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# HIGH HOLIDAYS

Dear Reader,

Welcome to the December edition of the *Emerald Magazine*.

This month, we celebrate Israel -- world leaders in the science of cannabis.

Israel has become the promised land of medical cannabis; the plant's ancient roots and modern advancements have given way to groundbreaking science within its borders. The Mediterranean country has led efforts in the research and development of the plant's medicinal properties. Its global influence is spreading as Israel has officially opened its doors to foreign investment, and the exportation of its medicinal cannabis products.

Companies, such as Tikun Olam, have unveiled the healing properties of the plant, and have in turn developed proprietary strains that are rigorously tested, and scientifically proven to effectively treat a wide range of conditions.

Medical legalization is coming to light in many states and countries, and recreational cannabis is not too far behind in others. Israel is teaming up with several American companies -- such as CannaKids, CURE Pharmaceuticals, and Steep Hill Labs -- to produce pharmaceutical grade medicine which will have life altering impacts on the patients that use them.

The industry has evolved. Pro-cannabis policies have been passed in more than 20 countries and counting. Yet, there's still a-ways to go. While Israel may lead the world in the science of cannabis, the plant remains highly illegal -- and stigmatized -- there. Where some are focused on research, others are focused on access. One encrypted app, Telegrass, is taking it to the streets, helping connect patients and suppliers.

From all of us here at the *Emerald*, we wish you the Highest Holidays this season. Join us in January as we bring the focus back to the states, in our "California Farm Issue."

Cheers,  
Christina De Giovanni  
Publisher

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## Tikun Olam

### Revolutionizing Wellness with Scientifically Backed, Pharmaceutical Grade Cannabis

WRITER MELISSA HUTSELL

Tikun Olam is the flagbearer of the research and development of medicinal cannabis in Israel. The company was the first to receive a license to supply to patients, and has since created multiple strains -- including the world's first "highless marijuana strain," *Avidekel* -- all of which are proven to treat certain disorders ranging from epilepsy to Crohn's disease.

Tikun Olam, which means "repair the world" in Hebrew, is taking their brand to the international marketplace, changing the face of medicine wherever they go.

Israel is the so-called promised land of medicinal cannabis -- thanks to groundbreaking research done within its borders. The country's connection to cannabis is one that's rooted in ancient and modern history. It's home to the isolation of THC; the discovery of anandamide (the bliss molecule), the first endocannabinoid to be identified; and to Tikun Olam -- the world's foremost, scientifically backed, medical cannabis brand.

The vertically integrated entity grows, breeds, manufactures, delivers, and studies their own proprietary strains of cannabis.

The company builds off of Israel's vast history with cannabis. Thanks to the country's favorable regulatory climate, research and development of the plant's medicinal properties are leaps and bounds ahead of all others.

#### A Prevailing Pillar of the Past, the Present and the Future:

The connection between cannabis and culture is deeply rooted; it's as ancient as medicine itself. History shows that cannabis was used for spiritual, medical, ritual and textile purposes throughout the world. All parts of the plant are recorded in historical Chinese



Trellises are used to keep maturing plants in line, and to prevent damaging branches.

medicine texts; the Egyptians used cannabis for glaucoma and hemorrhoids; the Greeks made wine steeped with cannabis to help treat ear problems and inflammation; and ancient Jews used it for colds, and for pain relief during childbirth, reported Boston-based geriatrician, Dr. Yosef Glassman, in "Haaretz," an Israeli news site.

Egyptians used cannabis for glaucoma and hemorrhoids; the Greeks made wine steeped with cannabis to help treat ear problems and inflammation; and ancient Jews used it for colds, and for pain relief during childbirth

- Dr. Yosef Glassman, "Haaretz"

The company takes its name from the term “Tikkun Olam” (pronounced Tee-KOON oh-LUM) -- a concept in Judaism that connotes the pursuit of social justice, or the betterment of society, according to MyJewishLearning.com.



