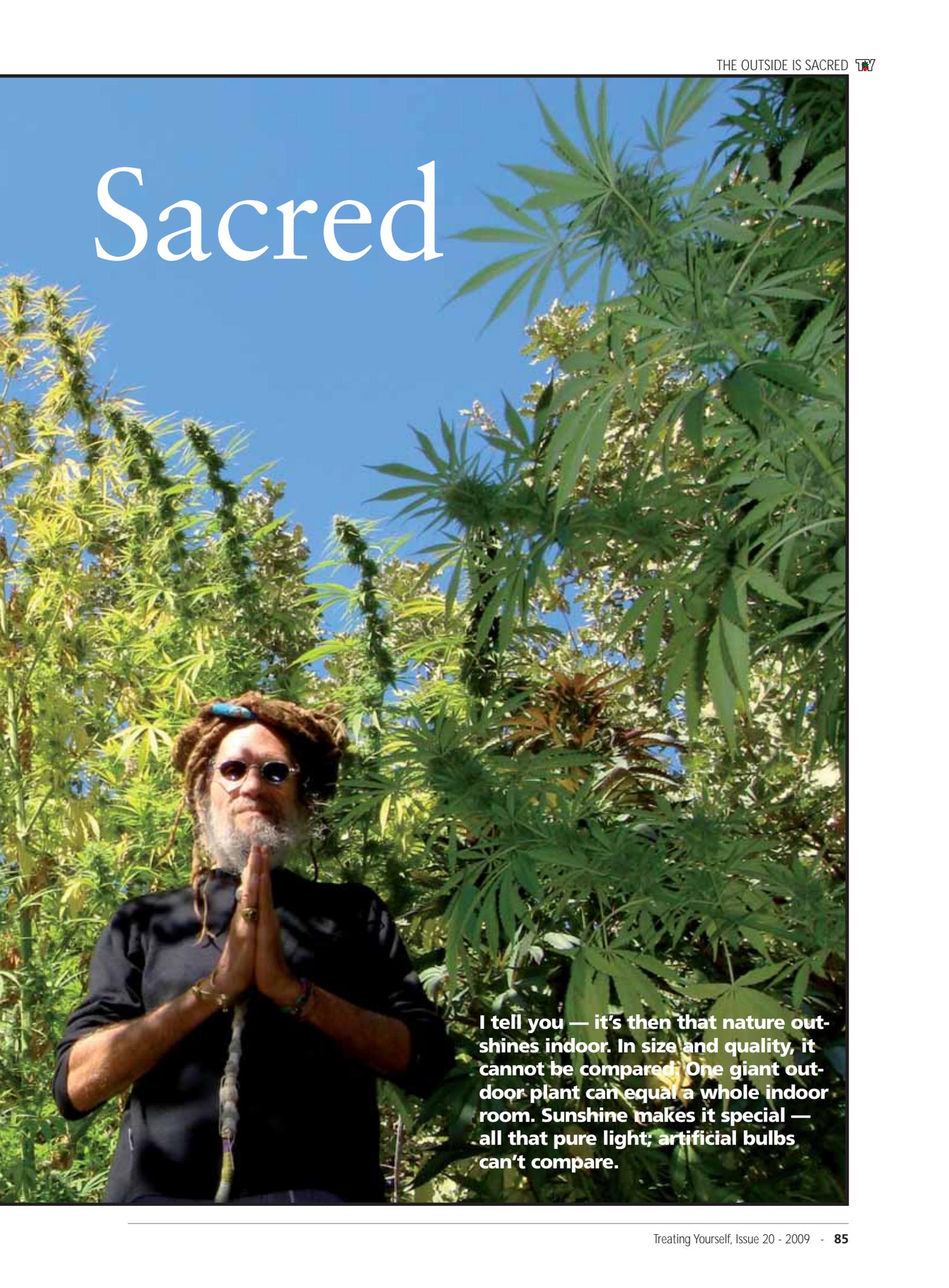
WWW.SOMASEEDS.NL

The Outside is

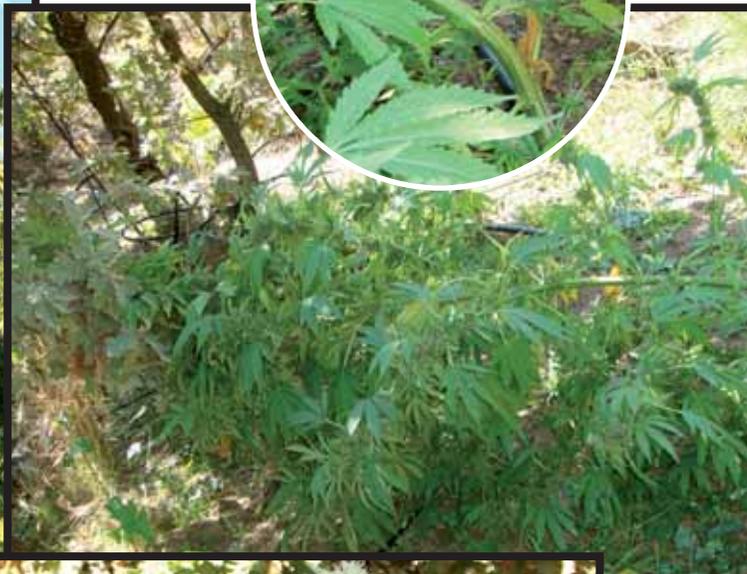
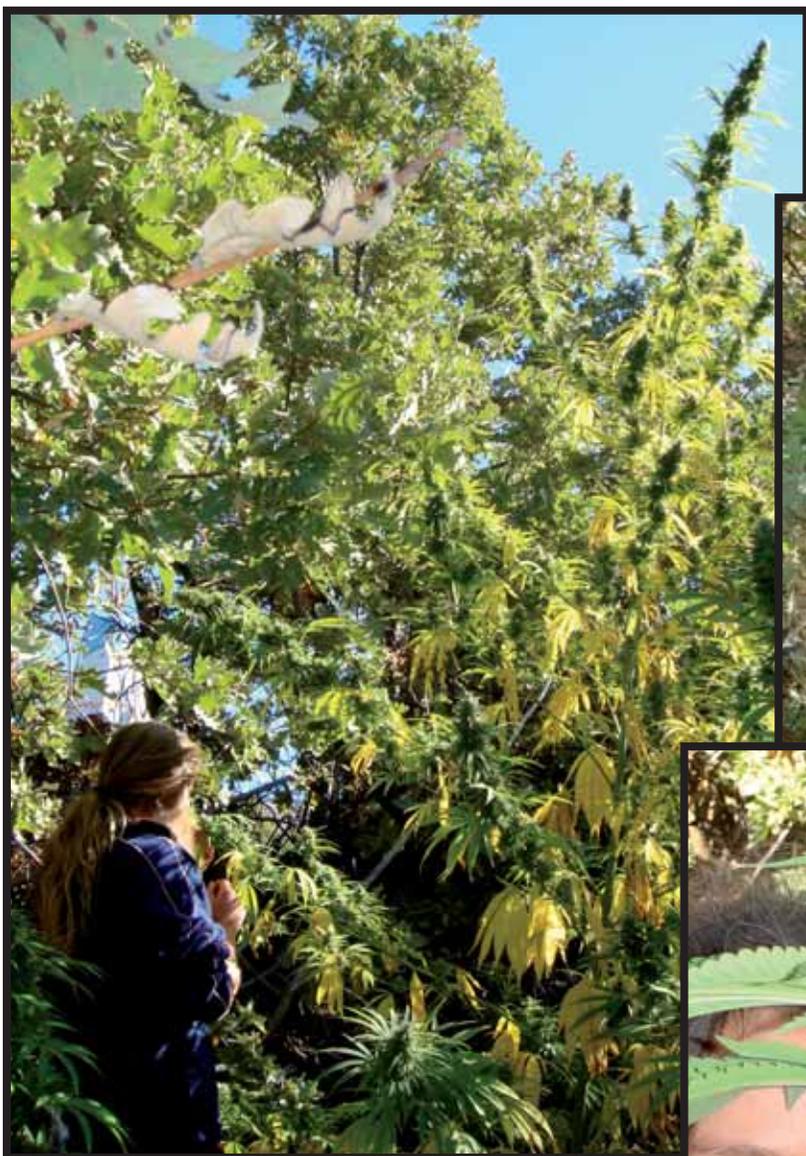
by Soma

Ah! Sacred Cannabis, my spiritual guide. It is now almost 43 years that I have worked with the Sacred plant. I never cease to learn more about this magical plant as time moves on, it is always teaching me more about myself, and more about the plant kingdom.

Sacred



I tell you — it's then that nature outshines indoor. In size and quality, it cannot be compared. One giant outdoor plant can equal a whole indoor room. Sunshine makes it special — all that pure light; artificial bulbs can't compare.



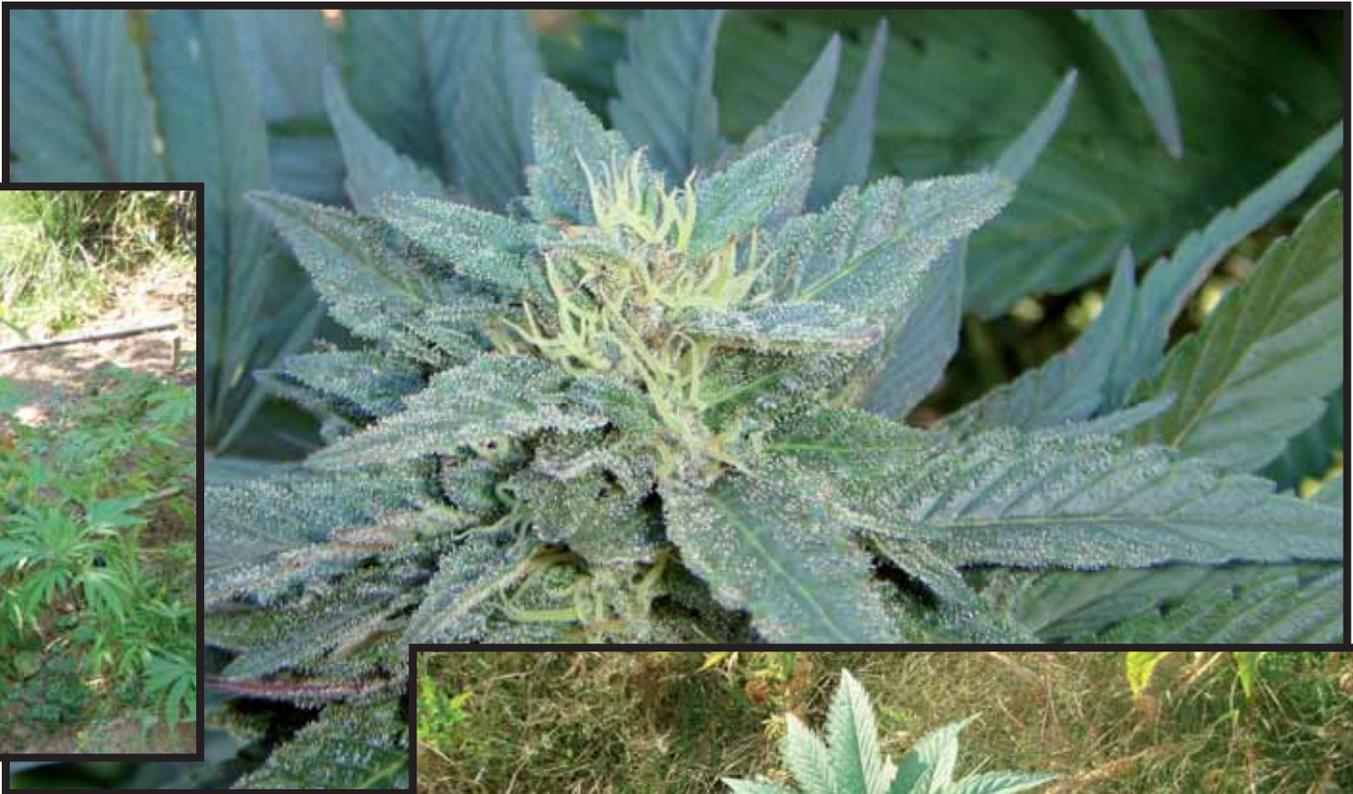
Clockwise
 -Somantra at 4 meters high
 -Kushadelic bending over from the weight
 - These buds are big

Cannabis is green, one of the colors of the heart chakra, and as with all green plants is an oxygen producer of great magnitude. Due to the suppression of this Art form, it has been made to grow inside of houses in artificial grow rooms. Thank God for this, or we would have none. The thing is, when cannabis gets the chance to do its stuff outside in nature, we humans get the chance to see what she is really made of. To me, cannabis is more of a small tree that grows fast in one season. When it gets choice organic food, the right amount of quality water and enough warmth and sunlight, I tell you — it's then that nature outshines indoor. In size and quality, it cannot be compared. One giant outdoor plant can equal a whole indoor room. Sunshine makes it special — all that pure light; artificial bulbs can't compare.

I have had outdoor plants in the past that did not get

enough water and died or did poorly. This year, I was able to work with a drip-feeding system using pure mountain water and guano. As the climate was really dry, this was essential. The plants were put out in March from female seeds. I was lucky to be in a place with superb weather, which is such a blessing. With the drip-feeding system, there was not that much work other than weeding the surrounding plants and making sure it was pretty well hidden. Due to thieves, it's still good to hide everything.

I experimented with some of my female seeds this year as I almost always grow from clones of my mother plants — Kushadelic, Somantra, NYCD, Somalicious, Lavender, Buddha's Sister. The colors of the plants were so vivid, the leaves so large, that some of the leaf hands were the size of my whole torso. One Somantra reached a height of four meters, with so many branch-



Clockwise
 -Kushadelic outdoors
 -Somalicious

es that it was like four plants in one. Some of the Kushadelic's got so heavy that they bent totally over but did not break. The Somalicious has such beautiful leaves, some have eleven fingers. There were so many shades of purple and lavender. Some leaves were green on top and purple underneath.

There is something about the aroma of an outdoor plant that is pure perfume: everything from ripe red grapefruit, to ripe mango, some sweet, some tangy, some citrus-like. Guano brings out the best that the plant has to offer and I advise everyone to use this as their main fertilizer.

Thoughts and vibrations around the plants are very important. The plants are amazing receptors for energy, whether it is sunlight, or the Light coming off of a Holy farmer tending his crop. Having thoughts of fear,

anger or hate will always be at the very least counter-productive to having a sacred crop. It's also actually counter-productive to all we do. Thoughts that are full of thankfulness and love makes the plants thrive. Courage is also a very important ingredient in our current political climate, and the plants can feel that courage and actually show you their appreciation at harvest time.

Finally, sharing the smoke with friends, passing a good joint around the room, seeing the looks on the faces as the sacred smoke reaches their smile centers, their heart centers, helps make this world a much friendlier place.

