

| Section A: Petitioner's Information | | |
|--|-------------------------------|--------------------|
| Name (First, Middle, Last): [REDACTED] | | |
| Home Address (including Apartment or Suite #): [REDACTED] | | |
| City: [REDACTED] | State: MN | Zip Code: 56007 |
| Telephone Number: [REDACTED] | E-mail Address: [REDACTED] | |

| Section B: Delivery Method You Are Requesting Be Added |
|---|
| Please specify and provide a brief description of the proposed delivery method. Be as precise as possible in describing the delivery method you are requesting be added. <i>Attach additional pages as needed.</i> |
| <p>Delivery method is the use of the plant of Cannabis, not any alteration of the original source. The genuine Cannabis Indica or Sativa strains. This way there is not a single component lost or damaged by unneeded processes. There really is no excuse to try and separate the design of cannabis. There is no excuse to exclude any parts of the plant for to do so would only result in short comings of success to healing. The whole plant is best, just like a car for instance - you need the entire car, it's required - in order to drive it. Removing wheels, will only make it stay. Not having gasolin - it's not going to start or be drivable. It's nonsense to separate and extract portions of cannabis doing so only complicates</p> |

Section B - Delivery Method

the performance of nutrition and healing.
Plants of cannabis are perfect as they grow - We don't need to change them or weaken their structure. Plants are already made to be smoked, inhaled, eaten, vaporized. Smoking delivers instant relief. Smoking is the simplest way to regulate dosage. Smoking is the cheapest most cost effective in treatment. Smoking is the least processed. And there are multiple options to smoke cannabis. And of course smoking cannabis is the preferred way for everyone. Also smoking the cannabis plant/flower is the safest method.

By allowing the use of cannabis plants you will increase patients' recoveries at a quicker pace and also multiply patients as well. As more and more individuals become healthy, you will have more and more people wanting to be healed through the benefits of cannabis. After-all face it - no one wants to be sick. We all want a cure for our Diseases. The quickest and simplest is most preferred obviously. Yes smoking cannabis is as simple as breathing air. There's no forcing a huge pill down your throat - not easy for those with a gag-reflex or ~~nausea~~ nausea/vomiting spells. And then having to wait for onset of relief to happen. "Your regimen it's already agonizing to begin with - relief must be now! and not later."

The specifics, as I've researched? Are hand pipes, Water pipes, Bubbles, rolling papers,

Hookahs, homemade pipes, Vaporizers. I truly hope I didn't leave anyone out. Also I must include eating Raw Cannabis - It works!

"Patients claim that eating the raw plant has medicinal properties that are lost when the plant is dried or heated. You ingest the raw leaves and buds straight from the plant, usually by mixing them into a juice or smoothie."

Quoted from United Patients Group. Dr. William Courtney, the leading advocate of juicing, recommends ingesting 15 leaves & one or two big buds (2"-4") daily. Which again, that fresh Cannabis is optimally the best, simplest way to get "All" of Cannabis wholesomeness.

It's the same concept of having the genuine, pure materials and nutrition.

Diamonds, 24K Gold, Sunshine.

No one turns down a diamond instead going for a zirconia. No one wants pyrite or coated/filled jewelry. And Sunshine is always best instead of going to those "Tanning Salons".

Section C: Anticipated Benefits from the Proposed Delivery Method

Describe the anticipated benefits from the proposed delivery method and why it is better than currently approved delivery methods. Identify patient populations that do not benefit from current delivery methods

Attach additional pages if needed.

Simplicity - no guess work of "How much" because you feel onset immediately. Smoking cannabis removes chances of being overwhelmed. Definitely better than a "cookie" because ① time - too long before it kicks in ② too much of a dose will scare patient into paranoia or if it's not enough, healing properties because they're lost during process of making cookie.
Benefit 2 - Instant relief of pain, and anxieties and all ailments - symptoms.

Section D: How Current Delivery Methods Are Inadequate

Provide information regarding the extent to which the currently approved delivery methods are unable to meet the needs of patients enrolled in the medical cannabis program. *Attach additional pages if needed.*

The current Minnesota methods aren't enough because it limits access to the majority of patients that can't afford the expensive methods. The current status is very insufficient in many ways.
1) The cost of products are ridiculous. 2) The loss of vital elements due to the processes done for each product. 3) The fillers & additives placed into each product weakens the nutritional values. We need the whole plant not just parts of it. Do we take out the seeds to a tomato? No we don't! Do we separate the elements of water? No - we don't! And when we add something like Kool-aid - to water - it's no longer water, is it? →

Section C Benefits of Method

3. Precise dosing every time - for each occasion.

4. Variety of consumption - sure creams & lotions are okay - but short and superficial, as a patient you could smoke periodically to sustain the needed relief from inside out & thoroughly - not just one spot. Your body needs nourishment inside not just the outside. Then you follow up with eating cannabis plant itself to ensure your body receives the full benefits a whole 100%, nothing less.

