

# Emerald

M A G A Z I N E

THE HEALING ISSUE

## MOXIE MEDS

HOW ONE WOMAN  
BUILT ONE OF  
CALIFORNIA'S  
MOST SUCCESSFUL  
MEDICINAL  
TINCTURES BRANDS

## CANNAKIDS

LEADERS IN  
CANNABIS-LED  
TREATMENTS FOR  
CHILDREN AND ADULTS.

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## ALPENGLOW FARMS

*Healing Begins in the Garden*





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# The Emerald Cup



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# The Emerald Cup

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 8112 Alpine Ave.  
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**Sunday, November 5th:**

**Elemental Wellness Center**  
 985 Timothy Dr.  
 San Jose, CA 95133

**Sunday, November 12th:**

**Hitman Coffee Shop**  
 659 S. La Brea Avenue  
 Los Angeles, CA 90036

**Friday November 3rd:**

**Tahoe Wellness Cooperative**  
 3445 Lake Tahoe Blvd.  
 South Lake Tahoe, CA 96150

**Thursday, November 9th:**

**Healthy Harvest Hydro**  
 198 South Street  
 San Luis Obispo, CA 93401

**Tuesday November 14th:**

**Wonderland Nursery**  
 1358 Redwood Dr.  
 Garberville, CA 95542

**Saturday November 4th:**

**Harborside Health Center**  
 1840 Embarcadero  
 Oakland, CA 94606

**Friday, November 10th:**

**Down to Earth  
 Gardening Solutions**  
 141 G East Highway 246  
 Buellton, CA 93427

**Wednesday November 15th:**

**Satori Wellness**  
 1551 Nursery Way, Suite A  
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*Publisher's Word*

*Dear Reader,*

Thank you for picking up the November issue of the *Emerald Magazine*.

This month, we turn our focus to the diversity of ways in which cannabis can help to heal us mentally, spiritually and physically. The transformative powers of cannabis are evident when considering the medical breakthroughs of those with cancer, epilepsy, Crohn's disease and Post Traumatic Stress Disorder.

Companies, such as CannaKids, have become leaders in cannabis-led treatments for both adults and children. The organization has paved the way for access to research-driven medicine and clinical trials. Together with their partners, they've developed a strategic partnership with the Technion Research and Development Foundation in Israel to bring patients the most efficient, scientifically backed, cannabis-derived treatments possible. Read more about their mission on page 18 of this month's issue.

Healing starts with restoration. When our bodies suffer from imbalances we become susceptible to disease and other life-altering conditions. With cannabis, it becomes possible to rebalance the body naturally.

Healing really does begin in the garden. This month we visit Alpenglow Farms to learn that sustainability and respect for the land enriches all its bounties, and distinguishes Northern California's craft cannabis. Learn more about their renowned Humboldt hillside permaculture on page 10.

Join us next month as we dive even further into the science of cannabis in our *Israeli Issue*.

For decades, Israel has taken the lead in the research and development of medicinal cannabis. Next month, we explore the so-called promised land of medical marijuana.

*Cheers,*  
Christina E. De Giovanni  
*Publisher*



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## CANNAKIDS

Providing high-quality concentrated cannabis oil and research support for children and adults with a variety of ailments.

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## ALPENGLLOW

FARMS

WRITER SHANNON PERKINS

*“Plants will talk to you. Start looking at the signs. It’s like when you go to the beach. You show up, and you’re facing the sun. Before you know it, you’re looking away from the sun. Then, you’re covering yourself from the sun, and finally walking away, retreating. Plants do the same thing.”*

Craig Johnson’s words filter through the phone and echo in the sun. I commit them to memory. My house-plants are dying, and my ears turn toward the truth.

“The top leaves will be like a solar panel, pointed at the sun,” he said. “Then, the first sign of too much or not enough water, it will slowly turn those leaves away from the sun to start shutting down the need for water. Then, a full wilt, ghosted; the plant just drops away,” his voice low, mourning the lost life of a plant.

“Look at the very top of the plant. If it’s popped up, looking right at the sun, like a solar panel tracking the sun, you’ve got plenty of moisture in that soil. That’s my biggest initial connection to help people start reading the plants,” Craig said. Start looking at the signs.

Craig and Melanie own and operate Alpenglow Farms, home to fully certified, compliant, organic, and fish-friendly cannabis (and food) cultivation. With California’s recreational laws taking full-effect in just two months, the entire cannabis community is coming out of the green closet. “The world is looking at us for our cannabis, let’s show them our farming practices,” Craig said, a humble pride taking tone.

Permaculture and polyculture. Sustainability and efficiency. These are pillars of Alpenglow Farms, whose self-sustaining farmettes spread out across Southern Humboldt hillsides. “Kind of like the mom ‘n pop model,” Craig noted, “a polyculture model for buildings and garden setups throughout the property.” Ant Flat, one of the micro-homesteads, was affectionately dubbed after their daughters’ intrigue at the insects who made homes there. “It’s important to keep the family feel,” explains Craig, describing the land as he weaves between tall weeds. Tahoe, a German Shephard, and Mendo, a little pitbull -- the farm’s canine guardians -- sound-off in the distance.

Alpenglow consists of Huckleberry Flat, Ant Flat, and The Homestead (which has two gardens). The Legacy Garden is right in front of the home and has been a 215 garden since Alpenglow began. Their cats, Glitterbug and Gracey, bask by dramatic dahlias blooming near Dragonfly Earth Medicine (DEM) Pure Certified cannabis.

The other garden, Big Flat, was once a logging flat and is now fertile ground. At the edge of the site sits a small home, where guest workers spend their summer learning

**“THE WORLD IS LOOKING AT US FOR OUR CANNABIS, LET’S SHOW THEM OUR FARMING PRACTICES.”**

**PERMACULTURE, POLYCULTURE, SUSTAINABILITY AND EFFICIENCY ARE PILLARS OF ALPENGLLOW FARMS.**



and living permaculture. This summer it was Kevin and Andrea. They covered daily operations, business management and integrated technology and innovative processes to streamline the farm's workflow.

01

**CRAIG IS SEEN FEEDING FAN LEAVES INTO HIS WOODCHIPPER TO CREATE MULCH FOR HIS GARDEN.**

I caught up with them by phone, transported to those mountain views. Kevin discussed Alpenglow's notable practices: "One of the things I've enjoyed is taking all the plants and leaf material that has been pulled off or thrown away or died, and putting it through the chipper," he described. "[We] mix it with straw and it comes out like mulch. We return it to the cannabis plants -- the soil beds -- to keep the soil nice and moist."

"Craig is very much about feeling the plants, connecting on a spiritual/emotional level, understanding by that what they need," said Kevin, who added that though he and Andrea are new to this method, Craig has helped them make that connection and collectively grow as gardeners.

In turn, Andrea and Kevin helped Alpenglow become DEM Pure Certified, an incomparable status achieved only by beyond organic farms that utilize solely regenerative and biologically intelligent practices. At least five closed loop systems are required to be considered for DEM certification, such as soil building and mycoremediation. Pure farmers also give back to the community through education, as leaders and teachers of beyond organics for next generation cultivators, be it of food or cannabis.

Alpenglow is equally dedicated to creating high-quality, craft cannabis as it is to enriching the land, water, and air. Corey and Rosie join the Johnsons at Alpenglow, and oversee Huckleberry Flat, they are master growers and provide the build-out for Alpenglow Farm's systems and innovations.

Under the California Department of Fish and Wildlife's (CDFW) cannabis program, licensed cannabis cultivators "must ensure that individual and cumulative effects of water diversion and discharge associated with cannabis cultivation do not affect the instream flows needed for fish spawning, migration, and rearing, and the flows needed to maintain natural flow variability, and to otherwise protect fish, wildlife, fish and wildlife habitat, and water quality."

"Fish-friendly cannabis" as Craig called it. "To be part of [CDFW's] cannabis program, you have to forebear from your surface water for six months. Even though we have several amazing springs on this property, we can't use them for cannabis. They want all that water to go down and keep life vital in the river. And we want to be part of that as well," he said, "We love salmon!"



02  
**A COMBINATION OF FAN LEAVES, STALKS, AND STRAW CREATE AN IDEAL MULCH FOR TOP DRESSING.**

03  
**CRAIG IS SEEN TOP DRESSING HIS CANNABIS PLANT WITH MULCH HE CREATED FROM MATERIAL GROWN ON HIS PROPERTY.**

*"The Alpenglow Farms family is passionate about cultivating a diversity of plants to enhance the nutritional and medicinal productivity of the farm, and also to draw in and support a diversity of beneficial insects that aid in protection of the cannabis from attack by detrimental pest insects."*

Hollie Hall and Associates at Compliant Farms helped Alpenglow navigate the permitting process, engaging with CDFW and the state water board. Rainwater, captured via a system of rooftop gutters, is used for 100 percent of the irrigation at the farm, which brings Alpenglow into compliance with the CDFW, the State Water Board, and the Regional Water Board. Hollie Hall confirmed that the farm has been fully Compliant Farms Certified.

"The Alpenglow Farms family is passionate about cultivating a diversity of plants to enhance the nutritional and medicinal productivity of the farm, and also to draw in and support a diversity of beneficial insects that aid in protection of the cannabis from attack by detrimental pest insects," Hall told me via email, in between a busy schedule of soil reports and permit assistance. Committed to protecting resources, the many springs, creeks and waterfalls throughout the property exist in a wild setting, untrampled by development. "By supporting healthy farm and watershed systems, the Alpenglow Farms family strives to produce high quality, artisanal cannabis that supports clean water, healthy ecosystems, and a strong community," she wrote.

Another water conservation technique used at Alpenglow is living mulch, which is a cover crop growing at the same time and in the same bed as the cannabis plants. This is where the story gets dirty.

Sarah Schuette, co-owner of Dirty Business Soil (DBS), an agriculture testing company and consulting firm, explained that living mulch provides a path for nutrient exchange, such as nitrogen fixers, and maintains plant diversity, which can divert pests away from the cannabis. Alpenglow is also piloting DBS' integrated pest management program, a move some farmers view as risky.

"Our main goal [at DBS] is to help increase yields or decrease losses -- or both -- for farmers based on optics from their soil, [in effect] asking the soil what it needs," Schuette said. They recommend back-to-basics fertilizers, organic commodity products like fish meal, compost and manure. The recipe is to recharge and reuse the soil, which lowers overhead costs like buying new soil. DBS customizes nutrient management plans for each unique soil situation, from smart pots to greenhouses to Hugelkultur beds, like the ones at Alpenglow.

After the light dep cannabis harvest, the greenhouses at Alpenglow rotate from cannabis to nitrogen fixers like fava and bush beans to keep the living soil alive and yield a food crop. Hugelkultur is German for mound culture or hill culture. The steps are simple: 1) Dig trench. 2) Bury wood. Over time, the wood decomposes, releasing nutrients into the soil. In death, the wood also becomes



**SOLAR PANELS ARE WIDELY USED AT ALPENGLOW FARMS, ALLOWING THEM TO OPERATE COMPLETELY OFF THE GRID.**

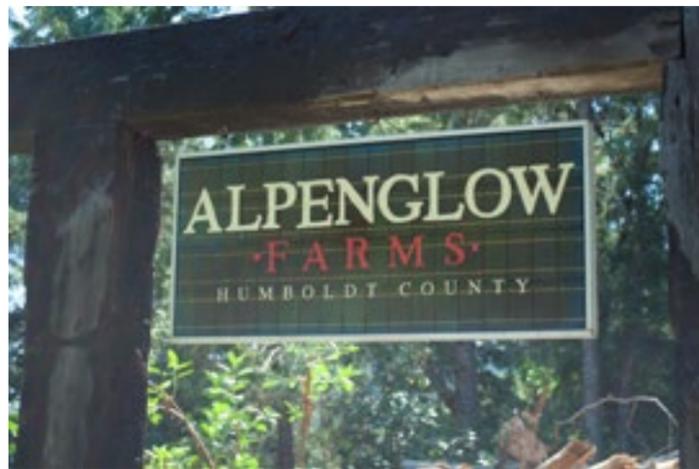


**CRAIG BREWS COMPOST TEA, WHICH IS VITAL FOR THE OVERALL HEALTH OF THE PLANTS.**



**ALPENGLOW USES POTATOES AS COMPANION PLANTS. POTATO PLANTS ACT AS LIVING MULCH, AND CONSERVE WATER BY PROTECTING THE CANNABIS FROM THE HOT SUMMER SUN.**





→ spongy, which retains water and helps defy drought. The water saving method was used for centuries in Germany and Eastern European, and is making a comeback thanks to permaculture influencers like Paul Wheaton, Geoff Lawton, and Alpenglow Farm's own Craig Johnson. "We don't want to shut down our greenhouses when the cannabis is finished. We want to keep producing and putting food back into our community."

Even as trailblazers, Alpenglow aims for better. "We want to be more efficient; that's why we're doing living soils and soil building techniques. We're in an agroforestry situation," Craig noted during one of our calls, "and we're not into clearing more forest on a mountainside to grow more cannabis."

Drawn from the spirit of stewardship, Craig co-founded Humboldt High Five, a cohort of like-minded farmers bringing social and ecological standards and values to cannabis practices, and community service. Huckleberry Hill Farm, Lady Sativa Farm, Villa Paradiso Farm, and Moon Made Farms are all members of Humboldt High Five.

Rio Anderson of Lady Sativa Farm shared some background on Humboldt High Five. "We went to Columbia to study the coffee co-ops with Flow Kana," he relayed. There, the group discovered the solution to scaling for craft farms. "The small co-ops were able to compete with large Brazilian coffee farms because they scale as co-ops. It's just as efficient if not more efficient than the large independent farms in Brazil," Rio explained. "We have very talented farmers, people I've had a hard time locating before [legalization]. It's exciting to have leadership and unique qualities in all our members," he said. Humboldt High Five members support each other's brands, functioning as a small cooperative system, and also work closely with Flow Kana Institute.