Love and Light,

Soma
www.somaseeds.nl 



MEDICAL MARIJUANA SEEDS WHOLESALER



STRAIN CATALOGUE



Delta 9 Labs

5 pack / 10 pack

White Widow
Mekong Haze
Aiea
Super Star
Canna Sutra
Stargazer
Southern Lights
Brainstorm Haze
Brainstorm Haze x G13
F.O.G (Fruit of the Gods)
Double Kush



DNA Genetics Amsterdam

Regular packs of 10, Feminised packs of 6

Purple Wreck
Sour Cream
Kushberry
Lemon Skunk
Cannalope Haze
Connie Chung
ReCon
Chocolope, Feminized
LA Confidential



Dutch Passion Seed Company

Feminised packs of 10

Skunk #11 100%
Brainstorm 100%
Passion #1 R 100%
Orange Bud R 100%
Durban Poison 100%
Frisian Dew R 100%
Euforia R 100%
Power Plant R 100%
Jorge's Diamonds #1 100%
Mazar R 100%
White Widow 100%
Blueberry 100%



Finest Medicinal Seeds

List of Feminized Indica Strains

Feminised packs of 5

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



List of Feminized Sativa Strains

Feminised packs of 5

G13
Amnesia Haze
Northern Lights 5 Haze



Greenhouse

Feminised packs of 5

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



Genetic Collections

Regular packs of 10

Warlock/Twotone®
Exile/Twotone®
Double Dutch/Twotone®
Biddy Early/Twotone®
Motavation/Twotone®
Biddy's Sister/Twotone®
Masibindi/Twotone®
Mosaic/Twotone®

Feminised packs of 5

Warlock/Monotone®
Exile/Monotone®
Double Dutch/Monotone®
Biddy Early/Monotone®
Motavation/Monotone®
Biddy's Sister/Monotone®
Masibindi/Monotone®
Mosaic/Monotone®



Mr Nice

Regular packs of 18

Devil
Dreamtime
Walkabout
Neville's Skunk
NL5x Afghan
NL5x Skunk
Mango Haze
Early Skunk Haze
Critical Haze
Afghan SKunk x Afghan Haze
Master Kush Skunk x Afghan Haze



Next Generation

Regular packs of 10

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



Photo courtesy of Sonic

Catering to the needs of licensed growers across Canada.

Wholesale & retail enquiries welcome
sales@medical-marijuana-seeds-wholesaler.com



Nirvana Growth Solutions

Regular packs of 10

Indoor

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

Outdoor

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

Feminised

- Kaya
- Medusa
- Northern Bright
- Super Girl



Paradise Seeds

Non Feminised packs of 10

- Magic Bud
- Bella Donna

Feminised packs of 5

- Delahaze
- Ice Cream
- Jacky White
- Nebula
- Opium
- Sensi Star
- Sheherazade
- Spoetnik #1
- Wappa
- White Berry



Pyramid

Feminised packs of 6

- Galaxy
- Tutankhamon
- Pipi
- Tiburón (Shark)
- Wembley
- Northern Light
- White Widow
- Nefertiti
- New York City
- Lennon

Feminised packs of 12

- Galaxy
- Tutankhamon
- Tiburón (Shark)
- Pipi
- Wembley
- White Widow
- Northern Light
- Nefertiti
- New York City
- Lennon



Sativa Seed Bank

Indoor

- Indigo
- Mixed Sativa
- Paia Hawaiiana

Outdoor

- MSRP
- Cannabis Sativa Slang
- Pakalolo

Feminised

- Daydream
- Eldorado



Serious Seeds

Regular packs of 11

- Bubblegum
- Chronic
- White Russian
- AK-47
- Kali Mist



Soma Seeds

Regular packs of 10

- Lavender
- Buddha's Sister
- Kushadellic
- Sogouda
- NYC Diesel
- Amnesia Haze
- Hash Heaven



World of Seeds

Landrace Collection

Seed packs of 7 : Regular/ Feminised

- Afghan Kush
- Ketama
- Colombian Gold
- Wild Thailand
- South African Kwuzuluz

Diamond Collection Feminised

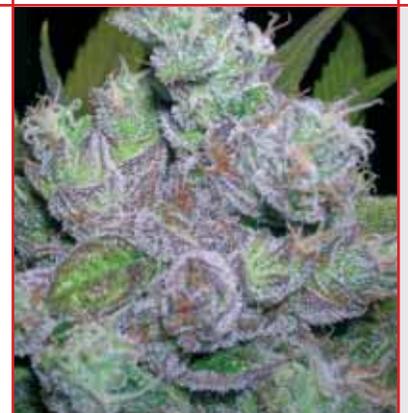
Seed packs of 7

- Stoned INmaculate
- AMnesia

Legend Collection Feminised

Seed packs of 7

- Mazar Kush
- Strawberry Blue
- Cronic Haze
- Domina Star
- Star 47
- Yumbolt 47
- New York Special
- Afgan Kush Special



Photos courtesy of Gregorio Fernandez "Goyo"



MEDICAL MARIJUANA SEEDS WHOLESALER



DISTRIBUTORS



Alberta

Hemp Roots
2827 14 Street S.W.
Calgary , Alberta
T2T 3V3
T: 403 889 0792

Ontario

Crosstown Traffic
593 C Bank St
Ottawa, Ontario
K1S 3T4
T: (613) 234-1210

Crosstown Traffic
396 Athlone Ave.
Ottawa, Ontario
K1Z 5M5
T: (613) 728-4800

Hemp Country
475 Dundas Street
Woodstock , Ontario
N4S 1C2
T: 519 913 1152

Niagara Seed Bank
6065 Main Street
Niagara Falls
Ontario
L2G 6A1
T: 905 394 9181

Planetary Pride
372 Queen Street East
Sault Ste. Marie , Ontario
P6A 1Z1
T: 888 215 8970

Sacred Seed
2A Dundonald Street
Toronto, Ontario
M4Y1K2
T: (416) 928-6811

Quebec

Duc of Amsterdam
2080 B St-Denis
Montreal, Quebec
H2X 3K7
T: (514)842-9562

High Times
1044 Blvd. Deslaurntides
Laval, Quebec
H7G 2W1
T: (450)975-2666

High Times
1387 St-Catherine West
Montreal, Quebec
H3G 1R1
T: (514)849-4446

Saskatchewan

Vintage Vinyl
2335 11th Avenue
Regina , Saskatchewan
S4P 0 K2
T: 306 347 3111

Head to Head Novelties
2923 Dewdney Avenue
Regina , Saskatchewan
S4T 0Y1
T:(306)525-6937
Toll Free:
1-877-H2H-4646 /(424-4646)



Photo courtesy of Gregorio Fernandez "GOYO"

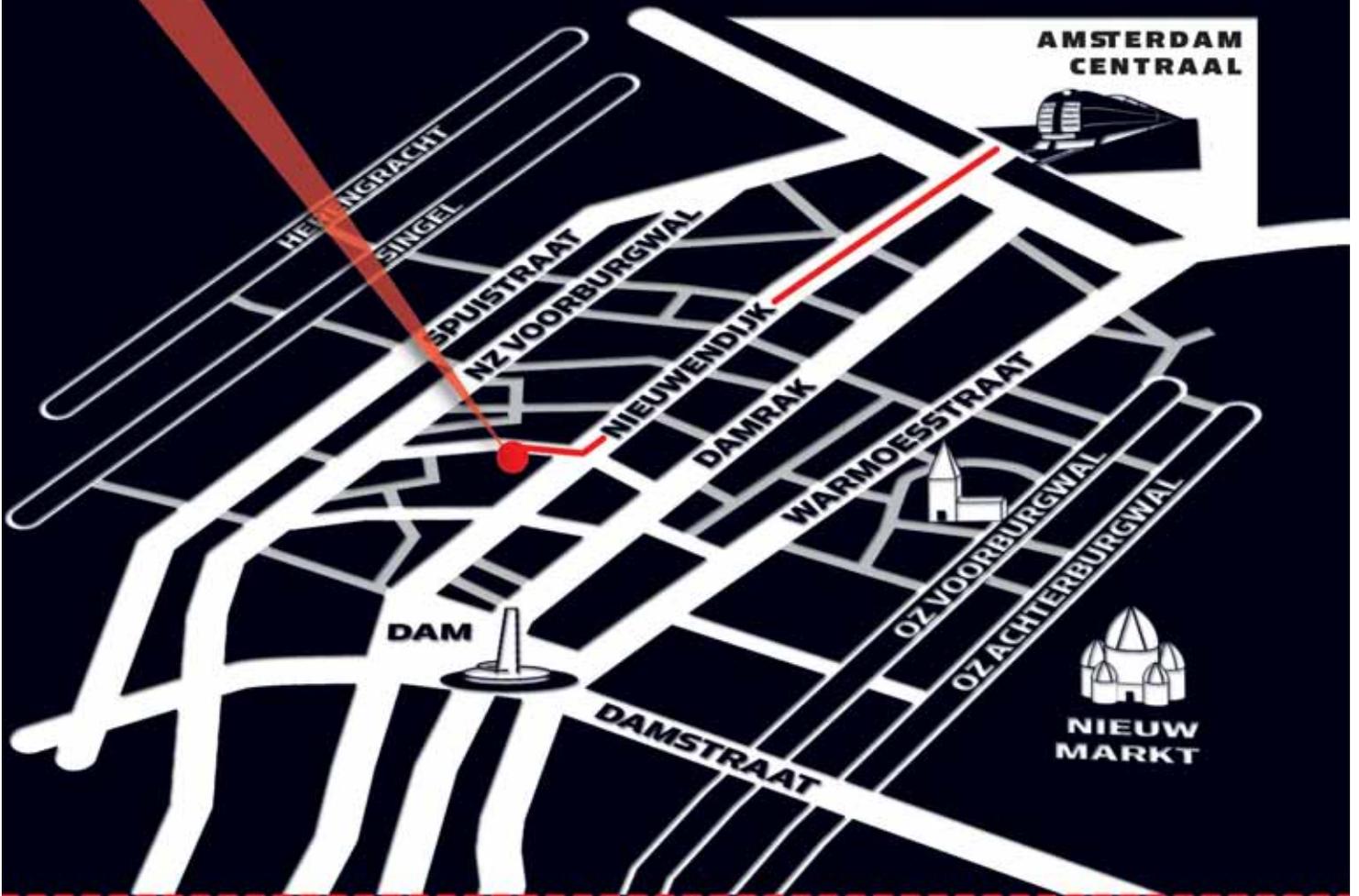
Want to have your store listed here contact us at:
sales@medical-marijuana-seeds-wholesaler.com

ROOR[®]
SHOP AMSTERDAM



Sint Nicolaasstraat 19 # 1012 NJ Amsterdam # call +31-20-3302681

www.roor-shop-amsterdam.com



Take this coupon to the **ROOR SHOP AMSTERDAM**
and get **10% discount***

*Only 1 coupon per customer | code:ty0609
Not combinable with other offers | Valid until 31st December 2009





Old Hashish Trail,
Emerald Triangle
& Show Ring Star

The Legacy of Kachook

by Jerry Biesler

Dust, dirt, and wind on the end of a crude rope tied to the back of a camel drawn wagon was the life Kachook experienced from the age of two to three months. A life or death walk from Kandahar to Mymania, Afghanistan, after being stolen by Nomads from a powerful Wali to satisfy a debt, or avenge a slight. The motive was never made clear. My command of Farsi was limited, and the dialect obscure.

Journals and histories, legend and myth, from Alexander the Great's time through the British Raj era; diaries of the early Swedish and Austrian explorers of the Hindu Kush and Himalayan mountain ranges, all celebrate the Asian Mastiff. The broad range of the dog's temperament ranges from fierce aggressiveness in protecting their owners to their gentle loving nature offered readily to those they know as friends. In the journals, their bearing is unanimously described as regal, and their manner, aloof.

Since that day, when I paid twenty dollars to purchase the puppy in that remote Bamiyan village, more research has been done on the history of the breed. Depending on the country of origin, most dog encyclopedias call Kachook's breed either Tibetan mastiff, or Caucasian Mountains mastiff, or Caucasian shepherd. In Afghanistan, Kachook's particular species was known as "nomad's dog or Koochie Mastiff."

Caravans traversing the ancient silk route today as well as nomads who follow seasonal bearings, use

this ancient breed primarily as guard dogs. Also, across Asia the dogs are used for the recreational, although barbaric sport of dog fighting. When pitted, because of their size, the fights are not fatal, and last less than five minutes, I was told.

Kachook had a distinctive command of language. His barks were: Strangers coming; friends coming, strangers nearer, and weapons. Kachook had binocular vision and this "breed trait" is noted in most encyclopedias.

Kachook was tawny gold with heavy black eyebrows and black on the tip of his tail, (which was cut to the size of a man's fist at birth). Kachook's ears were entirely removed at birth. His eyes were gold, not unlike a tiger's.

The name, Kachook, translated as "small dog," or puppy, which was a misnomer, giving Kachook his incongruous name. For at maturity Kachook was thirty-four inches at the shoulder, one hundred forty-five pounds, clocked at thirty-two miles per hour.

Kachook dogtrotted many a mile behind me and my wife and friends horses on various rides as he grew in age during his early life in Afghanistan. Photos are scarce but here are some taken by me, Bill Ciz and Montreal Michael on rides into the mountains northwest of Paghman Village in Afghanistan. Most memorable was the way people living with hardscrabble difficulty managed to incorporate beauty and art into their lives. ▷



Clockwise

- Kachook at three months old.
- Indica plant, Mymania, Afghanistan.
- Afghans of the mountains northwest of Paghman Village in Afghanistan.



On The Hashish Trail

*“Cowards turned back.
The unaware died sick.
The unlucky were busted by
humankind’s bottom feeding, scumbags.
Greed got some.
Those too trusting were murdered.”*

Jerry Beisler

Yuseff was a boatman who supplied European travelers to Egypt during the 19th century. Yuseff developed his clientele at a desirable destination next to the old ruins of Cairo with a view of the Nile River. A tavern had evolved with terraces covered with mosquito nets allowing Westerners to enjoy watching “River Life.” The French writer Theophile Gautier had founded the Hashish Club of Paris in 1845 upon his return from his visit and meeting with Yuseff. Gautier’s friend, the poet Gerard Nerval was a member of the Club, enjoying the intellectual and artistic company, but never tried the herb. Gautier suggested a visit to the exotic destination and a meeting with Yuseff. Nerval agreed to go and describes the experience beginning with his first words to Yuseff, “This is hashish and hashish is forbidden.”

“Everything pleasant is forbidden” Yuseff replied with a smile. “After several minutes” Nerval writes that the effects of hashish led him and Yuseff to a sweet languor that slowly spread over their bodies.

Yuseff explained, “Hashish clouds the eyes of the body and enlightens the eyes of the soul. The mind once separated from its weighty keeper, the body, flies away and wanders happy and free in space where best of all, occasionally, one meets one of the gods of Genius.”



