



HOW TO MAKE MEDICINAL CANNABIS PREPARATIONS

5th Edition

2018

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PREAMBLE - JANUARY 2018

This booklet will allow people to produce basic cannabis edibles and tinctures. You need to be able to find and purchase, or grow, cannabis to do this.

THC, or tetrahydrocannabinol, is the chemical responsible for most of the psychological effects of cannabis, and is the component of cannabis that most interests casual users of cannabis; the more THC, the better the high. Those who use marijuana to relieve chronic pain also seek strains with higher levels of THC than CBD; those strains are more effective at masking pain.

CBD, or cannabidiol, has been shown in many studies to have important medical benefits, such as in the treatment of schizophrenia, depression, rheumatoid arthritis, colitis, liver inflammation, heart disease and diabetes.

For more extensive information on this topic check on the Internet. Google *medical cannabis* and specific medical problems. Read more than one source, as there can be disagreement among advocates as to "best practice".

Current thinking is that "cold " tinctures retain the neuro-protectant quality needed for epilepsy, myalgia, fibromyalgia, spasticity, and other nervous system ailments. The cold tincture is also the least "intoxicating", usually giving a "clear stone" or no "stone".

A "hot" tincture, one where the cannabis is heated for a while prior to oil extraction is "intoxicating" and better for pain mitigation, as in cancer cases.

This booklet has been put together to assist the many thousands of people who come to Nimbin looking for assistance, education and possibly the base product to produce their own medical cannabis.

WHERE IN AUSTRALIA IS MEDICAL CANNABIS LEGAL?

Despite announcements by the Australian federal government and media since February 2016, cannabis use and possession, even for medical purposes, is still illegal and a difficult to obtain product for the majority of people all over Australia. Below is a helpful link which provides a guide through the lengthy and difficult process in Australia of gaining legal medical cannabis:

<https://sydney.edu.au/lambert/how-to-get-medicinal-cannabis.html>

Here is the federal government's Office of Drug Control's website on medicinal cannabis:

<https://www.odc.gov.au/medicinal-cannabis>

Cannabis Access is a web portal designed to assist doctors to prescribe medicinal cannabis in Australia and meet the regulatory requirements:

<https://cannabisaccess.com.au/>

Victoria was the first state in Australia to introduce legislation to legalise medicinal cannabis for very specific medical conditions, and other states and territories quickly followed:

- **Victoria:** Legal for use by children with severe, treatment-resistant epilepsy, from early 2017: *Access to Medicinal Cannabis Act 2016*.
- **Queensland:** Legal by prescription from specialists for use by patients with a range of conditions including MS, epilepsy, cancer, and HIV/AIDS, from March 2017: *Public Health (Medicinal Cannabis) Act 2016*.
- **NSW:** Legal for use by adults with end-of-life illnesses, from July 2016: *Poisons and Therapeutic Goods Amendment Regulation 2016*. (See NSW Government's

Centre for Medicinal Cannabis Research and Innovation for details.)

- **ACT:** Legislation in preparation in 2017.
- **Tasmania:** Controlled Access Scheme began in 2017 to allow patients to access unregistered medicinal cannabis. No legislative changes were required in Tasmania.
- **WA:** Legal by prescription from doctors under certain conditions, from November 2016: *Misuse of Drugs Act 1981*.
- **SA:** Legal by prescription from doctors under certain conditions, from November 2016.
- **NT:** Cannabis is still listed as a prohibited drug.

For those who simply derive pleasure and enjoy cannabis, recreational use of marijuana remains illegal across all federal, state, and territory laws in Australia.

DISCLAIMER

The information provided in this book is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your doctor. It is important that you rely on advice from your doctor to employ sound judgement for your specific condition. This booklet is not intended to be a substitute for the advice of a doctor nor a recommendation of any particular treatment plan. The publisher is not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. Recipes and references are provided for informational purposes only.

EASY

When eating or drinking cannabis, cannabinoids¹ are absorbed in a very different fashion from smoking or inhalation from a vaporiser. Always start with a sample and wait up to an hour. Do not drive or operate machinery until you have assessed the strength of the medicine for your body size.

1. Drinks

JUICING

This option is really only for those lucky enough to have access to ample fresh plant material.

Cannabis clinician Dr William Courtney recommends drinking 4–8 ounces of raw flower and leaf juice from any Hemp plant, 5 mg of Cannabidiol (CBD) per kg of body weight, a salad of Hemp seed sprouts and 50 mg of THC taken in 5 daily doses.

Plants sprayed with anything shouldn't be juiced, but some pests are edible, such as Spider mites.

To prepare leaves for a juicer, avoid rinsing – soak them in water for 5 minutes.

Masticating juicers are efficient for leaves, buds and sprouts; a centrifugal juicer may need additional vegetables to chop fibres. To preserve juice fill containers so that air is minimized; a dose of juice frozen in an ice cube tray retains medicinal value.

