

the leaf[®]

MEDICINAL CANNABIS & HEMP GUIDE



***AN INFORMATIVE AND EDUCATIONAL NEWSLETTER
TO HELP PEOPLE UNDERSTAND THE BENEFITS OF
MEDICINAL CANNABIS AND HEMP.
A LIFE SAVING, NATURAL GROWING HERB.
TO HELP REMOVE THE "UNWARRANTED" STIGMA THAT HAS
BEEN ATTACHED TO IT AND TO DISPEL THE MYTHS SURROUNDING ITS USE***

**Compiled by Andrew Irving - Medicinal Cannabis & Hemp Tasmania[®]
Passionate Advocate for the Legalisation of Medicinal Cannabis**

September / October 2019 - Issue 24

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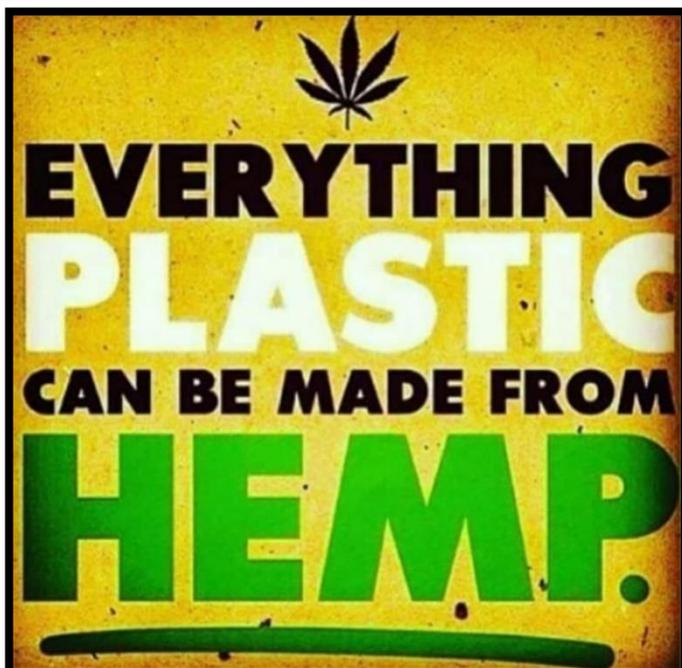
IN CASE OF OVERMEDICATION

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MEDICAL CANNABIS
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We are told that marijuana is not a medicine...

but isn't it interesting that when a pharmaceutical company synthesizes the active ingredient into a pill, calls it **MARINOL**, and charges hundreds of dollars for it, then it magically becomes one?

John Morgan





Hello

I have been producing this newsletter every other month now for nearly 5 years. Hard to believe as time has flown.

Researching Medicinal Cannabis articles on everything and anything, from illnesses and ailments through to corruption by governments and legalisation issues.

As a digital newsletter, my emailing list is currently 923, which as you can imagine, takes quite a while to send them out as due to quantity can not be sent all at once.

These then get forwarded on by yourselves to countless others all over Australia (and overseas)

It has been registered with the National Library of Australia in Canberra as a serial newsletter (ISSN 2206-2807) and is available for download in every library across Australia.

The Tasmanian Labor Party have supported me, and still do, in my advocacy of Medicinal Cannabis for all Australians, and regularly print out hard copies for distribution at events, Little Green Trailer Tasmania and individuals we meet on a daily basis.

Every copy, from the beginning is freely available for download from Joomag, through my Facebook site "Medicinal Cannabis & Hemp Tasmania"

So why am I saying all this, well the time has come for me to step back, I've done my bit and time for others to stop talking and start acting. I'm tired of Australian apathy and attitude of "she'll be right mate, someone else will do it"

Hence at this stage I will see the year out with the November/December issue 25 2019 possibly being the last edition of 'the leaf' not definite, but we will see...

Enjoy the read and please forward it to others, thank you

Andrew Irving

Medicinal Cannabis & Hemp Tasmania® and Little Green Trailer Tasmania

Passionate Advocate for the Legalisation of Medicinal Cannabis for ALL AUSTRALIANS

Deadline for November / December 2019 edition - Mid October 2019



*We thank the **Labor Party of Tasmania** for their continued support and determination to bring in Medicinal Cannabis legislation.*

*I especially want to thank the **Labor Party of Tasmania** for their support of the work that I do, and the many offices who kindly print hard copies of this newsletter for me.*

***Senator Carol Brown** and her staff print out includes a few bound hard copies. This has allowed the Doctors and*

*Specialists who have requested them, to have a quality copy in their respective consulting rooms. We also thank **ALL Labor members** for their continued support in the legalisation and education of Medicinal Cannabis.*

Printed copies of 'the leaf' are kindly being done by the following Labor Politicians

Senators Carol Brown, Anne Urquhart, Catryna Bilyk, Jo Siejka, Rebecca White MP, Brian Mitchell MP and Ella Haddad MP ******(please let me know if I have missed anyone)******

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*We are very grateful for your support as together we create
change in attitudes and legislation.*



Fossilised Cannabis Reveals The Plant is 27.8 Million Years Old

By Philip Ghezlbash (RxLeaf) 12.06.2019

The fascinating evolution of the original land race cannabis plant...

The cannabis market has exploded, and as growers learn more about using different strains to their advantage, a wide variety of these have emerged.



Cannabis historians believed landrace strains originated in Asia

But all this variety has its origins somewhere. Actually, we can trace all cannabis strains to a small number of original cannabis plants known as landrace strains.

What Exactly is a Landrace Strain?

A landrace strain is essentially an isolated plant that has not been crossbred with other cannabis varieties.

They tend to be indigenous to specific regions, and developed their particular qualities as the strain adapted to their unique environment.

As such, landrace strains are often named in accordance with their region: Pure Afghan, Durban Poison, Panama Red, and so on

Landrace really only refers to the genetic purity of a cannabis strain.

Landrace strains won't necessarily produce a better product. In fact, the reason there are so many crossbred strains on the market is that breeding a plant for a specific trait ensures a specific, quality finished product.

Being genetically closer to the original wild cannabis species is really the main drawcard for landrace strains.

They hold particular intrigue for historians, scientists, and purists.

“Clocking” the Age of Cannabis

Scientists have long searched for cannabis's origin. Or, at the very least, for the original wild landrace strain of this infamous medicinal plant.

Common thought placed the original plant in locations across Asia.

However, scientists weren't so sure of the precise original location.

That was until recently when a study of fossilised pollen found the location of the first cannabis species.

Accurately determining when and where cannabis evolved was extremely difficult due to the lack of a strong print fossil record – impression of leaves or fruits in rocks.

For a plant, like cannabis, that lacks a good fossil record, paleobotanists can use a “molecular clock”.

This allows them to estimate when cannabis and its sister species *Humulus* (hops) diverged from a common ancestor.



Hops and cannabis derive from the same common ancestor.

The molecular clock uses DNA to measure time, and calibrates the clock with fossil dates of related plants.

Using this method, they estimated that cannabis first diverged from a common ancestor 27.8 million years ago.

Once researchers had figured out when cannabis first diverged from a common ancestor, the question of where still remained. Paleobotanists then turned to microfossils, such as fossilised pollen, to fill in the records. They found that pollen from the closely related cannabis and hop plants are almost indistinguishable.

To overcome this problem, scientists realised that because cannabis typically grows in open grasslands, and hops grow in forests, the pollen could be classified by identifying other plants that commonly occur alongside it. Researchers used plants that are typically seen in open grasslands to identify the fossilised pollen as cannabis.

How Scientists Dated and Located Fossilised Cannabis Pollen

Fossilised pollen is usually used to date the layer in which it is found, which tells a lot about the environment at the time. However, in this case, the pollen was the unknown. Researchers aged it with radiocarbon dating. Radiocarbon dating measures the amount of radiocarbon (C14) left in a fossilised animal or plant.

C14 degrades at a known rate, and so by testing the amount of C14 left in a fossil, its age can be accurately calculated.

By using this analysis, the oldest fossilised cannabis pollen was located in the Ningxia Province, China.

Researchers dated the pollen at 19.6 million years old.

But with cannabis diverging 27.8 million years ago, this date wasn't close enough.



Cannabis stems from a single location on the Tibetan Plateau

Further research of the region and tracking of a plant called Artemisia, which has a close alliance and parallel evolutionary pattern to cannabis, pinpointed the north-eastern Tibetan Plateau as the cannabis centre of origin.

At the time, the Tibetan Plateau created an environment that supports the theory that cannabinoids developed to protect the plant from UV rays and herbivores.

These are both issues in the high altitude, open grassland Tibetan Plateau.