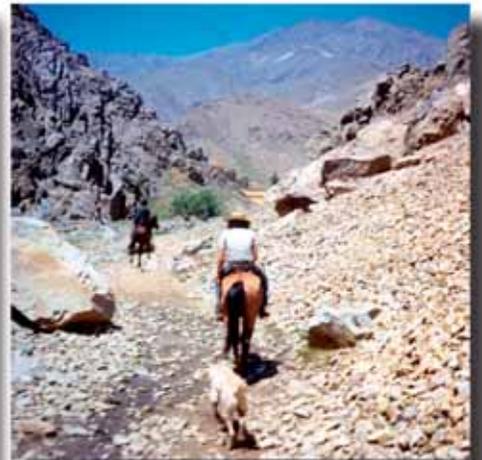
Author, Montreal Michael, researcher, inventor, and equestrian. Afghani hash farmer.



Slabs of embossed commercial Khyber Pass hashish.

Montreal Michael searched and researched in much of Afghanistan’s Northern provinces with me, looking for Sherrick. Rebecca and I met Michael in Goa. He was burdened by a huge trunk full of books, pamphlets, and studies obtained from the Ladain Commission research and source material. Field reports from the United Nations, a century back of *Physicians Drug Reference* books, and every sort of academic, medicinal study or document ever written or translated to English.

In Afghanistan, the Indica plant has climatized over the centuries, produces copious amounts of golden pollen. Like all flowers, wine grapes or herbs, some plants are far superior to others. Micro climate, and post harvest care and handling came into play. Hand Pressers as a vocation also graded out over the centuries. The best were highly respected and the subtleties of the trade were passed from father to son. The desired result was “Sherrick,” as the best was named. Sherrick came from only heat and pressure generated by the palms of the hands and the pollen alone. The pollen would be piled on a highly tanned leather piece encircled by six or eight men working to create disks and patties. ▷



Ciz, Michael and myself rode up the Paghman Valley to get ourselves and the horses in shape. Kachook was about 5 months old.



Communal kitchen: remote lodging served khoumiss or fermented camel milk



One Family Home Inside The Compound



Kachook guards our room above the *chowpikar* or concierge: Note bird cage



Patriarch and Children



Goodbye photo lineup *safar-a-khosh* happy trails.



After returning to the Kabul Valley it still required a seven mile ride to get home. Vestiges of Modern civilization began at this point. Photos left.



Rectangular slabs of hash stamped with some manner of label were the result of a car-jack-pump system wherein a half kilo of damp pollen was squeezed and emblazoned before going on a shelf to cure. This was generally Khyber Pass product and some binders these commercial producers used (such as ghee) made their products “iffy”.

The use of the entire plant was integral and important throughout central Asia. Medical poultices and tinctures were made from the herb. Branches and stalks became animal feed. Because of the geography, Afghanistan experiences extreme climates with instant, life-threatening blizzards and sandstorms. It was smoked for both celebration and relaxation from the simple grinding, death-always-near existence. Our longest ride began on a commercial track, centuries old and impossible to traverse, except by hooved animals. High desert valleys were wedged in corners of the mountains and offered self-contained way stations. Afghan culture was rooted in hospitality. Sand storm and blizzards were violent and sudden. Thus it was necessary for the people to keep all of their animals behind high walls to survive.

Pandemonium reigned at the Kabul, Afghanistan International Airport. Bloody revolution was in the air. Rumors were of a communist takeover; Soviet tanks and advisors would soon be rumbling into the Afghan valleys from the north. Planes were packed full of frightened politicians, citizens, and diplomats. A nervous army squadron maintained order at gunpoint in the passenger area of the airport.

Leaving Kabul, as he did, under the fury of political turmoil, separated from his temporarily detained owners, Kachook miraculously wended his way through London, New York, and San Francisco, in the company of a nineteen year-old mountaineer, Evan Wipf, with no paperwork whatsoever other than a rabies certificate drawn by the AFGHAN ROYAL veterinarian and a verbal explanation of the state of events in the heart of Asia; a situation sympathetic custom officials allowed because of the front page news breaking worldwide about the bloody revolution in remote and land-locked center of Asia. During Kachook’s life in Northern California, he was powerful and resilient enough to survive a surprise attack by a bear.

Nonetheless, Kachook was extremely affectionate with those that he knew, and had an inherent understanding, without introduction, of blood relatives. Small children could maul and crawl all over him without fear. It is this easily recognizable, gentle aspect of Kachook’s genes that manifest in class champions at major dog shows from the Ausable’s Astra and Ausable’s Abby breeding in late 1975.

Kachook never left the vicinity of the house when no one was at home. He remained a valuable guard dog for this remote property where a burglar alarm or any modern form of home protection was of no value. His instinct, from following the caravans, as guardian and protector had been bred in for hundreds of generations. The French Dog encyclopedia states that the mastiff breed is believed to be twenty-five hundred years old. ▷



Kachook walking in front of hiking party came on a mountain lion at twilight. Kachook bolted toward the cat and instinctively it went up the tree.

Photo by Tom Ness.



Rebecca greets me and a dirty, skinny Kachook after a safe return unloading my native Afghan saddlebags.

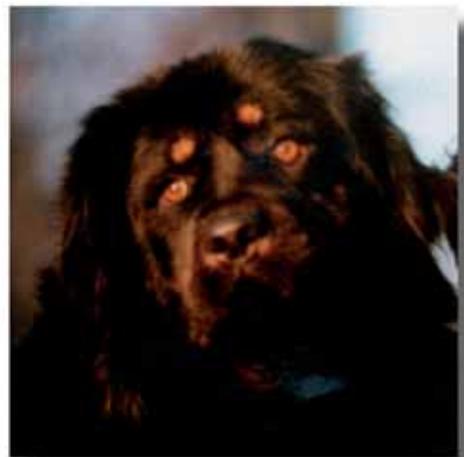
She was co-pet guardian for his entire life. Two weeks later, they both shared the experience described in this excerpt from Chapter 13 of *The Bandit of Kabul* (see next page)

Photo: Bill Ciz



Right
Ausables Honey Bear at fourteen weeks @ 41 pounds. Puppy of Ausables Astra and Kachook.

Far right
Ausables Astra



Excerpt from book:

“...At the bottom of the hill on the road from Paghman to Kabul, there is a no-man’s land for about 5 miles before you hit the outskirts of town. Suddenly there was some talk of gas or some car problem. The driver made a sharp right and bumped off the highway for a hundred yards or so, winding up in an encampment populated by what I can only describe as a band of nomads and desperadoes. I immediately heard him say, “They are rich and no one knows they are here,” which he repeated in a demonic voice and then said, “We can kill them and rob them.” We were forced to get out of the car and I was tackled by one of the group. We were fighting for our lives when Kachook came flying through the open backseat window and I heard the most fearsome snarl that I have ever heard coming from any animal. It got everyone’s attention when he latched on to the arm of the man nearest to where he landed, nearly tearing it off. They backed off for a second. The driver screamed, “He’s just a puppy” and they began to make their move again, when Kachook nailed another of the thieves by the leg, nearly breaking his ankle. This diversion allowed me to get my bowie knife from its sheath and I grabbed Kachook by the collar while backing down toward the main highway with the women behind me. The murderers moved and started arguing with our driver – “You said he was just a puppy,” “He’s got a big knife,” “Nobody knows they’re here,” “Let’s circle around him,” “I don’t want that dog to bite me again, I’m bleeding.” It was a chaos of attempts to figure out a way to encircle us as we backed and backed and backed away some more with my big knife and snarling, foaming, big, bad puppy!...”

Bibliography Kachook
Cunliffe, Juliette.

Tibeten Mastiff, Surry: Interpet Publishing. p. 19, 2002.

Flamhultz, Cathy, Ann Rohven. **The Venerable Tibetan Mastiff**, Crawford: OTR Publications. P. 74, 1995.

Lineage and Bloodline to:

Ch. Timberline Dracki Barney

Tibetan Mastiff Online Database.

<http://www.tibenmastiffinfo.com>.

Beisler Kachook (Imp) (M), COI=0.00%	
[Pedigree] [Bloodline] [Vertical Pedigree]	
Sex:	
Dam:	
Littermates:	
Litter 1	Ausables Abby (F) ATMA 019, OFA-NORMAL/NA, COI=0.00%
30 Nov 1976	Offspring: 1. Ausables Black Princess (F) 30 Nov 1976, COI=0.00%
Litter 2	Ausables Atre (F) 08 Dec 1974, COI=0.00%
30 Nov 1976	Offspring: 1. Ausables Zar (M) 30 Nov 1976, COI=0.00%

About the Author: Jerry Beisler

“The Berkeley Years and Best Of” collection is now available.

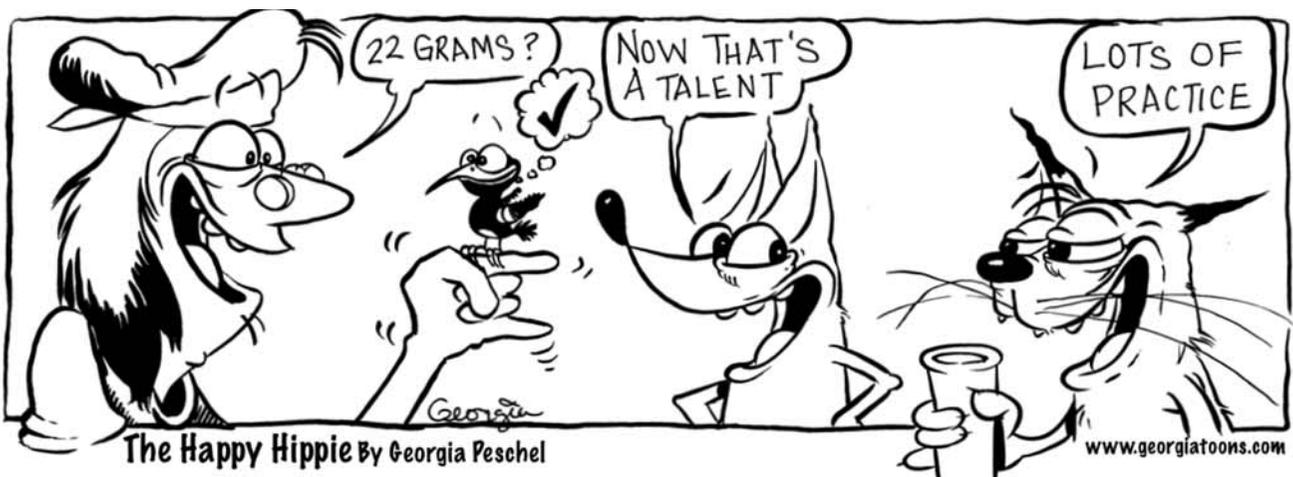
His book *The Bandit of Kabul* is available at: www.regentpress.net or www.amazon.com.

The author has published editorial commentary, travel, movie and video reviews, and three books of poetry.

All photos Jesse A. Beisler Collection

Copyright © 2009 All Rights Reserved. 🇺🇸

Cartoon

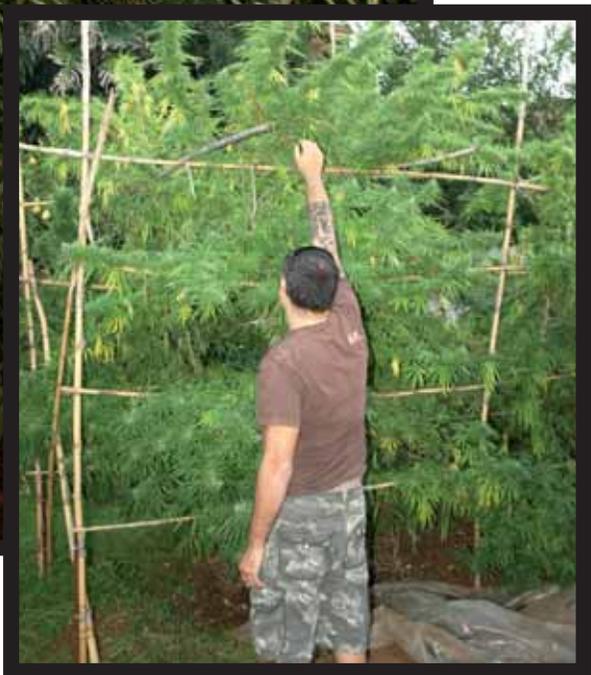


THE ART OF TRIMMING



info@trimpro.ca 450.349.0811 WWW.TRIMPRO.CA





Elite Blue Sativa

Elite Seeds

A Spanish Seed Story.

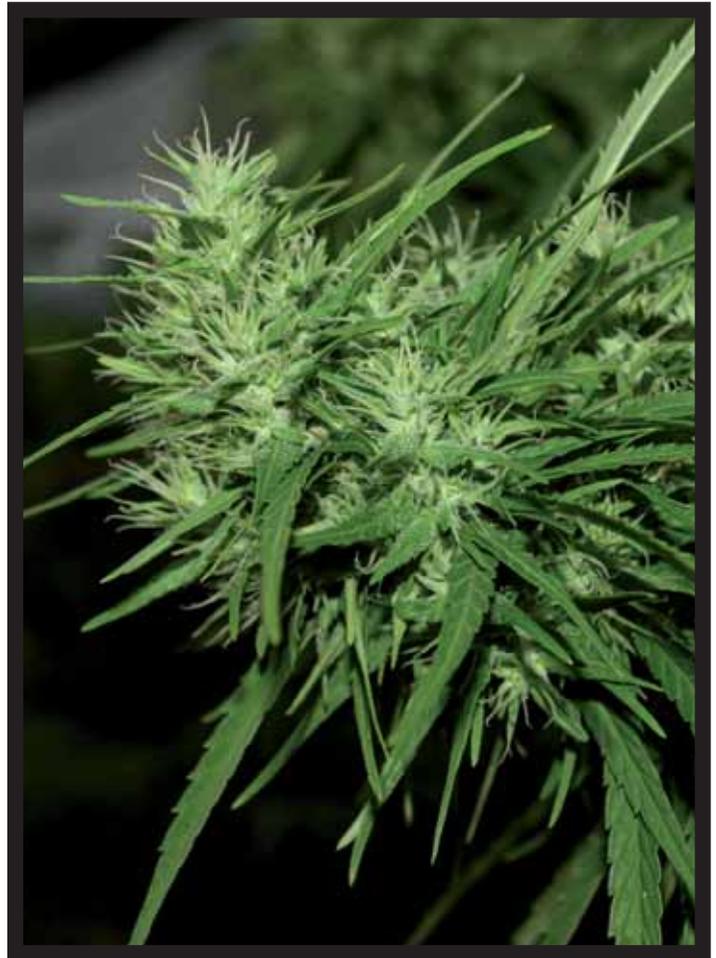
by Jay Generation

TIn my time in Spain I've met a lot of different growers and breeders. The Cannabis community is thriving here with dozens of Spanish seed companies gaining recognition world-wide. For me the most impressive of these companies has been Elite Seeds from the Valencia region. Elite Seeds is a collaboration between 2 serious breeders who each bring their professional talent to the table. One is a geneticist who has graduated from some of Spain's top universities and now runs a laboratory for a Spanish agricultural university. The other partner, Emilio, is a marijuana breeder of over 13 years and who now owns a successful growshop and website. His experience and top quality buds have won many, many awards in Spain. Including multiple Highlife cups.