5. Control: patient will be able to dose accordingly using Indica or Sativa for either nighttime or Daytime use.

Nighttime for insomnia - Indica is used to be relaxed & calm ease cramps, muscle spasms, overall a tranquil state. Sativa for daytime allows patient to be alert, uplifting energetic relief state, also stimulates the cerebral.

Also smoking allows you to not waste 8-10 hours should you've had too much.

Example: if you say ate too much of your meal - you get groggy and lifeless smoking lasts 2-3 hours at a time. So you can resume your daily activities quickly.

Where as if you ate a "cookie" you'll be sleeping 8-10 hours - that would not be good for work. Why do you think

Thanks Giving is a Holiday? - OFF of work to

be exact - It's because no-one can work on a →

full stomach and be productive. The 6 reason is because of its simplicity each patient will be more likely to maintain a steady level of cannabidiol in their body to achieve successful recovery of their conditions.

Once the patient's "x" amount is acquired they can easily keep "x" amount in their system continuously. And #7- It is the most economically affordable method. Making it possible for everyone to afford - not just the Rich people. After all we all have responsibility in paying our bills, debts & Co-pays for doctor's visits. As well as to be able to keep food on the table and a "Roof over" Our Heads. Let's not forget clothes and shoes, and utilities etc...

Nutrition is a daily Requirement hence the F.D.A's term R.D.A. - Recommended Daily Allowance.

Experts recommend 5 to 13 servings of fruits & vegetables. Ironically, Cannabidiol fits that category specifically! And this was back in 2005 posted by Healthy Eating SF Gate.com by Joanne Marie a certified master gardener with a Ph.D. in Anatomy. Her work has appeared in health, medical and scientific publications such as Endocrinology and Journal of Cell Biology.

Section D: Current inadequate methods

We need to keep the natural state of the plant of cannabis included in our resources. For the sake of the whole 100% nutritional values. Our bodies have no use for "wax" inside or outside. That's why frying foods is not good - there is no purpose for oils/grease to be inside our body. There's no vitamins or minerals it's just waste. Interfering with what our cells do need. Frying oils create a saran-wrap plastic around our cells blocking nutrients to get into our cells. Causing cell starvation.

The shortcomings of "Vaping" from non-plant are very expensive. Battery units must be re-charged. Need time to warm up device.

Edibles: Take several hours to "kick in". Dosage is difficult to master. Causes a different result. Tinctures - is expensive especially for patients whom require a high dosage of cannabinoids. Still is a delayed effect compared to smoking. Topicals - Does not help cancer, PTSD, epilepsy, or glaucoma. Doesn't provide euphoric feeling - And some simply don't work.

Beverages - Take 30 - 60 minutes to 2 hours to begin onset. Dosage is difficult - ABS. Causes a different affect. Dabbing - concentrates are at higher risks of containing harmful chemicals. Solvents are used in the process - which may not be properly removed. May cause overdose which may be unpleasant & uncomfortable. Devices are difficult to use; accidental burns are more likely. Overall these forms of non-plant

are obviously wishy-washy and very problematic. It's much simpler and safer to use "plant of Cannabis". There's no other means or approach that is genuine to Cannabis.

Our body can only use natural nutrition not synthetics. Edible vegetables, greens, herbs produce etc... The entire plantlife not just bits n' pieces. We should be allowed to intake as needed for all our diseases/disorders/symptoms aches & pains. Creams don't cure or help - they merely cover-up the problems. The Most Optimal-Mode for ingesting is via the plant of Cannabis.

Section E (optional): Scientific Evidence of Support for the Delivery Method

It will strengthen your petition to include evidence generally accepted by the medical community and other experts that addresses the effectiveness of the proposed medical cannabis delivery method and discusses its potential risks and benefits. This includes but is not limited to full text, peer-reviewed published journals or other completed medical studies. Please attach complete copies of any article or reference, not abstracts.

I have attached relevant articles. (check box if you have attached scientific articles or studies)

Section F (optional): Letters in Support

Attach letters of support from persons knowledgeable about the use of the delivery method with medical cannabis.

I have attached letters of support. (check box if you have attached letters of support)

Section I: Acknowledgement and Signature

Please Note: Any individually identifiable health information relating to any past, present, or future health condition or health care contained in this petition is classified as a health record under Minnesota Statutes §144.291, and is not subject to public disclosure.

I certify that the information provided in this petition is true and accurate to the best of my knowledge.



SIGNATURE

06/21/2016
DATE (mm/dd/yyyy)

To obtain this information in a different format, call:
(651) 201-5598 in the Metro area and (844) 879-3381 in the Non-metro.

E Scientific Evidence



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10 Ways of Consuming Medical Marijuana Our Mission



Medical

cannabis is a very effective medicine used by patients across the globe to treat and alleviate symptoms of many serious medical conditions that do not respond to traditional interventions. Studies have proven that cannabis has therapeutic properties that cannot be replicated by any other currently prescribed medications, and it induces far fewer and much less severe side effects than many commonly prescribed pharmaceuticals and over the counter drugs.