Learn more <http://www.trueactivist.com/there-is-no-mistaking-the-evidence-cannabis-cures-cancer/>

¹ Cannabinoids are a class of diverse chemical compounds that act on cannabinoid receptors on cells that repress neurotransmitter release in the brain.

TEA

Tie a tablespoon or so of grass in a piece of muslin or cheesecloth. Put some water on to the boil for tea. Add the grass tied up in the cloth bag and when it comes to boil, pour both water and bag into a teapot containing preferably mint or some kind of green tea. Let steep for at least five minutes, add plenty of sugar and serve. Tea can also be made from freshly picked grass.

COCONUT BHANG MASALA

It's really a milk and honey drink rather than a Chai or Tea. The ratio of ingredients can be made as u desire. It's a big drink and good to hydrate this way.

- 400ml of heated Dairy, Soy, or Oat Milk
- 1/2 Tablespoon Malt syrup and 1/2 Tablespoon Honey (or 1 tablespoon of one or the other)
- 0.5g Himalayan Pink Salt (or equivalent)
- A loving dash of Nutmeg and Turmeric but don't go crazy until u taste it first
- 1/4 to 1/2 Tablespoon of **canna oil**. No more till u know the strength of it.

Stir it all thoroughly and enjoy.

The ingredients resonate off each other sublimely, and they can all be tweaked. One of the virtues of not overheating the oil in production is that the sweet flavour of the Cannabis really makes the core flavour in the drink. If it boils, the oil will get a bitter heavy flavour. Other spices can be added or substituted, including Cardamom, Cinnamon, or Black Pepper, but the basic recipe reigns supreme.

2. Infused Butter and Honey

CANNABUTTER #1

Time Required: Approximately 3-4 hours. Refrigerate for 2-4 hours afterwards.

You will need:

1 ounce [28 grams] of cannabis buds

500g unsalted butter

4 cups of water

Metal spoon

Spatula

Medium saucepan

Glass or stainless steel bowl

Metal strainer or colander

2 pieces of cheesecloth

Airtight container/s

Recipe Directions:

1. Combine water, butter (cut into thick slices) and cannabis into pan and cook over low heat. The mixture should never boil but simply simmer. Continue cooking for 3-4 hours.
2. Stir gently every 30 minutes or so. The mixture will thicken as the water cooks off. Don't allow mixture to become too thick. The cannabis should float about 2 inches from the bottom of the pan and should never touch the bottom. If necessary, add water.

3. After 3-4 hours, when the mixture looks glossy and is more dense and compact (most of the water has evaporated), turn off heat and allow to cool.
4. While the butter mixture is cooling, line a metal colander or strainer with a double layer of cheesecloth (be sure to allow a few inches of overhang).
5. When mixture is safe to handle, pour the mixture into the colander/strainer, pressing down with back of spatula, allowing the butter to drain into the glass bowl.
6. With gloved hands, bring the corners of the cheesecloth together and twist tightly to squeeze out all of the butter. Discard cannabis.
7. Using the spatula, scrape out any residual butter left in pan into the bowl.
8. Place bowl in fridge for about 2 hours, or until butter has solidified.
9. After the butter has solidified, the next step is to remove it from the water. Run a knife around edges to separate the butter from the bowl.
10. Carefully lift the butter layer and place it wet side up on wax paper or cutting board. Dab off any excess water with dry clean cloth. Your finished butter will have a green colour.
11. Place the cannabutter into an airtight container, and store in fridge until ready to use.
12. It is recommended cannabutter be used immediately, or within a few weeks for optimal quality.

CANNABUTTER #2

Leaf is sufficient but flower/heads are much stronger.

- ½ lb [500gm] of butter
- 2 handfuls of dried crumbled cannabis. Use leaf, trimmings and small buds. If using quality heads lower the amount
- 2 cups of water

In a large saucepan melt butter, add dried cannabis and mix.

Add water and bring to the boil. Turn down and simmer for up to 3-4 hours, stirring occasionally and adding water when necessary.

(Alternatively, this can be done in a crock-pot and can be left overnight or during the day)

If possible do this in an open space because smell will be a major factor.

Strain the liquid from the cannabis leaf/flower into a container and put into fridge to set.

Discard leaf/flower matter.

(Use instead of normal butter in any recipe)

CANNABUTTER #3

This is an easy, quick way to infuse cannabis into butter on your stovetop. Be sure to use salted butter since it has a higher smoke point, and don't leave your saucepan unattended! You can make this cannabutter relatively quickly, and use it in any recipe.

