

Marijuana & Its Medicinal Properties

Frank James©

Canna Balm is a balm made from the roots leaves and flowers of the *Cannabis sativa plant*. Cannabis has been known and used throughout the world and its different cultures for thousands of years with the earliest recording of Cannabis being used for medicine as early as 440BCE by the central Eurasian Scythians used cannabis for steam baths.



Canna Balm will relieve many ailments. My family and I and many friends use a Canna Balm that they swear by. Here's a recipe and method to make your own Canna Balm.

When making balm, quantities and ratios are fairly liberal. I use no less than 2 oz of trim to one 440ml jar of coconut oil. The coconut oil should be unrefined and extra virgin. The benefits of coconut oil truly reach far and wide, but certain components of this tropical oil stand out for their valuable contribution to good health. Lauric acid, a medium-chain fatty acid found mainly in coconut oil, is one of these prized substances. Pure coconut oil contains about 50% lauric acid, and is the most abundant natural source of lauric acid available.

How the Body Uses Lauric Acid

When lauric acid is present in the body, it is converted into monolaurin, a monoglyceride compound which exhibits antiviral, antimicrobial, antiprotozoal and antifungal properties. It acts by disrupting the lipid membranes in organisms like fungus, bacteria and viruses, thus destroying them.

The compound monolaurin is an effective treatment for candida albicans and fungal infections like ringworm and athlete's foot. Monolaurin also specifically targets bacterial infections as well as lipid-coated viruses like herpes, the measles, influenza, hepatitis C and HIV. Researchers in the Philippines have even begun studies to prove the effectiveness of lauric acid against HIV/AIDS because of its strong antiviral

properties. Plus, lauric acid is basically non-toxic, which gives it a distinct advantage over modern pharmaceutical drugs that are typically used to fight viruses, bacterial infections and fungal infections.

Without a plentiful source of lauric acid, the body cannot produce monolaurin, (Monolaurin, also known as glycerol monolaurate, has broad antimicrobial properties. Found naturally in mother's milk and a handful of plants, monolaurin has no known serious side effects. Monolaurin's proponents take it as natural alternative to antibiotics and antiviral medications for treating diseases ranging from influenza and Lyme disease to herpes.) All of these important benefits are lost without lauric acid. Coconut Oil also kills 90% of colon cancer on contact. The body accepts lauric acid instantly.

Many people who regularly consume coconut oil experience less sickness. Breast milk is the only other natural source that contains such a high concentration of lauric acid, which could explain the drastic decrease of infections of all types in breast-fed babies.

CANNA BALM RECIPE

Coconut oil.....440ml

Trim.....60gram min, if using bud, 1/3 of trim weight

Bees wax.....1/3 cup: 1 cup of infused oil

Water, to help control temp and clean product.

Preheat oven to 110 deg. When up to temp place the leaf in a tray and cover with foil and place in oven for 10 min.

Melt coconut oil slightly and place in pot when leaf is ready place in pot with oil, cover with water to protect from burning, and to clean the product. Stew for 1 1/2 hour to 10 hours. Cool slightly and strain through cheesecloth or a stocking. Squeeze the leaf as hard as you can until no more liquid drips out. All the goodness sticks to the leaf squeeze till it hurts. The processed leaf can be used in a raw food slice. Cool over night and fat will set at top stick a hole in it and drain the water, it will be very brown. Cannabinoids are not water soluble so nothing in the water.

Dry the set balm with a towel and put back in a pot and melt to evaporate any water. Melt the beeswax in separate pot. Measure out beeswax and add to balm. Mix well and heat well to bond ingredients together. 1/3-cup beeswax to 1 cup of infused coconut oil. Colder climates should use less beeswax or none.

Of late I have found that whipping the balm makes it far more effective. It can be whipped by itself or lanolin cream can be added at 1 part canna balm/2 part lanolin and then whipped until fluffy. This method gives a less oily balm and doubles the amount of balm.

Root Balm Recipe

A very strong balm can also be made from the roots of the plant. My experience shows that the root balm goes deeper than canna balm. Root balm is better for inflammation. I found that for some ailments it could take 2 weeks of regular use. Many have reported back saying they have no need for painkillers with the balms.

I use at least three root balls to 750ml of coconut oil.

Allow the roots to dry thoroughly and shake off as much soil as possible, cut roots to a manageable size. Add roots to coconut oil and cover with water; this will stop burning and clean roots nicely.