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First, unless you live in a state like Colorado, Washington or Oregon that allow recreational marijuana purchases and use, and depending on your state's laws, you will need to get a medical marijuana recommendation letter and/or medical cannabis card from a doctor. This step

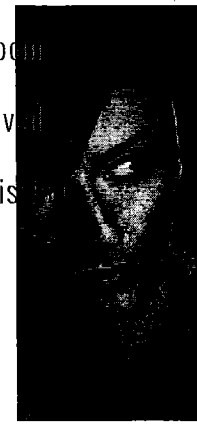
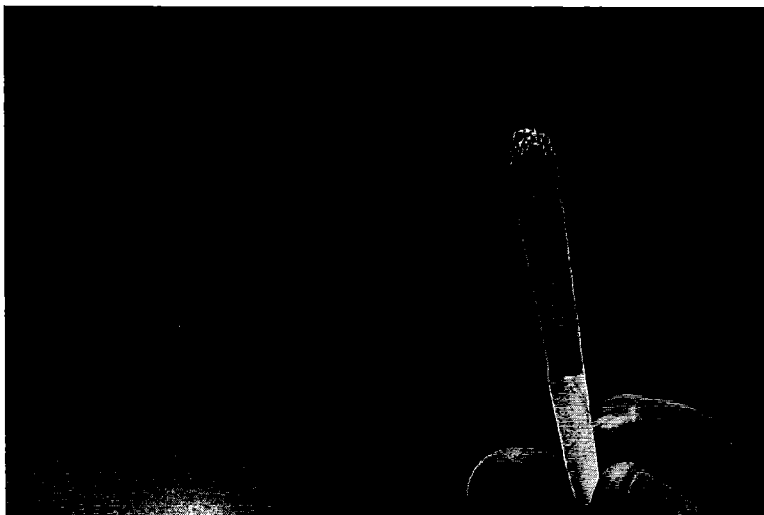
usually requires an in-person appointment and screening process so that the doctor can determine if cannabis is a good choice for you.

Once you have obtained your recommendation and/or card, you will be able to enter and purchase different types of cannabis from a local marijuana dispensary or collective. Smoking marijuana flowers is a well-known method of administration (or "medicating"), but there are numerous alternative ways to gain the benefits of medicinal cannabis—each possessing certain benefits and drawbacks. This easy guide is intended to help patients and caregivers understand the different method of administration of medical marijuana, so that they can make educated decision about the products they purchase and try.

Smoking Medical Cannabis

How it works: Pack a small amount of dried (cured) cannabis flower into a pipe, water pipe (bong), or rolling paper (to create a "joint").

Then hold a flame to the cannabis flower until it combusts as you inhale the smoke from the mouthpiece or other end of the joint.



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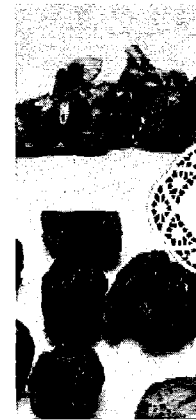
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Pros

- Delivers instant relief
- Fairly easy to regulate dosage
- Inexpensive
- Minimally processed
- Multiple options



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Cons

- Smoke may be harmful to lungs. Studies have reached contradictory conclusions about whether and to what extent cannabis may cause lung damage, but combustion of any substance makes it harder to breathe.
- In many cases, not a good option for anyone with pulmonary damage (lung cancer, emphysema) or asthma
- Will make you smell like cannabis smoke

Dosage: Start small! Inhale lightly (i.e. "take a small hit."). There is no need to hold the smoke in your lungs... exhale. Wait a few minutes. If you don't feel the desired effect, or you want to feel a greater effect, take another hit.

Vaporizing "Vaping" Medical Marijuana

How it works: Preheat the vaporizer to the recommended temperature. Insert a small amount of dried (cured) cannabis flower or extract into a vaporizer. Press the button and inhale. The cannabis will be heated to a temperature below its combustion point, but still hot enough to release the medicinal compounds.

Vaporizers are available in a wide array of shapes and sizes, from fancy home units to pocket-friendly pens.



Pros

- Delivers instant relief
- Less harsh on lungs than smoking
- Doesn't make you smell as much as smoking

Cons

- Vaping units can be very expensive.
- Battery powered units must be recharged.
- Need time to warm up device.

Dosage: Start small! Inhale lightly (i.e. "take a small hit."). There is no need to hold the smoke in your lungs... exhale. Wait a few minutes. If you don't feel the desired effect, or you want to feel a greater effect, take another hit.

Medical Marijuana Edibles

How it works: Once upon a time, edibles were limited to homemade brownies. It tasted pretty awful and contained a mystery dose of THC. Nowadays you can find medicated cookies, popcorn, crackers, nut mixes, lollipops, ice cream, gummy bears, chocolate bars, chews, and many other kinds of food. The culinary science has evolved enough that most products are yummy—you can hardly tell they contain cannabis.



Pros

- Provides long-lasting relief.
- Good alternative for people averse to inhaling.
- You get to eat a delicious treat.
- Dosage can be very precise.