**"CANNABIS HAS THE OPPORTUNITY TO BE SUCH A MASSIVE INDUSTRY WITH SO MUCH BREADTH AND REACH FROM MEDICINE TO ENERGY TO COSMETICS TO RECREATIONAL."**

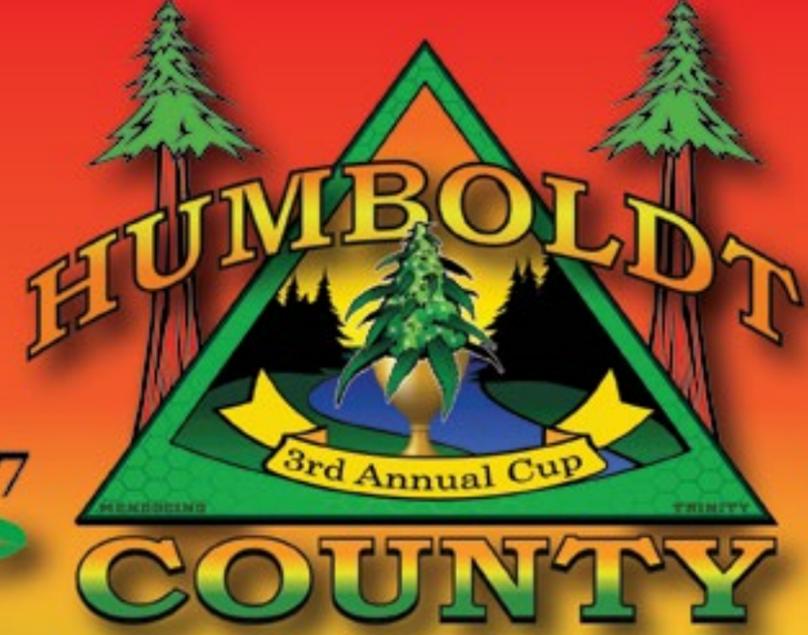
"Cannabis has the opportunity to be such a massive industry with so much breadth and reach from medicine to energy to cosmetics to recreational," said Michael Steinmetz, Flow Kana CEO. "As we grow, we have to be sure to bring along those deep values of community and sustainable cultivation practices. When cannabis is produced in harmony with the land, it is healthier and has less impact on its surroundings."

After years of getting caught in the weeds, the cannabis community is charging out of the green closet. Cannabis information can be shared openly in public forums and conferences, like the Living Soils Symposium, or simply with a stranger on a plane making polite conversation. "Accessibility to knowledge is gained through transparency, as it allows for multiple entities and organizations to openly discuss the possibilities of cannabis and its future," said Melanie, adding "Coming out is about being transparent about our life; what we've accomplished and what we hope to accomplish in the future."

Find Alpenglow Farms at the forefront, setting the tone for craft cannabis through better than best practices. And if you ever get the chance to sit next to Craig Johnson on a plane, definitely ask what he does for a living. As for my houseplants, they're tracking the sun and clinging on for another day. 🌱

To learn more, visit Alpenglow Farms on Instagram @alpenglowfarms707 or email: AlpenglowFarms@gmail.com





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BOOK REVIEW

# Healing Through Near-Death Experiences

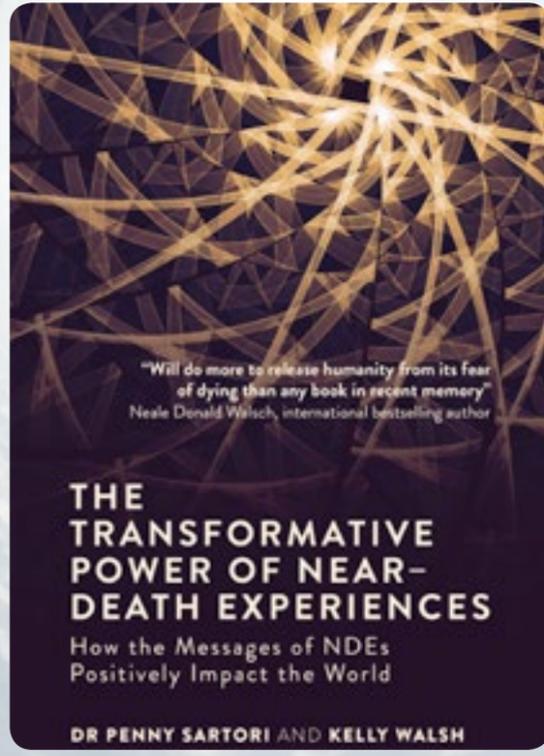
WRITER MOLLY CATE

IN THE WIDE WORLD OF HEALING, NOTHING IS MORE POWERFULLY TRANSFORMATIVE THAN THE NEAR-DEATH EXPERIENCE.

Have you ever had or been curious about Near-Death Experiences (NDEs)? If so, you might want to know about the recently released book "The Transformative Power of Near-Death Experiences: How the Messages of NDEs Positively Impact the World." Author/Editors, Dr. Penny Sartori and Kelly Walsh, have compiled a powerful collection of NDE testimonials from individuals who have gone on to develop organizations and new avenues of healing, both for people and for the planet. Each contributor writes of the NDE itself and, most importantly, of the profound ways they felt changed by it.

Everyone in this collection has been profoundly changed for the better, and most feel utterly compelled to reorganize their lives toward helping others. Some have set up organizations to help other NDErs. Relationships with patients have been positively transformed for medical workers who have undergone NDEs. One person now works with honeybees to heal Colony Collapse Disorder. Another found personal healing and ways to help others with transgender distress. Yet another, wrote of his "quiet ministry... trying to be a living example to others."

Over many centuries, people have sought healing for themselves or their tribes through consciousness-transforming techniques -- years of meditation in caves or monastic cells, yoga, dance, trance, physical deprivation -- and most famously, the ingestion of entheogenic (divinity-inducing) compounds. Some South American hunter-gatherers still make ayahuasca, for example. The Native American Church has federal approval to use peyote in their ceremonies. Modern chemists have also produced quite a few -- LSD, DMT, synthetic mescaline and more -- since Dr. Timothy Leary first called on the youth of the 60s to "tune in, turn on, drop out."



Most of the NDEs in the book contain very similar, familiar elements: out-of-body awareness, the attraction of a white light, a guide person, and a profound sense of home in that other space creating a reluctance to return to physical existence. But, that's not to say NDErs find inner peace right away after they come back to everyday reality. Many have no frame of reference for such an unusual experience, and need to process it in solitude for years. Many can't find words to express it, or may fear they appear crazy to family, friends, and medical personnel. Some have been hospitalized for mental illness when they spoke up, though the ones in this book who've been subjected to that were soon set free. Quite a few admit they tried to deny the power of the experience, and some suffered one or more additional NDEs before they surrendered to the inner call of transformation.

In terms of healing potential, near-death experiences fall into a category of their own, medical emergencies with positive life-changing outcomes. Nothing else has the out-of-this-world quality capable of producing the shock and then the enormous, motivated energy of NDEs. It's a kind of evangelical urge, but usually without dogmatic religious trappings -- pure love felt, total oneness lived, and unconditional acceptance attained in minutes. One subject, Katherine Baldwin, fell into a swimming pool as a child, which led her to develop healing techniques that have benefited hundreds of people throughout the years. Another, Dr. Bernie Siegel, whose childhood NDE greatly influenced his medical career, developed a goal to humanize medical education and care.

What's clear from this book, is that no one needs to suffer in silence. Organizations exist, all with online access, for NDErs to learn from others, to speak or write openly, and to find their way forward. This book is a fine resource and a fascinating read. Find your copy on Amazon.com. Blessed journey!

Have you had a Near-Death Experience? We want to hear about it! Send your story to [Info@TheEmeraldMagazine.com](mailto:Info@TheEmeraldMagazine.com).

# CannaKids

CannaKids is on track to become a leader in cannabis-led treatments for children and adults.

The California-based company first launched in March 2014, one year after its founders – Tracy and Josh Ryan – began treating their own daughter, Sophie, with concentrated cannabis oil.

#### Sophie's Story:

Sophie Isabella Ryan was born on October 3rd, 2012, perfectly healthy and weighing in at 8 pounds, 7.4 ounces. Her birth had zero complications. On June 20th, 2013, Sophie had her first MRI scan after experiencing nystagmus, involuntary shaking of the eyeball, presented in her left eye. The scan revealed that Sophie – at just eight and a half months old – had a low grade, Optic Pathway Glioma brain tumor.

Her family was told that their only option would be a 13-month protocol of chemotherapy in hopes of stopping the development of the tumor, and that the likelihood of recurrence after was around 85 percent. The tumor as a whole has around a 90 percent survival rate. Since it's a slow-growing tumor, chemo was never meant to get rid of it -- doctors said if they saw even minimal shrinkage it would be considered a huge success, but not to expect it.

WRITER MELISSA HUTSELL

It was then, that the Ryans looked outside the world of western medicine. After they created the Facebook page, "Prayers for Sophie," a friend put them in touch with Ricki Lake and Abby Epstein. Their work appealed to Tracy, who was already a fan of their previous documentary, "The Business of Being Born."

This time Lake and Epstein were in the process of filming the documentary "Weed the People." The film follows the story of several children – including Sophie Ryan – and their use of cannabis oil to kill cancer.

These women, said Tracy, surrounded her with top oil makers in California.

Prior to Sophie's diagnosis, Tracy said she was unfamiliar with the healing powers

of cannabis. She was born and raised in California, she noted, and had heard of its effects on nausea and glaucoma, but said she was completely unaware of its vast medical potential.

The Ryans took their newfound knowledge and research to their doctors. Tracy said that this was when the doctor's had an 'ah-ha' moment. "They had

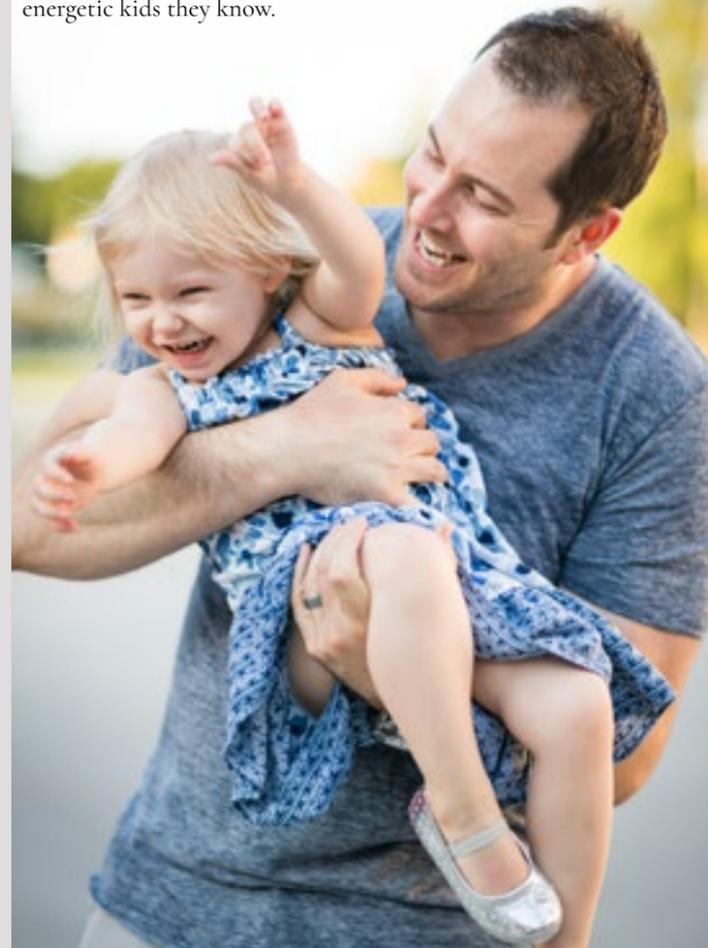
PHOTOGRAPHER AMBER SANDQUICK

(TOP LEFT)  
A picture of Sophie post diagnosis of her Optic Pathway Glioma brain tumor.

PHOTOGRAPHER VALERIE DARLING

## YES SHE CANN

Josh and Sophie Ryan. Doctors say Sophie is one of the most vibrant, energetic kids they know.



## SOPHIE'S TUMOR HAS SHRUNK BY 85-90 PERCENT.

established that we were responsible, loving parents. They gave us their blessing [to administer] Sophie cannabis oil."

Today, Sophie's tumor has shrunk by 85-90 percent. Her doctors attribute that to cannabis oil.

#### The Miracles of Cannabis Oil:

Sophie began taking highly concentrated THC and CBD cannabis oil at nine months old, and started chemo two months after her first birthday. Her treatment consisted of more than a year of chemo, and multiple blood transfusions -- nine to be exact. Chemo can destroy the blood-making cells in bone marrow, causing blood cell counts to drop, and therefore requiring the need

for transfusions, according to Cancer.org.

After multiple blood transfusions, Sophie stopped needing them one day while still on chemo, which is medically unheard of, said Tracy. The doctors were astounded.

During the last four months of her first chemo protocol, Sophie's lab results never dipped, meaning the chemo wasn't killing her good cells, Tracy said. "She was the only child that we knew of that no longer needed to come in to the clinic during her two week chemo break to ensure her body was recovering."

Since Sophie began taking cannabis oil, her side effects have been minimal.

"Sophie's side effects were sleepiness that completely went away as she acclimated to the oils,"



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Tracy and Sophie Ryan. Sophie, now five years old, has taken highly concentrated THC and CBD cannabis oils since she was nine months old.

PHOTOGRAPHER CELIA CHONG  
STOCK POT IMAGES

said Tracy. “Now, her only side effect is hunger, which is amazing since the chemo can affect her appetite.”

“Sophie has continued to gain weight, and has a great quality of life. She’s developing normally and has a full head of hair – you would never know she is a child stricken with cancer,” Tracy added.

Despite four years of chemo and recurrences, doctors still continue to see shrinkage in the tumor.

Such reduction has allowed Sophie to keep her sight. “Doctors said Sophie would have partial, if not complete blindness, with zero chance of saving her sight,” Tracy explained. “Due to the shrinkage that has been seen from the use of cannabis oil, Sophie’s vision was saved.” Additionally, her most recent scan showed that blood flow to the tumor had been completely shut off.

These are just some of the miracles Sophie, now five, has experienced so far.

**Creating Sustainable Medicine:**

Such chill-inducing moments come often, said Tracy. So, in 2014 the Ryan’s launched CannaKids.