The Valencia province is famous throughout Europe and the world for its rich history in agriculture. Here along the Spanish coast of the Mediterranean the gardening and farming traditions have been handed down to the next generation for thousands of years. From the famous Valencia oranges, terraced gardens, rice fields, and now top grade cannabis seeds.

The largest yielding plants I have ever seen have been from Elite Seeds, this summer I was lucky enough to visit several gardens with the huge "Elite Blue Sativa's". Here under the hot Spanish sun with a professional grower and the right strain these guys are pulling down over 2-3 kilo's per plant and in a good year it's not unheard of to reach 4 kilos per plant. Finishing in late October and thriving through several rainstorms the Elite Blue Sativa is mold free and sweet and spicy. Every EBS I have seen grew long buds and branched profusely having a minimum of 30 massive buds and up to 100! Making for a huge harvest when cut and dried!

Most strains grown in Spain naturally finish flowering in late September/ early October, the same as most gardens in the northern hemisphere. Protected private gardens can grow until November with a good gardener. The climate in this part of Spain is very similar to California and can vary a lot from north to south. Elite Seeds has been testing these varieties in many different climates from the cold mountains of Northern Spain, to the huge hash fields of Morocco. In Morocco they have farmers test grow thousands of regular seeds in huge fields covering entire mountain ranges.



Elite Blue Sativa close-ups

Here in Spain regular seeds are not popular with the average seed buyer, so most breeders sell only feminized seed. Elite Seeds sells only feminized seeds, but all are bred from quality regular seeds. The STS method of feminized seed production is done with laboratory precision, 100% female seed is the result.

Elite Seeds has 8 different strains in their catalogue, these are all well proven seeds and grown in huge amounts year after year. They have won multiple competitions in all parts of Spain. And as with all great breeders they are always searching for, and creating new strains. These guys are fellow rabid collectors of cannabis strains from all over the world. Every time I visit, they pummel me with dozens of quality samples of the latest crops, and give me seeds from diverse corners of the world. The growrooms from Elite Seeds that I've visited are always full of hundreds of seedlings, with Emilio constantly searching for the next great mother or father.

Check www.greenlifeseeds.com for Elite Seeds and watch youtube for movies of the Moroccan testing fields. ▷

Here under the hot Spanish sun with a professional grower and the right strain these guys are pulling down over 2-3 kilo's per plant and in a good year it's not unheard of to reach 4 kilos per plant.





- Clockwise from far left
- Elite Blue Sativa close-ups
 - Elite Blue Sativa 4 meter plant
 - Elite Seeds Field in Ketama Morocco
 - Plant in a palm field
 - Beastial Skunk



TY FILM 5063

KODAK SAFETY FILM 5063

1

2



→ 25

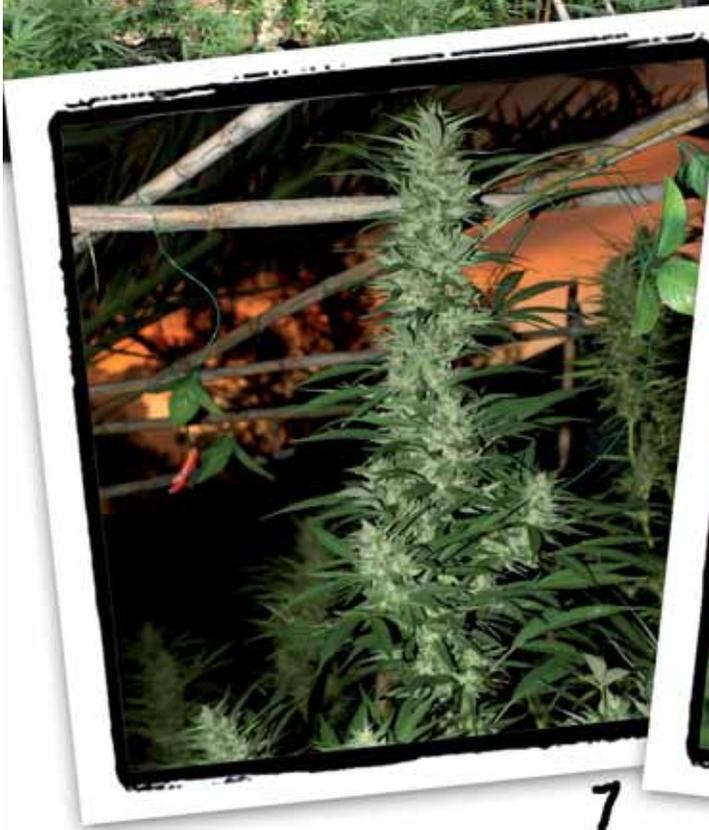
→ 25A

→ 26

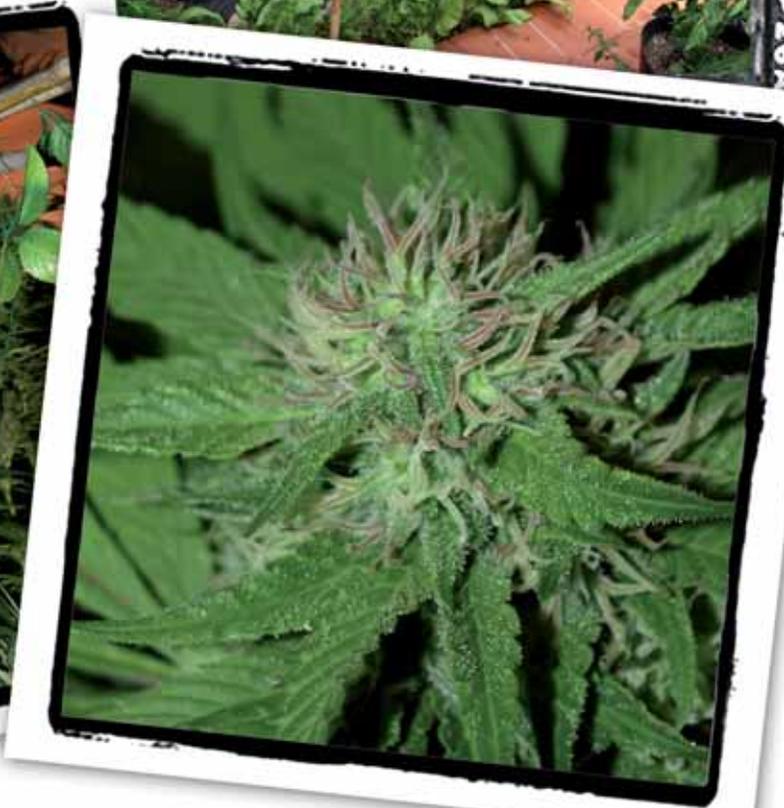
→ 26A

4

5



7



8

Spanish/Canadian Sampler Garden

A Photo gallery

By Jay Generation

The 2009 season was hot in Spain! The sun came out hard in June and didn't let up until late September. Watering was constant chore until the rains came. And when the rains did come, it poured like mad. The floods rolled down the mountain and covered the ground for days. This signalled harvest time for most of the Indica strains, the sativa's however made it through the week long rainstorm and had a few more weeks under the sun before being harvested in the last days of October.

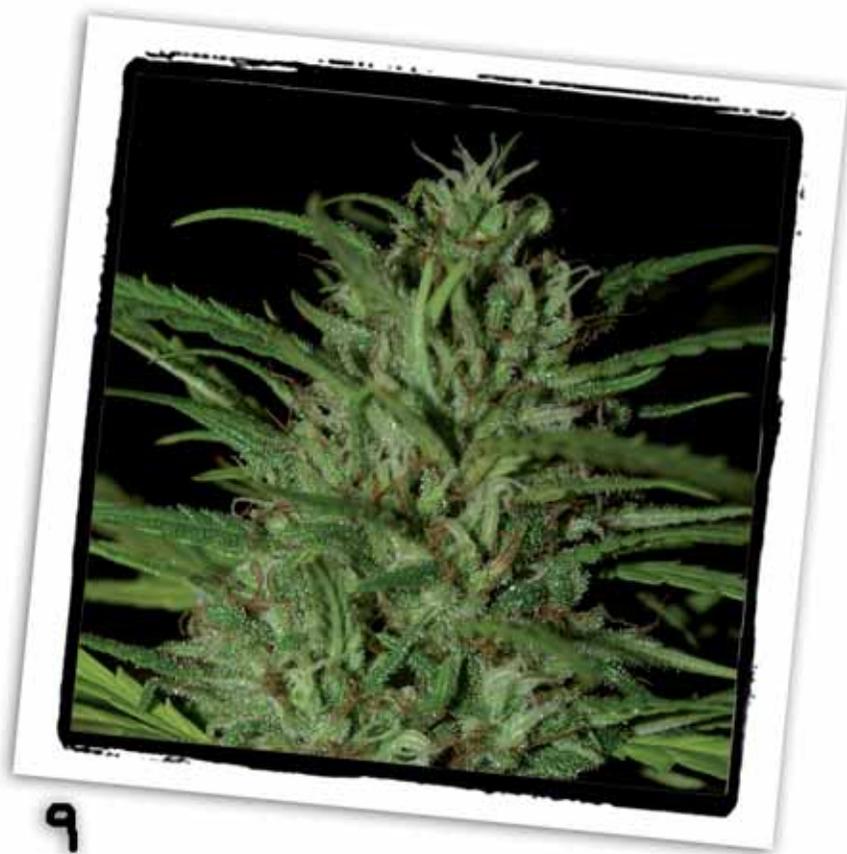
These are a few photos of some backyard Spanish gardens with a large mix of different Canadian strains.

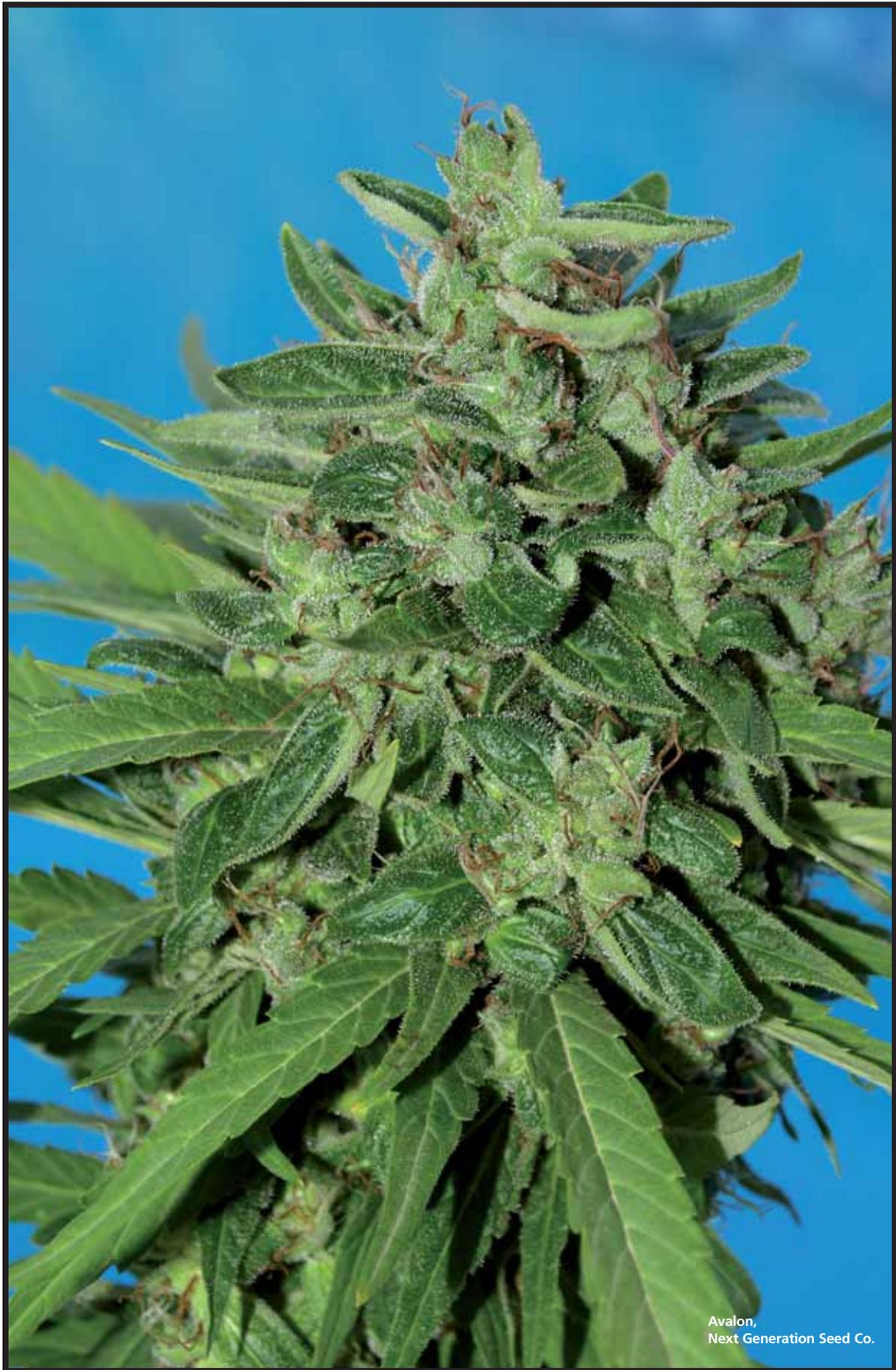
Happy Harvesting,
Jay Generation

Check out Youtube for more photo's of Spanish harvests!