(ABOVE) Full line of pharmaceutical grade, cannabis-derived medications.

Modern applications for cannabis are driven by the work of Dr. Raphael Mechoulam and Yechiel Gaoni, the Jerusalem-based professors who first isolated THC. Their work paved the way for research and development of medicinal cannabis within Israel.

Today, Tikun Olam takes such foundational research into the future. The organization actively conducts trials and studies, develops their own strains, and holds the world’s largest patient database.

#### The Plantation:

Somewhere on a hilltop near the ancient city of Safed in Northern Israel lies the country’s first government approved grow operation. The exact locations of the Tikun Olam’s grow sites are kept underwraps; it does not have an address and is guarded 24 hours a day by armed guards and security cameras, explained Ma’ayan Weisberg, international relations representative with Tikun Olam.

The facility sits on nine acres of land; this is where all of its cultivation and manufacturing within Israel takes place. Most cannabis is grown in climate controlled greenhouses, though there’s a summer crop currently growing outdoors.

The company does not release figures as to how much cannabis is produced each year (for security purposes), but what they can say is that they serve 9,000 patients, who consume an average of 40 grams per person, per month, explained Weisberg.



Cannabis Capsules

#### Advancing the Science of Cannabis:

Tikun Olam officially launched in 2005 by Tzachi Cohen as a nonprofit organization. While Mechoulam’s earlier work set the stage for the examination and understanding of the plant, Cohen became a pioneer in the development of symptom-specific strains.

Cohen’s work was philanthropic; his volunteer-run nonprofit became the first to deliver medical cannabis to people in Israel where he reached more than 1,000 patients. But, it became too expensive. It was then that the company encouraged Israel’s Ministry of Health to permit the supply of medicinal cannabis to Israelis, who showed their support through demonstrations, explained Stephen Gardner, chief marketing officer of Tikun Olam USA.

“[Tikun Olam] was responsible, frankly, for doing a lot of the advocacy,” said Stephen Gardner. When the ministry finally agreed to licensing, Tikun Olam became the first to receive approval from the Israeli government to supply medical cannabis in 2007.



Cannabis Tincture

It’s now a private enterprise, which has grown to become one of the largest purveyors of medical cannabis, Gardner said, and they currently hold 40 percent of the market share in Israel.

This is in part due to their exclusive line-up of genetics. Tikun Olam has developed more than 19 different varieties -- which include *Avidekel*, *Alaska*, *Erez*, *Midnight*, *Or*, and *Eran Almog*. All are tailored, and proven, to treat specific disorders with little to no side effects. Most strains come in flower, oil, topical or tincture form.

In 2012, Tikun released *Avidekel*, the CBD dominant strain which Reuters dubbed the first “highless marijuana.” The strain contains 15-18 percent CBD, and only one percent or less of THC -- meaning it won’t get users high. The company’s clinical and observational data show the non-psychoactive strain to be effective in the treatment of inflammation, pain, seizures, migraines, and autoimmune diseases including ALS and MS.

The world renowned strain is currently used

by more than 300 pediatric patients with epilepsy, cerebral palsy, cancer, autism, and irritable bowel syndrome (IBS), Weisberg said.

The company conducted the world’s only successful phase two, double blind study of cannabis as a treatment for Crohn’s disease and colitis. This same study -- led by Dr. Timna Naftali -- showed 50 percent of Crohn’s patients underwent remission, said Gardner of Tikun Olam USA. Ninety percent of participants reported substantial improvements with the use of *Erez*.

*Erez* is one of the first strains to be developed by Tikun Olam, and one of it’s most popular. It’s named after one of the company’s first licensed cancer patients, explained Weisberg. The strain is potent, and particularly effective in the treatment of neuropathic pain and PTSD, she added. *Erez* is commonly used by Parkinson’s disease sufferers because “it really reduces spasticity in muscles,” Weisberg noted.