Cons

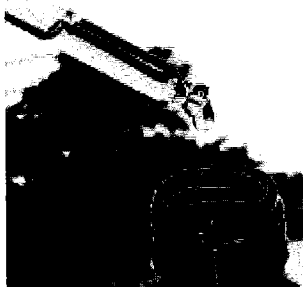
- Can take half an hour to several hours to kick in.
- Dosage can be difficult if the manufacturer.
- Must be locked up to avoid children and pets.
- Causes a different “high” than smoking.

Most Popular: This is most popular method among Children & Elderly Patients.

Dosage: Only use edibles under the supervision of a doctor. Dosages vary widely depending on your weight, metabolism, experience level, and other factors. Doctors we know have suggested starting with a small amount—2 mg or less—and waiting at least an hour before eating more.

Medical Marijuana Tinctures or Sub-Lingual Sprays

How it works: Extracted cannabinoids are mixed into an alcohol, glycerin solution or MCT Oil (Medium-Chain Triglyceride), which in many cases is coconut oil. These sublingual products usually come in a small bottle. Just squirt or spray it under your tongue and let it absorb through the thin tissue of the mouth.



Pros

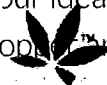
- Doesn't hurt lungs like inhaling cannabis.
- Easy to control dosage for a very low dose.
- Mild taste.
- Preferred method for children.

Cons

- Can be expensive for people who require a high dosage of cannabinoids.
- Takes effect faster than edibles, but still not as fast as inhalation.

Dosage: Start with just a few drops and wait ten minutes. If you don't feel relief, try a few more drops. Eventually

you'll figure out your ideal dosage — for most people, it's between half a drop and a couple of droppers at a time.



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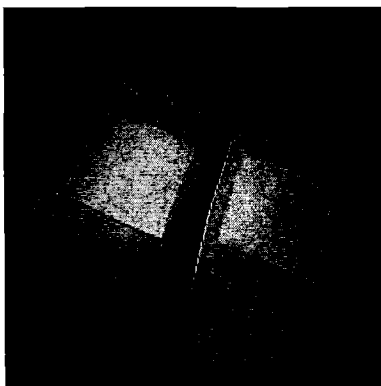
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Medical Cannabis Transdermal Patches

How it works: Apply patch to a clean, dry and hairless skin surface. Many medical professionals recommend adhering the patch on the inner-wrist area, top of foot or ankle. This is the ideal method for any patients who rather not inhale the medicine. If you have explored multiple options without success, this might be the right path for depending on your choice of high you are trying to reach.



Pros

- No Smoking Required.
- Comes in different formulations.
- Mild dosages.

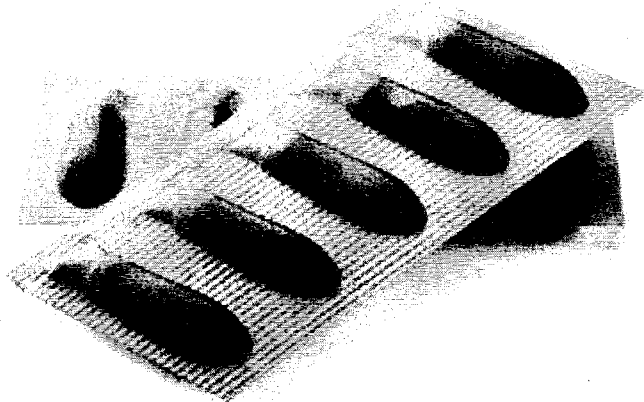
Cons

- Some individuals may develop an allergic reaction.
- Must be applied on a clean and dry skin surface.
- Not be applied where a great deal of body hair.

Dosage: Most transdermal patches come in 10mg dosed patches. They can be cut in half for smaller doses.

Medical Marijuana Suppositories

How it works: You insert a small cannabis extract into the rectum, where it absorbs through the colon. This method is somewhat controversial and rather less dignified than other ways to medicate, but some patients swear by it. Put on protective gloves, lie on your side, and insert the suppository about 1.5 inches. Squeeze your sphincter muscles and stay in place for at least a few minutes. When you're ready, get up, throw away the gloves, and thoroughly wash your hands. There are also companies who make pre-made ratios of medicine for rectal use – 1 mg non-injectable syringes.



Pros

- Great alternative to edibles.
- Kicks in quickly and lasts long
- Most Efficient way to digest.

Cons

- Difficult and embarrassing to administer.
- Must be refrigerated.
- Difficult to apply.

Dosage: Most suppositories come in two sizes: 2g for adults and 1g for children. They can be cut in half for smaller doses.