Ingredients:

250g salted butter
¼ ounce of cannabis buds

Preparation:

Melt the butter on low heat in a saucepan. Add the ground buds, and simmer on low heat for 45 minutes, stirring frequently. Strain the butter into a glass dish with a tight-fitting lid. Push the back of a spoon against the plant matter and smash it against the strainer to squeeze out every drop of butter available. When you're done, discard the plant matter. Use your cannabutter immediately, or refrigerate or freeze until it is time to use. Be sure to remove all plant matter, otherwise it can get mouldy if stored in the fridge for a while. You can easily scale this recipe up for larger batches of cannabutter. One pound of butter (4 sticks) can absorb a whole ounce of cannabis, but you may want to simmer for up to 60 minutes.

For medical patients, I would recommend using two ounces of cannabis for each pound of butter, effectively making a double-strength cannabutter.

Drizzle this cannabutter over freshly cooked pasta or popcorn for instant satisfaction. Reserve large batches in the fridge or freezer for use in recipes.

CANNABUTTER #4

Ingredients

Pot of water

1 x 250g of Butter

500g of weed [at least]

As a guide, using 500g of weed (leaf or bud) 250g of butter and get back roughly 3/4 lb Cannabutter. Plenty to freeze for later.

Note: This recipe contains cannabis. Cannabis strength varies and there is no "standard" so quantities may not be given or be approximate. Please use your own judgment when measuring based on your knowledge of the cannabis you're using.

Directions

Ok, this is the way to make cannabutter, to be used in your everyday cooking...

Carefully bring the water to a boil, and add the butter. Once melted add your weed. Slowly boil/simmer the mixture for 3-4 hours.

Next, using a cheesecloth or similar (knee high stocking even!), strain out the spent plant matter, squeezing all the butter out of it, and put the liquid in the fridge.

A few hours later, the mixture is cool enough that the cannabutter has solidified on the surface. Scoop it out and retain it in a bowl or a jar, or put it in the freezer for later. Any remaining water can be thrown out.

Use the bud butter in any recipe that calls for butter. Remember; only try quarter or half a cookie at first to gauge effect.

CANNABIS INFUSED HONEY

You Will Need:

- Crock pot [slow cooker]
- 1 ounce (28 grams) of cannabis (ground or cut up first)
- 5 pounds of honey
- Cheesecloth
- String or bread tie

Recipe Directions:

1. Wrap your cannabis in a cheese cloth. Tie the end with a string.
2. Put the cannabis in your crock pot and pour honey over top.
3. Cover crock pot and cook on low for five hours Stir it a couple times per hour. Do not let it boil.
4. Turn crock pot off. Let honey sit to cool for up to 24 hours.
5. Remove bundle from the honey, squeezing as much honey from the cheesecloth as possible.
6. Put your honey into a jar(s).

3. Recipes

BASIC BISCUIT

You can add anything or any flavour that you like.

- 250 g **canna butter** softened
- 2/3 cup caster sugar or substitute
- 1 tsp vanilla essence
- 1 egg
- 2 ½ cups plain flour

Mix butter, sugar and vanilla in a bowl, until light and creamy.

Add egg and mix until combined.

Stir in 2 cups of flour for a soft dough, or 2¼ cups of flour for a firm dough.

Add flavourings and shape, as desired.

Bake at 180C for approximately 12-15 minutes.

This dough can be frozen and used later.

CANNA CHOCOLATE

- 2 tablespoons of **cannabis oil**
- 1 block of chocolate (dark or light)

Melt chocolate over double boiler.

Add cannabis oil.

Add any flavouring you wish – almond meal, coconut etc.

Pour into ice block trays and set in the fridge.

Start with a small dose, i.e., half of one block. Wait an hour and if no effect, have the other half.

CHOCOLATE BROWNIE

This recipe can easily be made Gluten Free/ Egg Free and Nut free

- 2 cups s/r flour
- 1 cup water
- 1 cup caster sugar
- Pinch of salt
- 1 teaspoon of vanilla extract
- 1/4 cup cocoa powder
- 1/2 cup [125gm] of **canna butter**
- 1/2 cup of good quality dark choc bits

Pre-heat oven to 180c and grease flat cake tin.

In a saucepan, boil the water and 1/2 cup of s/r flour over a low heat, stirring constantly until it reaches the consistency of a gluey paste.

Remove from heat and cool completely.

Mix sugar, salt, vanilla, cocoa and butter in a bowl.

Add the flour-water mixture and mix well.

Add the remaining flour and the choc chips (nuts if wanted).

Spread mixture into cake tin.

Bake for 25-30 min.

Cool on wire rack, sprinkle with icing sugar (if wanted) then cut into small squares, share and enjoy.

Start with a small dose, i.e., ONE small square. Wait an hour and if no effect, have a second.

HARDER

4. Alcohol Based Tinctures

COLD METHOD #1

Time Required: Minimum 5 days. 8-10 days recommended.