Fossil pollen records tell us that cannabis dispersed into Europe 6 million years ago. Then later East into China 1.2 million years ago. By mapping the distribution of pollen over time, scientists were able to see that European cannabis went through repeated genetic bottlenecks.

Following the warm and wet Holocene period, forests replaced open grasslands. Cannabis retreated to the small pockets of open space that it could inhabit.

In these small and isolated areas, the population of cannabis shrank.

These separated cannabis populations then evolved differently, eventually creating the separate and distinct landrace strains of the European-evolved sativa and the Asian-evolved Indica.

By tracing cannabis evolution back to a single location on the Tibetan Plateau millions of years ago, we have uncovered the site of the original cannabis landrace strain.

Over thousands of years, the original cannabis strain moved across continents, becoming isolated in certain areas.

The original landrace strain had to then develop to new conditions, eventually leading to a variety of landrace strains. Each developed unique Geno-phenotypical characteristics reflective of adaptations provoked by their local environment. And these ancient strains have become the mythologised landrace strains that we idolize today.

<https://www.rxleaf.com/fossilized-cannabis-original-land-race-evolution/>

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CANNABIS SCIENCE

Cannabinoids Improve Efficiency Of Mitochondria And Remove Damaged Brain Cells

A recent study conducted by Andras Biokei-Gorzo at the Institute of Molecular Psychiatry at the University of Bonn in Germany is suggesting that marijuana triggers the release of antioxidants, which act as a cleansing mechanism. This process is known to remove damaged cells and improve the efficiency of mitochondria. Mitochondria is the energy source that powers cells. The study was published in Philosophical Transactions Of The Royal Society. These discoveries shed new insight on how natural marijuana cannabinoids hold the capacity to literally kill the brain inflammation responsible for causing cognitive decline, neural failure, and brain degeneration. By supplying these receptor sites with cannabinoids, patients may be able to overcome brain conditions like Alzheimer's disease, Parkinson's disease, Huntington's disease, and more, not to mention premature brain aging. The human brain contains an extensive network of special receptor sites that modulate nervous system function only when activated by the appropriate cannabinoid compounds, which are found in the marijuana plant.

"Cannabinoid system activity is neuroprotective, and increasing it could be a promising strategy for slowing down the progression of brain aging and for alleviating the systems of neurodegenerative disorders."

-Andras Biokei-Gorzo / Institute of Molecular Psychiatry at the University of Bonn in Germany

Cannabinoids refer to any of a group of related compounds that include cannabiniol and the active constituents of cannabis. They activate cannabinoid receptors in the body. The body itself produces compounds called endocannabinoids and they play a role in many processes within the body that help to create a healthy environment. Cannabinoids also play a role in immune system generation and re-generation. The body regenerates best when it's saturated with Phyto-Cannabinoids found in Cannabis.



Scott Bacon MP



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How Cannabis Can Be Effective Both To Relieve Pain And Insomnia

“Medical” 03.07.2019 <https://www.cannabis-mag.com/2019/07/03/new-study-to-relieve-pain-and-insomnia/>

A new study demonstrates how cannabis could be an effective therapeutic option for pain relief and insomnia, for those seeking to avoid prescription and over the counter medications for pain and sleep including opioids.

Patients under medical cannabis regularly report using cannabis as a prescription drug substitute .

A survey was conducted in two stores in Colorado, United States. Between August 2016 and October 2016, store staff asked customers if they wanted to participate and if so, provided an electronic link for the survey. The study was approved by the Institutional Review Committee of the Albert Einstein College of Medicine.

The study, published in the Journal of Psychoactive Drugs, interviewed 1000 people, consuming lawful cannabis.

Among the participants, 65% of people used painkillers and 80% of all participants found it extremely helpful.

This allowed 82% of all participants to reduce or stop taking painkillers and 88% to stop taking opioids.

The study suggests that cannabis could reduce the consumption of opioids.

However, the researchers point out that more needs to be done to understand potential therapeutic benefits.

"About 20% of American adults suffer from chronic pain and one in three adults do not sleep enough", Explain Dr. Gwen Wurm, Assistant Professor of Clinical Paediatrics at Miami Miller University School of Medicine.

Traditional over-the-counter medications and painkillers may help, but they can have serious side effects.

Opioids depress the respiratory system, which means that overdoses can be fatal.

This study shows how cannabis could be effective for both pain relief and insomnia.

Health professionals are interested in alternatives to prescription painkillers (eg, opioids) and sleeping pills (for example, benzodiazepines) commonly used because of concerns about drug-related side effects, such as injury, misuse, eating disorders, and overdose.

People develop opioid tolerance, which means that they need higher doses to achieve the same effect.

This means that patients with chronic pain often increase their dose of opioid medication over time, increasing their risk of overdose. "

Although less common, sleeping pills can be addictive and cause dizziness the next day, disrupting people's work and social life.

As a result, some people turn to cannabis to relieve their symptoms.

"In states where consumption is legal, our research indicates that many people bypass the medical cannabis route (which requires registration with the state) and instead opt for the confidentiality of a legal clinic," says Wurm.

Although the survey was conducted with clients wishing to participate, which means that the results may not reflect the entire population of clinic clients, other national survey data and data from of medical clinic patients also demonstrate that people who use cannabis to treat their symptoms are stop taking medication prescription.

The study adds weight to the theory that expanding access to medical cannabis could reduce the consumption of prescription painkillers, which would allow more people to manage and treat their pain without use of prescription opioid medications that have dangerous side effects.



This finding is corroborated by further research showing that the opioid prescription rate is lower by 6,38% in states with cannabis medical laws and that Colorado's adult cannabis law is associated with a reduction in the prescription rate of opioids. relative opioid overdose mortality rate between 1999 and 2010.

"The anti-inflammatory Non-steroidal drugs (NSAIDs) such as ibuprofen cause gastrointestinal bleeding or kidney damage when used chronically.

The toxicity of paracetamol (acetaminophen) is the second most common cause of transplantedation which is responsible for 56000 emergency room visits, 2600 hospitalizations and 500 deaths annually in the United States. "adds Wurm

However, researchers warn against the need for further research to understand the benefits and side effects of cannabis for health.

On 1240 single responses, most were under the age of 50 (90%), with 42% of women. More than half (54%) reported having excellent or very good health.

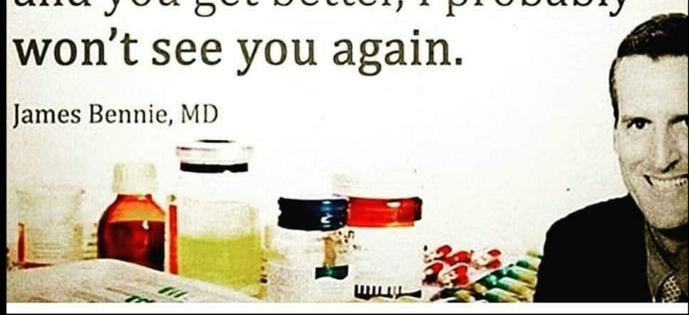
In summary, research finds that de facto Medical cannabis use is common among adults.

Although adult use laws are often referred to as "recreational", the findings suggest that many clients use cannabis to relieve their symptoms.

"The challenge is that health care providers are far behind when it comes to knowing which cannabis products are effective and which are not. As long as there is no other research on cannabis products that act on the symptoms, patients will make their own "trial and error", their own experiences, asking their friends, the media for advice. and dispensary employees, "says Wurm.

In the world of Medicine,
if I can put you on a pill, I can
see you every 3 months for the
rest of your life. That's how we
make money in medicine. If I
put you on a plant-based diet
and you get better, I probably
won't see you again.

James Bennie, MD

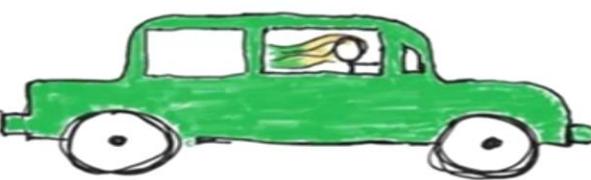


Dad, why cannabis is illegal?



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Well, son.. Legalizing the cannabis plant could free us from oil dependence, stop deforestation, become a safe alternative to many pharmaceuticals, and would cause prisons to shut down. Now, do you understand?