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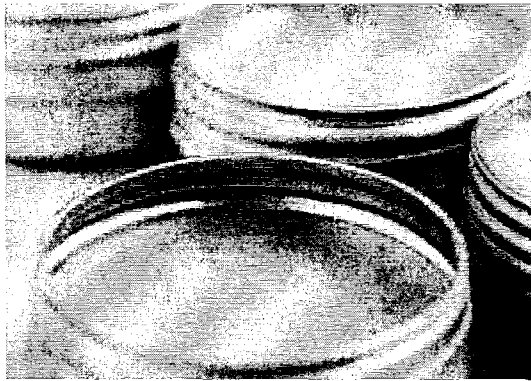
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Medical Marijuana Topicals

How it works: Medical cannabis tinctures are a great way to medicate without any psychoactive effects. Salves, ointments, lotions, and sprays are great for arthritis, chapped skin, eczema, minor burns, muscle soreness, sunburns, swellings, joint pain, and tendonitis, to name just a few.



Pros

- Topicals don't get you "high"
- Addresses skin issues
- Localized pain relief

Cons

- Does not help cancer, PTSD, epilepsy, or glaucoma.
- Don't provide a euphoric feeling.
- Patients report some products simply don't work.

Dosage: You're unlikely to cause any real harm with topicals, but do try to find ones that are aimed at your specific ailment. Use salves and ointments as much as you want as often as you want, keeping in mind that they can get greasy. If you experience skin irritation,

discontinue use. Consult your doctor about using
transdermal patches.



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Ingesting Fresh Medical Cannabis

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How it works: Raw cannabis has developed quite a following. Patients claim that the raw plant has medicinal properties that are lost when the plant is dried or heated. You ingest the raw leaves and buds straight from the plant, usually by mixing them into a juice or smoothie.



Pros

- Raw cannabis is packed with THC-A, the acid form of THC, which is not psychoactive. Some patients and doctors believe THC-A has unique medicinal properties.
- Some patients whose chronic diseases never responded to other treatment (including dried cannabis) say that juicing raw marijuana has been their miracle cure.

Cons

- Requires large amounts of fresh cannabis.
- Has an unpleasant vegetal taste.
- Studies have not confirmed results.

Dosage: Dr. William Courtney, the leading advocate of juicing, recommends juicing fifteen leaves and one or two big buds (2-4") daily.



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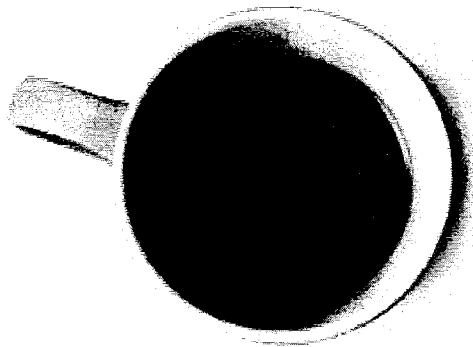
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Medical Marijuana Beverages

How it works: Your local dispensary probably sells bottles of cannabis-infused teas, juices, smoothies, and sodas. You can also make your own cannabis tea by steeping a bud, piece of wax, or tincture in hot water. Adding a bag of your favorite tea can improve its flavor.



Pros

- Provides long-lasting relief.
- Alternative for people averse to inhaling their medicine.
- Give a specific feeling, such as stress relief or energy.

Cons

- Takes 30min-2hours to kick in.
- Dosage can be difficult.
- Causes a different "high" than smoking.

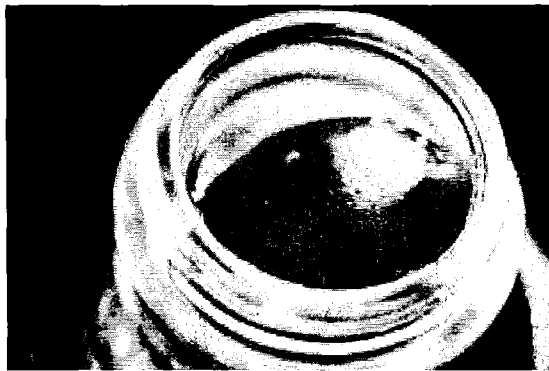
Dosage: Consult with your doctor before drinking marijuana beverages. Start with one small sip & wait an hour before deciding whether or not to drink more.

Dabbing Medical Marijuana

Dabbing

How it works: A "dab" is a cannabis concentrate (hash oil, budder, shatter, wax, etc.) that you heat to a high temperature and inhale. The delivery devices vary, but they tend to be complicated and usually involve the use of a butane torch. Also, concentrates can contain as much as 90 percent THC, so you will get a very high dose of psychoactive compounds.

This method is NOT recommended for patients with a low THC tolerance or those new to cannabis medications!



Pros

- Useful for urgent medication of acute illnesses.
- Cost-efficient for patients who need High-THC.
- Provides instant relief.

Cons

- Concentrates are at higher risk of containing harmful chemicals.
- Solvents are used to extract the medicinal chemicals, may not be properly removed.
- May cause overdose, while never fatal, can be very unpleasant and uncomfortable.
- Devices are difficult to use; accidental burns are more likely.

Dosage: Consult with your doctor prior to trying dabbing—it's probably more than you need. If you do

choose to try it, start with just one 'small' hit, but know that it will have extremely strong psychoactive effects.