You Will Need:

- Glass jar with glass lid or mason jar
- 1 ounce (28 grams) of Cannabis, coarsely ground
- 2 cups of high proof alcohol like *Polmos Spirytus Rectified Spirit [Polish Vodka - 95%]*, or *Bacardi 151 [Rum 75%]*, both available in Australia, otherwise just use the highest proof Vodka you can find.
- Strainer
- Cheesecloth

Recipe Directions:

1. Put the coarsely grounded cannabis in your jar. Pour the alcohol in on top of the cannabis (covering it by at least 2 inches).
2. Seal the lid tight on the jar and shake vigorously for 10 seconds. Place jar in freezer.
3. Remove jar from freezer at least twice a day to shake.
4. Repeat process for at least 5 days. The potency of the tincture depends on how long you wait and how much you shake it.

5. Lay 2 sheets of cheesecloth inside your strainer and place the strainer over a bowl.
6. Pour contents from jar carefully over the cheesecloth and through the strainer to extract the plant waste. Repeat filtration process if necessary to remove as much plant material as possible.
7. Wait for all the liquid to pass through. Then bundle up all the waste in the cheesecloth and squeeze out any remaining tincture.
8. Pour into glass container or dropper bottles. Store tincture in a dark and cool place (refrigerator or freezer is fine).

COLD METHOD #2

Here is the recipe for highest quality tincture. This method does not use heat so keeps the integrity of the cannabinoids intact.

- Fill jar $\frac{3}{4}$ full of herb
- Fill rest of jar with alcohol; leave some room at top, stir.
- Shake jar [vigorously] one or two times a day for 2 weeks [or leave it until there is no green colour left in the plant matter]
- Strain through metal tea strainer or silkscreen.

You can use whatever kind of clean glass, not plastic, jar you have with a tight lid. One-quart mason jars are ideal. Grind the herb thoroughly in a blender. It should be well ground but doesn't have to be a powder. You can use leaf, bud, shake, joint leftover, or stems. Too many stems will wreck your blender and a weaker tincture. Leaf work fine but for higher potency use shake or bud. Fill the jar $\frac{3}{4}$ full of herb; it does not have to be exact. You can use anywhere from $\frac{1}{2}$ to $\frac{2}{3}$ part herb but $\frac{3}{4}$ will make a full strength tincture.

Use high proof alcohol like *Polmos Spirytus Rectified Spirit [Polish Vodka - 95%]*, or *Bacardi 151 [Rum 75%]*, both available in Australia, otherwise just use the highest proof Vodka you can find. If you are making this to ingest rather than smoke then extra sugars won't matter. Pour alcohol over the herb, filling the rest of the jar. Leave just enough space (an inch or so) at the top so that you will be able to shake the jar. Stir the mixture; the herb will absorb some of the alcohol so you may need to add more. Put the lid on tightly; label the contents and the date you started. It takes two weeks for the alcohol to extract all the active elements from the herb. Shake the jar once or twice a day for 2 weeks. The alcohol will rise to the top and a deep green/red colour will develop.

After 2 weeks of aging you can strain the tincture through a metal tea strainer or a silk screen into a small tincture bottle with a dropper. You can leave the rest in the jar if you want, it will age and mellow in flavour and you can strain off as much as you want at a time. Alcohol is a strong preservative it will hold for a long time, be careful when handling the tincture, it stains and will turn everything it comes in contact with green. Use anti-bacterial dish soap, the orange kind, to clean the glass, metal or other ceramic utensils, (do not use plastic) sinks and counter tops work best at dissolving THC residue.

Dosage varies per individual but start with half a dropper dissolved in hot tea or water. Hot tea will dissipate some of the alcohol and activate the THC a bit. It can be taken straight but may burn the tongue and has a very strong herbal taste. [If you cut it with equal parts water, you can hold the dosage under the tongue without burning. Takes effect in seconds.]

COLD METHOD #3

Full strength medical cannabis extract is a three part synergy of cannabinoids, terpenoids and flavi[o]noids. Extractions for medical use should take up all three families with great efficiency and minimize the amount of chlorophylls, concrete oils and waxes which have minimal therapeutic value.

Place a bottle of 95% ethanol in the freezer over night. Chop the herb up and place it in an empty bottle, no more than $\frac{3}{4}$ full. Put that in the freezer too, with the lid off.

Next day, pour the freezing cold ethanol into the bottle of frozen herb until covered by $\frac{1}{4}$ to $\frac{1}{3}$ over the top of the herb, put the lid on tight and shake for 3 minutes. Stop.

Strain the herb out with a standard kitchen strainer. Rinse the herb with a small amount of freezing cold ethanol to flush the last bit out.

Next, pour the ethanol herbal solution through a coffee paper filter. The result is a red/yellow off-clear, full strength tincture of cannabis with little to no chlorophylls, and all three medicinal fractions fully rinsed from the herb. Evaporate out the ethanol. The dry oil is yellow/red and highly potent.

