

63 Tumor **PRISON WRITTEN**  
9 **FANTASTIC PARAGRAPH?** Beginning of "Sociogenic" Chapter  
10 **Clothing - lamps - Push Back the night**  
Maybe it was cannibals that began agriculture and settled civilization.

→ Just as it was maybe mushrooms 40,000 or whatever y-s age that brought higher consciousness of humans into being?  
11 **Wing territory - this "benefits" thing.**

**Paragraph - holistic medicine for deep healing of the human body, mind, and spirit**  
12 **From prison - Activist setup on a string**  
"essential part of the natural birthright of all PRISON earth dwellers - P.O. - crime against hum."

13 **It may deal w/ physical symptoms, but the "unhinging" (de-coupling) from from the mental stress that exacerbates many illnesses**

14 **USA stands firm against Compassionate Justice.**  
15 **New England Journal of Medicine Statement**

Grin spoon - called pot "The wonder drug of the century."  
16 **Fed. Compassionate Program - gives 300 cigs a month**  
17 **MATERIALISM - alters ethic to to 8 people.**  
include compassion - it is a female force

18 **LaGuardia - medical Paragraph**  
19 **it can ease every instability of the human organism**  
Vetera in 7 states, 34 legislatures, 4 courts

20 **Opposition to pot is from the govt. They agree it to the 8.**

Nothing was as shocking as the absolute savior like effects on hundreds of seriously ill patients

21 **Not a Narcotic - 421 complex molecules in concert**  
22 **Modern list - Huge range of therapeutic effect "points" to dramatic healing effect on the entire organism.**

23 **MEDICINE - to treat disease - lack of loss of ease**  
15) **Materialism - Culture War Thesis** Clash of values commission/militarism

28 **Medical, Recreational, Sacramental use are the same**  
to be healthy is to be happy is to be holy  
29 **It is its own class**  
"It is both sedative and stimulant."

**Paragraph - produces a charged equilibrium - through simultaneous opposing action?**  
30-31 **For Addiction Treatment of Alcohol - Morphine**  
it Resolves the Relaxation Response and the Fight or Flight Syndrome into one. Providing the subjective experience of unity, wholeness, oneness



Resolves into unity  
Dualism  
33 **She is talking Balance** - That's what I'll be doing with neuro-feedback too

34 **In Hot Climes Pot may arouse - for labor - more al**  
When the system is hyper aroused - Today's lifestyle - it calms

35 **Benghi - "Shifting of Brain Emphasis from one sidedness to Balance"**

36 **increased creativity** Both sides of brain functioning better to integrate better - Unification of logic and intuition  
"expansion of consciousness is actually Shifting of Brain emphasis from one sidedness to balance"

37 **Einstein - The real thing is intuition - words later**  
38 **The felt sensation was of moreness**

39 **STOMACH/DIGESTIVE PROBLEMS - Tense Stomach**  
is the physical part of mental tension.

40 **Not long ago - prescribed for all kinds of digestive disorders** - expansion/wellbeing  
The reverential attitude of marijuana lovers.

41 **The 8 legal patients. That's a major talking point. How can you start it then stop it.**  
This is Because it Balances Bodily Processor, M  
alleviates many disease symptoms that conventional aggressive, one sided drugs cannot.



- 42 All Senses greatly improve - And Gfz sense awareness → then moves to SPIRITUAL  
 "lead to reverence for the plant that brings this reaction"
- 43 Used as medicine for millions - Rarely without any report of intoxication.
- 44 "High" is feeling better, happier, more expansive → Therefore more tolerant and compassionate.
- 47 Tibet - Religion - Meditation Cannabis is an everyday necessity  
Tantrics
- 48 - Shallow breathing - to resist and defend - deep breathing - release of unconscious → superconscious material
- 49 - For Book - Resistance to euphoria/ecstasy
- 51 Possibility of Introspection Quote - By Rajput Brahman repellant to cultural tradition that prizes activity  
 use Quote "many of us were frankly surprised" A.A.A. Health Human Services - No real consequences of prolonged use
- 55 Same From Lagergardra Long Term use  
 Sativa/Indica - Cerebral High "lightness of thought beyond usual concern with self esteem."
- 57 - Possibilities for CHANGE "a neurotic society, with deeply imbedded habit of maladaptive coping mechanism (alcohol, tranquilizers) is resistant to change"
- 57 Culture War - Pot Anathema because it Do-couples - De-conditions - from accepted values.
- 58 - McKenna diminishes the power of the ego, question authority,
- 59 - Norman Cousins laughter book "Anatomy of Illness"
- 60) Gives you (brain) new richly oxygenated blood better to think - cleanse in purities and Brain function - eliminate negative attitudes in cancer.  
 Protects Brain? less lung cancer in dual smokers  
 Protects Lungs - less Asthma  
 - dialator - Asthma
- 61 Soma - ? was Bhang? Said Indian Hemp Commission