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United Patients Group is dedicated to improving the lives of patients suffering from serious medical conditions. Bringing the most comprehensive and up-to-date information about medical marijuana to those who are suffering. We invite you to come back to our site and blog frequently as we keep it constantly updated with the most comprehensive and reliably sourced information, and please contact us if you have any further questions or comments.

Content Disclaimer

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Consumption Methods

Smoking Cannabis

Within the rapidly growing medical marijuana movement, individuals have developed many different methods of cannabis consumption. Naturally this phenomena can come with associated positives and negatives. On the positive side, these products allow the therapeutic potential of the plant to be realized for many different medical conditions. On the other hand, these different methods of consumption potentially create confusion for patients, who end up having to experiment with different methods in order to achieve optimal relief.

When most people think about cannabis, the first thought that comes to mind is smoking, whether it be through blunts, joints, pipes, or bongs. While this may be the most popular method of consumption it is not the healthiest method. When you inhale cannabis, the majority of cannabinoids, enter the body through the lungs, where they are passed along directly into your blood stream. Due to this

direct exchange, consuming cannabis via inhalation has the shortest time of effect of all routes of entry.

Vaporizing Cannabis

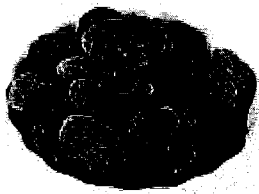


In addition to smoking, cannabis can also be inhaled via vaporization and there are numerous products to help facilitate this process, including portable vapes, stationary vaporizers, and even dabbing instruments.

From a health standpoint, many studies comparing the difference between smoking and vaporizing reveal that there are substantial advantages associated with vaporization which include more efficient cannabinoid extraction and a decreased exposure to toxic elements such as carbon monoxide and tar, which are derived from smoking.

[Learn more about vaporizing](#)

Infused Edibles



Affectionately known as infused edibles, cannabis consumed orally enters the blood stream after being digested or broken down in the stomach and is absorbed in the intestines. This is usually accomplished by infusing butter or fatty oils with heat to create a decarboxylated medicated meal. Popular types of infused edibles on dispensary shelves include brownies, candy, chocolate bars, cookies, drinks, pills, snacks, spreads and more.

Patients who consume cannabis orally usually report feeling the effects within thirty minutes, with peak effects around the one hour mark and total duration of effects ranging as long as six hours, although it will depend on a variety of factors including your tolerance level, the amount of

cannabinoids consumed, what ratio of cannabinoids the edible consists of and more. The reason why edibles affect you for a longer period of time than smoking or vaporizing cannabis can be attributed to the process of digestion, in which edibles have to be broken down from their original food state to a molecular cannabinoid state in order to be absorbed.

The gradual nature of the digestion process accounts for the longer effects of this method of consumption. It is also important to note, that factors such as the amount of food consumed prior to medicating, strength of the product and even a person's metabolism can all affect the overall experience.

[Learn more about edibles](#)

Juicing Cannabis



Aside from the fact that cannabis is a vegetable with many of the same nutrients as other leafy greens (like fiber, iron and calcium), it is jam-packed with beneficial cannabinoids that are unique to the cannabis plant. As such, juiced cannabis is a nutritionally-dense, very potent medicine without the psychoactive components one would normally experience when heating the plant.

The high concentration of raw, cannabinoid acids in juiced cannabis coupled with the perfect balance of fatty acids could help improve cell function and reduce damage caused by free radicals. Additional benefits of raw, juiced cannabis include reduced inflammation and the facilitation of two-way cellular communication. Many cannabinoids also have anti-tumor properties which are readily available through the consumption of raw marijuana.

Like other vegetables, however, cannabis loses a great deal of its nutritional value once heated. The cannabinoid profile also changes after cannabis has been heated by converting THCA into THC and CBDA into CBD. With THC now replacing THCA, the user could get stoned, but by juicing cannabis (rather than cooking or otherwise heating it), consumers can avoid the high altogether without compromising its other valuable components. Because raw, juiced cannabis produces no high, it is possible to consume much larger amounts of beneficial cannabinoids. For example, CBD has been shown to halt — or even reverse — the growth of certain cancers but only in extremely high doses.

[Learn more about juicing](#)

Topical / Transdermal



Cannabinoids, much like the active ingredients in other medications, can also be absorbed through the skin. Products designed for this functionality are known as **cannabis topicals**. The skin has a relatively complex absorption process that majorly involves a chemical's ability to dissolve in H₂O. Examples of topical products include creams, balms and even patches much the like the ones often used to quit smoking cigarettes.

While not widely studied, researchers have found that the topical application of cannabinoids has an onset of action within minutes locally (i.e. creams and balms applied to a joint), with duration of these effects lasting approximately one to two hours. A transdermal patch is a medicated bandage that can be applied to your skin to deliver cannabinoids to your system at a controlled release-rate. Although they may be difficult to find in medical marijuana collectives today, the transdermal patch has been around since 1979. Individuals who used patches have reported onset of action within two hours and duration of effect lasting upwards of two days.