*Midnight* is another of Tikun Olam’s most popular strains. It has a ratio of 1:1 THC to CBD, and can be used both day or night. Patients most commonly use it to combat inflammation, treat PTSD, cancer and fibromyalgia. Weisberg explains that elderly patients have reported better sleep, and a reduction in pain and inflammation with the use of *Midnight*.

*Alaska* is also among Tikun Olam’s most popular varieties. The sativa-dominant strain is high in THC -- it boosts a 20 percent THC and one percent CBD profile, and is most effective in combating pain, nausea and loss of appetite.

Such strains are used by Tikun Olam’s 9,000 medical cannabis patients in Israel including elderly patients at Hadarim Nursing Home at Kibbutz Na’an, a 36-bed health facility. The company conducted a four year study, with 19 participants ages 69-101; results showed that 72 percent of patients saw a reduction in medication with the use of cannabis, among other significant findings.

Results such as these are collected in Tikun Olam’s patient database -- the largest of its kind in the world. It holds the records of more than 20,000 patients. Data is also collected through the use of surveys conducted before, one month after, and six months after the start of treatment. This data then helps to guide research and clinical trials.

One of the most exciting advancements currently undergoing research at Tikun Olam is the effect of cannabis on children with autism, Weisberg said, particularly *Avidekel*



Pictured at the 2017 Marijuana Business Convention in Las Vegas, Nevada.

which is clinically tested to be safe for kids. “The results we’re seeing are emotional and scientific. It’s really changing lives;” not only for children, but in the parents too, she added. “[They’re] getting to know their children again, their teachers are saying [it’s working].” The results of this study have yet to be released.

Tikun Olam will soon release the results of its findings on the effects of its strains on PTSD sufferers. Before the use of cannabis, 73 percent of participants reported a bad quality of life; after cannabis treatment, 80 percent now report “very good” quality of life.

Weisberg said that with access to cannabis, PTSD sufferers report better sleep and reduced anxiety. The disorder, she added, is a global epidemic. Israel has high rates of PTSD, in part due to the fact that all citizens must serve in the army. “Sadly we have a lot of terror, we will encounter it either as soldier[s] or [as] civilian[s],” she said.

Weisberg said that since the day Tikun Olam was founded, it’s seen itself as an advocate for medical use of the plant, she added, “we believe in our products, we see them work everyday; we see [cannabis] change lives. You can’t stay indifferent to that. Whenever we can, we shout it [from the hilltops].” Still, she said there’s a lot more research to be done, and patients without access.

#### Repairing the World:

Tikun Olam has grown into an international wellness brand with presences in Germany, South Africa, Australia, Canada and the U.S.

Tikun Olam USA launched in 2015. The move, explained Gardner, gives Americans access to research-driven, pharmaceutical grade cannabis otherwise unavailable due to federal restrictions.

Tikun Olam branded products are currently available in New York, Delaware, Nevada, Rhode Island, Washington state, Massachusetts Illinois, and soon, California. The company supplies the North American market via a partnership with MedReleaf, a Canadian-based pharmaceutical company licensed by Health Canada to supply cannabis. Currently, Tikun Olam provides approximately 30 percent of MedReleaf strains in Canada, said Gardner.

While Tikun’s rigorously tested products are gaining popularity in the Americas and across the world, Gardner hopes it will encourage more clinical trials. The company has already proven the efficacy of cannabis to treat a variety of ailments with its proprietary strains in Israel -- more research is needed to see whether cures are possible.

For more information, visit [Tikun-Olam.info](http://Tikun-Olam.info) or [TikunOlamUSA.com](http://TikunOlamUSA.com)



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# Eybna and Steep Hill Laboratories

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WRITER ASHLEY PRIEST

Israel is a leader in medical cannabis research and has been since Dr. Raphael Mechoulam and his team isolated the first endocannabinoid in 1992. This discovery was the beginning of what might very well be the most crucial set of research ever performed. Research pertaining to the endocannabinoid system and cannabis in Israel has allowed for a re-awakening around the world regarding the benefits this plant has to offer.