Stew for 10.5 hours. 24 hours stew is also very good.

Following the same rules as for balm.

Cannabis Plant roots can also be dried and powdered and used for burns.

If boiled for a short time it can be drunk as a tea; if boiled for a longer time it reduces to a thick, dark extract resembling pitch or heavy oil. If it is dried - or roasted - and ground it forms a powder that can be rendered into salves or poultices; soaking it (usually after deconstructing it into its long component fibres) can produce a soothing, moist bandage for inflamed, burned or irritated skin.

Bioavailable Cannabis Capsules

This is a recipe for Cannabis infused Coconut oil capsules. These caps will assist with: Digestion, Concentration, Pain, Male and Female reproductive organs, Eyesight, Weight loss, Prostate, Diabetes, and more.

Personally I have been taking these caps for 3 years with fantastic results in all the above mentioned. Many friends are now making their own caps and all the results have been excellent for them also.

Coconut oil.....500ml
Trim.....90 gram min [or 30g of bud]
Lecithin.....10grams
Water

Whole plant Method

Preheat oven to 110 deg. When up to temp place the leaf in a tray and cover with foil and place in oven for 10-25 min. This is just one way of decarbing, there are plenty more on Google.

Melt coconut oil slightly (runny) and place in pot when product is decarbed and cooled place in pot with oil, cover with water to protect from burning. Stew for 1/2 hour to 6 hours. (3 hours is good).

Cool slightly and strain through cheesecloth or a stocking, squeeze everything out of the leaf. All the goodness sticks to the leaf. Squeeze until it hurts. Cool over night and fat will set at top, stick a hole in it and drain the water (brown). Dry the set oil with a towel and put back in a pot and melt again to evaporate any water that may be left.

At this stage the lecithin, (only if you like, and GMO free) can be added to the infused coconut oil, stir well. After Lecithin is added place the oil into a jar and put the lid on, wrap in foil and place in 110c degree oven for between 20mins and 1 hour. This helps all the ingredients combine and activate further.

Lecithin is added to make the medicine more available to your body. Lecithin comes from soy, egg or brain tissue and sunflower. Lecithin is in most of the things we eat. It's added to sweets to make them sweeter. It's added to bread to make it softer and is added to nearly all other medicines.

Lecithin's presence is required for proper biological function.

Fill empty 00 gel capsules with a pipette after mix is cool. (Veg caps dissolve almost immediately).

NOTES:

- 10grams cannabis and 100ml coconut oil will give you a capsule with .1g of cannabis
- Alterations can be made to make a capsule as strong as 1.5g by altering ratio if needed
- Also, oil, Keif or bubble hash can be used and infused with the coconut oil. The process is the same.

Bad Kat is well known for her cannabis recipes and methods. She advises the following. The amount of Cannabis in each cap is determined by the starting weight of dry cannabis. So if your ounce of cannabis gave you 4 grams of oil your start weight is 1-oz/28 grams not 4 grams. So the formula would be:

28 grams cannabis divided by amount of coconut oil added.

1:1 would give a 00 sized cap containing 1 gram of cannabis infused oil approximately using this formula. A stronger more precise dosage can be obtained using hash oil.

The general therapeutic benefit of the .1-gram caps is astounding. Everything from eating to thinking is totally different. They act as a diuretic works everyday cleaning your system of toxins.

Glycerine Method

Glycerine is nature's alcohol, It makes an excellent cannabinoid extractor. I have found that using a glycerine preparation to give different results again. A Weak

Preparation, 60g leaf and tip and 150 of glycerine stewed in a water bath for 4 hours give a “well being cap” Works great for colds and flu clears the chest of mucous and cuts a flu short by many days, it gives almost an instant feeling of well being and really acts like a Codrol cold tab. Again stewing times differ for different effects.

Glycerine (veg) 150ml
Cannabis leaf 60g

Grind leaf or bud to powder and place in jar add glycerine and stir. Close tightly and place in water bath. This preparation can be eaten as is or you can squeeze the liquid out and discard waste.

Good For, Cold and flu, pain, lungs and maintenance. These caps can be made very strong also. Using a method of adding RSO to glycerine then adding lecithin and heating together for 20-40 min to get a more narcotic medicine. Can also be added to all kinds of hot drinks and sweets instead of sugar. Brownie made with a glycerine tincture has just brownie taste, no green taste.