- 63 Lists of uses - Ancient uses - McKenna  
 63 Regular use may help prevent many illnesses
- 64 Divine Vision - Joan Bello poem - good - Use it?
- 65 Living for honesty and compassion are prime motivators
- ## THE BENEFITS OF MARIJUANA
- Physical, Psychological and Spiritual
- 66 - 67 Higher Consciousness by Joan Bello - Spirituality  
 Higher glow state - Evolutionary Adaptation
- 68 McKenna - "innate drive to restore the psychological balance + typifying a partnership society, findings suitable vehicle - not easily deterred." Regular use of M - a sane adaptation
- 70 - if you have this balance → capacity for "objective witness" you have a conscience
- "lower social goals of materialism" to evolutionary leap to co-operation contrast to Columbus - need selflessness
- 67 - interest today in higher consciousness - represents a dynamic tension pulling against the materialist ethic
- M - an abiding ally of the higher consciousness
- 70 - Like Jung - Bello - Human nature "Cradle of Civilization" Tigris Euphrates - Pot used extensively
- 73 Religion - Tries to increase wisdom and compassion  
 Pot helps w/ both.
- 76 The Source - like the Force - Mysterious - Take restraint  
 Rel. and appreciated for the blessedness it is - Not changed or challenged (used to be such fear of nature)  
 - consciousness enters the realm of unity - Joining with
- The ocean of **LIFESERVICES PRESS**  
 Unitary Consciousness  
 Boca Raton, Florida
- Embrace this method of uncoupling from our baggage of conditioning and possessions.



76 - it is the Soul that is impacted most with marijuana. It lifts the spirit. James Q Wilson

80 Discussion - A unique sedative stimulant

82 Amazing list - Medicines of India and Pakistan

84 SPOMACH - Character for "nervous vomiting"

85 Why Culture War? 85 You might get statements like this

Joan Bello's Statement  
**THE BENEFITS OF MARIJUANA**

85 Discovered it late - Smokes with her children all her sons.  
 Husband Time in Prison / She in Jail - lost savings/home  
 - Worked for the County as Alcoholism Cared son of Epilepsy  
 - like Susan Othmer  
 Dealer - in Private Practice, encouraged substitution of M/AIC.  
 to gain balance connection with true less values.

89 Breath - Main link between body and mind.  
 92 Central - The Hypothalamus Position of the brain directs the ANS, which has many receptors sites - Key holes for the marijuana molecules  
 Copyright © 1996, 2000 by Joan Bello  
 M → then ANS

Causes Front Cover Caduceus Artwork ©1997 by Steve Willis  
 bronchiale Chart Illustration (page 32/33) by Guy Mount  
 expansion All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without written permission from the publisher except in case of brief quotations embodied in critical articles or reviews.  
 92 m  
 expands lung capacity

93 Psyche Balance - Psychosomatic Illnesses Resolve.  
 Can help Asthma - Doctors can see the benefit but don't acknowledge that basic ANS balance is restored on that ANS imbalance is the cause of disease.

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94 Chemo & Nausea of Children Study/sters were significantly helped from 3 to 13 - Vomiting completely prevented. Not to give this therapy to small children or anyone is criminally negligent.  
 www.BenefitsofMarijuana.com  
 e-mail: tiffywiff2@aol.com

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95? What's this - with Marmol - they allow you to force your to get very high - so you can't work but that makes it is is not a point

96 Has been in the Pharmacopoeia of all countries for a long time  
 97 Children can handle THC great - Adults have anxiety problems  
 Delta 8 THC By mouth every 6 hours for 24 hrs  
 98 Oneologic Community Acknowledgments  
 accepts Coma as well

Reasons for Smoking - none bioavailable  
 101 Pot Invaluable contributions to this work were made by my loving husband, Andrew Bello, who spent many long evenings with me as we labored over this book to complete it. His relentless support, constant encouragement, and many suggestions gave us both the strength to continue during the most difficult time of our lives.

102 (A) The conscientious expertise and patience of Barbara Haynes in preparing this manuscript cannot be measured, except to say that her effort was surely beyond the call of duty, even for a daughter.  
 (A) Book Don Wirtshafter (Ohio Hempery) offered his valuable knowledge, without being asked, solely to make this book as good as it could be.

There is a pupil construction effect  
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The ultimate inspiration for this work, however, along with the intuitive understanding as to how and why to proceed is without question due to the guidance granted me by the mind and heart expansion of the marijuana plant.

96 Balancing is from BALANCING  
 1) dilation of blood vessels  
 2) relaxation of the muscles  
 3) Increased Bio-functional feeling of the Brain work together



102 Plato - Naitha is it proper to cure the body without the soul - Reason why so many illnesses escape physicians who are ignorant of the whole - PLATO  
THE BENEFITS OF MARIJUANA

160 Pebbles T. (54) from Californian, Pebbles T. suffers from severe migraines and smokes cannabis to reduce both the frequency and severity of her headaches. She has been arrested four times on cannabis related charges and is currently appealing her transportation conviction based on the newly created Proposition 215.