Israel is home to a wealth of organizations dedicated to the exploration of cannabis; Eybna is one such company that's leading the research on terpenes.

Eybna was founded in 2014 in Israel by Nadav Eyal and Benjamin Eytan. Last month, on November 15th, 2017, they announced a partnership that's described as being "enormously significant for medical patients and cannabis consumers around the globe," according to Jmichaële Keller, the president and CEO of Steep Hill Labs.

Steep Hill Labs is a leader in cannabis science and technology, with extensive experience in lab testing, genetics, remote testing and licensing. The partnership between Eybna and Steep Hill could

revolutionize the way patients medicate with cannabis -- not just in Israel, but around the world. Together, Eybna and Steep Hill will introduce Delta, a never-before-seen terpene-based product.

When asked why Delta was created, Nadav Eyal said, "Our clients, some of which own the biggest brands in the industry, hold very unique cannabis phenotypes with exclusive terpene and flavor profiles," he added, "Over the past few years, we have received many requests for developing tailor-made terpene formulations of these unique phenotypes."

Delta will allow product manufacturers and patients to replace the beneficial terpenes that are lost in the extraction process utilizing

terpenes sourced from all-natural, non-cannabis related origins.

"By testing both the desired phenotype and the post-process oils, Eybna is able to produce customized terpene formulations to replace the exact 'deltas' lost in the extraction process," said Eyal, "thus restoring the 'whole plant experience' in a consistent manner."

 To learn more about Eybna visit their website at Eybna.com



WRITER SHANNON PERKINS

# BIRTHRIGHT TO BIRTH ROOTS

Exclusive Healing on Medicinal Cannabis and Research in Galien, Michigan

Israel, 2012. Adam Kaufman and Dan Milsk happened to be on the same birthright trip, funded by the Jewish Federation. They were two Jews from the Midwest seeking cultural identity who also shared an interest in medicinal cannabis.

The trip provided the opportunity to study Israeli culture through agricultural and culinary traditions. “[...] The point of the birthright trip is to connect American Jews and have them begin something together, back in the States,” Milsk said during an interview with Kaufman in November of this year, “It’s rooted in that Israeli experience.”

Israel is also the global leader in medical cannabis research. Raphael Mechoulam, renowned scientist and professor at the Hebrew University of Jerusalem, School of Pharmacy - Institute for Drug Research, started conducting medical cannabis research in the early 1960s when he isolated and synthesized tetrahydrocannabinol (THC, the psychoactive compound in cannabis). He and his team also identified the connection between THC and the endogenous endocannabinoid system in humans, or as Yardenia Schwartz of “Rolling Stone” put it, the reason humans can get high.

Schwartz’s article from August 2017, “How Booming Israeli Weed Industry is Changing American Pot,” discusses how even the National Institutes of Health (NIH) has funded cannabis research in Israel, providing Mechoulam’s groundbreaking research with grants to the tune of \$100,000 a year for over four decades.

Inspired in Israel, the seeds were planted for Exclu-

sive Healing, a medicinal cannabis cultivation and research company based in Michigan. Kaufman had started a small hydroponic operation in 2009 under Michigan’s 2008 Medical Marijuana Act, and Milsk would join the operation to help grow the business.

In Israel, Kaufman and Milsk saw firsthand advanced cultivation and water conservation techniques. “In a land with no water, Israel figured out a way to grow some of the best, and most diverse agricultural products in the world,” said Milsk.

Adopting those methods, Exclusive Healing uses as little water as they can, Kaufman said of their operation in Galien, Michigan. “We use an evaporation table to chart what we use. We want to find out best results and the most efficient way to do it,” he said. Drip systems, hydroponics, or hand watering. “Every plant, every strain has its own water needs,” Milsk explained, “We don’t want to overwater a single plant.”