I   

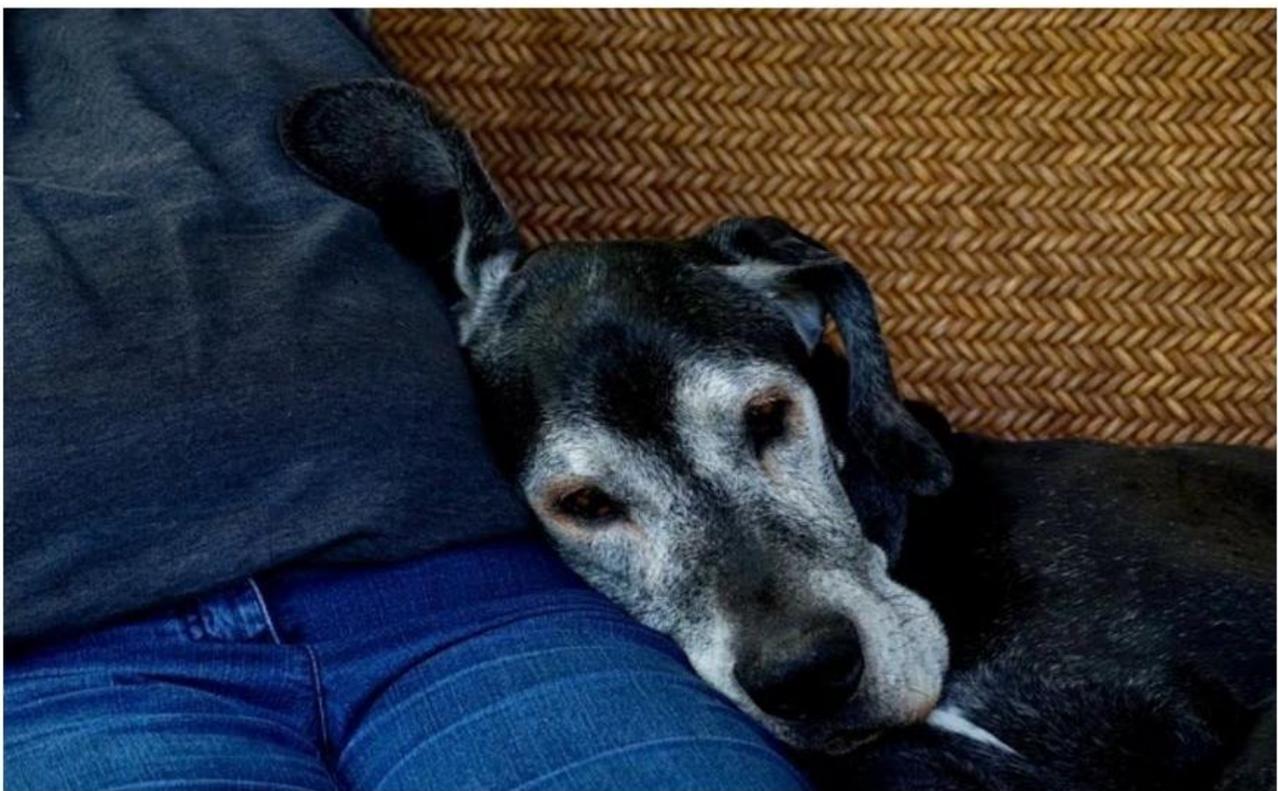
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CBD Helps Dogs With Arthritis, Says New Study by Cornell University

August 21, 2018

CBD oil continues to prove itself as a remarkably effective way to help a number of ailments your dog might be experiencing.

Researchers at Cornell University recently concluded a study on the effects of CBD oil on dogs suffering from osteoarthritis. Over the course of six weeks in the double-blind study, dogs were given either CBD oil or a placebo by mouth twice daily. Dogs who took the CBD oil showed clear improvement – veterinarians saw a decrease in pain and an increase in activity. Best of all, owners reported no side effects in the pups who took the CBD.



This is excellent news for owners whose dogs suffer from joint pain. This painful condition affects all breeds, but especially larger breeds and senior dogs. Until now, most pet parents have had to rely on anti-inflammatory medications (NSAIDs) to give their dogs relief from their joint pain. However, there are several issues that come along with them. Veterinarians have suspected that NSAIDs do not provide adequate relief for arthritis pain, and they can have negative side effects on the body. Some dogs, particularly older dogs with kidney or gastrointestinal disease, cannot take them at all.



Medical Marijuana is Finally Legal in Ireland — and Insurance Covers It, Too

By Zach Harris 28th June 2019 “Merry Jane”

Another nation joins the global green rush! Ireland residents suffering from cancer, multiple sclerosis, and epilepsy can soon treat their ailments with legal cannabis.

Forget four-leafed clovers. *There's a new emerald-green good luck charm coming to Ireland: legal cannabis.*



This week, Irish Health Minister Simon Harris signed legislation beginning a five-year medical marijuana pilot program that will span the entire country.

Once established, the program will import cannabis products from companies outside of Ireland, and empower local doctors and pharmacists to prescribe the plant for a select number of serious ailments.

"The purpose of this program is to facilitate compassionate access to cannabis for medical reasons, where conventional treatment has failed," Harris said during a press conference announcing the medical marijuana legalization law, The Journal reported Wednesday.

After a regulatory and licensing period that Harris predicts will be finished by the fall, Irish residents suffering from epilepsy, multiple sclerosis, and nausea or vomiting associated with chemotherapy will be able to consult a physician or pharmacist to access THC and CBD products in the same way they would other prescriptions.

Unlike state-specific legalisation programs in the US, Harris said that patients in the forthcoming Irish medical cannabis program *will be covered by insurance.*

"Ultimately, it will be the decision of the medical consultant, in consultation with their patient, to prescribe a particular treatment, including a cannabis-based treatment, for a patient under their care," Harris detailed, adding, "You will be assessed [financially] on the same basis – if you get the drug payment scheme you will be covered in that, if you have the medical card, you'll be covered under the prescription charges, if you are on long-term illness, you will be covered under that."

Harris said that Ireland would hopefully move to license local cannabis growers to supply products to the government-backed program, but that in the first years of operation, the country will license the import of marijuana from other European nations with relaxed cannabis laws.

Despite the ground-breaking step in cannabis reform for Ireland, Harris also made it abundantly clear that the medical program was not a stepping stone to full-scale recreational legalisation.

"It is important to state that there are no plans to legalise cannabis in this country," Harris told reporters.

Ireland's medical marijuana pilot program will run unimpeded by the health minister for the next five years, and will be reassessed in 2024.

<https://merryjane.com/news/medical-marijuana-is-finally-legal-in-ireland---and-insurance-covers-it-too>



MEDICINAL CANNABIS & HEMP TASMANIA

SUPPORT & INFORMATION GROUP

We are a self-funded group of caring people who support all Australians in their right to treat themselves and their loved ones with Medicinal Cannabis.

We are heavily involved in the education and information side of this cause, to assist people to understand the life changing benefits of Cannabis & Hemp. "A natural growing herb" and to assist in removing the unwarranted stigma attached to this herb, and dispel the myths that surround its use.

We have ongoing costs in regards to the Little Green Trailer's (rego, insurance, printing of handouts, maintenance etc) and minor costs from producing 'the leaf' newsletter

Medicinal Cannabis & Hemp Tasmania would therefore appreciate any financial assistance, which will allow us to continue our work and thank you in advance for your donation

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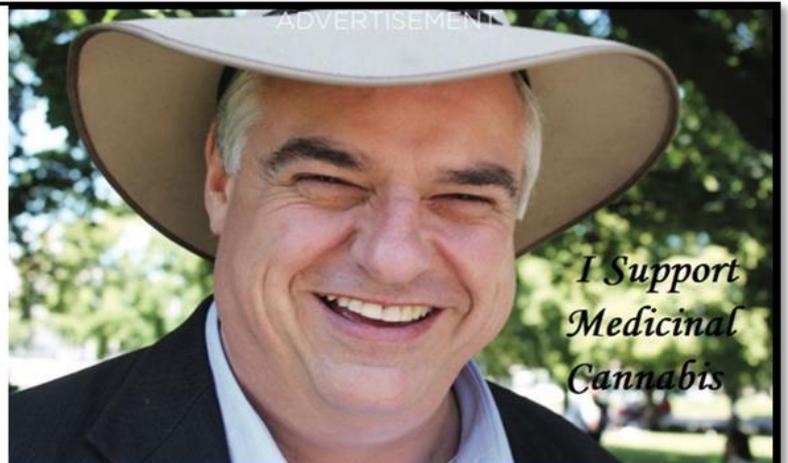


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LET'S REBUILD OUR REGIONS

Authorised by Brian Mitchell MP 28 Green Point Road Bridgewater



The Endocannabinoid System and How THC Kills Cancer

By Marco Torres "Wake up World"

There are over 20,000 studies on cannabinoids in the PubMed database, and few scientists who concentrate their work around cannabinoids can deny the tremendous therapeutic potential of cannabis.