Oil Method

The oil method is much the same as whole plant method. It is of paramount importance to bond the oil, lecithin and coconut oil together. If not bonded, the cannabinoids will eat through gel caps.

Start with your RSO, add coconut oil and mix well. At this point heat slightly to combine the coconut oil and RSO. Once combined add lecithin. A 1/4 of a teaspoon will make it more available to your body. Half a teaspoon of lecithin will make it very potent and put you to sleep so night time use is the go.

Once all three ingredients are combined well place in a heatproof jar or bowl, cover well with foil and place in oven at 110 for 20-40 mins. The longer in the oven the more narcotic it will be. The heat will degrade the THC slightly and produce more CBN and assist with sleep and pain relief. Once cooled, use a pipette to deposit into 00 size caps. Take on a full stomach to reduce psychoactive affect. Can also be added to foods and teas and so on.

Caps Made with oil can be made much stronger. For people suffering from cancer I use oil caps made to the strength of 1 gram per cap. These caps should be taken on full stomach. After eating your liver is busy digesting the food, so the medicine won't be taken by the liver and processed into Hydroxy 11 THC. Which at this stage has no medical benefit its thought.

As mentioned in the recipe the oil caps can be made stronger, for the very ill. A daily oil cap for “maintenance” would be unacceptable to those not wanting a stoned affect, unless more coconut oil is added to bring ratio down.

The oil caps are basically RSO combined with coconut oil. The two ingredients must be heated so they bond. Some studies show that RSO on its own is only 20% effective at getting where its meant to go, once combined with a carrier like coconut oil it can be as effective as 80%. The vast amount of Lauric acid in coconut oil makes it ideal for the body to accept it. Coconut oil can also be used as an effective blocker. The idea is to block the liver from grabbing the medicine and processing it into THC Hydroxy 11 Which is thought to have no benefit. It's why you get such a heavy body stone when you eat cannabis products. Coconut oil can block the liver for between 4 hours to 3 days. Some patients report they can feel the medicine release for the whole day.

RESULTS:

The most basic of Canna Capsules I make are from the leaf, flower and stems. The ratio of these caps is .1g of cannabis. Using the "whole plant method" from above, the results from these caps have been outstanding, even at a very low level of THC.

- We have had 4 patients with diabetes that have taken 1 cap a day for 3 months that now have normal blood sugar.
- Two young children whose Epilepsy has made a complete turn around
- An adult taking 1 cap a day and seizure free for 18 months
- Countless people with various muscle pains and aches, no longer needing medication
- Severe muscle injuries, (back, neck and alike) having great results from the lowest caps
- Breaking meth and other addictions
- Weight Levelling out, and difficult to gain weight while on caps
- Appetite Levelling out.
- Improved focus for study
- Shrinking of a liver tumour and regulating the levels in the liver
- A drop of almost 1000 points on PSA levels.
- And most of all the lowest of caps suppress anxiety and help with depression immensely

The THC level is at the threshold of psychoactive effect all of the patients including the children report no stone feeling. I insist on making them like this so that a personal dose can be worked out. I take 4 a day my daughter takes two a day. At .1 gram of cannabis it would be easy to take quite a few spread over the whole day and avoid the stoned feeling completely. It is also possible to "tweak" the capsules to perform differently.

Longer and shorter stews give different results, the longer the stew the more CBN and other cannabinoids. The longer the cook the less THC there is, Heat degrades THC and becomes CBN making a more sedative medicine, good for sleeping and pain. A shorter stew will not be as narcotic.

In my experimenting I also noticed that using straight bud no leaf or stems and cooked for a short time 1 and ½ hours gave a medicine that was potent on pain and inflammation, and also gave a massive energy boost that could last as much as 20 hours. Opposed to a short stew with bud, a long stew with leaf and added lecithin resulted in a cap that kept you sleepy for 20 hours as well as helping with pain and depression.

I also found that when the plant is picked has much to do with what the medicine may do. I have made medicine from early picked flowers that were at full THC, cloudy trichomes, that are very energetic, not sleepy at all.

Temperatures:

For normal Butter no higher than 90c

Note: Stewing time should be no less than 3 hours for balm. Some applications can be ready in 25 mins.

Decarboxylation Temps.

Preheat 110c 10 mins

Decarbing. Preheat 110c 20 mins.

122c/27 mins for general cooking use.

90c./25 mins for butter

90c./24 hours (long time).

Never higher than 140c

THC - 157 °C.