HOT METHOD #1

Traditional “Warm” Method. Time Required: Minimum 30 days.

You Will Need:

- Glass jar with glass lid; mason jars work best
- 1 ounce (28 grams) of Cannabis, coarsely grounded
- 2 cups of high proof alcohol like *Polmos Spirytus Rectified Spirit [Polish Vodka - 95%]*, or *Bacardi 151 [Rum*

75%], both available in Australia, otherwise just use the highest proof Vodka you can find.

- Strainer
- Cheesecloth
- Brown paper bag
- Access to sunlight

Recipe Directions:

1. Add the coarsely grounded cannabis to your jar. Pour alcohol on top of the cannabis, covering it by at least 2 inches.
2. Seal the lid tight on the jar and shake vigorously for 10 seconds.
3. Place the jar in a brown paper bag or use another opaque cover to shield the jar from light.
4. Store the covered jar in a warm spot in your house.
5. Shake jar twice a day. Repeat this for at least 30 days. The potency of the tincture depends on how long your cannabis infuses in the warm sun. The mixture will turn very dark green.
6. Pour the contents from jar carefully over the cheesecloth and through the strainer to extract the plant waste. Repeat filtration process if necessary to remove as much plant material as possible.
7. Wait for all the liquid to pass through, then squeeze out any remaining tincture from the waste in the cheesecloth bundle.
8. Keep the tincture in a dark coloured glass jar or store bottles in a cool dry place (refrigerator or freezer is fine).

5. Glycerin and Oil Based Tinctures

COLD METHOD #1

You Will Need:

- 2 cups of food-grade vegetable glycerin
- ½ ounce (14 grams) of dry bud or trimming (the better the material the better the tincture)
- Coffee grinder
- A fine mesh strainer or a Cheesecloth

Recipe Directions:

Time Required: Minimum 5 days. 8-10 days recommended.

1. Grind up your cannabis as finely as possible using the coffee grinder.
2. Place the glycerin and the cannabis in a clear glass jar. A well sealed cap is crucial.
3. Place the jar in a sunny location and let it sit there for 3 to 5 weeks minimum, but there's no limit to the duration. The longer the better. Shake it each day to help release the desired cannabinoids.
4. Strain with cheesecloth or a fine mesh strainer (do not use a paper coffee filter to strain).
5. Fill into a dropper bottle.

COLD METHOD #2

Glycerine – also known as glycerol – is easy to find. You should be able to get it at your local health-food store. Then you simply soak some high-quality cannabis shake and kief in the glycerine for 60 days.

I like to take the high-quality shake and bud and grind them up well, then place them in a two-quart glass jar. Then I add five to seven grams of kief (i.e. unpresseed trichomes) to the jar to increase the medicine's potency. Remember that this preparation will be ingested, so keep all your tools sterile and use good-tasting shake, not waste leaf.

Once the jar is 90% filled with ground weed and kif, slowly add the glycerine until the weed is covered and the jar is full. Make sure to rotate the jar for about three to five minutes per day, mixing the contents of jar well. (I like to flip my jar upside-down each day and let the weed float to the top of the glycerine.) After 60 full days, use a 190-micron Bubblebag to strain out the weed. At first I found this part of the process extremely difficult, and I think that using a French press or some type of fine kitchen screen to strain the shake from the tincture would work much better for most people.

HOT METHOD #1

You Will Need:

- A crock pot (slow cooker) or some glass jars
- 2 cups of food-grade vegetable glycerin
- ½ ounce (14 grams) of dry bud or trimming (the better the material the better the tincture)
- Coffee grinder
- A fine mesh strainer or a Cheesecloth

Recipe Directions:

Traditional “Warm” Method. Time Required: Minimum 30 days.

1. Set the crockpot to low. The ideal temperature is 80°C. If it is possible, keep the crock pot on a ‘Keep Warm’ setting; some crock pots will burn the tincture even at a low setting so be warned!
2. Grind up your cannabis as finely as possible.
3. Place the weed in the jar and fill with glycerin until all the herb is covered. Place the jar in the crock pot.
4. Let it sit for 6 to 24 hours.
5. Remove the jar from the crock pot and let it cool down for a few hours or overnight.
6. Strain with a cheesecloth (a paper coffee filter will clog).
7. Fill into a dropper bottle.

HOT METHOD #2

Time Required: Approximately 2 hours.