In fact, Dr. Christina Sanchez, a molecular biologist at Complutense University in Madrid Spain, has completed extensive research which led to one of the first discoveries that THC does indeed kill cancer cells.

The endocannabinoid system is a group of receptors in the brain that are involved in a variety of physiological processes including appetite, pain-sensation, mood, and memory. It mediates many physiological processes, including motor learning, synaptic plasticity, and appetite.

The Endocannabinoid System (ECS) maintains our biological systems by regulating each cell tissue.

It uses Arachidonic acid/Omega 6 to make Endo-Cannabinoids: fatty molecules that communicate harm between cells. Dietary cannabis mimics the ECS by providing Cannabinoids when there is an Arachidonic acid deficiency or Clinical Cannabinoid Deficiency.

The discovery in the early 1990s of specific membrane receptors of marijuana's psychoactive component 9-tetrahydrocannabinol (THC) opened the way to the revelation of a whole endogenous signalling system which is the endocannabinoid system.



One of the most incredible findings of the endocannabinoid system is that it appears to be conserved at least in all vertebrate phyla, and present in the structure of receptors and in their function, also in invertebrates, thus implying its participation in vital functions in almost all organisms.

Concentrate made from the flowering tops of the cannabis plant can produce a viscous oil containing large doses of active cannabinoids. The process was first made popular by Rick Simpson and commonly called RSO or Phoenix Tears.

The ratio of compounds are typically 45%-65% THC and 7% to 12% CBD. Cannabidiol has been shown to reduce the intense "high" side effects of THC including the altered consciousnesses, confusion and anxiety.

Patients with several different forms of cancer have been able to use this oil topically and internally to force cancerous cells to kill themselves.

RSO has often had a higher success rate than chemotherapy and radiation therapies.

While these traditional therapies destroy cancer cells, they also destroy healthy tissue indiscriminately.

RSO kills only cancer cells and leaves healthy tissue intact giving the patient better chances of recovery.

RSO has also been therapeutic for treatment of chronic pain, inflammation, muscle spasms, intestinal disorders and more.

Please watch the following documentary on The Endocannabinoid System and How THC Cures Cancer

<https://wakeup-world.com/2014/09/08/the-endocannabinoid-system-and-how-thc-cures-cancer/>

Hemp Biofuel Could Ease Our Dependence On Fossil Fuels

By Ellijah Pickering - July 28, 2018 “Ministry of Hemp”

After legalisation, hemp biofuel could be a key part of reducing our dependence on fossil fuels.



Fuel is everything. America would not be the hyper-efficient economy it is today without something to power our cars, computers, and our Roomba vacuum cleaners.

We would be nothing but Neolithic farmers without our electricity and gasoline. But, anything that is truly valuable always comes at a price.

Traditional fuel sources hurt the environment, and they're running out.

Air pollution from processing fossil fuels harms the troposphere, and indirectly depletes ozone from our atmosphere.

The price for hyper efficiency is evident, which is why alternative fuel sources are becoming so important.

Today we focus on a fuel source that hits close to home. *That alternative is hemp biofuel.*

The cannabis plant is the gift that keeps on giving'. This magic plant gives us CBD oil, THC, hemp fibres and even fuel! Researchers have made hemp into two types of biofuel: biodiesel and ethanol.



HEMP BIODISEL

Biodiesel is produced by the pressing of hemp seeds to extract their oils & fats.

After the extraction, the product is then put through more steps to make it into a usable hemp biofuel for your car.

If you're curious to learn about the specifics of biodiesel production, the process is thoroughly explained by hemp.com.

The argument for hemp-derived biodiesel comes down to convenience.

If processed correctly, biodiesel can be put into any diesel-powered automobiles.

It can be stored and transported like diesel, so there isn't a need to create a new system for transportation.

It even replaces the smell of traditional diesel with the smell of hemp.

USING HEMP TO MAKE ETHANOL

Ethanol is traditionally made from wheat-based crops such as corn and barley.

It's traditionally used as an additive to gasoline, which gave way to our "flex-fuel" vehicles of today.

Hemp can be made into ethanol by various forms of fermentation.

Using hemp as the main source of ethanol, instead of food crops like wheat & corn has clear advantages.

Not using food crops as a fuel source allows more efficiency in food production, and hemp can be grown in lower quality conditions unlike corn or wheat.

Hemp-derived ethanol also shares the advantages of transportation and usability as biodiesel.

HEMP BIOFUEL OFFERS A MORE SUSTAINABLE ALTERNATIVE

Fuel alternatives like this can seem like a no-brainer to replace our traditional fossil-fuel sources, but there are drawbacks to these alternative techniques.



To set up a large-scale industrial hemp farm, you will experience the same ethical dilemmas that the farming industry faces. Deforestation and pesticide use will increase, and we'll inevitably replace some of our food-crop land with more hemp-crop land.

Farmers can grow hemp biofuel on land that is not fit for other crops.

This "marginal land" is essentially land that isn't tilled and cleared out for farming. Despite the versatility, hemp produces a much bigger harvest in ideal farming settings. Additionally, marginal land is actually home to important plants, trees, and living creatures that are vital to the ecosystem.

Clearly, hemp biofuel alone won't solve our environmental crisis, but we believe it could be part of a transition to a cleaner way of living.

HOW THE AUTO-INDUSTRY ALREADY USES HEMP

While hemp biofuel may not be a popular alternative just yet, the automotive industry already uses hemp.

Automakers weave hemp plastic into a bendable material similar to fiberglass. Almost all European car makers use hemp

fibres as interior door panels and trim pieces. And companies like FlexForm technologies operate as a dedicated producer of hemp-fiberglass that they sell to automotive companies to be made into car doors and exterior panels.

Cars that feature hemp-based materials include the BMW i8 supercar and the Lotus Evora.

The advantages that come with hemp-made materials is that they are lighter, biodegradable, and comes from a much easier renewable resource.

Hemp grows in roughly 3 months while metals take thousands of years to form.

Thanks to continued bipartisan support for hemp legalization paired with a culture that is growing increasingly accepting of the cannabis plant, we're witnessing the beginning of hemp revolution.

While hemp biofuel can't solve the entire energy crisis (we believe the answer to that problem will require multiple solutions), it can provide us with a great renewable fuel source in addition to its already useful applications.

While we spent our time here discussing hemp biofuel, let's not forget the other ways people have been using hemp. There's hemp beer, hemp blankets, and, this reporter's personal favourite, hemp food!

The future is indeed green.

<https://ministryofhemp.com/blog/hemp-biofuel/>

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Country Women's Association



The Country Women's Association in Tasmania (Inc.)

The Country Women's Association in Tasmania (Inc) is an iconic women's group which continues to improve the lives of women and children. Their ethos is that through assisting others we receive benefits which flow onto every aspect of our lives.

The Association is now over 80-years-old and is established as a well-known and influential member of the community, young and vibrant in thought, mature in outlook and welcoming in manner.

The CWA is supported locally by members, nationally by the Country Women's Association of Australia, and internationally by the Associated Country Women of the World (the largest women's organisation in the world, represented in over 70 countries).

Open to all women and girls CWA branches can be formed anywhere and need only have a membership of five.

Why not make a difference to your life, and to the lives of others, by joining the Country Women's Association and look forward to building a bright future for women and children.

Website: Country Women's Association

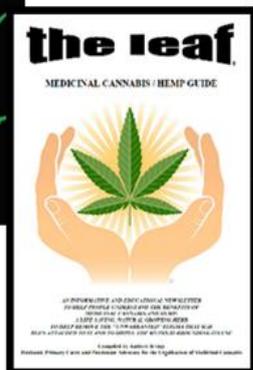
Contact: cwaintas@netspace.net.au or statepresidentcwatas@gmail.com

Phone: [0499 292 827](tel:0499292827)

It is with enormous pleasure that Medicinal Cannabis & Hemp Tasmania, which incorporates Littler Green Trailer Tasmania and this newsletter 'the leaf', are now working together with the Country Women's Association of Tasmania to promote the health benefits of Hemp, and support for Medicinal Cannabis.

This is a great privilege and honour to be associated with this highly respected and hard working group of wonderfully dedicated women.

We look forward to being part of many of CWA events around Tasmania in the future



Hemp plans unveiled for Aileron cattle station, as NT Government passes legislation By Jack Price ABC Rural 16.08.2019

A cattle station in the middle of Australia has unveiled its plans to grow industrial hemp, with the industry given the green light by the Northern Territory Government this week.