It has both euphoric and analgesic effects, inducing a great sense of relaxation.

CBD - 160 - 180 °C.

The cannabinoid most sought after by medical users for its vast array of medicinal applications. It partly counters the effects of THC, effectively countering feelings of anxiety and paranoia.

Delta-8-THC - 175 – 178 °C.

This cannabinoid is very similar to THC, but it is more stable and less psychoactive. It has great anti-vomiting properties.

CBN - 185 °C.

CBN is often found in quite small amounts, however, its effects can still be felt. It is highly associated with a sedative effect. THC turns into CBN when exposed to oxygen, heat and UV light.

CBC - 220 °C.

This cannabinoid has anti-inflammatory and anti-fungal properties.

THCV - 220 °C.

THCV has been shown to moderate the psychoactive effects of THC, but more research is required.

The maximum heat cannabis can take before starting to burn is around 230 °C. The vaping chart below is useful when making balms.

Temperatures	Cannabinoids	Treatments	+ Compounds	Treatments
Range 140° - 257°f 248°f	Tetrahydrocannabinol THCA Acid Conversion	1) Requires 30 mins. in the oven. 2) When eaten raw (<i>unheated</i>): > Anti-inflammatory, > Anti-epileptic, and > Anti-proliferic.	+ Cannabigerol CBG (Converted CBGA)	<i>Conversion occurs while curing.</i> > Anti-inflammatory, > Analgesic, Anti-bacterial, > Anti-fungal, Bone stim., > and Anti-proliferic.
Range 176° - 275°f 266°f	Cannabidiol CBDA Acid Conversion	1) Requires 60 mins. in the oven. 2) When eaten raw (<i>unheated</i>): > Anti-proliferic, and > Anti-inflammatory. > Not fully elucidated.	+ β-caryophyllene = 1 st Med Vapour During CBD conversion.	Anti-malarial, Cytoprotective, and Anti-inflammatory. <i>Increases CBD, and CBN content.</i>
Range 212° - 293°f 284°f	Cannabichromene CBCA Acid Conversion	1) Requires 60 mins. in the oven. 2) When eaten raw (<i>unheated</i>): > Anti-bacterial, and > Anti-fungal. > Not fully elucidated.	+ β-sitosterol = 2 nd Med Vapour During CBC conversion.	Anti-inflammatory, and 5-α-reductase inhibitor. <i>Increases CBC, and CBE content.</i>
Boil Point 315°f 311°f	Tetrahydrocannabinol THC Delta 9 (Δ-9)	> Anti-inflammatory, > Appetite stimulant, > Anti-emetic, > Anti-proliferic, and > Anti-oxidant.	+ α-pinene = <i>Daytime Meds</i>	With CBD, treats MRSA, Anti-inflammatory, Bone stimulant, Anti-biotic, Bronchodilator, and Anti-neoplastic.
Range 320° - 356°f 329°f	Cannabidiol CBD Excludes Δ-8	> Most conditions listed, excluding the following: > Anti-insomnia, > Anti-fungal, and > Appetite stimulant.	+ β-myrcene = <i>Daytime Meds</i> + Δ-3-carene	Analgesic, Anti-biotic, Anti-mutagenic, and Anti-inflammatory. Anti-inflammatory.
Boil Point 351°f 347°f	Tetrahydrocannabinol THC Delta 8 (Δ-8)	<i>The Δ-8 cannabinoid model lead to the HU-210 from Hebrew University.</i> > Non-psychoactive, > Neuroprotective, > and Anti-emetic.	+ eucalyptol + limonene + p-cymene + apigenin	Blood blood flow stimulant. Anti-depressant, & Agonist. Anti-biotic, & Anti-candidal. Estrogenic, & Anxiolytic.
Boil Point 365°f 365°f	Cannabinol CBN THC degradation	<i>CBN increases with the prolonged exposure to heat, oxygen, and time.</i> > Anti-spasmodic, > Anti-insomnia, and > Analgesic.	+ cannaflavin A = <i>Nighttime Meds</i> = NORML Favourite	COX inhibitor, and LO inhibitor. <i>Pending device temperature error.</i>
Boil Point - Theory 383°f	Cannabielsoin CBE CBD degradation	<i>CBE increases with the prolonged exposure to heat, oxygen, and time.</i> <i>Likely to contain cannabinoids other than CBE. Intended to show the maximum medicinal temperature.</i>	+ linalool = <i>Nighttime Meds</i> = Club Favourite	Sedative, Anti-depressant, Anxiolytic, and Immune potentiator (like limonene.)
High Benzene Level 401°f	* Hydrocarbons * Benzene * Avoid vapours *	WARNING Toxic Vapours at 392°f. <i>Harmful smoke toxins begin:</i> www.canorml.org/health/vaporizers	+ terpinen-4-ol = <i>Smoke ≥ Vapour</i> + borneol	Antibiotic, and AChE inhibitor (like p-cymene.) Antibiotic.
Boil Point < 428°f 428°f	Tetrahydrocannabivarin THCV Blocks THC	> Euphoriant, Anti-THC. > Analgesic, > Anti-diabetic, > Anorectic, and > Bone stimulant.	+ α-terpineol = <i>Smoke ≥ Vapour</i> = Ready to consume	Sedative, Anti-biotic, Anti-oxidant, and Anti-malarial. <i>Reduce toxins by consuming.</i>
Boil Point 428°f 428°f	Cannabichromene CBC Includes THCV	> Anti-proliferative, > Anti-bacterial, > Bone stimulant, > Anti-inflammatory, > and Analgesic.	+ pulegone + quercetin = <i>Smoke ≥ Vapour</i>	Sedative, and Anti-pyretic. Anti-mutagenic, Anti-viral, Anti-oxidant, and Anti-neoplastic.