“We started it because we had seen the power of [this] plant in [healing] our daughter,” said Tracy. “We knew we had this incredible secret; we didn’t want to keep it to ourselves.”

“We wanted other families to have the same shot [at a] more successful treatment plan,” said Tracy. Their daughter has a story to tell, and they had the tools to help spread her message.

“We were called to cannabis,” she said.

They slowly started to shut down their existing media business, and moved all of their staff to their new company, CannaKids.

The multifaceted organization supplies concentrated cannabis oils. One of which is the company’s signature “Honey Gold.”

A team of PhD scientists that specialize in organic chemistry develops all of the company’s products. All concentrates are lab tested by CW Analytics to ensure oils are free from contaminants, like mold or pesticides.

Tracy said that the company uses the same strains – which they source from Northern California growers -- time and time again to ensure consistency.

CannaKids oils are made using a supercritical CO2 extraction process, which strips plant matter, like terpenes and chlorophyll -- and leaves purified, raw cannabinoids. After a double distillation process, terpenes are later infused to create the tasteful concentrates.

The process produces sustainable medicine, said Tracy. It also helps improve the flavor of oils – important

when administering to children, she noted.

In addition to creating pure, high-quality medicine, the company is also committed to providing access. So far, CannaKids has donated medicine and tens of thousands of dollars to families that qualify for assistance.

“We refuse to let those children die or get sicker because their parents are struggling or can’t afford medicine,” she said.

The company has also built partnerships, and puts on various fundraisers throughout the year, such as the “Rally for Kids with Cancer,” to be held on February 23-24, 2018 in Los Angeles.

Aside from being a *momologist* and her position as CEO of CannaKids, Tracy operates SavingSophie.org, a nonprofit dedicated to raising funds and research for children with cancer, epilepsy, and autism.



CannaKids has worked with more than 1,500 patients and counting. Despite the company’s name, people of all ages with a wide variety of ailments use their products. Children and adults with various forms and stages of cancer, and conditions ranging from Crohn’s disease, autism, and anxiety find relief from their products.

*Despite the company’s name, people of all ages with a wide variety of ailments use their products.*

**Being Candid About Cannabis:**

Many parents still face scrutiny and even prosecution when administering medical cannabis to their children.

Tracy said one of the company’s patients recently experienced this firsthand. The patient’s parents faced risk of prosecution when school officials reported them to Child Protective Services (CPS). The child was temporarily taken from the family’s home as a result.

CannaKids jumped in, and put the parent in touch with a world renowned pediatrician and attorney. With their help, the experts were able to educate the courtroom about cannabis -- and the parents and child were reunited -- however, they continue to be monitored.

Tracy explained a lot of professionals -- CPS agents, judges, etc -- are just not educated on the endocannabinoid system. In the case above, informing the courtroom about the medicinal benefits of cannabis is what made the difference.

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“We started it because we had seen the power of [this] plant in [healing] our daughter,” said Tracy. “We knew we had this incredible secret; we didn’t want to keep it to ourselves.”



Together, CURE and CannaKids have also built a partnership with the Technion Research and Development Foundation, a subsidiary of Technion-Israel Institute of Technology.

PHOTOGRAPHER LEAH MORIYAMA | TOKEWELL MAGAZINE

“This is only one case, and the only time it happened [to a CannaKids’ member],” said Tracy. It happened in California, which goes to show you that even today, even in the current climate where recreational cannabis is legal statewide -- “We’re not out of the woods yet,” she said. We cannot stop advocating and educating.”

Though Tracy has become a globally renowned advocate for the use and research of cannabis-derived treatments, she said she felt fear about going public at first. She never expected the support she’s received, and returned, since.

“If you’d told me I was going to be here three years ago today – I would’ve thought you were crazy. I’ve always been a big dreamer, and an out of the box thinker,” Tracy added. “I had no idea we’d touch so many with our passion, with our mission.”

**An International Partnership:**

CannaKids is so much more than a supplier of high-quality medicine. It’s an avenue for hope, an internationally-backed advocate for parents, and a force for research-driven medicine.

This year, the company joined forces with CURE Pharmaceuticals, a leading disruptive drug delivery technology, and pharmaceutical cannabinoid molecule development business.

The companies are collaborating to research, develop and deliver the most efficient applications of cannabinoids via CURE’s innovative CureFilm™.

CURE and CannaKids have also built a partnership with the Technion Research and Development Foundation, located in Israel. The four-year joint venture is currently conducting research to determine which strains/cannabinoids are most effective in the treatment of various types of cancers.

“This is incredible, because this alliance means that we are going to have access to formulas that have gone through the process [the same process as every other pharmaceutical],” Tracy explained.

Tracy said this research is needed in order to develop A.) a trusted, tested medicine, B.) accurate doses that can be replicated, and C.) medication that will eventually be covered by insurance. “Medicine is so expensive. Children have extremely high medical bills. Cancer is quite pricey,” Tracy added. You can’t write cannabis off [on taxes], and no insurance covers it.

Their partners understand how to make this happen, and together, they’ve opened up a whole new world of medical potential. 🌱

To learn more about Tracy Ryan’s nonprofit, outreach and clinical trials, or to donate, visit [SavingSophie.org](http://SavingSophie.org)

For more information about the Rally for Kids with Cancer, visit [RallyforKids.com/Los-Angeles](http://RallyforKids.com/Los-Angeles)

To learn more about CannaKids and its breakthrough products and partnerships, visit [CannaKids.org](http://CannaKids.org).



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# THE Healing

GIFT GUIDE

## HUMBLE FLOWER CO.

Humble Flower Co.'s salve offers extra-strength pain relief. The product is made using a combination of cannabinoids, arnica extract, and a nourishing blend of essential oils. The salve is formulated in a base of organic olive oil and beeswax. Using this formulation offers healing antioxidants, essential fatty acids, and beneficial plant oils.

[HumbleFlowerCo.com](http://HumbleFlowerCo.com)

\$32



## SATORI

Satori's award-winning chocolate covered strawberry bites are made with organic milk chocolate and locally sourced ingredients. Each strawberry has 3mg of THC (140mg per box) to allow customers to micro-dose to their comfort level. Satori Wild Strawberries are also available in a CBD-rich version as well as dark chocolate varieties.

[SatoriChocolates.com](http://SatoriChocolates.com)

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THE *Healing* GIFT GUIDE



ATLAS EDIBLES

Atlas offers an amazing assortment of infused sweet and savory snack mixes. The Stratus mix is an award-winning combination of zesty lemon caramel, a hint of ginger, toasted almonds, sweet wild blueberries, and poppy seeds. Each mix offers a unique flavor profile and four clusters totaling 80mg THC.

[AtlasEdibles.com](http://AtlasEdibles.com)

\$18

CAN O' BUDDER

Can O' Budder is an infused spread made with premium cannabis and organic Ghee. The non-GMO spread contains 1,000mg of THC per 4oz jar. Can O' Budder is easy to use in your favorite meals, and provides accurate dosing.

[CanOBudder.com](http://CanOBudder.com)

\$55



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Henry's Original CBD Ritual Premium Smokes have one of the highest CBD ratios at 25:1 CBD/THC. Ritual has notes of lemon, Juniper, and smoky Eucalyptus. Its high CBD content gently eases stress and aches without the strong psychoactive effects of THC.

[HenrysOriginal.com](http://HenrysOriginal.com)

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THE **Healing** GIFT GUIDE



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[Kikoko.com](http://Kikoko.com)

**\$50**

**XTERNAL**

Xternal Rub spray works naturally to relieve discomfort and pain topically by spraying the impacted areas on the body where inflammation occurs. [MakingYouBetter-Brands.com](http://MakingYouBetter-Brands.com)



**\$15**



**LOWELL FARMS**

Lowell smokes come in packs of seven all-flower, pre-rolled smokes. Each carton hold an 1/8 of an ounce of quality flower (no trim, no shake). The pre-rolls come in strain-specific varieties, including the *Courageous Indica* blend which offers relief from both stress and pain with long-lasting body effects and 17 percent THC. The strain boasts a rich, creamy taste with a hint of lemon and pine.

[LowellFarms.com](http://LowellFarms.com)

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**ALDERPOINT - \$1,290,000**  
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**WILLOW CREEK - \$1,290,000**  
±160 Acres featuring great sun, abundant water, several flats, cabin. Cultivation app. for 14,283 sq. ft. of mixed light.

**WILLOW CREEK - \$375,000**  
±2.5 Flat acres featuring 3 cargo containers, 4 greenhouses, and concrete slab for shop. Community water is available. Cultivation app. for 5k sq.ft. of mixed light and a 2k sq.ft. nursery.

**DINSMORE - \$799,000**  
±46 Acres with 2 houses, multiple outbuildings, spring, pond, and flats. Cultivation app. for 15,300 outdoor.

**WILLOW CREEK - \$549,000**  
±80 Acres featuring 2 cabins, barn, and good water. Cultivation app. for 1,650 sq. ft. outdoor.

**WILLOW CREEK - \$1,250,000**  
±160 Acres featuring flats, meadows, power, yurt, greenhouses, water, and 2 creeks. Cultivation app. for 1 acre of outdoor.



**WEITCHPEC - \$2,900,000**  
±320 Acres featuring south-ern exposure, abundant water, house, shop, greenhouses. Cultivation app. for 1 acre outdoor and 22k sq.ft. of mixed light.

**WILLOW CREEK \$1,350,000**  
±21 Acres surrounded by NFS land with end of road privacy. Gated, south-facing, with 200-amp PG&E service. Large barn/shop, fully fenced, new well w/ water storage and pond.

**WILLOW CREEK - \$1,190,000**  
±160 Acres featuring, barn, metal building, and greenhouses. Cultivation app. for 1 acre outdoor.

**WILLOW CREEK - \$425,000**  
±2.5 Flat acres featuring 200-amp PG&E, AG building, greenhouses and community water. Cultivation app. for 1,500 sq.ft. of mixed light and 3,500 sq.ft. of outdoor.

**DINSMORE - \$799,000**  
±10 Acres featuring a 3/2 home, guest house, shop, well, and an expansive flat. Cultivation app for 6k sq.ft. outdoor.

**WILLOW CREEK - \$2,250,000**  
±135 Acres featuring springs, barn, house, ponds and outbuildings. Cultivation app. for 34,080 sq.ft. outdoor and 1,920 sq.ft. of mixed light.



**DINSMORE - \$849,000**  
±40 acre organic farm featuring a 2/2 home, 2 guesthouses, southern exposure, 3 ponds, springs, water storage, well, and outbuildings. Cultivation app for 22k sq. ft. mixed light.

**WILLOW CREEK - \$650,000**  
±2.6 Acres featuring a 3/2 home, 4 car garage, shop, greenhouse, guest apartment, community water, septic, and dual power drops (commercial & residential). Cultivation app. for 4k sq. ft. of mixed light and 1,300 sq. ft. outdoor.

**Reduced Price**  
**CARLOTTA - 1,850,000**  
±9.3 Acres featuring power, 2 wells, 2 homes, and greenhouses. Permit issued for 10,000 sq.ft. of mixed light and 20,000 sq.ft. of RRR pending.

**BLUE LAKE - \$1,490,000**  
±46 Acres featuring dual power drops (residential and commercial), fully insulated AG building, multiple terraced flats, newly remodeled 3/2 home, and pool.

**WILLOW CREEK - \$549,000**  
Acres of timbered property, easily accessible yet private. Features a year-round creek, springs, views and multiple buildings sites. The property has undergone multiple improvements including developed flats, barn and greenhouses, and bathroom facilities

**FEATURED LISTING**  
Price Reduction

**WILLOW CREEK - \$995,000**  
±203 Acres with completed cultivation permit for 41,500 sq. ft. of outdoor. This turn-key property features several living spaces with customized cargo containers, a 30-foot yurt with kitchen and detached bathhouse, and a large two-story barn which provides excellent work space or could be completed into a house. Conveniently located just 45 minutes from Arcata!

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[GotBhang.com](http://GotBhang.com)

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**HUMBOLDT APOTHECARY**

Humboldt Apothecary offers a full line of amazing healing formulas. The company recently released a new formula, Cramp Ease which supports the relief of mild and occasional menstrual cramps.

[Humboldt-Apothecary.com](http://Humboldt-Apothecary.com)

**\$50**



**ARCANNA FLOWERS**

Arcanna Flowers features 'The Gift' a modified version of the 'Ringo's Gift' strain. This potent CBD-dominant hybrid offers a sweeter, fruit-forward note that contrasts the foresty bouquet of *Ringo's Gift*. This strain is cultivated by UV Organics, a member of the Arcanna collective.

[ArcannaFlowers.com](http://ArcannaFlowers.com)

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Nug.com

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Peak oil is made in small batches utilizing gentle extraction techniques. The company sources the world's finest cannabis from Humboldt County to create one-of-a-kind oil cartridges. The featured product, Marcia's Gift 0.5g Co2 oil cartridge, is a small batch artisan crafted CBD Oil Cartridge 6.2%THC/55%CBD.

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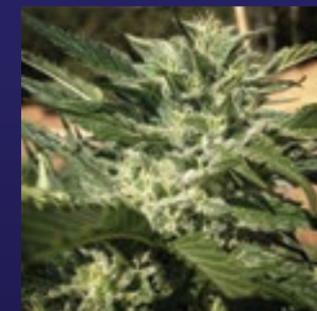
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OVER 40 PERCENT OF PATIENTS  
ARE OVER THE AGE OF 50

# THE APOTHECARIUM

HEALING THE COMMUNITY ONE PATIENT AT A TIME

WRITER LAURA MATISE

Renowned for their elevated design, the Apothecarium features velvet upholstery, marble counters and prominent crystal chandeliers. In fact, the company's original location in the Castro was recently named one of the best designed dispensaries in the country by "Architectural Digest."

The Apothecarium, which recently opened its third location in the beautiful Marina district in San Francisco, is about more than beautiful design. This is a dispensary that puts healing its patients at the core of its mission; and even the luxury interiors support this goal.