Aileron Station, about 130 kilometres north of Alice Springs, is expecting to start hemp trials within the next three months, and has long-term plans to grow up to 100 hectares of the crop.



The NT Government passed legislation which allows for the growing and processing of industrial hemp.

The station's owner, Caason Group, bought the property in 2015 with the intention of growing hemp, and has been waiting for the Government to make it legal.

Caason general manager of group operations Andrew Barratt told ABC Rural the group had conducted plenty of research into industrial hemp production in south-west WA, and it was now hoping to play a "big part" in the NT's hemp industry.

"The legislation is long-awaited and represents a fantastic opportunity for the NT," he said.

"Since 2015 we have been involved in hemp and have been looking at opportunities to trial and develop hemp as a crop at Aileron.

"To that end, we have reviewed existing research and applied our own knowledge gained in WA, and are confident that we have the right varieties and farming techniques to be successful here."

Mr Barratt said the company expected two harvests each year, with the first commercial harvest expected in 18 months.

The station has a 2,000 megalitre per year water license for horticulture purposes and Mr Barratt said they planned on using it all to grow hemp.

He said they would start with one pivot before expanding out to two, taking no more than three years to reach full production.

The company expects to invest about \$500,000 in the Aileron hemp project, including labour and irrigation infrastructure.

Research suggests hemp can be grown in arid Central Australia

Mr Barratt said the company was confident hemp would grow well in the arid zone, but they would conduct trials at Aileron Station before expanding into full production.

Until the legislation was passed, Caason Group had not been able to conduct the hemp trials.

Mr Barratt said although the red centre was relatively dry, soil in the region was hardy, and their research indicated it would be a good place for growing hemp.

"Soil as a medium is very good — we believe we have the right mix of organic inputs to be successful here," he said.

"We have conducted a number of soil tests and have established protocols with respect to water technologies, soil microbials, fertilizers and seed varieties that we believe will make this successful.

"We have gone about as far as we can without field tests — this legislation should allow for that."





Aileron Station has put aside 100 hectares to grow hemp in the red centre.

Mr Barratt said diversifying into horticulture would be of benefit to the cattle station, particularly given recent dry conditions in the region.

"Cattle is our primary focus and will continue to be a primary focus for us, but cattle alone won't provide the commercial returns that we want as an organisation," he said.

"Having a capacity to diversify into cropping makes such a difference to our bottom line — it enables us to continue to employ people, train people, and improve the land."

The NT is the last state or territory to legalise the hemp industry

The hemp legalisation bill passed today had the support of both the NT Government and the Country Liberal Party.

The legislation puts the NT in line with other states and territories, in allowing for the growing of industrial hemp.



Aileron Station is about 130km north of Alice Springs

Opposition Leader Gary Higgins said it was a welcome opportunity to diversify the NT's economy, but more needed to be done to get the industry off the ground.

"The Opposition look forward to hearing from Government in relation to what plans they have to support the industrial hemp industry, through either direct assistance and/or the construction or operation of processing facilities," he said.

"If the Government is serious about this opportunity then it needs to put its money where its mouth is, and commit the necessary resources to make it successful."

Chief executive of NT Farmers Association, Paul Burke, said it was an exciting day for the NT.

"There is real opportunity for a hemp industry in the Northern Territory," he said.

"It's great to hear the story of Aileron and there are other producers that have contacted us expressing an interest [in growing hemp].

"We've still got a way to go in terms of how do we process it, where do we process it and what do the logistics look like? But I think there's a real opportunity for the Department of Primary Industry to partner with industry and do some meaningful research so we can expedite this industry."

Hemp is considered a very versatile crop which can be used in a wide range of products, including sunscreen, clothing, soap and a concrete substitute.

Hemp is a variety of cannabis but, due to its low concentration of the plant's psychoactive property, tetrahydrocannabinol (THC), it has no wacky effects on people when consumed.

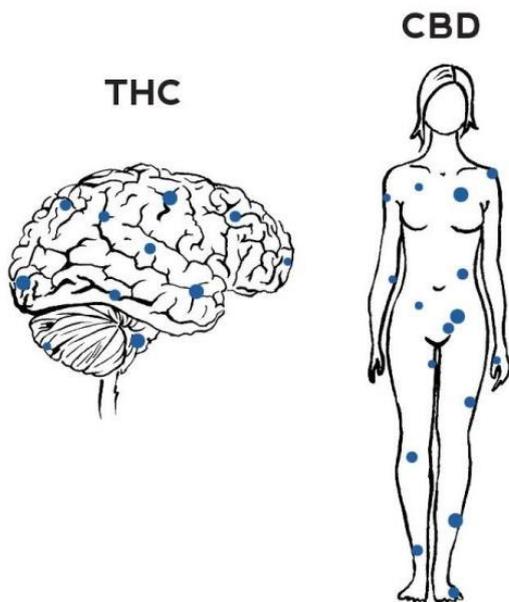
https://www.abc.net.au/news/rural/2019-08-08/hemp-plan-aileron-station-as-nt-government-passes-legislation/11390802?fbclid=IwAR08Ej2YtbG6JrR5IG-F-zFE3jh0y8xy6RPCG7p2Po7ytlR_9xVIHTghdw

Interesting Facts About Cannabis And The Endocannabinoid System

Anonymous Author 24.09.2018

Researchers are still trying to wrap their minds around the endocannabinoid system; how it functions and its role in our overall health. After all, it wasn't until the 1990s that scientists inadvertently discovered the body's CB1 receptors within the brain and central nervous system when attempting to determine what effects THC have on the human body. It's becoming clear that the endocannabinoid system is responsible for balancing many of our body's regulatory and immune system functions.

1. Most medical professionals have little to no knowledge of the body's ECS



In a 2013 survey, appropriately titled "Ignorance Is Not Bliss," researchers found that only "13 percent of U.S. medical schools teach the endocannabinoid system to future doctors."

Cannabis research is limited primarily due to its federally illegal status, which prevents government institutions like the FDA from conducting clinical studies.

But medical marijuana research is expanding and more patients are demanding access, so there's a good chance that teaching ECS curriculum to medical students may be mandatory in the upcoming years.

2. The endocannabinoid system works in overdrive when diseases are present

Scientists have found that with a variety of illnesses, the ECS system shows increased activity and greater expression to restore the body's natural balance.

3. The ECS is the reason why cannabis relieves so many medical conditions

Ingesting cannabinoids signals the body to create more endocannabinoids and build more receptors.

Triggering this system naturally limits inflammation and repairs cells, among many other therapeutic benefits.

The previously mentioned, "Ignorance Is Not Bliss" study reads,

The discovery of the ECS will replace the current medical system of managing and treating disease. Instead of management of symptoms after disease has occurred, we will prevent disease and cancer by manipulation of the ECS.

4. There are more endocannabinoid receptors which outnumber other neurotransmitter receptors in the brain



5. You don't need psychoactive THC to stimulate the endocannabinoid system

CBD found in industrial hemp is among many cannabinoids which activate the ECS to provide a range of physical and psychological health benefits.

However, THC and CBD combined pack a powerful punch by bringing out the other's best traits.

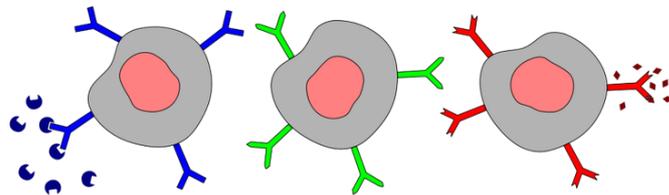
6. An endocannabinoid deficiency is linked to a number of common illnesses

A weakened ECS appears to be related to hypersensitivity regarding chronic pain and inflammatory conditions.