Quick Reference Medical Chart -> Vapourizer Cannabinoid Temperature Dial v. 1.0 2014, Virtually Real Applications

Dosing Guide.

First, identify the percentage of THC in the strain you're using. The Catalano says on average, most strains have about 10% THC. Strains that have 15-20% THC are above average, and those with 21% THC or higher are exceptionally strong. If you can't find online plant breeding information or cannabinoid lab tests for the strain, estimate at 10% THC.

You are starting out with a quarter ounce of cannabis, that's about 7 grams. An eighth would be 3.5 grams.

Every 1-gram of cannabis bud has 1,000mg of dry weight. If a strain has about 10% THC, ten% of 1,000mg would be 100mg. So for cooking or baking and making balms or canna caps, it is safe to assume that a gram of cannabis contains at least 100mg THC.

Using Catalano's dosing measurement formula, you do the math accordingly to find out how much THC per serving. Take the amount of ground marijuana, convert it to milligrams and divide it by the recipe yield to determine a per-serving dose of THC. A starting dosage for beginners is 5 milligrams per serving (the Colorado-mandated serving size for marijuana-infused edibles is 10mg THC). Three grams of ground marijuana equals 300mg THC. 300mg divided by the recipe yield, (a classic cookie recipe makes 60 cookies) equals 5mg per cookie. If you want to be even more cautious with your at-home cannabutter cooking, 1.5 grams (150mg) marijuana divided into a 60-cookie recipe will yield 2.5mg a serving.

This method works also for making canna caps and canna balm. Note that this recipe is for measuring THC only. If the CBD level is known then the formula can be applied to CBD as well. An example of this is: Medical Mass Strain has 10% THC and 11% CBD. So it could be possible that every 100grams of medical mass bud would have 100mg of THC and 110mg of CBD.

Cannabidiol - CBD

Cannabidiol works through a number of complex mechanisms. CBD does interact with both the CB1 and CB2 receptors, with a higher affinity for CB2, so it does not produce the high effect gained from THC. Some early studies show that cannabidiol has a very long list of healing properties. Among many of CBD's benefits is that it is an anti carcinogenic agent. A carcinogenic agent is something that causes cancer.

Anti-Proliferative:

CBD stops cancer cells proliferating or reproducing. Many of its effects listed below stem from its ability to activate PPAR receptors. As the article [How CBD Works](#) states, "CBD also exerts an anti-cancer effect by activating PPARs [peroxisome

proliferator activated receptors] that are situated on the surface of the cell's nucleus. Activation of the receptor known as PPAR-gamma has an anti-proliferative effect as well as an ability to induce tumor regression in human lung cancer cell lines."

Anti-Angiogenic:

As the quote above also reveals, cannabidiol can stop cancer cells in another way, by preventing malignant tumors from forming the blood vessels they need to grow. The process of blood vessel creation is called angiogenesis, and since cannabidiol halts this, it is deemed anti-angiogenic.

