

0 - Specific Varieties Specific Conditions

2 - Opposition lasts until an illness strikes.

16 - For Pain - Queen Victoria's Physician Reynolds

20 - Must Do - Preventative measures to control pests indoors.

22 - "Ganja" was sacrosanct in India - 22 - "the Ganja approach."
"poddars" ? were employed in Bengal, India.

28 Ritalin & Cocaine - Nearly identical action

30 - Ability to absorb THC is learned by the body - experienced users are more efficient in their rate of absorption.

33 - But Also - Constant large doses reduces the density of Cannabis receptors
Experienced user may handle 100 times the dose of the novice. receptors
Adverse Effects

34 DOSE - use close supervision and caution

39 - EC system - A new regulatory system -

200+ Terpenes - produce smell, taste, effect
So 47 Perfect Cannabinoid profile similarity would not perfectly predict a similar outcome - if terpenes different restores after 28 days of abstinence

61 - Glass - in Turkey Open bags - to store cannabis

66 - Graymolt - you could smoke it

70 Dose - Varies by patient and there is no standardization


90 As joint is smoked - Active ingredients condense in the roach
last 1/4 can have half the total power.

90 Pipes much more efficient, less joints smoked with newer power pot.

92 - Glass Pipe - Glass changes color as smoke goes thru

94 - 27% with a joint - up to over 50% THC delivery with careful use of small glass "spoon pipe" & heating it from the side rather than just lighting the top.

96 Eagle Bill Vape - it tasted like flowers rather than smoke - it felt like smoking - but also different.

102 - Making the Ethanol Tincture 

105 - Making Bhang

104 - Reducing Anxiety
Suppositories - bypass the liver.

107 - Spam way Delivered to deliver THC/CBD Direct to the target site

113 - Interactions
of all cannabinoids & terpenes is Very Complex & not completely understood. - Chemistry. "principal component analysis" May help

with Interactions"

Old Folks Article for Bons Mag.

78 Vaporization may be used to test cannabis quality ^{should be expensive and floral.}

114 - The basic "landrace" varieties many are unique - but most modern varieties are not unique. "Cut from the same cloth"

115 - Soon we can breed exactly to taste and medical need. Certain strains reliably predict the effects of cannabis.

156 - Variety for creative people, composers

157 - Repeatedly - There are different phenotypes WITHIN varieties? - Predictably

164 - The Achievement of Skunk #1 - Leveraged Afghan genetics into Sativa's

180 - For Arthritis long history in many herbal manuals. EC receptors are found in the synovial membrane of joints

182 - A potent bronchodilator (You can feel "lungs expand")

Tashkin - 1975 - Patients with pot recovered immediately

272 - Check out Cannabis

Richard Metzger's The Dangerous Minds blog.


Pharmacy ^{gut function.}

190 - The EC system is the principal modulator of food intake.

198 - For Pain, Depression, Anxiety, can be biphasic result - don't overdose

196 Diabetes - C users have healthier levels of insulin, less insulin resistance - ? - #245 Billimayor NOW, 1/3 of children born.

201 - Beta-caryophyllene Synergistic w/ THC in protecting cells lining the G.I. tract.

There it is By God  50 Year Anniversary
Footnoted

121 - Term used is "distraction from pain" - not no pain or pain relief.

202 Elders - biggest prob. facing seniors is lack of safe access. And old people who want to use cannabis will be source of friction in many communities.

Baby boomers are returning to cannabis as a medicine **DOUBLE D**

Daily use by people over 50. - Aging (4) 1. Analgesic

2) Anti-Inflammatory (3) Appetite (4) Elevate mood.

211. Sleep - Use THC - but not stimulating Sativa ^{CBD → Wakefulness - but Anti Anxiety}

Sleep - Helps Majority of Patients - Without Tolerance Buildup

211 - 90 minutes - after dosing comes the sedative effects

Use for Sleep - Closely Associated with their ability to reduce pain/discomfort

Sativex is proven effective

212 - Myrcene and Linalool for sleep.

219 - Hildegard von Bingen - wrote herbal "on using hemp" "a healthy head and a full brain will not be harmed. - eh?"

215 C Dosage has a "sweet spot" for pain relief - don't over medicate

221 - Effective dosages are often very low - Below level of psychoactivity and Below level usually consumed in medical cannabis community.

222 C can work with opioid meds + reduce amt of opioids required.

224 For Pain - most effective at lower and medium doses. High dose increased pain.

Use Both THC & CBD for Pain - and looking for Myrcene Linalool, and Beta Caryophyllene

224 Again - Beta C - for gut

228 - PTSD - yes - it is good - - Harvard ~ reduces dreaming in PTSD.

235 - 16th century doctor "it lifts people above their anxieties and cares.

236 High doses of C may actually trigger an increase in cortisol production - stress hormone. Chronic overdose may lead to a decrease in the ability to deal with the symptoms of stress - but still helps me - don't need to be "right" so much.

237 Not So Good on Pregnancy & Adolescence

241 - C + Preventative medicine - 1) lower lung cancer 2) Better Metab
olism/insulin 3) lower waist measurements 4) Alzheimers 5) may keep small tumors from finding blood supply.

242 Doseage may have a sweet spot for effectiveness - that sweet spot may be at the threshold of psychoactivity.

243 - High Doses of C are typically required for NAUSEA

245 Majority of people in treatment for Dependence @ were court ordered ② Hardly even use much cannabis.