Sublingual Uptake



MOUTH Sublingual products are the preferred method of treatment for many cancer patients who are taking full extract cannabis oil (sometimes referred to as "hemp oil" or Rick Simpson Oil). Direct sublingual application involves placing precisely decarboxylated cannabis under the tongue, allowing the cannabinoids to immediately enter the bloodstream through the vessel-rich tissues within the sublingual cavity.

Before you swallow, cannabis can also enter the blood stream. Under the tongue and within the mouth there are a large number of blood vessels which can absorb cannabinoids. Common examples of these type of medications include dissolvable strips, sublingual sprays, or medicated lozenges or tinctures.

Sublingual delivery is not only a socially acceptable and convenient way to medicate, but intake through the oral mucosal membranes in your mouth is also a very effective way to ingest cannabinoids. This method provides for rapid and effective absorption directly into your systemic circulation because of the increased bioavailability of the cannabinoids.

"Compared to other delivery methods, uptake through blood vessels and micro-capillaries in your mouth is one of the best ways to increase the bioavailability of cannabinoids."

Bioavailability is a subcategory of absorption in pharmacology that refers to the fraction of an administered dose of unchanged drug that reaches the blood stream. The only way to achieve true 100% bioavailability, by definition, is to administer a drug intravenously.

Compared to other delivery methods, uptake through blood vessels and micro-capillaries in your mouth is one of the best ways to increase the bioavailability of cannabinoids. This “first-pass” of medication, as it’s referred to, allows the medication to avoid having to pass through your liver where it would be broken down making it significantly less beneficial and bioavailable.

Whenever you take any other medications orally – i.e. swallowing pills or eating an edible – a small fraction of that drug is metabolized in the liver before it even reaches systemic circulation (blood stream), thus decreasing the overall bioavailability of the medication.

Additionally, sublingual delivery provides rapid effects similar to smoking without exposing the lungs to heat, tar, or other unwanted collateral effects, including unpleasant smoke smell, smoky taste, dry mouth, throat irritation and caused both by smoke and hot embers that often enter the user’s mouth and lungs during administration. When ignited, a large percentage of the cannabinoids present in the cannabis literally “go up in smoke.”

Learn

Whether you are a new or experienced cannabis consumer, Medical Jane’s step-by-step patient guides will help you find your optimal dosage and delivery method to achieve optimal results using medical cannabis.

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Section E & F
Evidence / Letter of Support

Marijuana and Hashimoto's Encephalopathy

by Anonymous

I am a 37-year-old, single female.

College degree: B.A., English

Occupation: totally disabled

I hope the following information assists you with your book and perhaps your very informative rxmarijuana site. I smoke marijuana and have for many years. I do not drink alcohol and have not done any other drugs. Yes, I am from the Woodstock generation. However, I never was interested in trying LSD (did not want to see something that was not there!), speed (too high-strung), cocaine, or downers (no pills, a natural herb is fine).

You must first read the BEFORE so you may fully understand the AFTER. This way you will know why what I have to say is relevant.

My disability: I became disabled in the Fall 1995 due to a very rare condition called Hashimoto's encephalopathy. It causes "stroke-like" symptoms. I have right-sided hemiparesis, dyscalculia, dysgraphia, concentration and attention span problems, some memory problems, speech difficulties (not aphasia), difficulty with letters "L", "F" and "V". I have been told for three years that there is no treatment for this very rare condition. What happens is this. Your antibodies (the good guys in the white hats) attack neurons in your brain - hence the above symptoms. It is classified as an autoimmune vasculitis condition, according to case studies I have recently received from the National Institute of Health (NIH) Department of Rare Diseases. In the United States there are three such cases. There are perhaps 25 people in the entire world with this condition.

So I walk with a cane and have an exotic accent. Quote from medical records:

"Patient has incredible sense of humor considering overall circumstances."

What do you expect? Having this happen to you (you are terrified) and in addition being caretaker for my mother in Stage 5 Alzheimer's, and a sister in the Northeast, age 56, who is now in the final stages of Alzheimer's. Am I next? No, too stubborn...keep using my brain. Stress? Acute anxiety attacks? Oh, I would say so.

I have lost my "contact" and have not had any marijuana in one year. Six months ago, after two years of being stable (and smoking during those two years) my condition began to deteriorate. I am now experiencing poor coordination and weakness in my left side, the dominant side. I am a southpaw! And additional memory/concentration problems. Remember, stable for two years, one year without marijuana, and six months ago condition progresses. Coincidence? Maybe, maybe not.

BEFORE: Prior to my disability I achieved many goals. Smoking marijuana did not prevent me from obtaining my B.A. in English with a GPA of 3.75. (Keep in mind that I decided to attend college after being out of high school for five years). It did not prevent me from climbing the ladder of my career. In 1995, I held an upper management position at a salary of \$40,000 per year. I was a big fish in a little sea. When the director of my department was not in the office, I was in charge. I was responsible for \$10 million in procurements. In one year, my boss, the director, was retiring, and my chance of procuring his position was very, very good. Which means I would have been director of that department and making a salary of \$75,000 per year. So yes, I was successful.