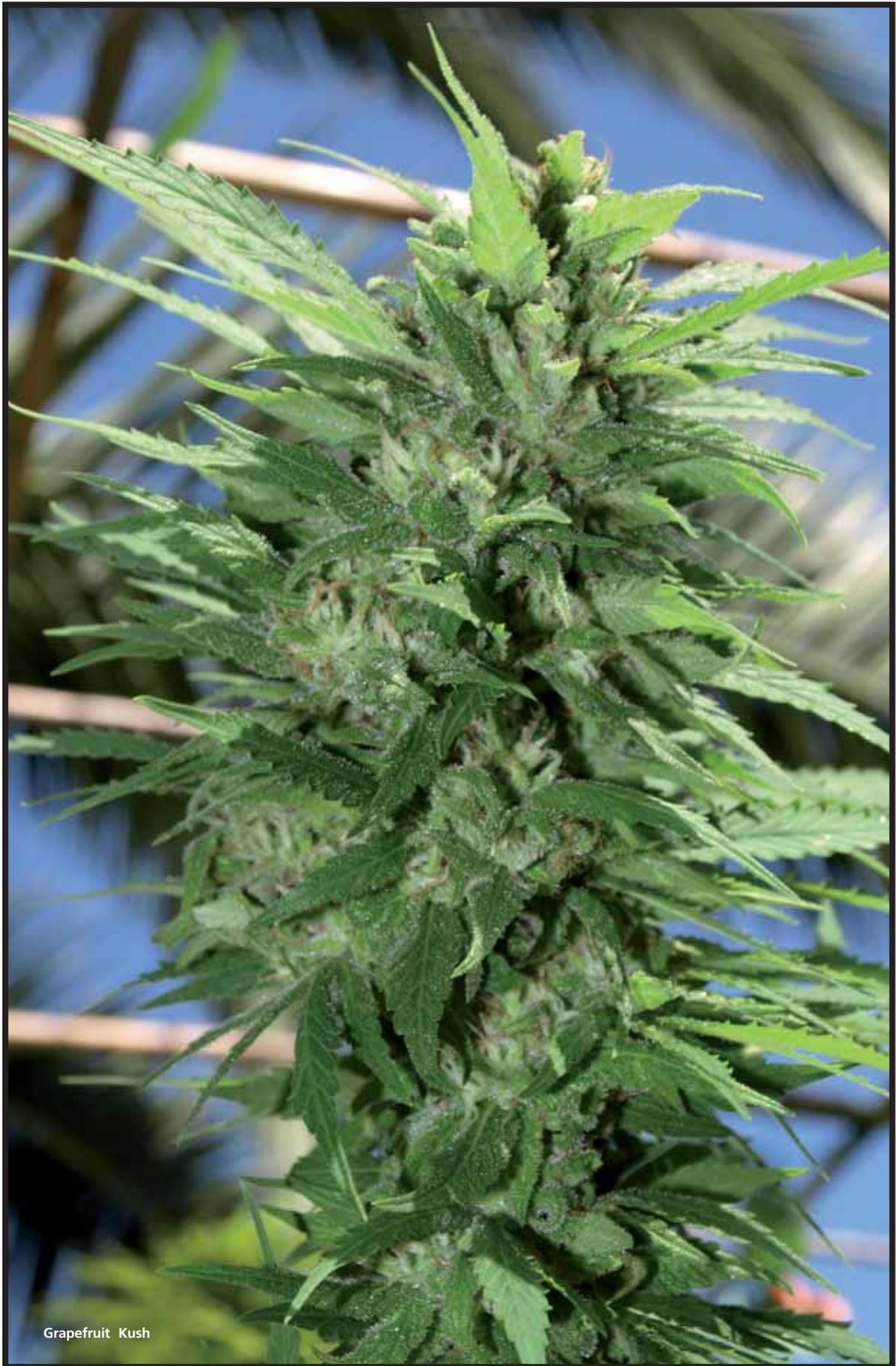


Clockwise from far left
 1. Diablo
 2. Locust on marijuana
 3. Praying mantis on marijuana
 4 & 5. Mixed gardens
 6 & 7 Island sweet skunk
 8. Romulan Max
 9. Grapefruit Haze





Avalon,
Next Generation Seed Co.



Grapefruit Kush

Product Review

The Vapir Review

by J Norrie



Thanks to the people at Vapir, we have a special treat for you this issue. We were lucky enough to get a Vapir Oxygen Mini to test out, a small portable vaporizer that has been a very popular product for the Vapir company. I have had a good amount of time to test it out and there are a number of things I wanted to comment on. Unfortunately, Vapir declined to do an interview but did send us a good bit of information to help us get everything working as best as possible.

The Vapir Oxygen Mini is a very small, mostly plastic tool that uses an AC power adapter, a car cigarette lighter or an optional battery pack. That makes this one of the smallest portable vaporizers on the market. It uses a pretty simple filling chamber and plastic whip like many of the other vaporizers, but it has a strange smell that is very noticeable when it really heats up. This is clearly a common problem for them so they included this instruction sheet.

“To ensure an enjoyable vapor experience please rinse your plastic tubes and mouthpieces thoroughly in warm water prior to use. Vapir uses only the highest quality food grade heat resistant plastics. Materials used to produce our products are non-toxic. If you still experience a plastic odour or taste you may place your Oxygen without power cord attached in your oven and bake for four hours at no higher than 200

degrees Fahrenheit.”

This seems to work mostly, but I still noticed an odour even after following these instructions. Other people I know have tried to use the tool and cannot deal with the odour and thus cannot use the tool. I however have learned to deal with it and can use it fairly well despite the strange odour/taste. The vapor produced is actually very efficient and enjoyable.

The taste and smell is not the best, but the effectiveness of the medicine was good. The tool is fairly adjustable with a digital temperature gauge and a wide range above and below the desired temperatures. The tool heats up in about three minutes, which seems like it could be a little too soon, so I let it sit for another minute or so. The chamber holds enough for a few vapor pulls, about three to five, and then needs to be refilled. This process is slightly difficult because the chamber tends to be fairly hot, but with a little practice can be easily mastered. The amount of material needed to fill the chamber is roughly pee sized, a rather small amount. All-in-all, the device works fairly well.

The optional battery pack works effectively for about an hour or so and then starts to get less efficient. I find the heat needs to be turned up, which can be slightly annoying. Other than the odour and the bat-

Dolce Vita

INTERNATIONAL

THE NEW ALTERNATIVE
LIFESTYLE MAGAZINE



Purchase Includes
External Re-Chargeable
Battery &
Car Adaptor

tery problems, the tool is also full of cords, but that's the last big complaint I could make.

The looks and weight are probably the two best things about it. Also, the efficiency is decent and the health factor seems fairly decent as well. The price is a little high considering all these drawbacks, but the positive aspects may make this vaporizer worth the risks. I personally liked it even with all the quirks.

Well, that's all I have to say. Thanks again to Vapir for the excellent opportunity to test their Vapir Oxygen Mini. I hope this is the information you all needed to make your vaporizer search a little more simple and start to improve your medicine's efficiency while also maximizing your health benefits. If you are a medical patient and you have been in search of a way to vaporize, I really encourage you to go and try it. In the future, I can only see the vaporizer world getting better and better. Try the Vapir Oxygen Mini for yourself.

Stay with us for the next issue, and also, keep your eye out for my DVD @ www.RLDDVD.com and check out my website www.FutureofFighting.com. Take it easy, have fun, don't believe the hype and find what works for you. Good luck.

RLDDVD.COM and FUTUREOFFIGHTING.COM



FREE IN U.K.,
HOLLAND AND
EUROPEAN
HEMP FAIRS.

AZIENDA PRODACTION NETWORK

WWW.DOLCEVITAONLINE.NET
INFO@DOLCEVITAONLINE.NET

22nd
INTERNATIONAL
Home
& Garden
Show

March 18-21 2010
 INTERNATIONAL CENTRE
 6900 Airport Road, Toronto

Your Best Spring Ever Starts NOW!!!

- See and compare the latest renovation and interior designs on **DREAM STREET**
 - Create your own backyard party in **POOL, PATIO & SPA WORLD**
- Enjoy free samples on **GOURMET FOOD STREET** and savour the flavour
 - Shop for fun in the **TOYS FOR BIG BOYS ENTERTAINMENT COURT**
 - Shop and \$ave in the eco-smart **GREEN STREET PAVILION**
 - Pamper your home in the **KITCHEN & BATH BOUTIQUE**
 - See ideas in bloom and get growing right at the...



Meet the Home Show Specialists and get their Expert Advice

BT's	Cityline's	Cityline's	HGTV's	W Network's	Gardening Guru
Frank Ferragine	Lynn Spence	Massimo Capra	Bryan Baeumler	Ken Kostick	Ed Lawrence

Discover the Newest Products and Ideas for Better Living @ Home



SHOW HOURS
 Thurs. Fri. Sat.
 10am to 8pm
 Sun.
 10am to 6pm



Experience the Magic in the
 Plant & Flower Garden Festival
 Competition sponsored by the
 Ontario Horticultural Association



2 Great Shows - 1 Stop Shopping



FREE PARKING

www.internationalhomeshow.ca
ishow@internationalhomeshow.ca

Treating Yourself EXPO 2010

**Metro Toronto
Convention Centre**

Hall A, Front St., Toronto, Ontario, Canada

JULY 16 - 18

Worlds LARGEST Vapor Lounge!

Over 4,600 sq ft where patients can try HerbalAire, Volcano, Zephyr and the De-Verdamper vaporizers.

Over 150 vendors...

Musical performances by

Los Marijuanos,
Rich Hardesty,
Winter Springs,
Sahra Indio,
E.O.S.,
Chief Greenbud,
Jet Baker,
Paul Bullock

Special event:

**Howard Dover
Extravaganja Comedy Night**

Seminars with

Dr. Bob Melamede,
Dr. Juan Sanchez-Ramos,
Mary Lynn Mathre,
Michael Krawitz,
Dr. Alexander Sumach
plus many others.

Hemp Fashion show

by Ha Swesha

Advance Ticket for Expo:

\$15 - day
\$25 - 3-day pass
\$350 - VIP Full Access Pass
\$15 - Howard Dover Extravaganja
with a portion of all ticket sales going to help
med patients in need.

Show dates & time:

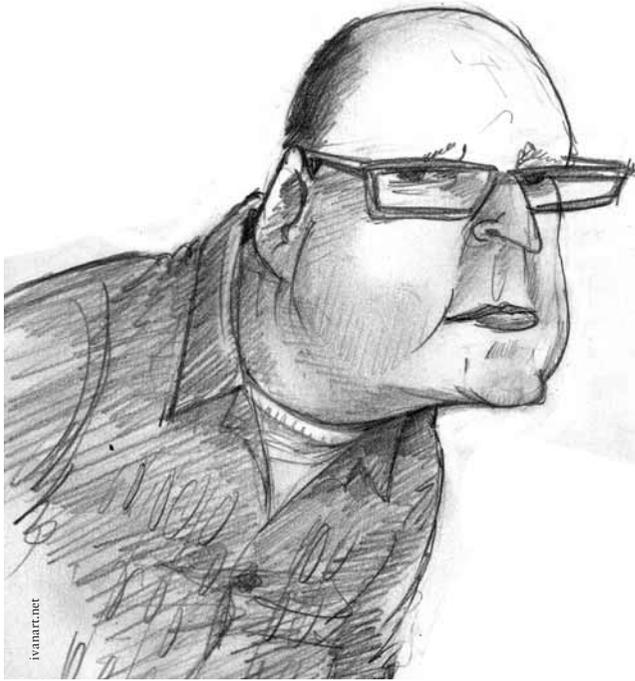
Friday July 16	10am - 3pm / Trade only
Friday July 16	3pm - 8pm / Open to public
Saturday July 17	10am - 8pm / Open to public
Sunday July 18	10am - 6pm / Open to public

For more info:

www.medicalmarijuana-hempexpo.com

Sponsored by:

Green House Seed Company, RooR, Ha Swesh, Herbal Aire, Zephyr Vaporizers, Vaporizers.ca, Cones, Weed World, KDK Distributors, Medical Marijuana Seeds Wholesaler



ExtravaGANJA

By Keith Fagin

Since we sold out at the **first annual Alberta ExtravaGANJA Comedy Tour** and everyone had such a great time, I realized we needed to have more space for this year. Double the capacity, and still we came close to selling out for the second time. As always, Calgary 420 strives to take each year of activism to the next level and the same goes for all we do. Howard did the same with the six comics booked for this year's comedy tour show, which included Daryl Makk, Stan Thomson, James Moore and, of course, Howard Dover. On that note, an official Calgary White Hat ceremony at Calgary International Airport for Howard Dover started off this year's plans.

Howard's plane arrived early, so some people missed out on the White Hat ceremony, but it was still good fun. As always, Howard, the funny man that he is, had us all laughing within minutes of his arrival. Howard took the official Calgary White Hat oath on Sept. 10 in front of the "Big Head" (Sam Livingston, first registered Calgarian).

Next stop was a local western-style restaurant for some Albertan beef. Calgary 420 members were wearing their shirts and the waiter commented how this was his

kind of table to serve. We all decided what better tip for the waiter than two tickets to ExtravaGANJA Comedy Tour. The waiter did come to the comedy show and brought some friends with him.

Friday Debbie and I picked up Howard and went to visit some of our most supportive hemp stores — Bongs and Such, Hemporium and Hemp Roots. KDK Distributors is also a very strong supporter of our efforts. We saved The Next Level visit for Sunday. After a short break, we took Howard to Kelly Christie's comfortable home to enjoy the evening on Kelly's now-famous cannabis couch, upon which many activists from across Canada have sat. Saturday proved to be a busy day for Debbie and I, as we got everything organized and loaded for the fun times Saturday evening, which included hundreds of Mr. Christie's tasty baked treats. 6:00 p.m. event marshals gathered at Dover Community Hall to set up for the comedy show, including the Edmonton 420 Cannabis Community crew, who were catering the event for us. People were starting to show up before the doors opened at 7:00 p.m. and they even pitched in and helped get ready for the comedy show. Activists John and Marie Shavluk were in Calgary from the west coast and arrived to join in the great fun with like-minded folks.



The venue started to fill quickly just as Howard and the other comics arrived and set up spot lights and audio equipment. As was expected, Howard and the comics did not disappoint in providing loads of chuckles throughout the evening to the well-medicated crowd there to enjoy the comedy.

After the comedy show wrapped up, it was time to get on to the draws for the glass art and vaporizers provided by our supportive sponsors mentioned earlier and fifty-fifty draw. Howard announced the winning tickets and continued to be funny as always. Kelly and I were having so much fun giving so much glass art and two vaporizers away we almost forgot the fifty-fifty draw! Debbie, as always, was there to make sure that did not happen. To our surprise, the fifty-fifty draw total was \$290.00 for the winner.

Sunday, Debbie and I picked up Howard and visited our lovely friends Kacy and Annie at The Next Level. Next stop was to get some pictures of Howard above the Saddle Dome.

Next, it was time to get some good food. Howard suggested an excellent restaurant he had seen on Edmonton Trail. Next up, we went to Calgary Olympic Park (Site of the 1988 winter Olympics) before heading the the Calgary International Airport

for Howard to arrive in time for his flight back to Toronto.

I want to take this opportunity to thank everyone involved this year and who attended the comedy show for making this year yet another huge success and a great time. A big thank you goes out to my dad Hugh Fagin for driving nine hours from Barrie B.C. to help with the comedy tour again this year.

Last but not least, a huge thank you goes out to Treating Yourself and Skunk magazines for their strong support!

Keith Fagin

Calgary 420 Cannabis Community
www.Calgary420.ca

For YouTube videos of the event, check out:

youtube.com/user/KeithFagin

For more information, visit:

Howard Dover - <http://www.howarddover.com/>

Daryl Makk - <http://www.darylakk.com/>

James Moore - <http://www.myspace.com/6footfour>

Bongs and Such - <http://bongsandsuch.com/>

Hemp Roots - <http://www.hemproots.ca/>

Hemporium - <http://www.hemporium.ca/>

KDK Distributors - <http://www.kdkwholesale.ca/>

The Next Level - <http://www.thenextlevelinc.ca/> 



The final winners were:

Champion 2009

NYCD
by Gomez de Rosario

First Mention

Destroyer
by Ivan del CC

Second Mention

Super Skunk Pochoclo,
Campeon 05

8th Annual

Copa del Plata

Buenos Aires, Argentina
July 12, 2009

By Mike Bifari

This year's Copa del Plata, the South American Cannabis Cup, was a different event from all the prior competitions due to the fact that the current drug law is about to be changed by the Argentine Supreme Court. More than 300 people from Argentina, Chile, Brazil and Uruguay gathered in

Buenos Aires on July 12, showing a growing interest in the subject.