You Will Need:

- 28 ounces (3.5 cups) of canola or olive oil
- 1 ounce (28 grams) of cannabis buds finely ground or
2 ounces (56 grams) of leaf trim, dried and finely
grounded

Recipe Directions:

1. Pour oil into a large saucepan or preferably a double boiler.
2. Heat on a medium setting, and let it warm up.
3. Do not let the oil boil! This is important to remember when making cannabis oil.
4. Once the oil is hot, but not boiling, you may add the cannabis powder. Add some of the cannabis to the oil and then stir until it is fully coated with oil. Keep adding cannabis until the entire amount is mixed into the oil. For best results keeping the oil just on the edge of simmering, but not actually simmering.
5. Stir frequently and watch for bubbles. Remove it from the heat until the temperature is low again and lower the heat some if the oil begins to boil.
6. Continue for at least 1 hour. We suggest that you allow the cannabis to soak in the hot oil for about 2 hours.
7. Strain the oil through a cheesecloth or a fine mesh strainer. Be sure to remove all cannabis from the oil. (let the oil cool down enough so that you don't burn yourself)

HOT METHOD #3

Time Required: Approximately 1.5 - 2 hours.

You Will Need:

- Double boiler
- $\frac{1}{4}$ ounce (7 grams) to $\frac{1}{2}$ ounce (14 grams) of cannabis
- 1 cup of coconut oil (organic)
- 2-3 feet of cooking twine
- Cheesecloth

Recipe Directions:

1. Prepare the “herb packet”:
 - a. Lay the cheese cloth out flat
 - b. Place the cannabis into the middle and spread it evenly over a small area (remember the packet needs to fit into the top pan)
 - c. Fold in opposite ends to cover the herb
 - d. Now fold in one of the open ends, tuck and roll
 - e. Tie the roll of herb tightly with cooking twine (tying a knot in one end and then guiding the twine through it works good)
2. Fill the bottom pan of a double boiler with a few inches of water (leave enough space so that it does not touch the top pan) and set the shallow pan on the top. Place over medium heat to a gentle boil – NOT a rolling boil.
3. Add 1 cup of coconut oil to the top pan.
4. When the coconut oil is almost melted, add about 1 cup of water. Just enough so that the liquid will cover the

herb packet [Note: THC and CBD are not soluble in water, but are in certain carrier oils. Therefore, the coconut oil will “soak” up the cannabinoids, leaving any impurities in the water.]

5. Continue heating the oil and water mixture until all of the coconut oil is melted and then add the herb packet – pressing down gently into the liquid using a metal spoon.
6. Cover and leave to cook for 90 minutes, checking back every half hour or so to flip over the packet and stir it around gently. Also, check the water in the bottom pan. Make sure it is not boiling too hard and that the water level is still good – be careful to avoid any escaping steam when removing the top pan.
7. After about 90 minutes, the oil and water mixture should be a nice deep green colour. At this point, turn off the heat and remove the herb packet and place in a bowl. Squeeze out any oil that is left in the “herb packet” by pressing it with a spoon (when it cools down, you can give it another squeeze by hand to get every drop). Add this to the liquid mixture and place in the refrigerator to cool.
8. When the mixture is cooled, the water and oil separate (dirty looking water on the bottom and a nice green colour solidified oil containing the good stuff on top). Gently poke 2 or 3 holes through the oil, slowly turn it over (holding your hand gently over the oil) and drain the water off.

HOT METHOD #4

Use coconut oil. The usual rules for “Canna Butter” apply.

1. You should grind the very dry Cannabis herbage into fine chaff or even a powder.
2. The heating of oil and cannabis needs to happen slowly. Use a metal bowl floating it in a saucepan with enough water to make the bowl “just” float, on a very low heat.
3. Use enough oil to “just” submerge the leaves, but make sure you do this slowly melting the oil and letting it penetrate before adding more. Do not allow it to get any hotter than the occasional bubble rising up in the oil.
4. You should do this in your own controlled environment whilst you are doing your everyday activities as it does well to have 10-12 hours heating time, and you will need to top up the water regularly. Turn it off and cover it and come back to it if you need to leave. Even time left soaking in oil will help.
5. Strain and separate the liquid from the herbs.
6. The left over herbs still have oil and goodness in it. If you can get some pure ethanol fabulous, but if not *Polish Pure Spirit*, can be used to soak the oily leaves. Mix in and jar it... Leave it for a couple of days then strain again. You can use this to make a wozy boozy drink, but with a little bit of heating, it will evaporate and leave you with some real potent oil.

And there you have it, a healthier means to ingest those cannabinoids, and unlike butter, it can be stored without going rancid.

EPILEPSY SPECIFIC METHOD #1

To make a THC-A tincture you will need the following:

- 1-ounce good fresh dried bud from any high THC strain.
(1 oz)
- 1 Litre of rectified spirit (95% alcohol)
- 2 x one litre glass mason jars.
- 1 Pyrex/glass Oblong Baking Dish 4.5L

Preparation for Extraction

- 1) Take 1 ounce of dried bud (preferably frangible) from any high THC-strain and crumble it all up (by hand) and place in glass mason jar. (Tip - to make buds dry enough to be frangible/brittle, lay buds on a tray and leave a cool fan blowing air directly on to it for an hour or so.
- 2) Place a piece of nylon stocking across the mouth of the mason jar holding the crumbled buds, and tie with a rubber band or piece of string. Place in freezer overnight.
- 3) Place two containers of 500 ml spirit in the freezer (or one litre – you measure out 500ml when the time comes). Freeze containers of alcohol overnight to -17 or -19 degrees Celsius or 0 degrees Fahrenheit.