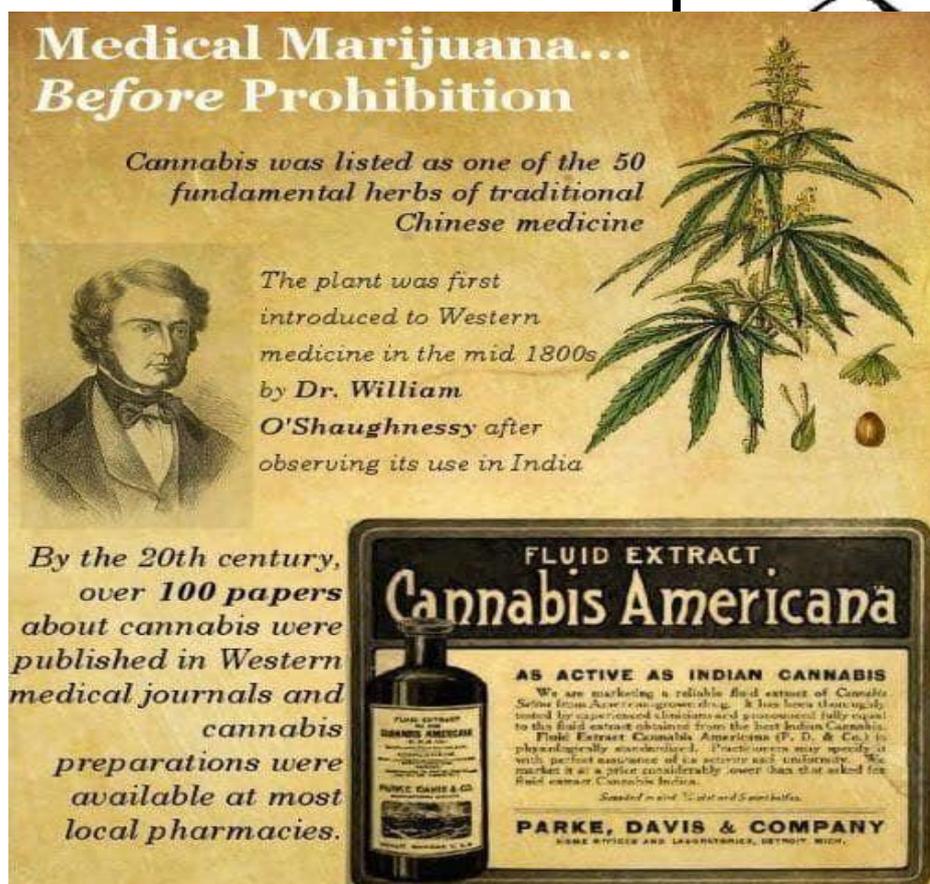
The National Institutes of Health has even named the theory, Clinical Endocannabinoid Deficiency and is examining the, prospect that it could underlie the pathophysiology of migraine, fibromyalgia, irritable bowel syndrome, and other functional conditions alleviated by clinical cannabis.

7. All vertebrate groups have an ECS system

It has been discovered that fish, reptiles, amphibians, birds, mammals and even a few non-vertebrates have this incredible regulatory structure. It is shown to be involved in reproduction, cell progression and a variety of physiological functions.



<https://zenpype.com/interesting-facts-about-cannabis-and-the-endocannabinoid-system/>



5 Ways to Help Get Rid of the Stigma Around Cannabis

By Johnny Green 17.04.2017 (Green Flower)

For many decades there has been a stigma surrounding the cannabis plant and those that consume it.

Alcohol and other legal substances are more dangerous than cannabis, but for various reasons cannabis is made out to be a terrible thing.

Many people stay in the 'cannabis closet' because they are afraid of what people will think about their cannabis use.

Supporters of cannabis reform who don't even consume cannabis often fear speaking about it for fear of discrimination and persecution.

The campaign to speak out about it continues to result in countless people coming out of the 'cannabis closet' which no doubt helps change minds and hearts.

Whenever a person 'comes out green' it encourages others to do the same.

Unfortunately, despite a current record level of support for legalization in America there is still a stigma surrounding the cannabis plant.

#1) Be a responsible cannabis consumer



Whether you realise it or not, you may be an 'official representative' of the cannabis plant in the eyes of some people.

When these people think of cannabis, the first thing that pops into their mind is you.

Would you say that the perception that they have is a good one or a bad one based off your level of responsibility as a cannabis consumer?

Everything that you do as a cannabis consumer, whether you like it or not, reflects back on the plant itself and helps shape the views of non-consumers.

That's why it's vital you be a responsible cannabis consumer which means not acting the fool or doing something careless like driving under the influence or leaving your cannabis out so that young people can access it.

#2) Arm yourself with cannabis facts



Unfortunately there is a lot of factually inaccurate information out there about the cannabis plant.

Most of the misinformation is perpetuated by cannabis opponents, but there are some supporters that are guilty too.

A responsible cannabis advocate arms themselves with the facts so that when confronted by an opponent, or provided an opportunity to educate someone on the fence about cannabis, they are offering up the best information possible.

Educate yourself on emerging clinical cannabis research, stay current with cannabis news and policy, and always remember that cannabis has been found to be 114 times safer than alcohol.

#3) Share your story



As I stated previously, Green Flower team members are big fans of encouraging people to 'come out green.' We strongly support people sharing their story of being a responsible cannabis consumer.

It is easy for opponents to bash something that they don't relate to, but it is much more difficult to bash something that they know their friend or loved one benefits from and uses responsibly.

When cannabis prohibition is something a person doesn't deal with, they are less likely to support ending it.

However, when a face is put to cannabis prohibition, or even the stigma that remains after legalisation, it increases the chances of them getting on the right side of history.

#4) Recognise that the industry reflects on the entire community



When I ask non-cannabis consumers why they support cannabis reform, the most popular answers involve the emerging cannabis industry.

People like the fact that the cannabis industry creates jobs, generates tax revenues that benefit everyone, and boosts local economies.

The cannabis industry is what they think of when they think of cannabis reform.

But that can be a two-edged sword. Just as the cannabis industry can be a great thing that ends the stigma for a lot of people, it can also create more stigma if the industry is not being responsible.

Cannabis businesses that sell to minors or companies that cut corners that lead to recalls don't help reduce the stigma – they help keep it in place.

Responsible cannabis consumers need to realise this and only support cannabis companies that are good stewards of the cannabis plant. In doing so consumers do their part in helping reduce the stigma via the cannabis industry.

#5) Support reform efforts in a meaningful way



One of the top ways to help end the stigma is to help end cannabis prohibition which is the foundation that the stigma surrounding cannabis is based on.

If you truly love the cannabis plant, you should be doing your part to help make it free and help ensure that people are not thrown into the criminal justice system for a plant that is safer than alcohol.

The cannabis plant isn't going to legalise itself. It is the responsibility of all responsible cannabis consumers to do their part to help free the plant. In doing so, you will help reduce the stigma for cannabis consumers everywhere.

Knowledge of Cannabis Fundamentals Is Important for Everybody

<https://www.green-flower.com/articles/363/5-ways-to-help-get-rid-of-the-stigma-around-cannabis?lgf=true>

How Cannabis Successfully Combats PTSD By Anna Wilcox 23.04.2017 (Herb)

Dr. Mike Hart has been successfully treating PTSD with medical cannabis and lifestyle interventions for the past three years.

Here's how.

One of the top reasons why many turn to cannabis is stress management.



However, for those with post-traumatic stress disorder (PTSD), access to this simple green herb can make the difference between drowning in hypervigilance and full engagement with the present.

One doctor has seen the transformative powers of cannabis firsthand.

Cannabis: a safer alternative

Patients with post-traumatic stress disorder can experience an array of debilitating symptoms.

From night terrors to hypervigilance, living on the cusp of a chronic fight-or-flight state can make even simple tasks like walking through a crowd overwhelming.

According to the U.S. National Centre for PTSD, seven to eight out of every 100 people develop symptoms of post-traumatic stress. Canada has some of the highest rates of PTSD, with an estimated 9.4 percent of the population experiencing some form of the condition.

With numbers like these, finding safe and effective treatments and therapies for the disorder is a must.



A progressive voice in Ontario's medical community, Dr. Mike Hart has earned a reputation for successfully treating post-traumatic stress, chronic pain, and neurological conditions with both medical cannabis and rigorous lifestyle interventions. He first started using the herb in the clinic three years ago.

He said "The primary reason why I initially got into it was to combat the opioid epidemic. I saw a lot of patients using opioids and they were just not getting adequate relief."

"They also had a variety of different side effects, a lot of fatigue, a lot of constipation, low sex drive, a million different things going on. I found that cannabis was a much better, safer alternative."

After continued training and research into the plant, he stumbled upon a wealth of research suggesting that cannabis is effective in treating post-traumatic stress disorder.

Then, two years into his practice, he was approached by the Canadian cannabis advocacy group, Marijuana for Trauma.

He soon began assessing and healing veterans with medical cannabis treatments and lifestyle interventions.

How do CBD and THC treat PTSD?



It's well-known that cannabis is a powerful painkiller. However, that's not the only thing the herb can do. Unlike many of the conventional PTSD treatments, which include powerful sedatives, antidepressants, and anti-anxiety medications, at least two different

cannabis compounds have been shown to treat PTSD in several unique ways.

The two compounds in question are cannabidiol (CBD), which is a cannabinoid that does not cause the psychoactive “high” that is usually associated with the herb, and tetrahydrocannabinol (THC). THC is the primary psychoactive in cannabis.