To test their 130+ strains, they grow the same strain in different mediums -- one in hydro, one in soil, one on a drip system, etc. -- to see how those strains behave. Then, they determine what is the most efficient practice per strain. “We reuse our soil, too,” added Kaufman, “We work with a team to revitalize the soil and recycle it back in.” Exclusive Healing is a cultivation and processing center, not a dispensary. All cultivating operations happen indoors and without pesticides.

Israel is leading the way in clinical trials and genetic variation, to pinpoint the causes and effects of individual strains on patients’ needs. For example, Mechoulam’s current research projects at Hebrew



University cover the chemistry of endogenous cannabinoids, and the synthesis of compounds to be tested as drugs against pain, inflammation, high blood pressure, and cancer.

Exclusive Healing's mission is to cultivate a wide variety of strains and to conduct clinical research at Michigan-based universities. Their seed collection comes from several different seed companies around the world, including: the Emerald Triangle in Northern California; Nine Mile, Bob Marley's neighborhood in Jamaica; Amsterdam; and the Middle East. "We go to Amsterdam annually where we source CBD strains," said Kaufman.

Kaufman started cultivating cannabis when his patients -- who were family, friends, and community members -- were disappointed or even ill from the side effects of prescribed pharmaceuticals. Since 2008, Michigan operated under a strictly caregiver-to-patient medical marijuana program, and dispensaries were still outlawed. While battling cancer, Kaufman's father developed a problem with eating. "He doesn't want to get high, just needs something to settle his stomach and not feel full all the time," said Kaufman, which is one of the reasons Exclusive Healing focuses on strains high in cannabidiol (CBD), one of many non-psychoactive compounds found in cannabis.

Milsk teamed up with Kaufman because he understood the relief cannabis can bring, and was sick of seeing family members seeking end-of-life relief forced to turn to either debilitating prescription drugs or to the black market for cannabis.

"By entering the legal cannabis market, my mission is to provide clean, safe, and accessible medicine to patients in need. Especially at the end of life, people have

much to say about their past and hopes for the future," explained Milsk during our interview. Cannabis can help with pain management with little-to-no side effects.

Exclusive Healing chose the small Michigan town of Galien (pronounced Guh-LEEN) to set up cultivation and processing operations. According to the 2010 U.S. Census, Galien has approximately 600 residents. After the Great Recession, the town was without a grocery store, bank, school or other community businesses. Seeing the town with a vacant school prompted Exclusive Healing to create business within township borders to bring employment and tax revenue for Galien residents.

"We realized there was an opportunity here to help people," said Milsk.

"We moved there specifically because it was a depressed town. We wanted to help revitalize it," Kaufman explained. One of their methods: blessing boxes in the downtown area. "Give something, take something, whatever you need," he said.

"On my first visit to Dan and Adam's medical cannabis farm," said attorney Jeffery Hank, from Hank Law, PLLC, "I witnessed their kibbutz style operation and work ethic. Once they explained to me the mystical origins of their cannabis enterprise in Israel and their vision for the future, I knew they'd be a good fit in Michigan's legendary cannabis culture." The original idea of kibbutz was an agricultural community in which each member contributes what they can and receives in return according to what is needed, as described by Israel's Ministry of Agriculture.

Under Michigan's law, more than 25 percent of gross sales from cannabis will go directly into local communities in which cannabis businesses operate. "This new revenue stream will go to help rebuild its roads, encourage more community development, and hopefully reopen the school [in Galien]," Milsk shared.

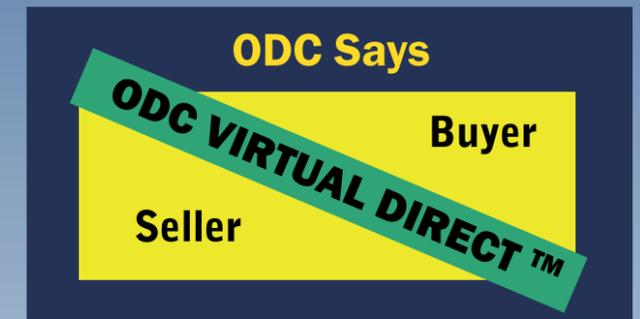
From the Holy Land to the Midwest, two people, who met due to random placing of a birthright bus assignment, started a cannabis research operation in Galien.