The Cup is an expression of support for this valuable plant even when activists are facing the most adverse conditions of illegality. Buenos Aires is different from the rest of country, the level of paranoia here is different but increases as the time and date of the competition approaches.

People arrived around 11 a.m., had breakfast and everybody started to relax and lose the initial paranoia that always surrounds this event.

The cup was held in an old warehouse. It was a huge venue, and though there were no luxuries, it was still quite comfortable. There were lots of refreshments, including many cannabis dishes. Vendors represented every aspect of the cannabis industry, including various vaporizer companies, pollinators, and more.

THC Magazine helped organize the festivities and always support this type of event. The crowd peacefully enjoyed themselves in a genial atmosphere of reggae music and marijuana smoke.



The contest had nearly ninety competitors. They left their samples at different grow shops or private meetings sponsored by either one of the two important Internet forums, Cannabis Cafe or lasmarihuana.com. Judges had one month to compare all the samples properly.

In the conference room, there was a discussion of legal issues with Luis the lawyer from THC Magazine. There was also an exhibit of cannabis photos.

At the end of the day, everyone gathered in the conference room to wait for the results of the contest. Prior to the announcement, Mikki Norris and Chris Conrad, of the West Coast Leaf made a conference call with friends and supporters. Norris and Conrad answered questions from an appreciative audience and encouraged the community to continue the battle for legitimacy. Argentino, the organizer of the Cup said, "This year's entries were of



outstanding quality, which made it very difficult to choose the best one. This cup shows there is a great interest in good quality strains and safe access. It will be difficult to control the growing sense of freedom in this country, despite the current repressive laws that are still in place." 





Visiting the first Michigan Medical Marijuana Expo

By Bilbo7

I was sent an Email on Thursday reminding me of the Michigan Medical Marijuana Expo. The Expo was held on Saturday August 8th, and Sunday August 9th on the south side of Detroit.

As luck would have it, I was visiting someone on the east side of Detroit and on my way back home Sunday. So naturally I thought I'd stop and check it out. I should also say that I am a patient, not a caregiver or designated grower. The parking was a little confusing as I had to go around the block a couple of times. But after finding a parking space, I walked about two blocks where I noticed beautiful people with their faces painted with bright green leaves and selling flowers.

The entrance was used with great security that one can only appreciate. One man was stopped and held up due to his gun. The security was there for the peace of this event. There are to be no guns or knives here. This is perfectly understandable in this great green nation of ours.

Inside to the left was the Michigan Medical Marijuana

Association booth under the tent. Then the Marijuana Chamber of Commerce. They were all very friendly and helpful. I decided to walk around for as much as I could before making a purchase or checking out the medical tent. Well with the heat hovering around 90 degrees I walked around the outside tents, then went inside to check out the exhibits indoors. Superior Growers had a fantastic exhibit with the grow tents. With my tiny apartment, I could almost grow for myself with the smaller type tents they sell. They had complete units set up there. It was warm and awesome! One can almost imagine the sea of green one can grow in them.

There were a couple of compassion clubs set up inside. A legal defense team to answer all your legal questions.

One of the better exhibits was the glass blowing one where you can watch them make a pipe for you. Pipes, chillums, one hitters, bongs and everything in between. This was really fascinating to watch them blow the glass into something beautiful and very useful. I purchased a nice cobalt blue pipe. This booth always had a good crowd around it too.



Left
 - Dr. Kennerly
 Above
 - Unknown speaker

They had a place inside there where you can get a massage. I got one using a "special oil" and let me tell you, I could go on and walk for another couple of hours. It really helped me to breath better and help my pain and spasms tremendously. I was quite refreshed to say the least.

In a tent on the outside, there were two guys airbrushing ads on a few beautiful topless women. That was rather interesting and fun to watch. Oaksterdam University was there enrolling students in their classes. There were really nice glass stash jars for sale there in all sizes from an 1/8 oz. to a few pounds. The jars were labeled with "my strain is....." and even more with the medical marijuana logo on them. These were excellently made and sealed really well.

They sold kielbasa and hot dogs and cold pop. I heard most of Dr. Kenerly talk. He has signed up quite a few patients, and is now traveling to do this too. He is a really cool guy. There was the Michigan Chapter of Normal, the Michigan Cannabis Academy and Med grow Michigan was there. MedGrow Michigan is dedicated to the education and advocacy of Michigan

patients and caregivers. The Nile Valley Group was there bringing patients and caregivers together. The Clinic for for Compassionate Care was there and Great Lakes Marijuana. There was at least a few hydroponic growing booths there as well.

I also met Chocolate, a charming and pretty young lady, who is also excited about the expo. After visiting the medical tent and testing my first vaporizer, I needed to find a seat to take a break for a spell. That vaporizer hit me like a ton of bricks about two minutes after I left the med tent. THANK YOU!!! I visited the med tent at least a few more times during the afternoon. I know now which vaporizer I want Santa to bring me. I think I like the tube type best. I got to try the bag vaporizer too.

The Michigan Medical Marijuana Expo was really very exciting to me. It was like being with your family on a picnic. Everyone was so kind and gentle and very helpful. It was definitely an exciting time. I hated to leave, but I had three hours to drive home. It was an unforgettable show. I can't wait till the next one! 

As time goes along, the adventures continue for Medicinal Awareness (MA). Since the last article, we were involved in a few different events or happenings within our area. While I'm writing about our group's past adventures, I can tell you the crystal ball tells me our future plans are going to be just as busy.

We'll be involved in seven public events and shows in some way over the next six months. When you add in the rallies, the seminars and the other things that are still to be planned or in their early stages, it tells me one thing — it's going to be very busy around here for some time.

With it being an all weekend party, many chose to camp out and enjoy the time there.

With the new home came new neighbours. I don't think Pete has really met them, or at least got to know them very well before the party, but he did find out that they didn't like loud music. In the days before the party, Pete chose to test out his new compact stereo. He had it turned up loud to make sure everyone on his property would be able to hear it, but he found out two hours after shutting it off, that this neighbour had heard it as well. He found this out when the local police turned up at his place with

The Continuing Adventures of MA

Wendal Grant
TY Columnist



Pete and Sabi - Birthday couple

You'll be able to read about all these great events as we participate in them, so keep an eye out where MA was last. Now, onto what we have been doing since the last report:

Pete and Sabby's Birthday Weekend

During the long weekend in August, our group made its way to the outskirts of Tweed to meet up with Pete and Sabby. During this weekend, the two of them were celebrating their birthdays as well as their first summer party in their new house. Pete and Sabby, both Treating Yourself forum members, invited everyone to attend. Birthday celebrations and a new house are most certainly a call for gathering of good karma.

The two of them invited many friends as well as posting an open invite for all TY members to come out and join them in their celebration. This was not just a one day celebration, but one that lasted for four days. It started Friday after lunch until the following Monday night.

a noise complaint.

Saturday was the big day when over 30 people, mostly licensed federal exemptees, showed up to help celebrate. The porch was covered from one end to the other with lawn chairs and bodies as the people arrived. It was good to meet people that you have only met online. There was Green Girl and her man Green Man, and Mama Hawk, who we know. With Rickkus and Cdn Dwger and many others who we had never met before today, we were all out to help Pete and Sabby have a good time.

As people arrived on Saturday, Pete and Sabby had people put their names on a special board hanging on the wall. This board was being used for entry into a fantastic door prize that Treating Yourself editor Marco Renda had donated. The prize, a Digital Volcano Vaporizer, was something nobody wanted to miss out on winning. When Saturday came to a close at midnight, Pete started to

draw the names out of a container to get the winner. This draw was different though — instead of the prize going to the first name drawn, this time it was going to go to the last drawn. While everyone loved the idea to give it to the last name, it was a bummer to find out that your name was drawn first, as it was equal to the second last name drawn — meaningless. A thank you goes out from all those who participated and to Treating Yourself. The eventual winner, when that last name was pulled, was a fellow by the name of Kristen. By the time Kristen left from the weekend activities, he was getting well known for his magic tricks. Something tells me he's enjoying the prize while he's reading this.

Getting people together and having a draw was not all

Grow op Game Tournament

In a previous write up, I wrote about our group having a tournament using the board game called “Grow Op.” It's similar to Monopoly, but it does have its differences. In Monopoly you put hotels and motels on your location; in this game, you put up clones and crops of cannabis, and then try to sell your harvest to the organization.

Our group has found that this kind of day turns into a very nice social event. It's a day where people can get together and have good conversations, as well as just spending a day with friends whom you only see every once in a while.

These tournaments are something that we have chosen to



Grama Dee, John Shiva and Bill enjoying the conversation while on Pete's front deck



Everything is even as the game is about to begin

that Pete and Sabby did for everyone over the weekend. The two of them cooked up a storm for all those in attendance. There were ribs, turkeys, salads and burgers cooking daily for all to fill their bellies with. Believe me, there was no shortage of food. I don't know if that was in their plans, but it worked out that way. While the stereo did play all day, the show in the night time sky was something to watch and listen to. Each night Pete would get out a box of fireworks and each night that box got bigger. Things started out small but by the time the last night was here, the show lasted quite some time.

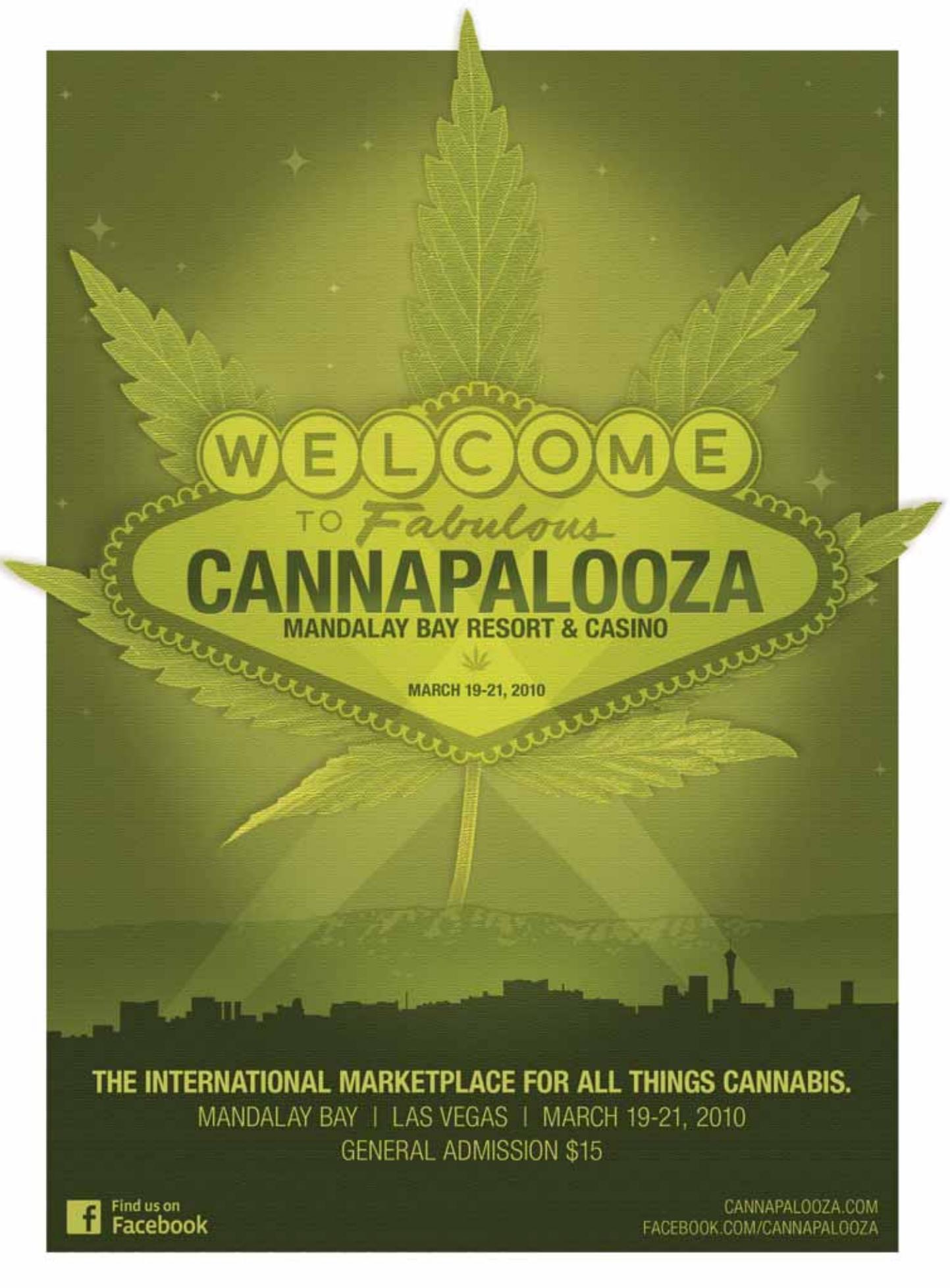
This is just the first of many of these weekends that these two have planned. It appears that this is going to be an annual gathering and from what I hear, if the neighbour didn't like the small stereo, wait until he gets to hear the band next year.

Thank you to Pete and Sabby. See you all their next year!

keep going and we have planned three more for the coming months. How do we do these tournaments? It's pretty simple. We get a hold of a couple of Grow Op board games and invite six friends per board to come over and play. Have everyone bring some food and maybe buy a few prizes from your local green-friendly stores to offer as prizes.

Play two games throughout the day and have a lunch in between them. Set a time limit of 2 to 2.5 hours per game; otherwise, a game can take days to complete. Add the players' combined scores for each game to determine the winner. The tournaments are simple and very easy to do. Of course, as you get used to the game, you'll find that you'll want to add in a few rules of your own to keep things running straight and smooth.

Our last tournament took place this past August. This time, it was at the home of one of the business owners 



WELCOME
TO *Fabulous*
CANNAPALOOZA
MANDALAY BAY RESORT & CASINO

MARCH 19-21, 2010

THE INTERNATIONAL MARKETPLACE FOR ALL THINGS CANNABIS.

MANDALAY BAY | LAS VEGAS | MARCH 19-21, 2010

GENERAL ADMISSION \$15

 Find us on
Facebook

CANNAPALOOZA.COM
FACEBOOK.COM/CANNAPALOOZA

who supports what our group is doing. They wanted to have our group over for a summer barbeque and to host one of our tournaments. It's always great to have businesses that support you, and even better when they become your friends.