- Post-traumatic stress is primarily about learned fear.
When you have more learned fear, that’s going to induce a state of hypervigilance and that can also cause nightmares and terrors at night.
- We have evidence that CBD, for example, can reduce, by three different mechanisms of action, can reduce learned fear. So, anytime you’re helping to reduce learned fear, you’re helping to get to the root of that particular problem, so that’s why it can be so effective.

Cannabis not only helps reduce the runaway fear response in those with PTSD but has many other tangible benefits as well.

Similar to other psychiatric medications, taking calming CBD prior to therapy sessions can help put patients at ease and enable them to better respond to treatment.

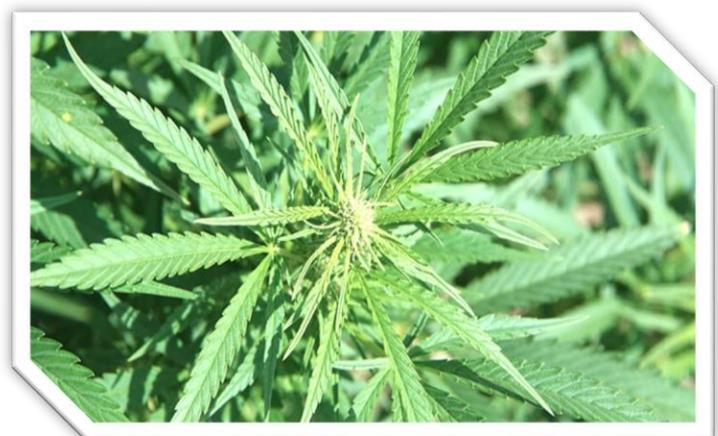
- If you’re in such a disease state and all of those thoughts are not clear, than all of those sessions are basically going to be completely useless and ineffective, because if you’re not in a proper state, you’re not going to be able to accept the information, you’re not going to be able to do a true analysis on yourself, and you’re not going to be able to apply the new information that you’re learning.

While there are several reasons why CBD is effective in treating PTSD, evidence shows that psychoactive THC has some unique benefits as well.

- In patients who have post-traumatic stress disorder, what we find in studies is that a lot of these patients are deficient in something called anandamide. Anandamide has been termed “the bliss molecule”, and it’s one of the endocannabinoids that is released when we exercise.
- So, the “runner’s high” comes from a burst of anandamide. So, patients who have PTSD are found to have 50 percent lower rates of anandamide.

Endocannabinoids are like the body’s own cannabis. Interestingly, both THC and anandamide are similar in structure and engage the same cell receptors in the human body.

- When you give someone THC, THC can replace those levels of anandamide. That’s why some patients experience these blissful states when they use THC for the first time, because they are replacing their levels of anandamide.
- We’re correcting a deficiency. Often times when you correct a deficiency, whether it’s a hormone or a vitamin, doesn’t matter what it is, you’re going to get results.



An herbal approach for PTSD

Every patient has unique, individual needs. Yet, for patients with PTSD, Dr. Hart often recommends a regimen of CBD during the day and THC at night.

- The reason why I recommend CBD during the day and THC at night is because, for one, CBD has been shown to be effective in the literature for PTSD. Because of that, I know that patients can benefit from it in the daytime without having to use THC.
- I limit THC use in the daytime because I know that it can cause some short-term memory problems and cognitive problems. My goal with my patients is to improve their functional outcome, so I want to make sure that I'm treating the symptoms of PTSD, but I also want to make sure that I'm actually improving their overall functioning.
- So, it's great if someone has severe hypervigilance and they're able to live their day without experiencing that symptom. But it's more gratifying to myself if that patient is able to go out and perform and function and do something, and commit to a higher level.

Dr. Hart also acknowledges that while CBD can be beneficial for sleep, THC is considered a more powerful sedative.

After THC treatment, many find that they are less likely to experience nightmares and night terrors, which can significantly disrupt sleep patterns. Poor sleep means potentially worsened symptoms the next day.

Cannabis is just one piece of the puzzle

Though cannabis has vast medical potential, it is just one piece of the puzzle.

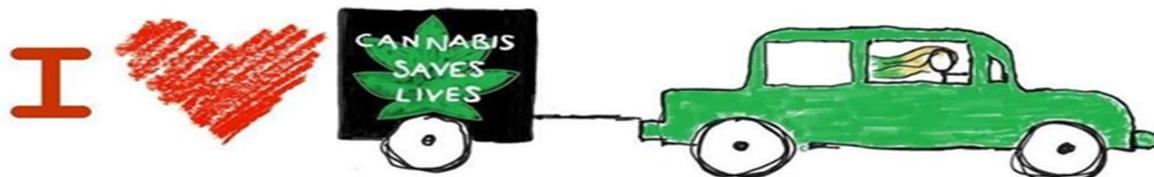
While different cannabinoids can help reduce learned fear and temporarily correct an imbalance in the endocannabinoid system, Hart has found that the plant is most beneficial when integrated with significant lifestyle changes. The crux of these lifestyle changes is diet and exercise.

As mentioned above, anandamide is released during exercise. This means that it's a good idea for patients with PTSD to get out and move. In order for the body to make anandamide, a diet rich in healthy fats is necessary.

"Everyone should be following a healthy diet, anyway," says Dr. Hart. "That's the cornerstone of overall health and wellbeing." While cannabis has been successful for Dr. Hart and his patients, Hart makes sure that lifestyle changes are the cornerstone of his treatment plans.

When experimenting with cannabis for PTSD, Dr. Hart strongly encourages working closely with a savvy physician.

<https://herb.co/learn/cannabis-combats-ptsd/>



little green trailer

facebook.com/groups/littlegreentrailer

Most Addiction Specialists Support Legalizing Medical Marijuana, Study Finds

By Kimberly Lawson July 19th 2019 (Marijuana Momant)

We already know 93 percent of Americans support legalising medical marijuana. Now, thanks to new research, we also know a sizable majority of substance abuse clinicians do too.

But even though drug misuse professionals broadly back cannabis's medical value, they also see risks associated with its use.



“While most participants agreed that medical marijuana should be legalised and that its ‘responsible’ use was ‘safe,’” the study concluded, “they also believed that it is often abused and has not been studied adequately.

Consistent with prior research, we found that fewer addictions treatment professionals (approximately 70%) than members of the public supported legalisation of marijuana for medical purposes.”

Generally speaking, many medical professionals who treat substance use disorders (SUD) believe abstinence from recreational drugs is the best practice.

This new study, which published earlier last week in the *Journal of Substance Use*, aimed to get a better understanding of where they stood on the medical use of marijuana.

“Given that negative attitudes toward patients, regardless of the reason, may result in premature treatment termination and poorer quality care, it seems important to understand attitudes toward legalisation of medical marijuana among SUD treatment

professionals,” the researchers from Towson University in Maryland wrote.

Participants were asked to rate how much they agreed or disagreed with 22 statements, including:

- Marijuana is safe when used responsibly for medical purposes.
- Medical marijuana is often abused.
- A client can be in substance use disorder treatment when using medical marijuana.
- Marijuana can help reduce withdrawal symptoms
- Taking marijuana instead of other drugs is only replacing one addiction with another.

They were also asked to share their personal history with cannabis and whether or not they knew anyone who had used medical marijuana.

A total of 966 addiction clinicians completed the survey between February and May 2018. They were identified through professional certification boards in Alaska, Kansas, Nebraska, New Jersey, North Carolina, Rhode Island, West Virginia and Wisconsin. Most reported having used marijuana (74 percent), knowing a medical cannabis patient (73 percent) and knowing patients with addiction issues who'd used cannabis in their recovery (61 percent).

Additionally, most respondents thought marijuana should be legalised for medical purposes and that its use was safe, though only 38 percent said it was “not detrimental to one’s health.” Sixty-four percent said they believed medical cannabis is often abused.

Interestingly, however, many participants agreed that cannabis (including products that contain the cannabinoid CBD) could help with symptoms associated with addiction, such as anxiety and insomnia. While 70 percent said consuming marijuana is “trading

one addiction for another,” most also thought it was acceptable for a person in SUD treatment to use medical marijuana.