"We asked ourselves if someone's mother would be comfortable coming here" says manager Michael Caruso. He tells me that every day someone comes into the Apothecarium on one of the worst days of their lives. People who are suffering from stage four cancer, people who have exhausted their pharmaceutical options, people who don't know where else to go for relief -- they all come here. "We do everything we can to make them as comfortable as possible," Caruso says. While the design of the space certainly plays a role in this, so do the well-trained patient consultants.

The dispensary has partnered with former Oakland mayor, Jean Quan, and her husband, Doctor Floyd Huen. Dr. Huen is an internal medicine doctor who began prescribing medical cannabis to his patients with chronic pain in 1996, after voters approved Proposition 215, also known as the Compassionate Use Act. Dr. Huen acts as an advisor to the patient consultants at the Apothecarium, and has played a large role in developing the rigorous training program that every patient consultant must complete before standing behind the counter.

One of the features of the training program is preparing the consultants to have difficult conversations with patients suffering from terminal illnesses. However, while Caruso tells me they see at least one seriously ill patient a day, the top three patient complaints are anxiety, insomnia and pain. ▶

*[DR. HUEN] HAS PLAYED A LARGE  
ROLE IN DEVELOPING THE  
RIGOROUS TRAINING PROGRAM  
THAT EVERY PATIENT CONSULTANT  
MUST COMPLETE BEFORE  
STANDING BEHIND THE COUNTER.*

Eliot Dobris, the Apothecarium's marketing manager, tells me that over 40 percent of their patients are over the age of 50. According to the National Survey on Drug Use and Health, people over the age of 50 are the fastest growing group of cannabis users. In the past ten years, cannabis use amongst 50-to-64 year-olds increased 57.8 percent, and 250 percent amongst people 64-years-old or older.

"More elderly patients tend to get longer consults," says Caruso, but every patient gets the same concierge treatment at the Apothecarium. He goes on to point out that "there are no products on display here, we let the patient tell us what is going on... we learn as much as we can about that patient so we can offer the best options."

When asked what the most rewarding part of working for the Apothecarium is, Caruso smiles and tells me that it's seeing a patient come back for their second visit to exclaim over the pain relief they received, or the best night's sleep they've gotten in years. For Dobris, it's seeing arthritic patients come in to show staff how they can now open and close their hands more easily.

"This is why I do what I do" says Caruso.

The Apothecarium's new location is 2414 Lombard St., San Francisco. Open 11 a.m. -8 p.m. seven days a week. They can be reached at (415) 408-6986 or online at [Apothecarium.com](http://Apothecarium.com).

# THE DIPPER

*E-Nectar Collector*

WRITER BENJAMIN FRANKLIN



At the *Emerald Magazine*, we are blessed to experience a variety of emerging products within the industry. But every so often, one product stands out. The slick packaging drew this writer in for starters. When I tore back the packaging, I found the DIPPER to be the MacGyver of E-pens. With easily switched heating elements and mouthpieces, the DIPPER transforms from a traditional vaporizer into a killer E-Nectar collector. While the product itself looks impressive, it's also efficient and works well with a variety of different concentrates.

At first puff, I exclaimed "Big Dipper!" To all of the many dedicated terp-tasting dabbers out there, my new favorite terp-tasting device is the DIPPER! Reaching into a glass dish of anything saucy is wildly flavorful after using the DIPPER. Every slurp of Terp Preservation Society's *BananaSplit* with the DIPPER is reflective of a mouth-watering tropical vacation.

Initially, I thought this was a one trick pony. But no! The quartz atomizer part is impressive too. On the highest of the three temperature settings, the rip is intense, making it perfect for wax or shatter. The double crystal heating elements do the vape justice.

This writer has owned quite a few different handheld electronic vaporizers, but in regards to the flavor aspect the DIPPER wins. On top of everything, I can see the innovative design of this vaporizer with a reclaim chamber and multi-use practicality in mind. To top it all off, it can be charged in any motor vehicle. I'm set, and you will be too!

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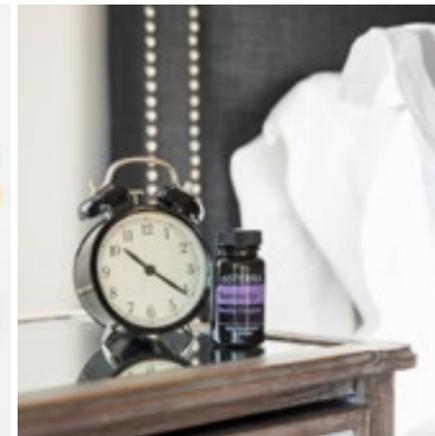
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# Healed

A DōTERRA WELLNESS ADVOCATE'S STORY

WRITER ASHLEY PRIEST



THE PUSH FOR PLANT-BASED MEDICINES HAS MANY LOOKING FOR HOLISTIC HEALING, LEADING MANY TO ESSENTIAL OILS. THESE OILS HAVE FOUND THEIR WAY INTO HOUSEHOLDS ACROSS THE U.S. AND AROUND THE WORLD. DōTERRA IS QUICKLY BECOMING ONE OF THE MOST RECOGNIZABLE BRANDS OF OILS ON THE MARKET. THIS WRITER HAD THE CHANCE TO MEET WITH A DōTERRA WELLNESS ADVOCATE, AMBER ADAMES, ABOUT HER JOURNEY TO HEALING WITH ESSENTIAL OILS.

**Emerald Magazine:** When were you first introduced to dōTERRA essential oils?

**Amber Adames:** I was introduced to dōTERRA in December 2014 [...]. I had just been in a serious horse riding accident where I had broken my back, shattered my wrist and had lots of nerve damage and severe neck pain.

**Emerald:** What ailments do you address most commonly, and which oils do you utilize for those conditions?

**AA:** Well seeing [as] I have had eight surgeries in three years and then the accident to top it off, I deal with a ton of chronic pain in my whole body. I use a huge combo of oils and supplements. Our Life Long Vitality Supplements are our number one selling product, and I use them daily along with the Deep Blue Supplements which have been a huge part of my recovery.

I also utilize a combo of DDR Prime (Cellular Complex), Frankincense, Copaiba, and Siberian Fir in a veggie cap every morning and evening for my chronic pain. In addition to that, I also carry a rollerball of Copaiba, Blue Tansy and Siberian Fir that I use topically with a layer of the Deep Blue Cream. At night I use our Serenity Soft gels (Restful Blend) and in the diffuser, I always have a great combo of Serenity Essential Oil, Balance (Grounding Blend) Essential Oil and Peace, but I love being able to change that up every evening when I want!

**Emerald:** What would you say to someone who is interested in dōTERRA products but isn't sure where to start?

**AA:** Find someone who has samples. I'm happy to give them out to anyone who wants to try them. Get to a class and get educated. I teach them in my home and online all the time. Feel free to reach out, I would love to get you

educated. Get yourself an Essential Oil Book. I love "The Essential Life" book from Oillife.com. When you get your oils, use them don't let them sit on the counter! Don't be afraid [or think] that you have to know everything to get into using oils. I knew nothing when I started. I did a lot of research and I'm still learning new things every day!

**Emerald:** What does dōTERRA mean to you?

**AA:** DōTERRA has literally given me my life back. I am a very active person and can continue being that way, because I have something that I can trust and count on to support my body naturally! It means I have a natural way to support my family's bodies physically and emotionally. It means way less time spent in doctors' offices and fewer copays!

**Emerald:** What makes dōTERRA stand apart from other essential oil companies?

**AA:** Some incredible things that sets dōTERRA apart from other essential oil companies is their commitment to sourcing the highest quality of essential oils around the world, while also greatly enhancing the lives of those in the communities that provide sourcing for their essential oils – our global community of providers. They call this "Co-Impact Sourcing" which means it impacts both the farmers/producers and the end users of the essential oils.

In these areas, dōTERRA's Healing Hands Foundation is also funding the construction of schools, health clinics, cooperative buildings, water systems and more. This helps to empower growers and their families while improving their communities. DōTERRA works closely with a global network of leading essential oil chemists to guarantee purity in each bottle, and each and every batch is tested for purity. What this means is pure essential oils for you and your family.

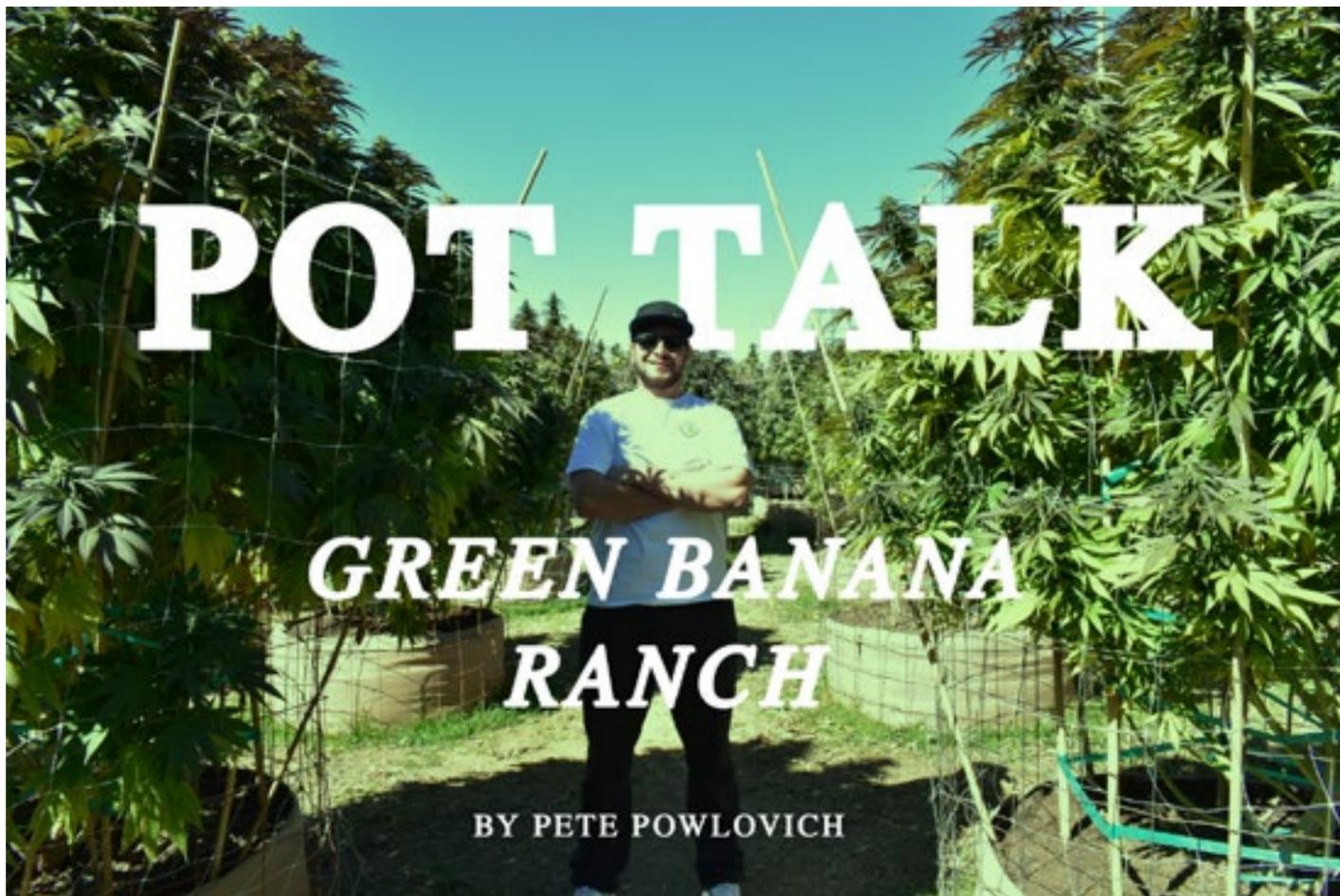
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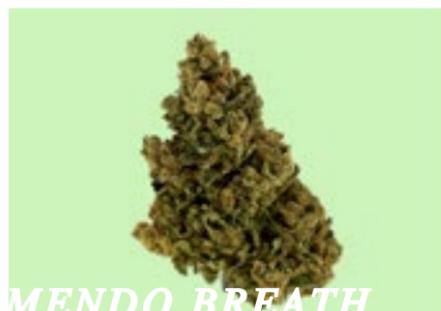
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Green Banana Ranch generously provided me with samples from their 2017 Light Deprivation of *Mendo Breath*, *Ogre* and *Banana True*. Also kind enough to share other strains such as *DJ Shorts Blueberry*, *Blockhead*, *Corleone* as well as a prototype of their yet unreleased cannagars.



A cross of *OGKB* aka *OGKushBreath* x *Mendo Montage*, the bud is bright lime green with little carrot orange hairs. Shining in the light, translucent trichomes pack in densely. Sour citrus wafts out at me, and I get a distinct kush aroma too. While stinky, it brings me back in for more. Orange, lime, thyme, oregano with a washed rind cow's milk cheese and subtle green olive round out the nose.

Sour citrus overtakes me at first but then becomes more vegetal -- like Pico de Gallo with tomato and jalapeno. I also get roasted carrot with a lime zest. A slightly heavy mouthfeel is laced with sourness, but ends up leaving a sweet oregano on the finish. Finding my way to the couch, I feel light and relaxed with some pain relief... but man, am I hungry!

This particular cut of *Ogre* is the Sativa/skunk whose phenotype leans toward *Sensi Star*. Dense in structure, the bud is evenly shaded in lime and fern green with yellow chartreuse. Squash orange hairs sporadically jump out among a light frosting of amber tinged translucent trichomes.

The smell is herbal with skunk and sour citrus undertones. Thyme, rosemary, dill, oregano and mint all flow out in intervals with orange and lime peel and lemongrass.

As I light up, I am hit with a barrage of refreshing herbal essences while a subtle skunk note tickles my tongue. Fresh picked rosemary, oregano, and basil with lemongrass, green olive and pickle filter through. The mouthfeel is smooth and creamy and leaves a fresh minty exhale. I can't help but think with all the green flavors I tasted that *Ogre* is very appropriately named. Stony and relaxed, I feel some pain melt from my back and my mood turns giddy.

A solid shade of olive green covers these large chunky buds with some pear green peeking out. The ginger orange hairs appear evenly spaced and the bud is thickly settled with tiny translucent trichomes that make it shine in the sun.