Lori V. is 46 years old and lives in Vermont. As a result of a car accident she suffered a back injury and developed severe migraine headaches. Lori also has arthritis and a sleep disorder. She finds medicating with cannabis to be much more effective than other medications she has been prescribed, without addicting and debilitating side effects.

Susan V. (35) lives in California. After having her silicone breast implants rupture, she developed breast cancer and needed a double mastectomy. Susan developed chronic muscle pain, nausea, and weight loss. "Cannabis relieves me of all these symptoms."

Dan W. is a 36-year-old activist in North Carolina. Dan uses cannabis to ease the chronic pain in his edemic leg and ankle. His is challenging the current laws to see cannabis recognized as a medicine.

Lennice W. (46) of Virginia has suffered from mood disorders for her entire life. Fits of manic rage, depression, nervousness, and skin rashes are but a few symptoms. Lennice has tried lithium and other prescription medicines to no avail. Although she deplores breaking the law, she uses cannabis, because it is the only medicine that is effective.

Casey W. (34) from Washington is an AIDS patient. Casey also has a fragile liver from recurring hepatitis, and is unable to take the powerful AIDS inhibitor medications. After being told he only had a few months to live, Casey began smoking cannabis, as well as employing vitamins and other homeopathic remedies, to fight his nausea, weakness, depression, and insomnia. Six years later Casey feels healthy and says his medicinal choice of cannabis set him on the path to health.

Jess W (50) of Washington State uses cannabis to combat depression and heart disease.

John W. is a 42-year-old Texan who suffers from severe bipolar syndrome. Prescribed many anti-depressants and tranquilizers to combat his mood swings, these drugs either elevated his mania to rage, or subdued him to a near-catatonic state. John now keeps himself under control by eating two grams of coated cannabis every morning and smoking a few puffs in the afternoon. "I don't feel high, just normal."

103 They dissect animals and they dissect cannabis to find molecules they can create synthetically and change them. Each one which will be something less - or nothing - than the whole

126 Rel - 126 The Realm of  
 127 Core Plant Religion Plants transmit the life force hidden light ... bring us to the light Amust.  
 131 Many parts of the Brain produce Anandamide goes to receptors all over

132-133 The Children The Jamaican Ganja Children Study Results favorable for ganja prenatally, during breastfeeding - could control for ale + tobacco.

134 The Babes ingesting the most THC - her mother smoking marijuana, were doing the very BEST  
 - Not an artifact of higher income or education (it is part physiological and partly social)  
 Tried to obfuscate clear results with argument that happy baby mama had more control over residences "argument against having father and family?"

136 - children in chemo study didn't notice a "high"  
 137 - 3 great recommendations of Consumer Reports  
 Reason for prohibition became clearly TYRANNY the market

140 Many AIDS - Cancer Patients Died - Cause of refusal  
 145 on tumor

39 Digestive Disturbance  
 61 Bhang Recipe  
 158 Connie - Stop M.S.  
 96 - for Article Unconstitutional  
Social Control



104 "Analysis suggests an indirect effect, associated with relaxation  
Glaucoma

- req. treatment - heavy side effects, dangerous - must be monitored, switch on. w/ pot - sure safer access

107 Sinister Agreement with Pharmaceutical Companies

1976 - only They could test cannabis,

108 ~~108~~ Multiple Sclerosis. Incredible Use it  
- he could walk, he could see, spasm diminished.

109 - Anecdotal Evidence USELESS - won't allow the double blind controlled experimental studies.

109 - one MS drug costs \$10,000 per year

MS - Pot - in some - can remove weakness, spasticity and mental depression. of M.S.

110 Brain Balance - Experienced pot smokers - M use accompanied ~~with~~ by a significant bilateral increase in cerebral blood flow - for Neuro feedback

111 improves circulation in the capillaries like tough physical exercise.

German Research - M has anti ataxic actions not described to any anti-spastic drug.

112 - The lifting of the spirit.

THC found to be immuno-modulating - May even slow progression of a disease

Terrance McKenna - quit smoking pot for 2 months

- "premeditated narrowing of my consciousness"

117 Person can "come down" (90%) est with

118 Culturally frightening - loss of interest in values  
Can't understand the naturalness (bal. fair natural) and health future for person and planet - yash

119 Treatment - Therapy walks a fragile line between mending the non-integrated personality and manipulating it to fit within the social norm

~~120~~ There is a spiritual void that drives self destructive ADDICTIONS  
cannabis is soul medicine  
121 This Plant medicine, smoked, eaten, grown at home - threat to Medical Establishment  
122 Whole home - threat to Medical Establishment  
123 Back - Medical - Big drug bust prosecutor - dying of AIDS  
Wasting says "As a patient, I made the decision to save my life"

124 Back - Medical - Big drug bust prosecutor - dying of AIDS  
Wasting says "As a patient, I made the decision to save my life"

125 Religion - Organized Religion  
Rel - A central experience alters all other experiences  
root of human identity has been deepened, Eng 20 Blake