The Extraction

Now, the idea is to work very quickly to do two, perhaps three, quick rinses before the buds thaw. The freezing process prevents picking up water-soluble contaminants from the plant material during the rinse.

- 4) Pour 500 ml of the frozen spirit onto the frozen buds, slush it around for a bit. After about 90 seconds pour off the liquid through the nylon stocking, and then also through a coffee filter * (to remove small particulate matter) into the glass collection dish.

(*The second mason jar has a coffee filter secured to it, so you pour the alcohol/resin solution through the filter into the second mason jar, then pour that into the glass collection plate).

5) Fill jar again with the remaining 500 ml of alcohol, swish around again, and then pour off the liquid through the nylon stocking and then through a coffee filter into the second mason jar, and then into the glass collection dish. Sometimes a third wash is possible before thawing so try and do the first two rinses quickly. If you do a third wash you will need additional alcohol. What is poured into the plate is all the resin without the plant material. This contains your THCA as well as other cannabinoids.

6) The collection plate should now hold about 1 litre spirit and resins. Place a household fan near the plate and blow cool air over the plate for about 24 to 48 hours or until all of the alcohol has evaporated. There is no hurry here ok.

7) The collection plate once evaporated should have a thin film of resin sticking to the glass. It helps to have a flat razor blade or putty knife to scrape up the resin. It's very sticky, like tar, and it's easier to work with when very cold (you can pop it in the fridge to harden it).

One ounce should yield about 3 to 5 grams of resin. Keep this stored in the fridge to keep cool and easier to handle.

Making the Tincture

8) Weigh the resin, and put 1gm of THCA resin into a 100 ml bottle and fill with spirit. You will find the resin easier to handle if it is frozen.

9) Test your final result at a lab so you know exactly what you have. Results should show high amounts of THCA a small amount of THC (through natural decarboxylation in the drying/curing process of the buds).

10) Per Canna, "Each patient is taking roughly 2ml/day of the tincture I make. This is broken down into 4 drops 3 times daily, and 1ml before bed. The results speak for them selves. One

ounce of high-grade bud produces 3 to 5gms of resin. That is enough to make 3 to 5 100ml bottles. Each patient is only using 2ml per day, so each bottle last 50 days." This is NOT for sublingual use. It is designed to go down a feeding tube, or be incorporated in juice or custard, etc.

WARNING: DO NOT CEASE CONVENTIONAL AED'S WITHOUT MEDICAL SUPERVISION. IF YOU DO SO YOU CAN LIKELY EXPECT A RECURRENCE OF SEIZURES.

Once you commence a THCA therapy there needs to be a period of time for the cannabinoids to fully become effective. If you wean conventional medicines too quickly the patient has high chances of seizures recurring. It is not recommended that reductions in conventional medicines be made within a month of starting a THCA treatment.

EPILEPSY SPECIFIC METHOD #2

You will need:

- ½ an ounce of cannabis heads (Find cannabis that doesn't smell bad. Quality over quantity)
- 1 Litre high proof alcohol like *Polmos Spirytus Rectified Spirit [Polish Vodka - 95%]*, available in Australia, otherwise just use the highest proof Vodka with as few additives added as possible that you can find.

Method

Break the Cannabis Heads up and add them to a jar with the Litre of Alcohol. Seal the jar and shake 3 to 4 times a day for 2 to 3 days. Shake for 30 seconds per time and store in a cool place. Excessive shaking is not required.

If the Alcohol starts to turn green pour off the Alcohol. It is the cannabinoids which are required, not the products of the breakdown of the fibre. When the Alcohol starts to turn green the fibre is being broken down.

Pour the mixture through a filter to remove the solids from the Alcohol. If some solid material is still left in the Alcohol leave the jar to stand until the solids settle and then pour the Alcohol slowly from the jar until only the solids and a small amount of Alcohol is left.

This method makes a Non-Psychotropic Ultra Low dose THC/THC-A Cannabinoid Tincture.

Store in the refrigerator or a cool spot.

Start with 5 drops of the filtered Cannabinoid Tincture 4 times a day and increase the number of drops until the seizures stop.

This should be enough Cannabinoid Tincture to last many months.

Inform your doctor/neurologist of the use of the Ultra Low Dose Cannabinoid Tincture to maximise the benefits of your treatment. Never stop taking other seizure medications without consulting with your doctor/neurologist.

<http://www.mullawaysmedicalcannabis.com.au/>

DOSAGE

Dosing for medical marijuana is still relatively uncertain. Further efficacy and safety studies are required to determine an exact dosing regimen for individuals and their specific conditions.