The smell is sweet and aromatic, it's reminiscent of a ripening banana that is still a little green. A little lemon and vanilla pop out at me as well. Once I break the bud open, it becomes more sweet, almost tropical. I smell banana flavored taffy, lemon candy, banana-orange smoothie, with a hint of vanilla. Just smelling it starts to make my mouth water.

Green banana floods my palate, exactly like an unripe banana with subtle hints of vanilla and lime. Chamomile and jasmine come at me next as the smoke tingles my tongue a little. As I exhale, the banana flavor sticks around leaving a light sweetness behind. Has me feeling very stoned, a surge of happy energy starts to come over me. Focused, I decide to roll one more and share it around my local dog park to everyone's enjoyment. 🍌

Thank you to Green Banana Ranch who can currently be found on Instagram @greenbananaranch.

With a focus on sun-grown, small batch, organic cannabis, Dan Bobillot, President and Director of Green Banana Ranch, is sincere when he starts explaining his company's vision. Born and raised in Humboldt County, California, Dan along with his brother, Alex, who oversees most of the Ranches' cultivation, have watched the emergence and growth of the cannabis industry.

Located off of Highway 299 in Northern California, Green Banana Ranch sits at an elevation of 3,400 feet and "offers its own unique microclimate," according to Dan. With some oceanic influence, they also get long days of sun exposure with little fog. Working with the land, they even use the red volcanic clay soil in the makeup of their light deprivation beds.

Finding innovation for the name Green Banana Ranch comes from its signature strain, *Banana True*. "It has a lively green banana smell," Dan tells me. Brought over from Holland in the early 2000s, the strain was

cultivated at the former Natural Selections in Long Beach, California. Dan was gifted a cut by a friend and former employee around 2008 when the dispensary was shut down. It has become the catalyst for the future of Green Banana Ranch.

Green Banana Ranch has also started working on their own exclusive strain line-up. Planning on using *Banana True* as the main cultivar, the goal is to feature a roster of banana crosses. Not just hanging onto the banana tree, they also have created the strain *Cheeba*, a *U.K. Cheese* x *Pre 98 Bubba* cross, with the first run having just been harvested.

Something the brothers are extremely proud of is their use of natural compost teas. Dan starts to explain how the ranch is moving towards Korean Natural Farming (KNF). He goes on to tell me how they harvest mycelium from the property for the base of their teas. Along with other organic ingre-

dients, the tea then goes through a two week fermenting process.

Beyond flower, they are only willing to offer clean, solventless hash products to the market. Green Banana Ranch has started working with Simplee Donuts to produce a *Banana True* Live Resin. They've also partnered with Terp Town Boyz to create a whole line of Rosin and Live Rosin, also featuring *Banana True* along with *Corleone* and *Blockhead*. With an eye on the market, a line of cannagars is also in the works.

Although Green Banana Ranch products are not yet offered in dispensaries, that is about to change as they are working on the release of an exclusive batch of *Banana True* through Emerald Family Farms. Dan continues, "Emerald Family Farms offered us great advice and helped make the process easy." Green Banana Ranch also plans to have a booth at various cups, events and farmers markets up and down the California Coast.



# MOXIE MEDS

WRITER ALLISON EDRINGTON

PUT YOUR ACTION WHERE YOUR PASSION IS

HOW ONE WOMAN BUILT ONE OF CALIFORNIA'S MOST SUCCESSFUL  
MEDICINAL TINCTURES BRANDS

Jessica Peters just wrapped up a long session shooting with Green Flower Media where she shared her cannabis research and her story prior to this interview. Though she's tired, her energy hardly seems diminished; she speaks as passionately about medicinal cannabis at the tail end of a Friday as she did on stage at the "Celebrate Women of Cannabis" conference in August. She's calling me from her Oakland home, and her two rescue birds -- Hank and Billie -- keep chiming in from the background as we talk.

Peters launched Moxie Meds in 2015, a brand of cannabis tinctures that are grown, produced

*"Now I am  
asymptomatic  
because of CBD."*

and designed for women, by women. She is a cannabis clinician, and a cannabinoid and terpene specialist with over seven years of professional experience in the cannabis industry.

#### How CBD Saved Her Life

Peters' period had always been a struggle. She started missing school due to cramps and pain, then she started to miss work. By her early twenties, she was hospitalized for severe cramps and vomiting; the piercing pain and the wild hormonal swings could no longer be explained away.



After many expensive tests and incorrect diagnoses, Peters said she was finally diagnosed with endometriosis, aka “Endo,” an often painful condition where tissue that should line the uterus instead grows on the outside, or on other pelvic organs. Low-ball estimates say endometriosis affects one in 10 women in the U.S., according to the ENDO Study Working Group. However, not much is known about what causes it or how to effectively treat it.

“I [believe] in attempting to address medical problems from a preventative and natural, more holistic approach versus jumping right into pharmaceutical and surgical options,” Peters said, “so I have been searching for better solutions ever since.”

CBD changed her entire perspective on the state of her condition. She said she felt a difference in her cycle the first time she smoked a CBD-dominant flower. This was in the early days of CBD discovery, before Peters really understood what it could do. That fueled her passion to learn the intricacies of cannabis, and led her to find a treatment for her endometriosis.

“Now I am asymptomatic because of CBD,” she said. She brings her experience navigating the medical world, along with her cannabis research, to her work as a cannabis clinician. This allows her to help patients find the right cannabis medicine based on their doctor’s recommendations without as much trial and error as she went through.

**From Prohibited to Approachable**

Moxie Meds is the go-to cannabis tincture for many women and men in California. Their website is full of testimonials from real people who have used the tinctures, including Peters herself, to help comfort newcomers who are on the fence.

“I think realistically there’s so many people who are unlikely to engage in something that is A) illegal or B) taboo,” Peters said. “Those of

us who are currently in the industry, we’re not afraid of something based on the law. I don’t decide morality based on legality.”

She wants to reach people who could sincerely benefit from the medicinal properties of cannabis but are afraid.

“Cannabis is for health and for wellness, and has the longest [research and development] of any medicine on earth,” Peters said. “It’s just such a disservice what we’ve done to this [plant]. You have to be approachable, or the public would never get a chance to try these. I’m looking toward the woman in Ohio that needs to hear this information so she can figure out options for herself. It’s not fair for her to not know.”

**Building the Moxie Meds Team**

Peters is quick to point out that she was not alone in building Moxie Meds. None of this would be possible without brand ambassador Nadia Winstead, who Peters said played an integral role in introducing her to CBD.

“If Nadia wasn’t engaged in this topic, [...] I could still be having endo attacks,” Peters said. “She is a core member of the team and why this has all gone on. I wanted someone to be educating, to care, to help patients even if they couldn’t use Moxie Meds.”

“That’s the kind of people I have on my team. Everyone is not just a patient first; it’s a team

*“I think realistically there’s so many people who are unlikely to engage in something that is A) illegal or B) taboo.”*



**TOP 3 MOST INTERESTING AREAS OF CANNABIS RESEARCH**

- Endocannabinoid Deficiencies: “The reality is the more medical research goes on, the more we seem to click into this idea that many of the diseases we face might be in fact endocannabinoid-deficiencies.” What does that mean? Not just that cannabinoids provide relief from an ailment, but that the physical lack of them is what causes the ailment in the first place.
- CBD and Treating Addiction. “The research that’s going on regarding addiction and CBD is really, really amazing... That this part of the plant has the ability to do something about that is amazing after it’s been labeled a gateway drug for decades.”
- Surprise! “Terpenes come from all plants on earth but also from insects...It doesn’t relate to any therapeutic research but it is absolutely fascinating.”



*“...this is not one medicine. This is thousands and thousands of medicines...”*



made up of people who are generally left out by the larger cannabis industry: women, people of color, queer people and transgender people,” Peters said. “[That’s an] important component, because this plant has been used to vilify people and put them in prison. I’m heartened to see more people of color, more women, more queer people involved in the cannabis space. I want to be a part of making sure that’s the direction we continue to go.”

**Hope for the Future**

Legalization is lurching forward nationwide, and Peters is looking forward to a more informed consumer base -- one that recognizes cannabis for all of its potential.

“To someone who doesn’t know anything about cannabis, this is not one medicine. This is thousands and thousands of medicines, and we need to be really cognizant of that in relation to how we move forward,” she said. The more these things are lumped together, the more confusion there is.

Medicine should come with lab results and instructions, said Peters. “Getting closer to that is a positive in every way. [But] it’s certainly going to be a herky jerky experience. I hope we continue to support and create space for small businesses. The moment it starts with \$1 million start up costs, more women and people of color are left out.”

To learn more, visit [MoxieMeds.com](http://MoxieMeds.com)





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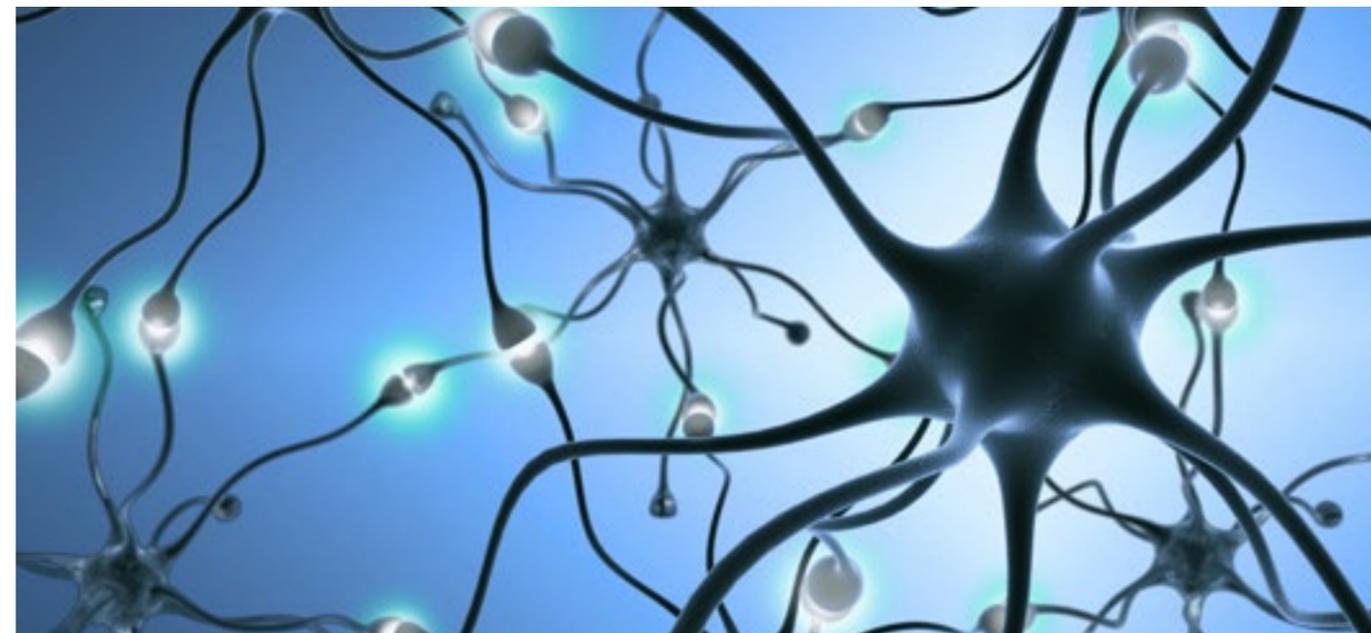
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# CANNATONIN

CANNABIS CAN BE A MOOD STABILIZER, BUT DOES IT AFFECT SEROTONIN LEVELS?

WRITER DR. PEPPER HERNANDEZ, ND CTC

Cannabis and serotonin have distinct effects on the body, and mapping out what these substances are may be helpful in understanding “self-medication.”

Serotonin is a chemical neurotransmitter, which acts as a natural mood stabilizer. When these neurotransmitters become imbalanced, they have been correlated with depression. To help regulate the neurotransmitters, some take certain antidepressants, such as selective serotonin reuptake inhibitors, better known as SSRIs.

Our bodies synthesize serotonin from tryptophan, an amino acid found in certain foods such as turkey, but not cannabis. Instead, the relaxing effects of smoking cannabis are due to a different set of substances, namely tetrahydrocannabinol (THC). However, the use of some forms of THC and CBD may help to lighten the mood for some. Knowing this, it may be worth a visit to a health care provider to discuss depression and explore alternative treatment methods such as: deep meditation, acupuncture, body work, talk therapy, and diet and exercise changes, to name a few.

Serotonin is found in the brain, blood, and in the stomach and mucous membranes that line the digestive tract. It helps regulate all sorts of functions such as mood, anxiety, nausea, blood clotting, libido, sleep, wound healing, bone health, and bowel movements. In terms of mood regulation, balanced levels of serotonin are associated with feeling happier, calmer and more focused.

While cannabis does not directly produce serotonin, it may help regulate mood. Studies have shown that THC mimics the chemical structure of a naturally occurring cannabinoid neurotransmitter in the brain called anandamide. When ingested, THC binds to cannabinoid receptors in the brain and affects the same brain functions that anandamide usually affects, such as memory, concentration, pleasure, and time perception.

The “high” from using cannabis is also partly attributed to THC, which signals the release of dopamine, another neurotransmitter.

Some of the ways in which cannabis promotes relaxation include: reducing blood pressure, reducing coordination, inducing sleepiness, lowering attention span and by creating a sense of altered time and space.

The therapeutic effects of cannabis may not all be due to THC but to another key chemical component called cannabidiol (CBD), a non-psychoactive compound found in the plant. It’s likely responsible for the medicinal benefits like relief of nausea, anxiety, and inflammation.

Studies show both THC and CBD to be beneficial in treating depression, anxiety, and similar mood disorders.

However you choose to consume, it’s worthy to note that the concentration of THC varies between plants, as does the ratio of CBD to THC. Speaking to a certified cannabis consultant to help choose the proper dosage and variety is advised. 🌿



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# POST TRAUMATIC STRESS DISORDER AND CANNABIS

## A CASE FOR SYMPTOMOLOGICAL RELIEF

WRITER MELISSA HUTSELL

Amongst the most commonly cited uses for cannabis in the U.S. are for the treatment of Post Traumatic Stress Disorder (PTSD).