This time around we had some regular faces come and play, while we also had many new ones that joined in. To pick table locations just before we got started, everyone's name was put into a hat.

As in all Grow Op games played, the celebrations were loud but so were the defeats. People could be heard cursing at themselves as they just busted their own grow. This is caused when they move the police car around the board and then you place him on your own grow house. There is nothing like investing thousands of your hard earned dollars, as well as fight many occasions in jail and still have a grow set up, only to have to bust yourself. All this, when within reach of a square to sell your harvest. Other than busting yourself, I'm sure to millions of people around the world it sounds like real life.

Then, of course there are those Karma cards. These things can make or break you as you receive them. They can supply you with some much needed money, equipment and even clones, but then they also can add a cost to a very low wallet or even have you tear down your closest garden to avoid being detected. I know we always hope for good karma, but it just doesn't always work out that way.

The game this weekend proved once again you do not need to know how to play this game or how to grow cannabis in order to play it, as yet again another beginner won this tournament. Congratulations goes out to Sabby for an outstanding day. She won the tournament because of a great sale during the last minute of the first game. This play allowed her to sell not just one harvest but two, which netted her a total of over \$125,000.

A Thank You goes to our hosts for their great hospitality and for hosting the Grow Op tournament. We'll see you and everyone else at the next one.



Crowd at the gate of the Hempfest

Hempfest, The last farewell.

Where to begin? There is so much to say but only so much space that I can do it in. While for many, who attended this event for the first time found it a great experience, I understand some veterans of Hempfest said it was more low-key than past events.

When we arrived on Wednesday, the day before it began, people had already arrived and set up. We set up where Grama Dee and her family always gather. The area was a busy one, as many of the people that were headed to the main stage or vending area would pass by us. As these people walked by or as we walked by them, there was

always a common greeting said to everyone — “Happy Hempfest.” What the surprise when I first heard it, but it didn't take long for me to join in. It was great to see so many people showing great karma together.

We toured the stage and vending area and then took a stroll down to the creek. Down there, we found an entertainment area set up, a small homemade hut and a structure that had been built in the sand lining the creek's shore. One morning on our walk, I found out what that structure was for, as I found bodies sleeping within the pockets of the net that hung from the wood posts it rested on. ▷



Clockwise from above
 - P.I.G.
 - 2k Bong water racer filling 6ft bong
 - Treating Yourself booth
 - The front gate



As we walked around, it was surprising to see that the woods were full of tents that were nestled in here and there. People had tarps hanging from trees and were basically building their own city within the forest.

The people in there, you may not see them much, but when Rob wanted everyone to show up at the stage, they would be there. This was all done through the use of a hand crank siren that they would sound off when they wanted everyone to come up front. It was amazing to watch and reminded me of the Romans sending out a message for all to come hear from their king or leader. Once everyone, arrived the organizers would do some

speaking and then the gifts were handed out. Gifts? Yes, many free gifts were handed out at each of these gatherings. The crowd received everything from ceramic pipes, papers, TY magazines, wooden pipes, one hitters, t-shirts and on and on and on. The free items just kept coming for at least an hour at a time for each session.

Of course, there were the bands. I didn't catch their names or hear them all, but from what I was told, all the music was fantastic. During the day, the sound system pounded out tunes for all to enjoy, then at night, musicians took the stage. Everyone enjoyed the music from the drum circle to the cover bands, as well as all the orig-

inal music that was played though out the weekend.

The vending area was smaller this year versus the ones from the past. This was not done on purpose but more from Mother Nature herself. A week or so before the event, the whole area was hit with a large storm that took half of the covered vendor building to the ground. This did not stop the vendors from using the area that was now gone; they just simply brought along their own shelters and set up under them.

Our group set up the TY booth in its designated location. We were surrounded with people we knew. On one side was the gang from Chills, while kitty corner to us was Puff Mama. Behind us was Laplaya Glass, a hand blown pipe making business. Of course, while we were there, we had to order our own custom pipes. The Green Dragon from Toronto was present and so was the Mad Hatter, the latter with his convenience store set up and air conditioner to keep the chocolate chilled. While I did see the A/C running once, it really wasn't required for the whole weekend, as the temps stayed cool must of the time.

There were the usual games played throughout Saturday's rain. The two kilometer bong water race was fun to watch. Can you imagine running a kilometre each direction to fill a jug so you can fill a bong? Not any bong, but a six foot one? The one gram sprint was held as well. Talk about a smoke show or what! Seeing 50 people on stage trying to be the fastest person to smoke back a gram of cannabis was a sight to see. While all 50 were not up there at once it, was great to see the small groups battle it out for the top prize. A few members of

MA joined in this one. Rich, who was sleeping when the contest got started, didn't fare very well, while his sister Lisa thinks she won the "people using wheel chair" class, but unfortunately for her, there was no class like that. Then there was John. He huffed and puffed until it was all gone. He flipped his pipe over and emptied it on the stage thinking he had won BUT the judged ruled he still had some smoke from his ashes and was ruled as being incomplete.

Saturday night was PIG time. "PIG" stands for People In Green. As the night came along, you could see the people showing up, dressed in green. The organizers kept tabs on the different costumes and picked the top few people. From there, they wanted the people they picked to be on stage at midnight for the final judging. While I wasn't around for the final, I did get a report in the morning. I was told Jocelyn had won the contest for her fantastic job of a green covered person inside a jail cell. Kass came in second place. Her prize for coming in second was a ROOR Bong worth over \$500, and I'm sure she'll tell you it was well worth it.

When Hempfest came to a close, everyone said their final good byes, knowing that this may be the last time we ever see each other again.

Next stop is The Whole Life Expo.

MA can be reached at ma@treatingyourself.com or go to our Facebook page at www.facebook.com/home.php?#/group.php?gid=107220733999

Cartoon



Majoun!

It's been said that it's a wonder if stoners can manage to remember anything for more than two days. Therefore, remembering a weed recipe for over a thousand years must mean that it's pretty damn delicious!

It is generally accepted that people had long eaten cannabis before the custom of smoking arrived from the New World to Eurasia in the 1500s. Our Stone Age ancestors most likely first encountered cannabis' psychoactive effects accidentally while licking the sticky resin left behind on their hands and fingers after harvesting the eatable hemp seeds. Eventually it was discovered that instead of simply eating the resin raw, the cannabis' potency could be multiplied if it was first combined with fat and heated before being consumed. Over time, two basic recipes emerged in India and the Middle East: the milk-based cannabis leaf beverage *bhāng*, and the sweet, nutty, hashish-spiked morsel called *majoun*.

Majoun is the general name given to a number of similar Middle Eastern confections containing cannabis. It is, perhaps, the most legendary of all psychoactive confections — a potent blend of dried fruits, nuts, spices, honey and hashish. The word “*majoun*” originates from the Arabic *ma'-jun*, meaning ‘kneaded.’ In modern Arabic “*majoun*” is sometimes taken to mean “love potion.” *Majoun* is perhaps the oldest standard formula for cannabis-based dish. A significant body of literary evidence shows that *majoun* has existed for well over a millennium.

Perhaps the most famous reference to *majoun* in modern times was in the celebrated cookbook by Alice B. Toklas where she gives her recipe for “*haschigh fudge*.” Toklas describes its origins as Middle Eastern and writes that, “In Morocco it is thought to be good for warding off the common cold in damp winter weather and is, indeed, more effective if taken with large quantities of hot mint tea.” As for its effects, Toklas describes them as, “Euphoria and brilliant storms of laughter; ecstatic reveries and extensions of one's personality on several simultaneous planes are to be complacently expected.” A quick glance at Toklas' famous recipe for “*haschigh fudge*,” however, which is made by combining dates, figs, almonds, savory spices and of course cannabis; shows that it is clearly not fudge at all — but *Majoun*.

Long before Toklas published her recipe in 1954, *majoun* had been mentioned in Arab literature. Medieval Arabic poetry often speaks of nibbling on “honeyed” hashish and contrasting it with the imbibing of wine. Starting as early as the ninth century, Arab tales use the eating of hashish confections as a catalyst in a variety of humorous vignettes. Two of the most popular of these appear in “*Tales of 1001 Nights*” as “*The Tale of Two Hashish Eaters*” and “*The Tale of The Hashish Eater*” wherein the characters consume an unnamed hashish confection.

The earliest surviving Western reference to *majoun* dates to 1563 from “*Conversations on the Simples, Drugs and Materia Medica of India*” by the Portuguese physician

Garcia de Orta. He writes in his brief description of *majoun* that, “they make up into an electuary, with sugar, and with the things above-mentioned, and this they call *maju*.” Orta makes no mention of *majoun*'s specific medical or recreational use however.

Writing almost 300 years later, a professor of chemistry at the Medical College of Calcutta, the Irish physician Sir William O'Shaughnessy, described *majoun* as a “...hemp confection, is a compound of sugar, butter, flour, milk and *siddhi* or *bhāng*...” O'Shaughnessy unabashedly describes the recreational use of *majoun* writing that, “Almost invariably the inebriation is of the most cheerful kind, causing the person to sing and dance, to eat food with great relish, and to seek aphrodisiac enjoyments. In persons of a quarrelsome nature it occasions, as might be expected, an exasperation of their natural tendency. The intoxication lasts about three hours, when sleep intervenes. No nausea or sickness of the stomach succeeds, nor are the bowels at all affected; next day there is slight giddiness and vascularity of the eyes, but no other symptoms worth recording.”

Throughout the 19th century there came a flood of literary references to *majoun*. In 1846 Théophile Gautier in “*Club des Haschischins*” writes that he and some friends partook of Hashish in the form of a “paste or greenish jam about as large as the thumb” In an article published in a 1854 edition of Putnam's *Monthly Magazine*, Bayard Taylor describes the hashish he eats in Egypt as blended into a, “paste of sugar and spices” to which the Turk resorts, as the food of his voluptuous evening, reveries.” Dr. John Bell, writing in *The Boston Medical and Surgical Journal* in April 1857 describes, “A specimen of [*majoun*] obtained from Damascus [composed of], a considerable quantity of camphor and spices, and nearly half was a mixture of rancid butter and extract of hemp.” In an 1888 article entitled “*A Hashish-House in New York*” H.H. Kane describing his own recreational use writes of receiving a, “...curious little box which contained some small black lozenges, consisting of the resin of hemp, henbane, crushed datura seeds, butter, and honey, and known in India as *Majoon*, among the Moors as *El Mogen*.”

During the 20th century *majoun* seems to have been forgotten in the West. Even the venerable Alice B. Toklas recipe for “*haschigh fudge*” was reinterpreted into “*hash brownies*,” and eventually became nothing more than a store-bought brownie mix made with *canna-butter*. This is unfortunate since this recipe, along with most others, aim to disguise or overpower the “unpleasant” taste of the cannabis. A poor batch of marijuana brownies is usually thought of as one where the “*hashy*” flavor can still be detected, while a well-made *majoun* celebrates the flavor of the hash or *canna-butter* it is made with. In *majoun* the spices act in concert with the cannabis flavor. The hash itself acts as a spice, imparting an interesting sweet and savory combination of flavors that characterizes so much of Middle Eastern cuisine. Once you learn the secret of *majoun*, no other cannabis dish will satisfy. Here's a basic recipe.

Majoun



Ingredients

- 1 cup pitted dates
- 1/2 cup golden resins
- 1/2 cup shelled almonds
- 1/2 cup shelled pistachios
- 1 teaspoon Ras el Hanout
- 1 teaspoon ground ginger
- 3 teaspoon of orange water
- 1 cup of honey
- 2 tablespoons of super potent canna-butter

- Grind the nuts in a food processor or blender as finely as possible.
- In a large skillet or pot, toast the ground nuts, stirring frequently being careful not to burn them.
- Stir together all ingredients except sesame seeds and cook over very low heat, stirring occasionally, 20 minutes. Cook, stirring frequently so mixture does not burn, 40 minutes more, or until very thick.
- Remove pan from heat and let mixture cool slightly. Form tablespoons of warm mixture into 1-inch balls and roll in sesame seeds to coat. Candies may be made 1 week ahead and kept in an airtight container in a cool dark place.
- Majoun is often mixed with green food coloring and used to fill pitted dates. It also can be used to fill the tender and buttery middle-eastern cookies known as Ma'amoul.

NOTES ON INGREDIENTS

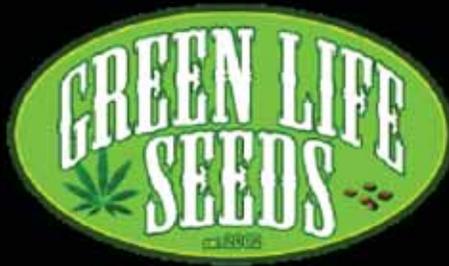
All of the ingredients (except for the cannabis) can be found on Amazon.com.

One of the most important ingredients is the Ras el Hanout which literally translates as 'head' or 'top' of the shop. It is a very old mixture of many spices, sometimes ten, sometimes nineteen, often over thirty. The intoxicating aroma is said to have been originally assembled by a nomadic warrior combining all the scents of the countries he had passed through. My favorite brand of Ras el Hanout is Mustapha's, a 1.6 ounce jar of which costs around \$12.00.

http://www.amazon.com/gp/product/B000M4UW8O?ie=UTF8&tag=egulletssociety-20&link_code=em1&camp=212341&creative=384061&creativeASIN=B000M4UW8O&adid=7f2dde71-dd7e-4e11-a058-af73412632dc

NOTES ON PREPARATION

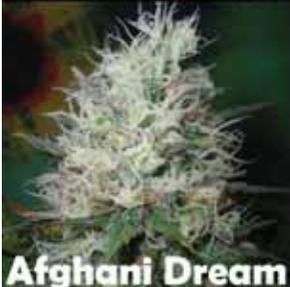
Remember, activation of THC acids in cannabis (decarboxylation); this occurs at around 217° Fahrenheit, and vaporization begins at around 356° Fahrenheit. Therefore it is important that the cannabutter be prepared above 217°, but no higher than 356°.



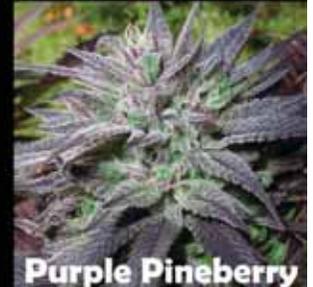
Romulan

Big Blue

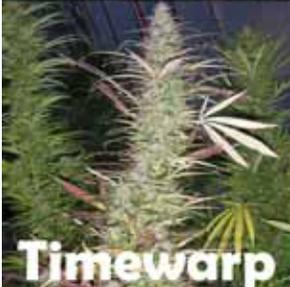
We specialize in Canada's finest genetics and select seeds from around the world. The authenticity of our seed stock is guaranteed.