The general guideline is to start low and go slow. Start with a very low dose and stop therapy if any undesirable or unacceptable effects occur. Wait to gauge the strength of the effects.

Several surveys have shown that the average dose of medical marijuana is 1 to 3 g/day when smoked or vaporized.^{1,2,3} In one recent Canadian study⁴, 25mg of pharmaceutical-grade cannabis with a THC (delta-9-tetrahydrocannabinol) content of 9.4% was effective in reducing intensity of pain, improved sleep and was well tolerated when smoked as a single inhalation 3x/day for five days.

References:

¹ MA Ware, H Adams, and GW Guy. "The medicinal use of cannabis in the UK: results of a nationwide survey," *Int.J.Clin.Pract.* 2005. 59:291-295.

² GT Carter, P Weydt, M Kyashna-Tocha and DI Abrams. "Medicinal cannabis: rational guidelines for dosing," *IDrugs.* 2004. 7:464-470.

³ AJ Clark, MA Ware, E Yazer, TJ Murray et al. "Patterns of cannabis use among patients with multiple sclerosis," *Neurology.* 2004. 62:2098-2100.

⁴ MA Ware, T Wang, S Shapiro, A Robinson et al. (2010) Smoked Cannabis for Chronic Pain: a Randomized Controlled Trial. *Canadian Medical Association Journal (CMAJ).* 182:E694-E701.

Websites for dosage related information:

http://www.safeaccessnow.org/using_medical_cannabis

https://www.erowid.org/plants/cannabis/cannabis_article1.shtml

Sub-lingual tincture of cannabis - Dose Rates

Medicinal cannabis therapy is said to be dose dependent. That means the healing rate is dependent on the dose rate. The more cannabis in your blood the faster you will heal, so the aim of Medicinal cannabis therapy, is to ingest a sub-lingual tincture of cannabis, orally, under the tongue, as much as your body can tolerate, as often as you can tolerate it.

Full course, → ingest 60ml in no more than 2-3 months <--

Ingesting it as often as possible, as fast as possible, until all the cancer is gone, and then finish the remaining tincture to ensure cancer does not return. This takes 1-3 months.

Dose size and rates:

Ingest as much as you can as often as you can – even during the night. The dose size depends on your body's tolerance level, and everyone is different. The average, amount per dose to take is very small: 1 drop, keep it under the tongue, until it's all absorbed by the mucus membranes under your tongue.

How to find the most effective dose size to suit your body:

First dose → 1 drop under your tongue. Wait. If you feel fine after 2hrs, and can still walk around performing your usual duties, eat more. This time increase the dose to 2 drops, wait 2hrs, and if you can still walk around performing your usual duties, increase to 3 drops. Continue on like this, increasing your dose rate by one drop, each consecutive dose, until you just start to feel uncomfortable or get incredibly high or fall asleep. Next, let it wear off completely.

Next, take a drop less than your last dose. This is your perfect dose size. Once you find this perfect amount for you, you've found your regular dose, this is the most effective dose size to suit your body. Take your regular dose in the morning, as soon as you wake up. Once you feel it gone, and it usually takes a couple of hours to wear off, take another dose. Once again- depending on your tolerance level- you may have to wait until lunch time to

take another one, while some might be ready to take another dose at say 10am. Keep taking regular doses all day, as required, up until bedtime.

At night for your last dose before bed, it's a good time to take a bigger dose. Two drops bigger than your regular dose, as you're going to sleep anyway. If you're able to set an alarm and wake up for another dose during night, that would be ideal.

For the first few days try to lock this routine down, and as the first week passes, your body tolerance level will rise. Just like people who smoke cannabis, you'll be able to ingest more and more of it at any given time with no negative side effects, because your body tolerance increases. At this stage, start to increase your regular dose by 1 or 2 drops, and/or times per day that you administer the regular doses. Remember to aim to take as much as you can as often as you can. This is to ensure that there's always shutdown action happening in the cells that contain cancer.

But, you must try to stay able to walk around and perform your usual duties. You don't want to flood your system with too many Cannabinoids, because that will make you too sleepy. Yet you need an efficient amount of cannabinoids binding to the CB receptor locations and releasing CB receptors so that an effective amount of cannabinoids is always binding to cancerous sites, or areas of healing, to get the maximum amount of PCD (Programmed Cell Death) possible at all times. You do this by taking as much as you can as often as you can, till completely healed.

Maintenance dose:

Maintenance dose may be required for continued protection and as preventative therapy. Maintenance Dose rates, 1 drop every night before bed. It takes seven years to replace every cell in your body.

**Hungry, happy &
healthy ...
Not high**



**Symptomatic relief is more important than
a moralistic approach to medicine**

Help end suffering

Urge your local MP to support the

medical use of cannabis

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