Cannabis is finding its place in mainstream medicine. However, the role of the plant in the treatment of PTSD remains a controversial topic.

### What is PTSD and Who is at Risk?

According to the National Institute of Mental Health (NIMH), PTSD is defined as a disorder that stems from shocking, scary or dangerous events. It's natural to feel afraid after a traumatic event as our body's fight or flight response kicks in.

"Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally," found the NIMH. Everyone's threshold is different; those who experience long-term problems may be diagnosed with PTSD. "People who have PTSD may feel stressed or frightened even when they are not in danger," the NIMH stated. Causes and symptoms of trauma or PTSD vary significantly; it can come on gradually or suddenly and symptoms range in severity. Some who suffer, experience nightmares, avoidance behavior, insomnia, and flashbacks.

Millions of Americans will experience PTSD in their lifetimes. According to the U.S. Department of Veterans Affairs' National Center for PTSD, it is not rare to experience trauma. In fact, 60 percent of men, and 40 percent of women will experience at least one traumatic event in their lives. While women are more likely to experience sexual assault and child abuse, men are more likely to experience accidents, physical assault, combat, disaster, or to witness death or injury, stated the center. "About seven or eight out of every 100 people will have PTSD at some point in their lives."

Altogether, there are 8 million adults living with PTSD every year in the U.S., which the National Center for PTSD noted, "is only a small portion of those who have gone through a trauma."

Auto accidents are a leading cause of PTSD. According to the American Academy of Family Physicians (AAFP), which estimates that nine percent "of survivors of serious accidents develop significant post-traumatic stress symptoms and that many other survivors have PTSD-like reactions."

Among veterans, this number is even higher. The Department of Veterans Affairs estimates that more than 30 percent of Vietnam vets, 10 percent of Gulf War vets, and more than 30 percent of Iraq and Afghanistan vets experience PTSD.

THE DEPARTMENT OF VETERANS AFFAIRS ESTIMATES THAT MORE THAN 30 PERCENT OF VIETNAM VETS, 10 PERCENT OF GULF WAR VETS, AND MORE THAN 30 PERCENT OF IRAQ AND AFGHANISTAN VETS EXPERIENCE PTSD.



The epidemic goes far beyond battlefields. While women are less likely to experience combat (although the amount of females in the armed forces is on the rise), they face a higher risk of sexual assault, which is more likely to cause PTSD than other events, reported the Center for PTSD. For this reason, women are twice as likely to develop the disorder.

*Women are twice as likely to develop Post Traumatic Stress Disorder as men.*

### Treatment Options and the Need for Alternatives:

The fact is, nobody is immune to trauma or its lasting effects. Though the rate of PTSD is rising, sufferers have limited treatment options. Some include cognitive behavioral therapy, or medications such as antidepressants or Selective Serotonin Reuptake Inhibitors (SSRIs).

This August, Vice.com reported a 20 percent dropout rate among vets who enroll in therapy programs. Such programs include "treatment with a variety of psychiatric medications, many of which have a high potential for abuse."

Some of the most devastating and most frequently cited symptoms of PTSD are substance abuse issues (one reason being PTSD sufferers are at a higher risk of experiencing chronic pain). Addictions to legal and illegal drugs have become an epidemic in North America. Prescription opioid overdoses have tripled in the past decade alone; there are no known overdoses from cannabis use.

As overdose rates from pharmaceuticals continue to rise -- despite the introduction of addiction and treatment centers across the country -- many are pointing to cannabis as a solution. But, why?

In the study, "Rationale for Cannabis-based Interventions in the Opioids Overdose Crisis," author Philippe Lucas notes that in the U.S. states that have legalized medical cannabis, overdose rates have dramatically decreased -- a fact that can't be ignored.

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Here at Cover Cannabis we are asked 100s of questions every month about how to properly insure a cannabis operation. Here is a question we received recently:

**Pat (Business Owner):** I have an indoor cannabis growing facility, as we are starting to increase production, we are shipping and transporting more and more product. We have had a couple of small issues with theft and damaged product. Do you guys have any advice on how to ensure I am covered in the event that something happens to my product before reaching its final destination?

**Theresa:** Thank you for your question Pat. The transportation of marijuana is a necessary part of the cannabis industry. Whether you are shipping to a dispensary, to an extraction company, or any other destination, your product is at its highest risk for losses while being moved and transported. Despite the risk, you need to ensure that the product reaches its intended destination.

Here are some of the coverages we recommend to ensure you are protected while transporting cannabis:

- **Business Auto Coverage** – commercial auto insurance to cover your vehicle, as well as the driver and any items you are transporting. Please keep in mind that a regular business auto policy may not cover you if you are

transporting cannabis. We can help you find a carrier to protect your driver, vehicle and cannabis in the event of an accident.

- **Workers Compensation** – Workers comp will ensure your employees are covered while working for you. They might be working in your building, at your growing facility or driving for the company. Workers comp is there to protect you and your employees in the event of work related accident.

- **Cargo in Transit Coverage**- This coverage will protect and cover your cannabis product while in transit from one location to another. You might be transporting your products yourself or using a third party. Cargo in transit insurance will provide coverage in the event your product is damaged or stolen.

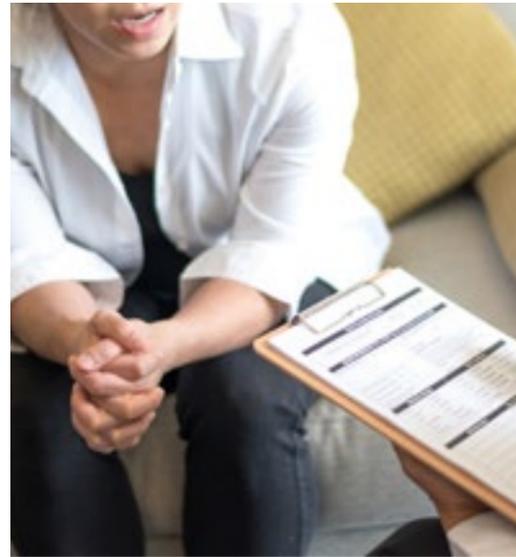
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Doctor Raphael Mechoulam -- the Israeli Scientist who first discovered THC -- points to cannabis's neuroprotective properties for more evidence.

In his report, titled "General Use of Cannabis for PTSD Symptoms," Dr. Mechoulam noted the cannabinoid system's link to memory, especially the extinction of memories, could have implications for PTSD. In other words, cannabis might help reduce associations between triggers and trauma.

At the very least, Dr. Mechoulam stated that the plant is therapeutic and valuable in treating symptom of PTSD, "there is nothing wrong with symptomological relief. That's what taking aspirin for a headache, a diuretic for high blood pressure [...] is all about."

Dr. Mechoulam believes that we've got the potential to cure PTSD. However, he added, it is about whether or not we understand or are taking full advantage of the effects of cannabis -- its use is proven to significantly improve the quality of life for sufferers of PTSD and their family and friends.

**Tell us about how cannabis has helped you battle PTSD by visiting our website at [TheEmeraldMagazine.com](http://TheEmeraldMagazine.com) or E-mailing [Info@TheEmeraldMagazine.com](mailto:Info@TheEmeraldMagazine.com)**

For more information about PTSD and cannabis, visit the sites below:

[MAPS.org/research/mmj](http://MAPS.org/research/mmj) -- Multidisciplinary Association for Psychedelic Studies

[WfWProject.org](http://WfWProject.org) -- Weed For Warriors

[VetsCP.org](http://VetsCP.org) -- The Veteran's Cannabis Project

[GrowforVets.org](http://GrowforVets.org) -- Grow for Vets



While Lucas recognizes that cannabis is not the ultimate panacea, it has an undeniable role to play in curbing opioid addiction because of the "substitution effect."

Cannabis is more therapeutic, has less side effects, and is less addictive than alternative substances when used to treat the same disorder (such as pain). Therefore, substituting cannabis for opioids minimizes harm.

This is why many PTSD sufferers have found hope in cannabis.

The Cannabis Project is one testament to this. Many organizations, including Weed for Warriors and Project CBD, highlight the profound difference cannabis makes in the lives of millions -- particularly those who experience trauma and its lasting effects.

#### Could Cannabis be the Key to Treating PTSD Symptoms?

Though there is little scientific evidence to prove cannabis successfully treats PTSD (due to its federal scheduling), there is plenty of research that suggests it is therapeutic.

One U.S. based organization has finally taken the critical first steps in further understanding the effects of cannabis on PTSD. The Multidisciplinary Association for Psychedelic Studies -- or MAPS -- received the approval required to examine cannabis for symptoms of PTSD in U.S. veterans. The study launched in Janu-

ary 2017 with the full approval of the DEA and FDA. Results are expected to take years and will potentially open the door to medical access for PTSD patients.

In the meantime, there are countless other studies that show cannabis to be successful in curbing PTSD's most serious symptoms: anxiety, stress, sleeplessness, and substance abuse.

The study, "Blunted Stress Reactivity in Chronic Cannabis Users," compared cortisol -- the "stress hormone" -- levels in the saliva of daily users and non users, and found chronic users to have more "blunted responses to acute stress" (lower levels of cortisol directly after a stress-inducing experience).

Results showed cannabis to be more effective and safer at treating anxiety than anti-anxiety medications, both because of this blunted response and lack of side effects brought on by cannabinoids. More specifically, researchers found that CBD enhances GABA transmitters, which are responsible for repressing excitable feelings. In other words, these neurotransmitters regulate homeostasis in the body, creating balance. Anti-anxiety medications target these same transmitters, but come with a host of side effects which include: disorientation, suicidal thoughts, and chemical dependency.

This is not to say cannabis will cure, but rather, relieve symptoms of anxiety and stress -- two things commonly experienced by PTSD sufferers.

LEADING CAUSES OF PTSD:
SERIOUS AUTO ACCIDENTS
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# HOLY MARY MOTHER OF HEALING

WRITER DIANA TRIMBLE | ARTIST CLANCY CAVNAR

Mary Jane has long been a common nickname for the buds of the cannabis plant, fairly obviously derived from the Spanish-sounding word “marijuana.” The term was popularized in the 1930s by the head of the fledgling Narcotics Bureau, Harry Anslinger, in his villainous attempt to harness the power of anti-Mexican racism in service to prohibition.

But to thousands of adherents of the Brazilian Santo Daime religion, “Santa Maria” is not just a slang term for weed, but the proper name of the divine feminine, as manifested in the vegetable kingdom.

The Santo Daime religion is an early 20th century syncretism, combining elements of mystical Catholicism, African saint worship, Amazonian nature spirituality, and trance

*If Holy Mary was the Queen of the Forest, then the cannabis plant, Santa Maria, could be understood as her purest manifestation of the divine feminine.*

mediumship based on the work of French 19th century spiritism founder, Allan Kardec.

It was either created or divinely received, depending on your paradigm, by a six and a half foot tall descendant of African slaves, Raimundo Irineu Serra, who was introduced to the psychoactive brew known commonly as ayahuasca in the early 1920s.

In Serra’s vision, which took place after seven days of solo tripping in the jungle, Holy Mary revealed herself to him as the Queen of the Forest; the term “virgin” taking on a new meaning as it was applied to the wild, untamed landscape.

The lengthy ceremonies that developed are centered on a ritualized drinking of the ayahuasca, – which he renamed Santo Daime (literally “Holy Give Me”), or just Daime for short – group recitation of prayers, some from the Catholic liturgy and some created by Serra, unison singing of chant-like hymns, and circle-dancing featuring formalized, repetitive, steps. Alcohol, tobacco and other intoxicants, including cannabis, were frowned upon. Aside from their psychedelic exercises, the Santo Daime followers pursued a lifestyle of modesty, chastity, and sobriety.

When Serra left this earthly plane of existence, in 1971, a struggle for new leadership caused Santo Daime to split into several different factions. All but one of these remained in Brazil. Under the direction of Sebastiao Mota de Mela, this faction expanded its reach overseas, finding new followers from Europe and the Americas.

It was Mota de Melo who added the smoking of cannabis to the rituals. If Holy Mary was the Queen of the Forest, then the cannabis plant, Santa Maria, could be understood as her purest manifestation of the divine feminine. The Daime drink itself was perceived as the masculine Christ consciousness, achieved by union of male and female energies: the male represented by the twisting Banisteriopsis Caapi vine, and the female by the leaves of the chacruna shrub (Psychotria Viridis). This symbolism was reinforced by the brew’s unique chemistry, in that while it is the vine that actually contains the psychoactive material, it requires the addition of the leaves to activate it so that oral ingestion will bring on the altered state of consciousness.

The hippie movement arrived quite late in Brazil, but by the mid-70s the negative association between drop-outs from mainstream society and smoking cannabis had been likewise exported to South America. But some of Mota de Melo’s youthful followers introduced him to the herb, tentatively suggesting that it had healing properties, which he quickly realized. In research published by the European Coalition for Just and Effective Drug Policies, Edward Macrae, Ph.D, quotes Mota de Melo as having said he wanted to “take the herb from the mouth of the devil and return it to its proper mistress, the Virgin Mary.” He then began “receiving” hymns dedicated to Santa Maria in the form of the cannabis plant. Here is a translation of one of them:

## “.. AFTER SEVEN DAYS OF SOLO TRIPPING IN THE JUNGLE, HOLY MARY REVEALED HERSELF TO HIM AS THE QUEEN OF THE FOREST..”

I’m going to tell a beautiful story  
The plant that has more love  
She was a little one  
That Godfather saw and blessed

He said pay attention  
Here there is a divine force  
Whoever knows how to consecrate  
Has a Mother who teaches us

It heals and nurtures  
The love in our heart  
Her perfume soothes us  
And comforts us in our mission

An angel came and said  
In the dream of our Godfather  
With this plant he can also heal himself  
And have more Light on his path

With the green branch in his hand  
The angel came and made the prophecy  
Now we are going to have union  
And more respect for the Santa Maria

In the effort to distance the sacramental use of Santa Maria from its use as a street drug or something peddled in the criminal underworld, Mota de Melo developed strict proscriptions around the practice. It was never to be referred to by its slang names, and its effects were also not to be described the way it is socially, as a “buzz” or a “high.” When consumed in the ritual, the cannabis joint is first held in the hand while making the sign of the cross. The mind invokes the power of the sun, the moon, and the stars; then three little puffs are taken and the joint is passed to the right until spent. Silence is observed and those who commit to using Santa Maria in this way are meant to refrain from using it in other settings or with those who don’t regard it as a sacred plant. The provenance of the cannabis is also very important, with street buys discouraged and private cultivation specifically for rituals preferred.