I never smoked during the day or while working. I feel that is stupid. Perhaps some people after putting in a 10+ hour stressful day would come home and have a martini, or a glass of wine, or maybe a beer. Not me. At around 8:00 pm I would smoke half a joint. Relax. Maybe indulge in a small bowl of Haagen Dazs and a Marx Bros. movie. Is that so bad? I have always maintained a high caliber selection when it comes to TV. I did not and still do not watch ridiculous sitcoms. I watch The History Channel, The Learning Channel, The Discovery Channel, A&E, American Movie Classics (OK I confess, and the X-Files) I am constantly using my brain. I was successful and still am.

AFTER: Now, ZAP! You are hit with this disabling disease, and you deal with it as best you can. There are no family members around. I am not about to move and become helpless. I am too stubborn and too independent. But whatever came naturally is now very much an

effort. I can no longer perform multiple tasks (concentration/attention span, inability to focus), I lost my ability to comprehend what I read, I could no longer write my name or understand my electric bill. I could not speak properly. My language skills changed. I spoke in a monotone. I left out prepositions. When I could not write, I tried to print (looked like a first-grader) and found out I left out vowels. I could no longer play the card game Solitaire. I was terrified, alone and still caretaker for my mother. In about a year and a half the neurons rerouted themselves, but never completely. I will never be what I was. I still have many difficulties.

But during the first two years of my illness I still smoked marijuana, just half a joint in the late afternoons and evenings. I was curious. And indeed, amazed. When I smoked that half a joint I found out that I could balance my checkbook in 20 minutes. Prior to smoking, this task would take me two hours, with beads of sweat on my brow from frustration. When I smoked, I could read the subtitles on a foreign movie on TV. I could read articles in my Smithsonian, National Geographic, Discovery, Archaeology, and Natural History magazines. I COULD BREATHE! There were no acute anxiety attacks. I could focus and concentrate. When I was alone with my cat and spoke out loud, my speech was fine. The letters "L", "F" and "V" were pronounced nearly perfectly.

When I smoked half a joint I no longer needed the following prescription drugs: 1) Soma (muscle relaxer) for severe fibromyalgia; 2) Darvocet to relieve pain of fibromyalgia and intense headaches; 3) Xanax for acute anxiety attacks. I would much prefer to smoke that half a joint and not use any of the above-mentioned narcotics and addictive drugs. I actually felt NORMAL! (No pun intended).

So here I am, without the medicine that actually helps me. I am presently scheduled to be hospitalized for high-dose IV steroid treatments followed by corticosteroid tablets. The side effects of these drugs are extremely unpleasant and dangerous. I am thinking about asking my physician if the drug Marinol would help.

I am very grateful that marijuana does indeed help cancer patients, AIDS patients, glaucoma patients, and multiple sclerosis patients. I know it helps me. I have experimented and I know the difference is profound. Why is something so simple, so natural, so impossible? I do not sell it. It is for my use alone, medically, in the privacy of my home.

[Back to Shared Stories Index](#)

To the Members of Medical Cannabis Office,

It is vital to utilize this amazing miraculous plant. It's obviously used in all research for every scenario to assess results. The Scientist, Doctors, and Chemists administer cannabis (the actual plantlife) to each subject as they monitor and record all data retrieved so as to inform the public.

Cannabis is already perfect the way it grows. Considered an herb or spice - even qualifies as a vegetable just like Cucumbers, Broccoli, Spinach etc... There truly is no reason or excuse to change or modify cannabis at all. We should consume cannabis everyday in order to meet the F.D.A.'s Recommended Daily Allowances of up to 13 servings of Vegetables daily.

The natural plant is the best way for our body to digest completely all the nutrients available. By being Genuine - there are no additives, artificial substances, fillers, gmo's, chemicals to get in the way of meeting our nutritional needs.

And it's really the simplest way too! Just like regular boring vegetables and herbs, spices - you can eat them fresh, and fresh is the premium best. Also allows us to attain 100% of the nutrients to be complete not just what is left over from processes of putting into pills, pills, creams ointments

Since manufacturers are only attempting to retrieve one or two parts of the components of the structure from the plant or just the flowers. That's a waste of the miracle plant. Really there is no justification to abuse & neglect cannabis, to tamper in any way only impedes healing process. We all want the real benefits - not "half" of the benefits. We deserve the real McCoy, genuine results. Imitations are just that, Diamonds are diamonds. All others: zirconias, Rhinestone, plastic gems - don't last! Gold - 24K gold is great but fake would be only for a fool. No pyrite please. We want real food not imitation - because only real food has nutrients (minerals, vitamins essential elements). Check the labels side by side while your next visit at the grocery store. Clue - if it's lab-created Sour cream - it's not real - not from milk! This goes for everything meats, seafood, Dairy, juices. Especially G.M.O.s - Don't mess with genetics. Our health depends on receiving nutrition every day. This cannabis was created for us to be consumed to keep healthy as well as to cure man made diseases as well as mal-nutrition diseases.