"We're not interested in getting people high," Milsk stated, "We want the non-psychoactive, more medicinally targeted cannabinoids within our portfolio." Exclusive Healing brands *AK* flowers and *24K Gold* concentrates will soon be available in newly licensed Michigan dispensaries.

 To learn more, visit [ExclusiveHealing.us](http://ExclusiveHealing.us), Instagram @exclusive\_healing

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# United Abroad

## U.S. Companies Turn Eyes to Israel for Cannabis Research

WRITER ALLISON EDRINGTON



Innovations in cannabis abound in the U.S. as state legalization becomes a reality, but there is a limit to what can be researched under federal prohibition. How can you fully test a drug that isn't federally legal? Take your research to a country that has openly studied medical cannabis for decades -- Israel.

"Israel has one of the oldest regulated cannabis programs in the world with a strong emphasis on patient data and clinical trials," said Saul Kaye, founder and CEO at iCAN Israel-Cannabis. "This has given Israel a lead of at least 10 plus years in the industry and the ability to do things that aren't able to be done in the U.S."

Kaye leads the team at iCAN, a group of dedicated professionals from diverse backgrounds

that work together to create a global network for the cannabis industry. They host the annual CannaTech conference in Tel Aviv, Israel, a live event experience that showcases global leaders whose expertise spans the fields of science, finance, medicine, government policy, agriculture and entrepreneurship.

"In the U.S., there is still a federal ban on cannabis research, meaning that all clinical trials must be conducted elsewhere," Kaye said. "Israel's clinical trial environment has been a driver for the pharma and biotech industries as it is more cost effective to do them in Israel rather than the U.S. anyway," he added. "Israel's reputation as a leader in biotechnology and medical research, together with our prowess in agricul-

ture and conservation, has put Israel ahead of the rest of the world in the cannabis space."

Federal prohibition in the U.S. has actively blocked decades of research and funding from the hands of eager scientists who want to study cannabis as medicine. A spokeswoman from the U.S. National Institute on Drug Abuse, Shirley Simson, told "The New York Times" back in 2010, "Our focus is primarily on the negative consequences of marijuana use. We generally do not fund research focused on the potential beneficial medical effects of marijuana." Other agencies reportedly followed their lead.

Israel, however, has no such hang ups with a phenomenon that truly began within its borders. In 1964, Israeli scientists Raphael Mechoulam

and Yechiel Gaoni were the first to isolate THC, the chemical component that causes a high. In 1993 Israel became one of the first countries to legalize cannabis for medicinal use when Mechoulam discovered the reason humans get high: the compounds in cannabis mimic the compounds in our brains. Since then, Israel has allowed the full research and development of cannabis medicine.

According to iCAN's research, U.S. firms have invested more than \$50 million to license Israeli medical marijuana patents, cannabis agro-tech startups, and firms developing delivery devices such as inhalers.

But that opportunity to conduct research hasn't alone earned Israel the title of being the global leader in cannabis research, according to Dr. Reggie Gaudino, vice president of Science, Genetics and Intellectual Property at Steep Hill lab, a California-based cannabis testing company. "There's a little known fact that there's a system of reciprocity for clinical trials in Israel," he said.

Companies that progress through stage two or three of clinical trials in Israel can then file a transfer document with the FDA, Gaudino said. All the data is then accepted as if it had been done in the U.S. "It makes it a pretty easy way to get pre-legalization cannabis studies done and have that data automatically count in the [U.S.] later," he said.