Besides its esoteric properties, Santa Maria’s medicinal uses have been fully explored by Daime healers and made into teas, tinctures, salves, balms and ash poultices to treat a myriad of conditions: indigestion, infected wounds, ulcers, tumors, diarrhea, colic, headaches and more. Smoked as usual, it was found effective in reducing labor pains, treating depression, asthma, high blood pressure, and essentially all the conditions that medicinal cannabis patients in California are familiar with.

Unfortunately, and somewhat ironically, cannabis users are still struggling for both legal protection and social acceptance. Its use is unofficial, secret, and has often led to problems for Daime communities that use it, including armed raids by authorities. It would seem that Brazil is still a long way from giving Santa Maria the respect she truly deserves. 🌿



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# WEEDS THAT HEAL

IN YOUR BACKYARD. IN THE CRACKS OF THE SIDEWALK. IN UNTENDED FIELDS. WEEDS FIND THEIR WAY INTO EVERY NOOK AND CRANNY, SOMETIMES TRAVELING ACROSS THE GLOBE TO SPREAD THEIR PROGENY. BUT CANNABIS ISN'T THE ONLY WEED WITH HEALING PROPERTIES. HERE ARE THREE COMMON WEEDS WHOSE BENEFITS EXTEND FAR BEYOND THE COMPOST BIN.

WRITER ALLISON EDRINGTON

## Dandelion

These bright yellow flowers seem to thrive in impossible places, and though you might consider them pesky garden intruders, they have more to offer than you think. Add wild grown dandelion leaves to flavor salads, sandwiches and teas and you'll be adding vitamins A, B, C and D along with iron, potassium, and zinc, according to the University of Maryland Medical Center. Plus, the flowers from this hardy perennial can be used to make wines -- the roots are even used in some coffee substitutes.

Traditional Chinese medicine and regions in Europe have long used dandelion for a variety of ailments. Today, the roots are mainly used to stimulate appetite, for liver and gallbladder problems, and to help the body get rid of excess fluid, according to the medical center's research.



## Calendula

This perky yellow and orange flower is a cousin of the daisy, and a favorite for Northern California cannabis farmer Chrystal Ortiz. Calendula thrives in full-sun, and Ortiz keeps her largest calendula patch growing in the garden that's barely 10 feet from her kitchen. "It's good for babies and for rashes; it's so gentle," she said. Sometimes calendula flowers are called pot marigolds, but they are not the same genus of plant as the ornamental marigold flower (that one is Tagetes).

Dried calendula petals have been used medicinally since at least the 12th century, according to the University of Maryland Medical Center. "Calendula has been shown to help wounds heal faster, possibly by increasing blood flow and oxygen to the affected area, which helps the body grow new tissue. It is also used to improve skin hydration and firmness." You can find Calendula in tinctures, ointments, and washes to treat burns, bruises, and cuts, plus the minor infections they cause, according to the medical center. Calendula has also been shown to help prevent skin inflammation in people with breast cancer during radiation therapy.



## Marshmallow

You'll probably be surprised at how many times you've seen this one, once you take a good look at those leaves. Marshmallow plants pop up across the U.S. and Europe, and both the leaves and their roots contain a sticky substance called mucilage. "When mixed with water, it forms a slick gel that is used to coat the throat and stomach to reduce irritation," according to the medical center. Dry the roots/leaves, grind, and then steep in hot water to make a tea, or add to a salve or poultice to soothe chapped skin.

Since marshmallow coats the stomach when taken orally, the University of Maryland Medical Center recommends waiting one-to-two hours after drinking marshmallow before taking other oral medications or herbal remedies. Ranchers are not fans of this plant, however, as it can be toxic to horses and other livestock, according to "Farmer's Weekly."



## Peace Lily

The Peace Lily (*Spathiphyllum*), also known as the "Closet Plant," is one of the easiest houseplants to care for. According to "The NASA Guide to Air-Filtering Houseplants," they're also one of the most effective for filtering out toxins like benzene, ammonia and formaldehyde. Peace Lilies are good for the household because they absorb air pollutants through their leaves sending it down to their roots. There they are broken down by microbes in the soil.

**Grow Tip** - Peace Lilies thrive in low and dimly lighted areas. Frequent watering can be an issue for these plants as they are extremely drought-tolerant. You will know if your Peace Lily has outgrown its pot if you notice drooping and deformed leaves.

**Price Range** - \$9.99 - \$29.99



## Spider plant

Spider Plant (*Chlorophytum comosum*), also known as the "Airplane Plant," is considered to be the most adaptable household plant. It is especially good at neutralizing formaldehyde, commonly found in wood composite materials such as plywood and particle board.

**Grow Tip** - Considered hard to kill, the Spider Plant is even easier to clone than it is to grow. Simply cut off one of the "legs" and place it in a pot.

**Price Range** - \$4.99 - \$9.99



## Aloe Vera

Aloe Vera (*Succulent Type*) is the most common household plant and is easy to care for. Aloe Vera grows naturally in tropical climates and is used to treat sunburn and skin lacerations, making it the ultimate multitasker as it also cleans the air, absorbing carbon dioxide by day and releasing oxygen at night.

**Grow Tip** - Aloe Vera grows slowly and can take up to three-to-four years to flower depending on the amount of light it receives. This desert plant requires minimal watering.

**Price Range** - \$4.99 - \$9.99



# PURIFIED GREEN

WHILE IT MAY BE HARD TO BELIEVE, INDOOR AIR QUALITY IS OFTEN MORE TOXIC THAN OUTDOOR AIR QUALITY. THIS IS DUE IN LARGE PART TO THE PRESENCE OF SYNTHETIC MATERIALS IN FURNITURE, CARPETS, PLASTICS, AND OTHER COMMON HOUSEHOLD ITEMS. INDOOR AIR CONTAINS VOLATILE ORGANIC COMPOUNDS (VOC'S,) ALLERGENS AND OTHER CONTAMINANTS. ACCORDING TO A CLEAN AIR STUDY BY NASA, HOUSEPLANTS CAN REMOVE ORGANIC CHEMICALS FROM THE AIR. THESE HOUSEPLANTS NOT ONLY HELP TO PURIFY THE AIR IN YOUR HOME, BUT THEY'RE AESTHETIC AND AFFORDABLE AS WELL.

WRITER TINA ELIZABETH

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# HEALING OAKLAND

WHEN IT COMES TO HEALING WITH CANNABIS, MANY PEOPLE HAVE FOUND RELIEF. BUT THE COMMUNITY, CULTURE, AND LIFESTYLE ISN'T JUST ABOUT GETTING HIGH.

WRITER ASHLEY PRIEST | PHOTOGRAPHER ROXANA GONZALEZ

Terryn Buxton is a cannabis activist, entrepreneur, and political figure based in Oakland, California. He's consumed cannabis since the age of 15 in order to combat his insomnia. Since then, Terryn knew there was something special about this plant. Terryn is also helping to heal the damage done by the War on Drugs in minority communities throughout the East Bay.

As the owner of Oakland Extracts, Terryn is proud to be able to support veterans through Operation E.V.A.C., a nonprofit organization that provides veteran support groups throughout the Bay Area. According to Terryn, Oakland Extracts partners with local dispensaries to help provide education about usage, give away free samples, and provide a space for veterans to talk to one another about any issues they may be having.

He's worked as a budtender at Harborside Health Center, and is the chairman of the Oakland Cannabis Regulatory Commission (OCRC) and heads Oakland Extracts. This writer spoke with Terryn to learn more about his outreach efforts, the healing power of cannabis, and his work on the OCRC.

**Emerald Magazine:** Describe how your position as a representative on the Cannabis Regulatory Commission has helped improve the lives of those in the Oakland cannabis community?

**Terryn Buxton:** Being on the Oakland Cannabis Regulatory Commission allowed me to have a much wider view of how cannabis is impacting our community. The importance of the equity program and the need to ensure access for people at all economic levels was impressed upon me by being on the commission. It's so easy to get caught up in the tunnel vision of your own concerns; the commission forced me to look beyond my issues and think about the community as a whole."

**Emerald:** You were featured on Discovery Channel's "Weed Wars," while budtending at Harborside Health Center. What was it like being a budtender and starring on the show?

**TB:** Being a budtender provided for an amazing education. I knew cannabis had some medical value, but I didn't appreciate the extent to which it helps people. There are so many medicinal applications for cannabis, it's one thing to read about them but it's a whole other thing to deal with people on a daily basis who need this plant to survive. It was the patients who truly taught me the value of cannabis. Being featured on "Weed Wars" was an interesting experience. Being recognizable allowed many people in the industry, who I would've never had the chance to talk to trust me. I met many interesting people and visited many cool farms. Being on television was extremely nerve-racking, but overall it was a positive experience.

**Emerald:** How has cannabis improved your quality of life or changed your life for the better?

**TB:** Cannabis has improved my life in many ways. Cannabis as medicine has been very use-

ful for me dealing with chronic pain and being able to assist my mom and her aging friends with their pain. Helping elders in my community has also been invaluable. Beyond the medicinal, cannabis is how I choose to relax. Cannabis is my first choice for recreational activities and I love it.

**Emerald:** What does cannabis culture in general, as well as in Oakland, mean to you?.

**TB:** Cannabis culture is about an appreciation of what nature has to offer, and about people coming together to share in that bounty. Regardless of whether you describe cannabis as medicinal or recreational, it's about people feeling better; it's about people taking care of themselves and others. Both the medicinal and the financial benefits of cannabis have an opportunity to have a profound healing effect on our society. We, as a community and an industry must make it a priority to be sure that the benefits of cannabis touch all people. We must ensure that medicine reaches everyone, regardless of economic status. We must be vigilant about where the taxes from this industry go. The tax money collected from cannabis can do massive good if allocated properly. Our community must pay attention to the issue of taxes and how they're being distributed. We as a community and culture must come together and communicate while educating ourselves about what's happening around us.

Terryn Buxton is not only a part of the culture, he is helping to keep it alive by giving back to the community and helping others find a better quality of life through cannabis. It was a pleasure learning more about this extraordinary individual that is doing so much for the cannabis culture on both a personal and professional level.

"Cannabis has the opportunity and ability to change the world; let's see that it does." 



# CANNABIS TREATMENTS FOR LYME DISEASE

DEVASTATING OUTCOMES FROM A HIKE IN THE HILLS RESPONDS TO THE HEALING POWER OF CANNABIS

WRITERS MOLLY CATE | MELISSA HUTSELL

There are approximately 30,000 cases of Lyme disease reported each year in the U.S., according to the Center for Disease Control (CDC). And this number is only rising; since 1982, the amount of cases has risen 25-fold. In fact, Lyme disease is the fastest growing vector-borne, infectious virus in the U.S.

The CDC reports that 95 percent of cases are confined to 14 eastern and northern states. In 2015, central regions, such as Colorado and Arkansas, reported no confirmed cases. In California, however, there were only 83 confirmed cases of Lyme disease in 2015, according to the CDC (although experts believe this number is misleading as only one in 10 cases are reported nationwide).

Nearly half of all ticks in Lyme-endemic areas are infected. The number of tick-borne viruses is only expected to rise.

The California Department of Public Health (CDPH) reports that the western black-legged tick (which carries the virus responsible for the disease, *Borrelia burgdorferi*) is found in 56 of the 58 counties in California. It's commonly found in humid areas, the north coastal regions, and the western slope of the Sierra Nevadas, added the CDPH.

For this reason, experts from the CDPH and UC Berkeley believe Californians are at risk year-round for tick-borne viruses. Researchers have found that regions in the redwoods, and in the Bay Area, have higher risks of the virus. To add to this, UC Berkeley researchers have also discovered that various species of birds, western gray squirrels and dusky-footed wood rats carry tick-borne illnesses.

As reported by SFGATE.com, recent surveys have shown tick-infection rates as high as 41 percent in parts of Mendocino County, and 30 percent in Santa Cruz. These numbers have many calling it an epidemic.

International Lyme and Associated Diseases Society (ILAD) reports that fewer than 50 percent of patients remember being bitten by a tick, or recall having any sort of rash. Lyme disease is notoriously difficult to diagnose, and just as difficult to treat -- there are no accurate tests or cures for it. The devastation this disease can cause if left untreated makes the diagnosis important to get right, and right away.

Though the CDC is helpful in understanding Lyme disease, the federal government's prejudice against cannabis biases their information on treatments. A classic example is this link found at the CDC website, titled "Unorthodox Alternative Therapies Marketed to Treat Lyme Disease." Lumped in with such oddities as urine-drinking therapy, the authors have included both "marijuana" and "cannabis oil," a jab at Rick Simpson oil. The researchers complained that, "Most of the cited treatments were never validated by any scientific studies, although we did find that a few treatments were evaluated in studies that either were poorly designed or had unclear relevance to human disease."

Very interesting and very biased, considering that medical research on cannabis is prohibited by the same federal government that the CDC speaks for. Biased too for making no distinction between using an alternative treatment toward a cure and treatment to provide symptom relief. In fact, the alleviation of suffering is not addressed at all in the CDC article.