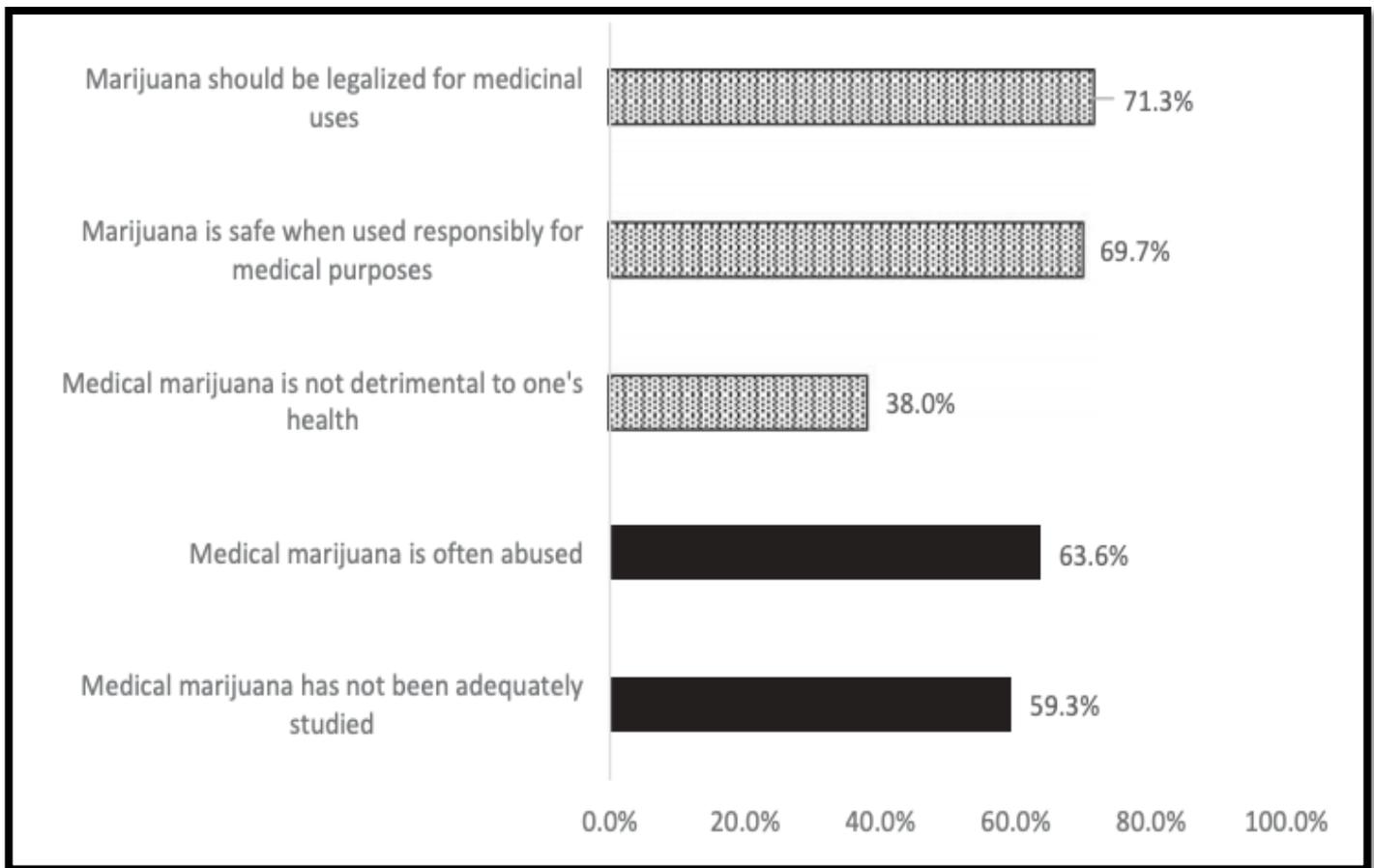
“Overall,” the study’s authors note, “our results suggest that addictions treatment providers have mixed opinions about medical marijuana legalization.”

Among the factors that appeared to influence participants’ attitudes toward medical marijuana were age—younger professionals were more open to the idea—past experience consuming cannabis and personal knowledge of someone who’d used cannabis for therapeutic purposes. Providers on the East

Coast also viewed medical marijuana more favourably than in other parts of the country.

“These mixed attitudes may actually reflect a healthy scepticism,” researchers conclude. “That is, if the current trends continue, addictions treatment professionals may be poised to both accept medical marijuana legalisation and to handle any associated negative consequences.

<https://www.marijuanamoment.net/most-addiction-specialists-support-legalizing-medical-marijuana-study-finds/>



Medicinal Cannabis and our fur babies

Hey Andrew, thought I'd let you know that my cat Ellie has had big improvements already she's actually moving around a lot more instead of sleeping, and she's been jumping a little more onto furniture. And I also got some hemp seed so everyone's taking that too!!

World's First Plane – Made & Powered By Hemp – Is 10 Times Stronger Than Steel By 'Mrs Planet' August 5th 2019

Hempearth, the Canadian cannabis firm, has designed the world's first plane made and powered by hemp – the non-psychoactive member of the cannabis family and is 10 times stronger than steel.

Interestingly, everything from the seats, the wings, the plane walls and even the pillows are made from hemp.

The plane, with a wingspan of 36 feet, can hold one pilot and four passengers. What's more, it runs on 100% hemp oil!



Hemp is lighter than traditional aerospace materials (such as aluminium and fiberglass) and therefore requires a lot less fuel to reach a high altitude.

Most importantly, hemp is non-toxic, sustainable, requires way less water and land to grow than cotton, and compared to steel or carbon fibre, has almost no environmental impact.



Hempearth CEO Derek Kesek says:

“This plane project is our first experiment with industrial hemp, and we plan to explore many other uses.

Once we establish structural testing and information from this project, we will apply it to other forms of construction.

This is the kind of future we all want here on Earth. The sky may not be the limit.”

Hempearth is also developing hemp composites in Montreal, which could replace all fiberglass in aviation and other industries — such as construction.

It recently turned down Dupont as they “don’t and never will sign or work with fascist companies that are associated with military, The Rockefellers, The Rothchild’s and or the Military Industrial Complex”.

“I build things organically and take it one thing at a time,” Kesek adds. “Richard Branson is my biggest inspiration because he is showing that it’s not business as usual any more: if you want something you go get it.”

When the first hemp plane is completed, its first flight is set to take place at The Wright Brother’s Memorial in Kitty Hawk North Carolina – the birthplace of aviation.

<https://www.captain-planet.net/worlds-first-plane-made-powered-by-hemp-is-10-times-stronger-than-steel/>



PLEASE NOTE: This newsletter contains only snippets of information in most cases, which will hopefully spur your interest enough to research these topics for yourself...

I encourage you to do just that, as the Internet and libraries are literally full of information, such as, previously undertaken research data, worldwide medical research papers (30,000+).

Hemp industry, history, prohibition, botanical plant information, statistics, personal stories etc

In your research, you will come across some minor negativity, but mainly from religious sources, pharmacy, alcohol and tobacco companies and some politicians and medical practitioners

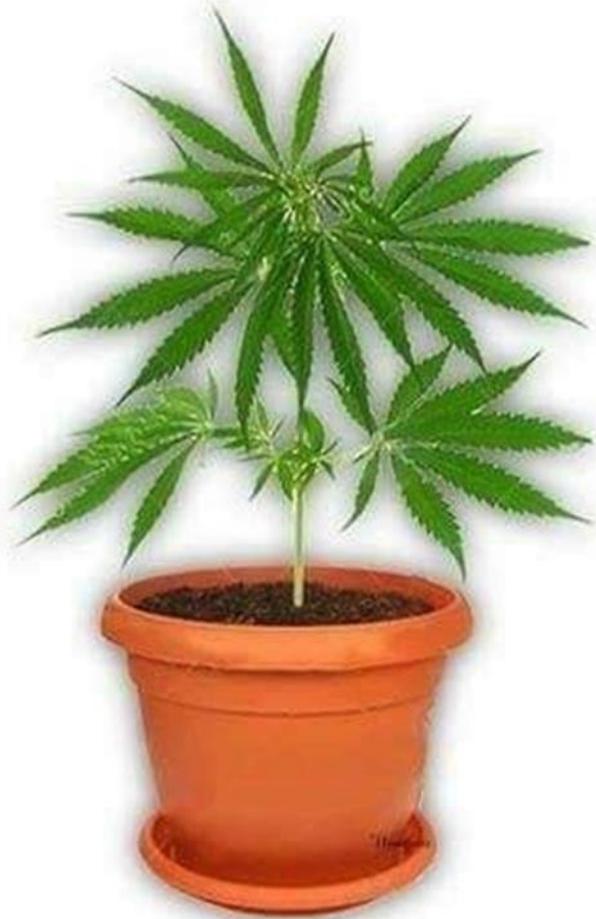
(still living in the dark ages sadly and/or being paid by Big Pharma??)

I would encourage you also to talk to your GP or Specialist

Remain open minded and come to your own conclusion



This Is What Affordable



Health Care Looks Like