Anti-Mitogenic:

There is a 3rd way cannabidiol prevents cancer. It hinders or stops cell division (mitogenesis). One of the hallmarks of cancer is its unbridled growth, and amazingly, CBD actually stops the cancer spreading out of control by preventing the cancer cell from dividing and reproducing, and thus is deemed anti-mitogenic.

Anti-Metastatic:

Metastasis is the process by which a cancer can spread around the body, especially to other organs which have no direct contact with it. Cannabidiol prevents cancer from spreading to other organs, so it is called anti-metastatic.

Pro-Apoptotic:

Apoptosis is the medical word for programmed cell death. It's an important part of every healthy and functional cell that it contains a program for apoptosis, so it can commit suicide or let itself die if it is compromised. Cancer cells characteristically do not undergo apoptosis, however the cannabidiol is pro-apoptotic and actually induces cancer cells to die. Incredible!

Anti-Psychotic:

In addition to showing impressive potential for curing cancer, cannabidiol also exhibits anti-psychotic properties, which means it could help heal a whole host of mental illnesses. As the aforementioned article [How CBD Works](#) states: *"CBD's enzyme-mediated activation of the PPAR-alpha receptor may have antipsychotic effects. Polymorphisms or mutations in the gene encoding PPAR-alpha can result in deficient PPAR-alpha signaling, which has been linked to schizophrenia. PPAR-alpha activation is both anti-inflammatory and can decrease dopamine release, thereby minimizing schizophrenic symptoms."*

Neuro-Protective:

Neurodegenerative diseases (such as Alzheimer's and Parkinson's) are another set of horrible diseases which are claiming the lives of more and more people. Fortunately, CBD shows potential for healing these too. Again, the issue comes back to the PPAR-activation: *"PPAR-gamma activation degrades amyloid-beta plaque, a key molecule linked to the development of Alzheimer's disease. This is one of the reasons why cannabidiol, a PPAR-gamma agonist, may be a useful remedy for Alzheimer's*

patients. As an aside, PPAR receptors also regulate genes that are involved in energy homeostasis, lipid uptake, insulin sensitivity, and other metabolic functions. Diabetics, accordingly, may benefit from a CBD-rich treatment regimen.”

Anti-Inflammatory:

Inflammatory diseases are another massive set of diseases that haunt the populations in developed countries, especially the US. Many nutritional experts and doctors have highlighted the strong connection between inflammation and disease. As Dr. Mark Hyman writes, *“Inflammation is a “hot” topic in medicine. It appears connected to almost every known chronic disease — from heart disease to cancer, diabetes to obesity, autism to dementia, and even depression. Other inflammatory diseases such as allergies, asthma, arthritis, and autoimmune disease are increasing at dramatic rates ...”* According to various studies cited by Medical Marijuana Inc, cannabidiol stops inflammation by decreasing *“decrease the production and release of pro-inflammatory cytokines and decrease the activation of the LPS-induced STAT1 transcription factor, a key factor in some of the pro-inflammatory process. CBD, however, also reduces the activity of the NF-kappaB pathway, a primary pathway regulating pro-inflammatory genes, and upregulates the activation of the STAT3 transcription factor induces anti-inflammatory events (Kozela, et al., 2010).”*

Analgesic:

Analgesic means pain relieving. CBD is analgesic and is thus indicated for those suffering from inflammatory disease or conditions with chronic pain.

Anti-Convulsant:

CBD has become famous for its ability to stop seizures and treat diseases such as epilepsy. The overwhelming consensus of case studies, surveys and pre-clinical animal studies shows that cannabidiol is a powerful anti-convulsant.

Pro-Anxiolytic:

Finally, CBD also helps calm the nerves and reduce or eliminate anxiety, and thus is anti-anxiety or medically speaking pro-anxiolytic. The reason why CBD has this effect is probably due to its activation of the adenosine receptor. Adenosine receptors play major roles in brain and cardiovascular function (regulating oxygen intake and blood flow), as well as having anti-inflammatory effects throughout the body, which ties in with CBD’s anti-inflammatory properties.



About the Author:

I've worked in food for 35 years and been making canna food and medicine for about 15 years. Extensive knowledge of food allergy, and have many blogs on the subject. I have studied cannabis and its various benefits full time for the last five years, and have made many different cannabis preparations with many different effects. My main objective is to teach people to make their own medicine at home, with any part of the plant. I am a firm believer of, *The Whole Plant* and nothing but *The Whole Plant*.