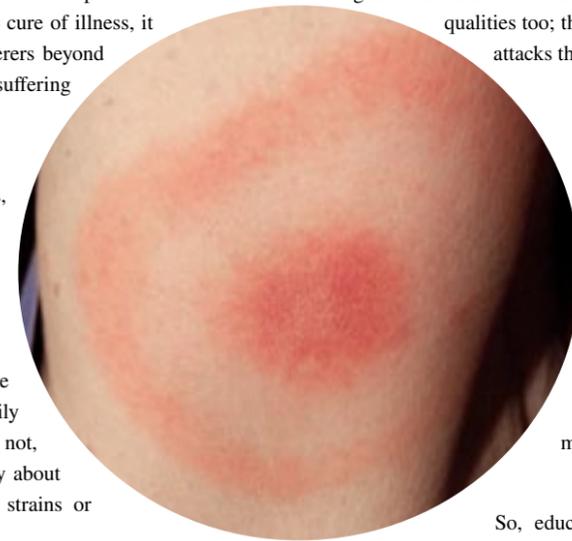
According to the CDC, only antibiotics will effectively cure Lyme disease

and the sooner the better. Left untreated, Lyme disease can damage the nervous system, the heart, and cause arthritis or memory loss. Some people wait too long to seek treatment, often not knowing they are infected, and others are misdiagnosed. Either way, the patient suffers. Since the practice of medicine is about the relief of suffering as well as the cure of illness, it is odd that the CDC has no advice for sufferers beyond taking antibiotics, often known for causing suffering too.

An online tour of pro-cannabis sites, including MarijuanaDoctors.com and ImpactCannabis.org, turned up some that recommend cannabis as part of a curative regimen for Lyme disease, mentioning early research into CB2 receptors and the immune system. One, "Cannabis Kicks Lyme Disease to the Curb," at NaturalNews.com is so sloppily written it's useless. But, comprehensive or not, well written or not, every article is primarily about symptom relief. Most suggest CBD-heavy strains or strains with a 1:1 ratio of CBD to THC.

When you look at a list of the major symptoms of Lyme disease, it is obvious why cannabis is so effective in providing relief. Major symptoms are: rash,

flu-like discomfort, eye, brain (meningitis), lymph gland and/or joint swelling, heart palpitations, fatigue, weak muscles. All of these involve some form of inflammation and many strains of cannabis have proven extremely effective against inflammation. Cannabis is now well known for its neuroprotective qualities too; the bacterium that causes Lyme disease generally attacks the nervous system.



Clearly, the research and the relief of suffering are being impeded by the federal ban. As the MarijuanaDoctors.com article so clearly states, "More and more studies show that cannabis has antibiotic properties... It has even proven to be an effective treatment for the flesh-eating virus known as MRSA. Studies also show the spirochetes that cause Lyme disease can be treated using cannabidiol (CBD). Because of the federal laws banning marijuana, much of this evidence is anecdotal."

So, educate and gently experiment for yourself. The federal bias does not seem to be going away anytime soon. As the rate of tick-borne viruses increases, so does the need for alternative treatments.



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# HEALING FOODS

by Nora Mounce

Come harvest time and the nippy nights of November, many of us spend more time at home cooking, answering the healing call of the season. It's an especially rewarding time for foodies and cooks, as autumn menus are chockfull of nutritious comfort foods and nostalgic aromas. I like to imagine that I'll prepare a big pot of soup every Sunday night, for quick, healthy lunches to fortify my workweek. I particularly love creamy vegetable soups, but struggle to find recipes that don't depend on heavy cream for richness and flavor. More and more Americans are discovering that we're healthier and happier with dairy consumption kept at a minimum -- if only skipping the cheese and cream was that easy!

Certified Nutrition Consultant and Ayurvedic Practitioner, Amy Aiello, is here to help. She started her business, Radiant Balance, to help clients find nutritional healing and attain better overall health through small changes to everyday habits. Aiello, who has worked with natural

medicine for over 15 years, believes that medicinal cannabis belongs in any cook's pantry, particularly when paired with healing ingredients like coconut milk. Aiello writes that coconut milk has a long history of being used for vitality and contains immune boosting, medium-chain fatty acids that are easy to digest.

"In the autumn season when the weather is cooling down, eating easy to digest fats such as coconut helps nourish our nervous systems, protects the body from unwanted sickness and leave us feeling more grounded," writes Aiello. Partnered with medicinal cannabis, coconut milk is the perfect healing substitute for heavy cream in soups and desserts.

For November's "Healing" issue, we featured three canna-friendly recipes that depend on the rich flavor and nutrient rich properties of coconut milk. By infusing our coconut milk with kief, a medicinal boost from cannabis is incorporated in every dish.

# CANNA-COCO MILK

## Ingredients

- 64 ounces coconut milk (please, not low-fat or light!)
- 1/2 gram kief

1. Set a large double boiler on the lowest setting possible. Add coconut milk and kief. Gently stir with a whisk to incorporate.
2. Let this mixture heat on the lowest setting for one hour, keep a close eye out for scalding (if this happens, remove periodically from heat). Don't worry about the skin that will form across the top, it will be strained out.
3. After one hour, place a fine mesh strainer over a large glass bowl (or 64 ounce Mason jar) and strain the canna-coconut milk.
4. Be sure to label your canna-coco milk and store in the fridge. Use within a week.



# HEALING HARVEST SMOOTHIE

## Ingredients

- 1 cup organic butternut squash or pumpkin puree\*
- 1/2 cup almond or hemp milk
- 1/4 cup canna-coco milk
- 1/4 cup coconut cream (pictured)\*\*
- 2 tablespoons honey
- 2 tablespoons almond butter
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg, freshly grated if possible
- 1 tablespoon fresh ginger, peeled and finely chopped
- 2 cups ice

\*If roasting your own squash or pumpkins, slice in half, scoop out seeds and roast on a lightly oiled baking sheet for 25-30 minutes at 400 degrees. The flesh should pierce easily with a sharp knife. Allow to cool, then scoop out flesh. Refrigerate before using in smoothie.

\*\*Trader Joe's sells a great organic coconut cream. Otherwise, check the liquor aisle where mixers are stocked. Third option: refrigerate a full-fat can of coconut milk for at least an hour. Open and scrape off the solids that have risen to the top -- voila, coconut cream!

1. Combine all ingredients in a Vita-Mix. Process on high for one-to-two minutes.
2. This smoothie is quite luscious. If nighttime is your preferred hour to consume cannabis, remove half the ice from smoothie recipe and eat with a spoon for dessert!

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## CREAMY VEGGIE KORMA

Recipe courtesy of Amy Aiello of Radiant Balance

### Ingredients

- 1 yellow onion, diced
- 2 inch piece fresh ginger, peeled and minced
- 5 cloves of garlic, minced
- 1 yam, peeled and diced
- 1 cup butternut squash, peeled and cubed
- 2 carrots, peeled and chopped
- 1 cauliflower head, chopped
- 1 cup green beans, ends trimmed and cut into 1 inch pieces
- 2 cups spinach or chard, loosely chopped
- 6 ounces tomato paste
- 12 ounces canna-coco milk
- 2 cups vegetable broth
- 2 tablespoons coconut oil
- 2 teaspoons coriander seed
- 1 teaspoon mustard seed
- 2 teaspoons Garam Masala
- 2 teaspoons curry powder
- 1 teaspoon turmeric powder
- 1 lime, juiced
- 1 bundle fresh cilantro, roughly chopped

1. Heat coconut oil in your largest sauté pan or soup pot over medium heat. Add onion, garlic, ginger, coriander seed and mustard seed. Sauté for three-to-five minutes. Along with ¼ cup water, scrape into blender or food processor; blend until smooth. Return to pot and add yam, butternut squash, carrots, tomato paste, veggie broth and remaining spices.

2. Cook on medium-low until veggies are just tender. Add cauliflower and green beans. Cook for five more minutes, before adding spinach (or chard) and canna-coconut milk. Cook until greens are wilted, then add lime juice and cilantro and turn off heat. The Veggie Korma will intensify in flavor over the next few days. The potency of THC depends greatly on strength of kief, but these proportions are moderate. Enjoy!

To learn more about healing foods and Radiant Balance, follow Amy Aiello on Facebook, Instagram or contact her directly at (707) 834-9822 or [radiantbalance707@gmail.com](mailto:radiantbalance707@gmail.com)



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# Coco-Canna Panna Cotta

by Nora Mounce

A simple and decadent dairy-free dessert infused with a modest dose of cannabis.

### Ingredients

2 cups coconut milk (not light or low-fat!)  
½ cup canna-coco milk  
¼ cup honey  
2 teaspoons pure vanilla extract  
2 ¼ teaspoons gelatin  
¼ cup coconut flakes (optional)

1. Mix the coconut milk, canna-coco milk, honey and vanilla in a small saucepan. Sprinkle gelatin across the top of the coconut milk mixture. Let it sit until gelatin "blooms" across the top of milk, three-to-five minutes. Place saucepan over medium-low heat. Whisk until the gelatin is dissolved and mixture is heated throughout, about two minutes. Don't let mixture come to a boil!

2. Pour into four ceramic ramekins, parfait glasses or champagne coupes – you can

serve panna cotta in the dish if you prefer, or unmold it onto a plate (as pictured). If you want to unmold, spray each dish lightly with oil.

3. Allow to cool before covering with plastic wrap and moving to the refrigerator. Panna cotta needs to chill for at least four hours before serving.

4. If desired, toast coconut flakes in small pan over medium heat until edges turn light brown. Top each dessert with a few tablespoons of toasted flakes. Enjoy!



# CANNABIS CLEANING PROCESS

by Jeff the 420 Chef

The most important thing to do before you begin to cook with cannabis is to clean your herb before it is infused into oil, butter, or directly into any of your food. Just as you need to clean your fruits and vegetables before you eat them to remove surface contaminants, you need to clean your cannabis.



## What You'll Need

- Distilled water
- Tea strainer
- Medium/large-sized pot
- Bowl filled with ice water
- French press coffeemaker
- Heat-resistant glass, ceramic or tin pan
- Aluminum foil

1. Gently pull apart your cannabis and soak it in distilled water for 36 hours. Change the water every 12 hours. This removes a lot of the surface impurities and chlorophyll that's responsible for the grassy, bitter taste.

2. When the water in the french press runs clear, transfer the cannabis into a large tea strainer.

3. Bring water to a boil in pot. Place the tea strainer in boiling water for five minutes.

4. Immediately remove tea strainer after five minutes, then place in bowl of ice water for one minute.

5. Remove from ice water. Pour distilled water over the tea strainer to rinse out any residual impurities. Remove cannabis from the tea strainer and gently squeeze out excess water.

6. Pull the wet cannabis apart and place on a sheet pan lined with double paper towels. Let sit for an hour, so the paper towels can absorb the excess moisture.

7. Preheat oven to 240° F

8. Remove paper towels and cover pan with light aluminum foil

9. Place pan in oven and dry/decarb for 90 minutes. Shut the oven and let it sit for another 30 minutes. Your cannabis should be clean, dry and ready to infuse.

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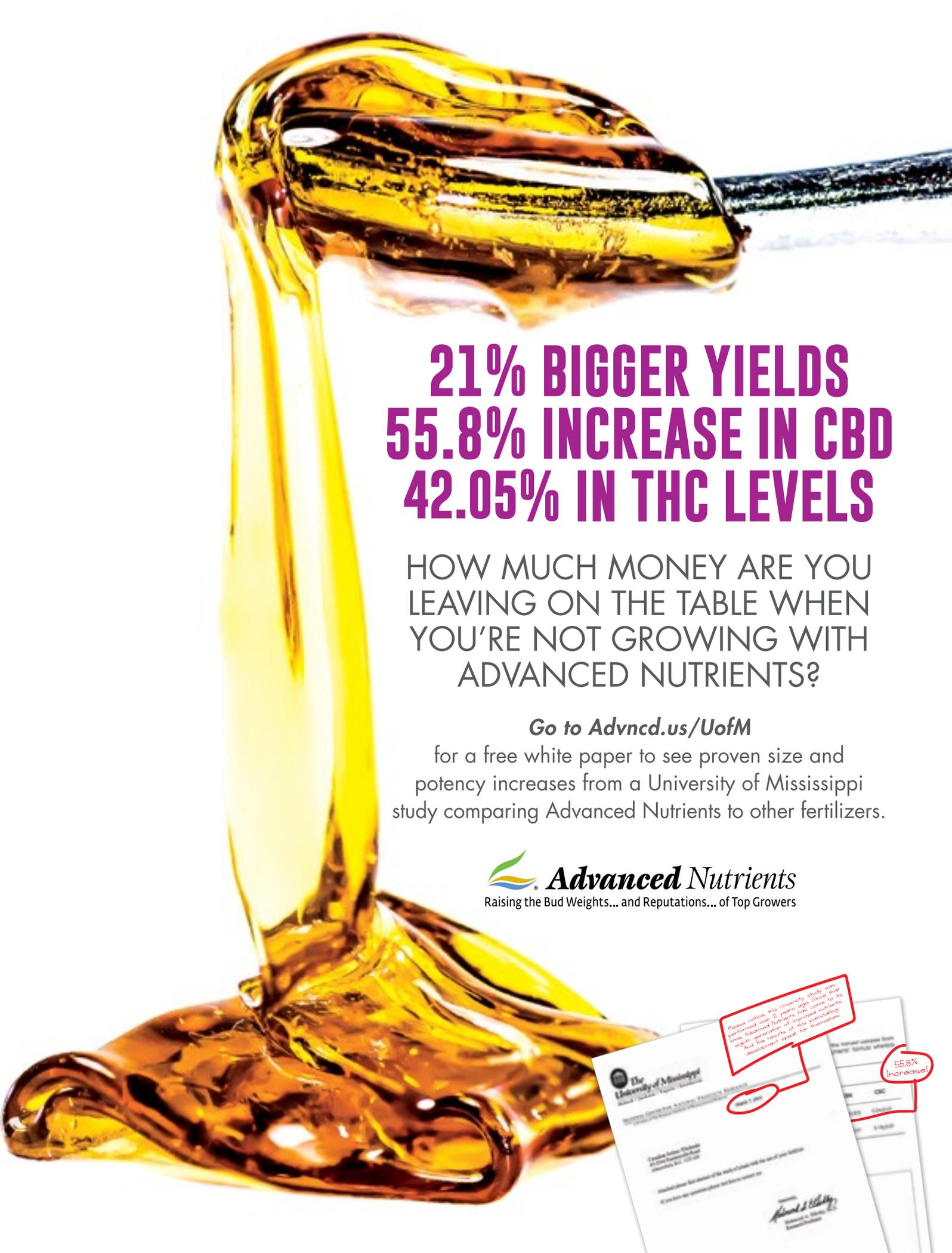
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