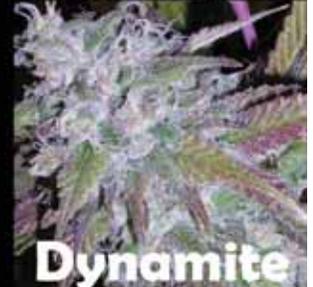
Afghani Dream



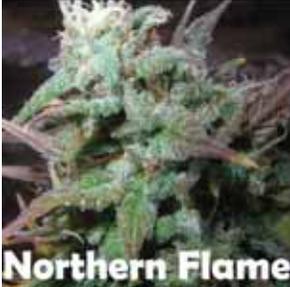
Purple Pineberry



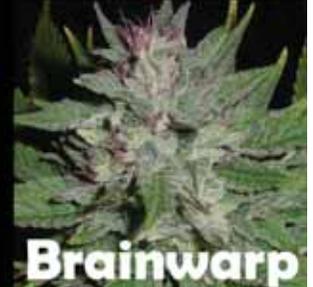
Timewarp



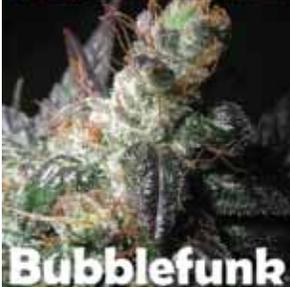
Dynamite



Northern Flame



Brainwarp



Bubblefunk



Grapefruit Kush

Next Generation Seed Co.

Avalon	\$90
BC Big Bang	\$90
Bonkers	\$90
Blue Dynamite	\$90
Blueberry Punch	\$90
Diablo	\$90
Durban	\$60
Dynamite	\$90
Island Sweet Skunk	\$90
Grapefruit Haze	\$90
Grapeskunk	\$90
Medicine	\$90
Romulan	\$90
Romulan Max	\$90
Romulan Haze	\$90
Romulan Hashplant	\$90
Romulan Timewarp	\$90
Stinky	\$90
Timewarp	\$90
Grapefruit Diesel	\$130
Grapegod	\$130
Grapefruit Kush	\$130
Romulan Diesel	\$130
Secret Valley Seeds	
Brainwarp	\$60
Purple Pineberry	\$60
Northern Flame	\$60
Jamacian Grape	\$60
Top Dollar	\$60
Hardcore	\$60
Outdoor mix	\$40
Big Buddha Seeds	
Cheese	\$100
Serious Seeds	
Alk 47	\$105
Bubblegum	\$105
Chronic	\$100

Elite Seeds - feminized

Mota Khan Afghana	\$100
Bestial Skunk	\$100
Elite 47	\$100
La Rica	\$120
Llimonet Haze	\$120
Caprichosa Thal	\$120
Taylor'd Genetics - feminized	
Powdered Peak	\$110
Hazy Daze	\$110
Rocky Mountain High	\$110
Steve Mc Garrett's Hair	\$110
Greenhouse Seeds-feminized	
Arjan's Haze 1	\$180
El Nino	\$110
Great White Shark	\$110
Hawiaan Snow	\$180
Super Silver Haze	\$180
Dutch Passion - feminized	
Blueberry	\$180
Master Kush	\$110
Skunk 1	\$80
Strawberry Cough	\$120
White Widow	\$180
Paradise Seeds	
Dutch Dragon	\$60
Nebula	\$65
Sensi Star	\$75
Sheherazade	\$60
Greendevl Genetics	
Orange Haze	\$100
Margot	\$100
West Coast Seeds	
Mighty Mite	\$80
Donkey Dick	\$80
Purple Skunk	\$80
Cana de Espana	
Godzilla	\$90

British Columbia Seed Co.

Afghani Dream	\$90
A-K	\$90
Baldy	\$90
Big Blue	\$90
Blaze	\$90
Bubblefunk	\$90
Cali Miss	\$90
Couchlock	\$90
Electric Haze	\$90
Fast Freddie	\$90
Five-O	\$90
Jack	\$90
Maui Mist	\$90
Northern Lights #5	\$90
Purple Lightning	\$90
Super Kush	\$90
True Skunk	\$90
White Lightning	\$90
Heavy Duty Fruity	\$90
Vancouver Island Seed Co.	
420	\$80
Burmese	\$80
GSPot	\$130
Fuckin Incredible	\$180
Blackberry	\$80
Indigo	\$80
Gold	\$80
Sweet	\$80
Black Velet	\$80
Liberty Seeds	
Stealth	\$70
Mother	\$70
Lady Liberty	\$70
Justice	\$70
Infinity	\$70

more seeds online

www.greenlifeseeds.com



Elite Seeds



Payable by Cash, BLANK money order, or Credit Card. We deliver discreetly worldwide, please allow 2-3 weeks for delivery. We accept no responsibility for improper use of our products. Our seeds are intended for medicinal and research purposes only. Check your laws before ordering. **READ CAREFULLY: Money orders MUST BE LEFT BLANK, YOU MUST BE 21 YEARS OF AGE MINIMUM, \$10 shipping & handling per order.**

Strain #1: Strain #2: Name: City:
 Strain #3: Strain #4: Address: State/Province:
 Total \$ enclosed: E-mail: Country:
 Area Code:

Send orders to: Greenlife Suite 117 - 95 Wilton Road, Victoria - London, SW1V 1BZ, U.K.

Quality Cannabis Genetics



WWW.SEEDBOUTIQUE.COM

Seeds Bubblebags Books Stash Boxes

Travel the globe with Gypsy Nirvana's



International
Cannagraphic

www.icmag.com

For cannagraphers,
growers and breeders.

Videos Forums Strain Guides
Chat Photo Galleries Contests



Seedbay.com

Buy & Sell Rare Cannabis
Genetics at Auction

Seedbay.com offers exciting possibilities
for both cannabis growers and
breeders alike -

Growers have the opportunity to purchase
rare hybrids, limited editions and landrace
strains, unavailable through regular
seed dealers.

Breeders, both underground & mainstream
can now make their work available to a
worldwide market.

For the latest cannabis hybrids, & for
information on how to sell, please visit

www.seedbay.com

Moe
Medibles



Only quality ingredients
goes into Moe Medibles
baked goods.

We can facilitate any and all dietary needs with
minimum purchase

Two-Bite Brownies

moist, fudge-like. A chocolately, nutty, yummy treat.

Mounties

sweet, soft coconut wrapped in chocolate.

Orange-Chocolate Chip Cookie

dairy free, with real orange and dark chocolate chips.
Great for vegetarians.

Campfire S'mores

marshmallow, chocolate, graham cracker.
A new twist on an old Canadian favourite.

Lemon Poppyseed Cookie

a fresh lemon biscuit with real poppyseeds.
Delightful sativa morning delight.

Spelt-Cranberry-Banana Bread

gluten free, great for diabetics.

Chocolate Almond Cup

a cup of dark chocolate with
roasted almonds nestled inside.

Ask your local compassion club to
carry our delicious baked goods.

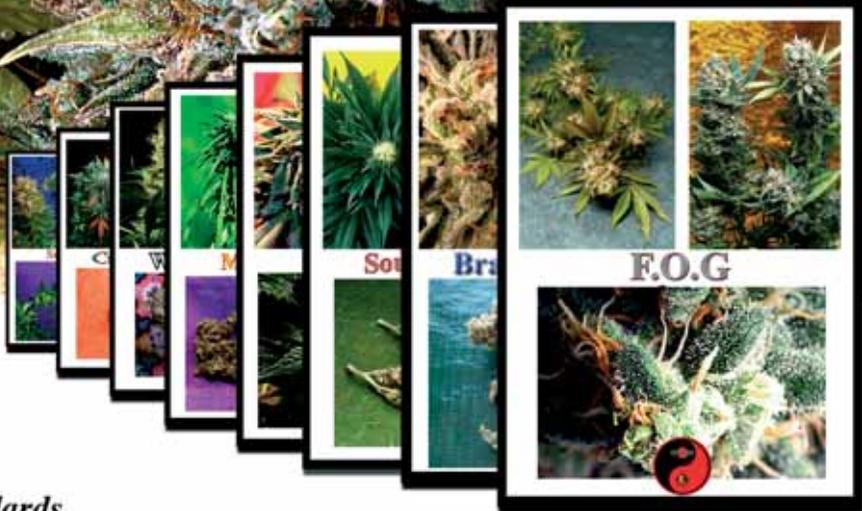


sales@moemedibles.com

"Setting the highest standards."



*Now
Available in:
5, 10 & 15 packs*



www.delta9labs.com

Great strains start with great seeds.
At Delta-9 Labs we strive at
exceeding all expectations.
This is never compromised!

Delta-9 Labs, setting the highest standards.

PYRAMIDSEEDS

N
E
P
E
R
T
I
T
I



Medical Marijuana Seeds Wholesaler

250 The East Mall,
Etobicoke
Tel: 4166201951

P.O. Box 36531
Ontario, M9B 3Y8
Fax: 4166200698



sales@medical-marijuana-seeds-wholesaler.com



Contest

Win a complete custom **TY ROOR**® package!

2nd prize **Volcano Digital Vaporizer**

Just answer the question and complete the following entry form and send it off to TY!
One lucky winner will be chosen for each prize. GOOD LUCK!!!

Deadline for contest entry is February 1/10



complete with carrying case!

Answer the following TY QUESTION :

How many TY Roor Bongs in total have been given away in 2009?

answer _____



Deadline for contest entry is February 1/10

Name: _____

Address: _____

City: _____ Province / State : _____

Postal / Zip Code: _____ Country: _____

Home Phone # : _____ Best time to call? _____

Email Address : _____

Please mail completed entry form to:

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

Only 1 entry per person.

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

Deadline for contest entry is February 1/10

Winners name will be announced in Treating Yourself issue # 22

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

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



Issue 18

TY ROOR® Contest WINNERS

Roor package winner:

K.F., Toronto, Ontario

Volcano winner

S.P., Keswick, Ontario

**Please keep those entries coming.
We know there are many more lucky winners.**

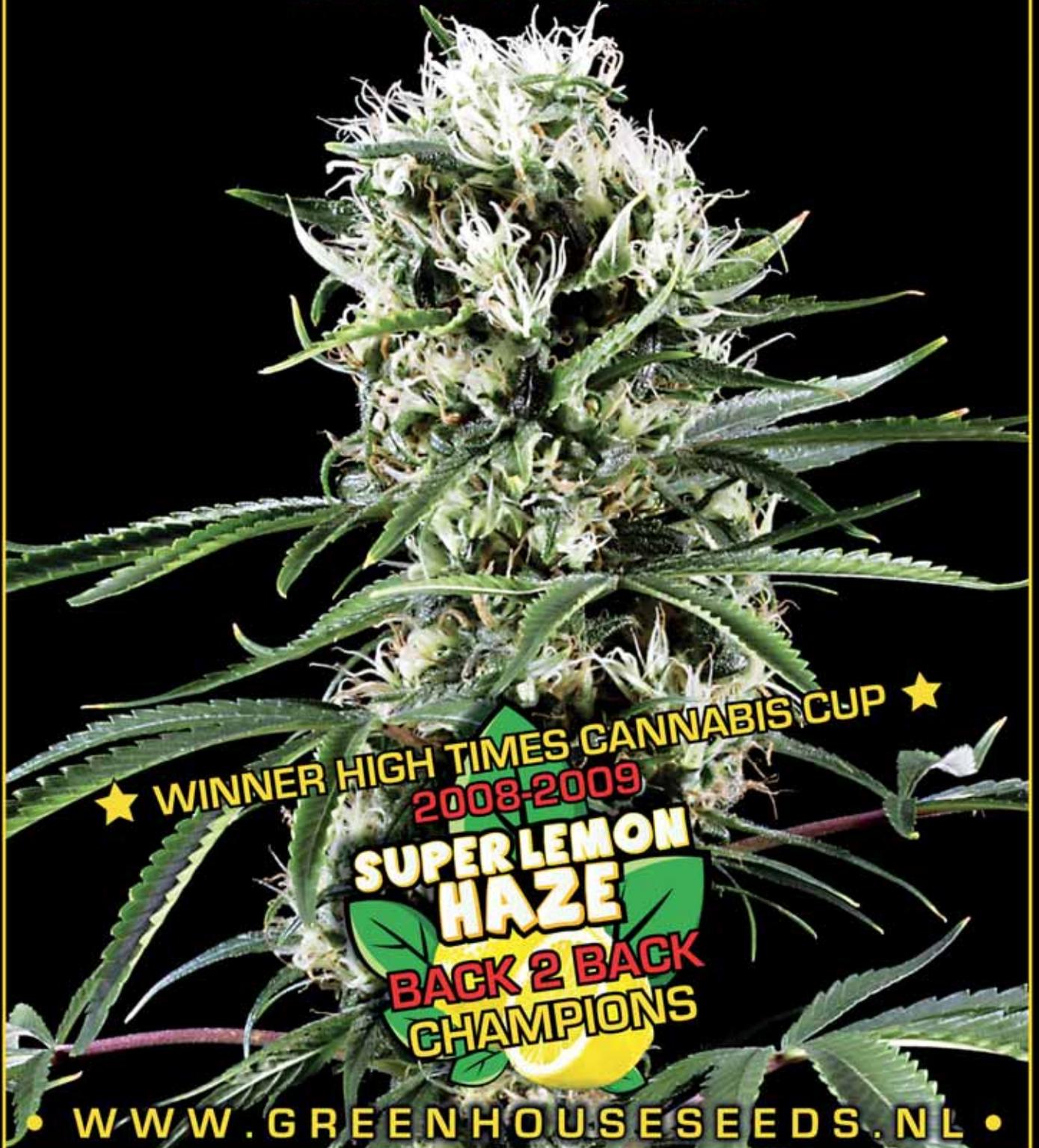
THE WORLD'S LEADING HIGH



Green House
Seed Co.® SINCE 1985



CREATORS OF CHAMPIONS



★ WINNER HIGH TIMES CANNABIS CUP ★
2008-2009

**SUPER LEMON
HAZE**

**BACK 2 BACK
CHAMPIONS**

• WWW.GREENHOUSESEEDS.NL •

★ THE WORLD'S LEADING HIGH ★



Green House
Seed Co.® SINCE 1985



WINNER HIGH TIMES CANNABIS CUP 2008-2009 - SUPER LEMON HAZE
FEMINISED SEEDS AVAILABLE NOW!!

FEMINISED SEEDS STARTING AT 15 EURO

WATCH THE WHOLE GREENHOUSE DVD FOR FREE ON YOUTUBE
YOUTUBE.COM/GREENHOUSESEEDS



NEW STRAIN RELEASES 2009: KING'S KUSH - BUBBA KUSH - JACK HERER - CHEMDOG - KAIA KUSH



COLORED FEMINISED SEEDS WITH A REVOLUTIONARY COATING WHICH CONTAIN AN ANTI-PATHOGENE AND ROOT STIMULATOR

WARNING! BE AWARE
IN SOME COUNTRIES THE COLOR
CAN CHANGE, AND ALSO THE
NORMAL FEMINIZED PACKS CAN
BE COLORED...



WWW.GREENHOUSESEEDS.NL

WWW.KINGOFCANNABIS.COM ★ WWW.GREENHOUSE.TM