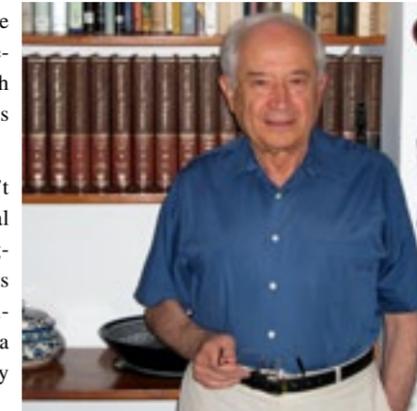
A quick breakdown of what these clinical trials are for all pharma-

ceuticals: stage one trials start with 20-to-100 healthy volunteers, or people with a specific condition, to determine the medicine's safety and dosage, according to the Drug Development guidelines from the U.S. Food and Drug Administration.

If it's determined to be safe, the medicine goes into stage two trials, which involve several hundred participants, to determine any side effects and how well the drug works. That can take anywhere from several months to two years, according to the FDA. If it passes that stage, it goes into stage three trials, which are conducted over a period of one-to-four years and include 300-to-3,000 volunteers (with a specific condition or disease).

Steep Hill is one of many companies that is extending operations into Israel. They recently formed a partnership with Dr. David Meiri to be part of a research and development facility in Israel, Gaudino said. Meiri heads the Laboratory of Cancer Biology and Cannabinoid Research at Technion, the Israel Institute of Technology, and was the first scientist to receive an official license from the Israeli government to study cannabis. Steep Hill will be bringing its expertise to assist with Meiri's research.

Steep Hill and Meiri's team first formed their partnership through CannaTech's Tel Aviv conference. This event helps Israel attract American companies and others from around the world that have a thirst for



ABOVE Dr. Raphael Mechoulam, who is most renowned for his work with Yechiel Gaoni in isolating  $\Delta^9$ -tetrahydrocannabinol.

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studying cannabis. Meiri's lab is investigating the therapeutic potential of phytocannabinoids, the unique active compounds of cannabis. He's also collaborating with cannabis growers, clinicians and major manufacturers and distributors of medical cannabis to revolutionize cannabis treatment. Meiri is operating the "Cannabis Database Project" and his lab is currently involved in seven clinical trials covering diverse aspects of cannabis treatments in areas such as: colon disease, pain prevention, cancer treatment, and epilepsy.

"The goal is for us to be essentially the chemistry arm of his research," Gaudino said. "We know there are 144 cannabinoids and over 500 active compounds, of which there are many terpenes, and there's other minor compounds like flavonoids, iso-flavonoids."

"All of those molecules have some sort of biological activity, we know that from the study of other plant organisms. Then you add to that the accumulation of hundreds and hundreds of biologically active compounds in cannabis, a higher number than occur in almost any other plant," he added, "The question becomes: what is this

plant useful for? What can be done? That's why people think it's the miracle cure. It certainly has a lot of compounds that act in a lot of different systems," Gaudino said.

Plant extracts are analyzed by Meiri's team and used in vitro or in clinical trials, Gaudino said. That means having real people try the medicine. Once the trial's outcome is determined, they compare the results to the chemical profile for all those compounds. "In doing so, you get to see the differences the strains have in terms of their chemical profile, and you can correlate that to the efficacy of different things."

Steep Hill isn't alone in its desire to connect with investors and partners at events like CanaTech. Kaye of iCAN said the science and research opportunities at the international event attracts many types, though the people most interested are investors looking for protectable intellectual property, and revenue -- "Israel offers that," he said.

"We have successfully created the highest end cannabis ecosystem in the world, and we are very proud of the diverse range of communities that we can impact," he said.

# Sophie's Dream Team

## CURE, Technion and CannaKids Team up for Powerful Progress

WRITER SHARON LETTS

While Tracy Ryan's daughter, Sophie, underwent treatment for brain cancer using cannabis oil with chemotherapy (see *Emerald Magazine*, Nov. 2017), Tracy said her ultimate goal was to bring together a brain trust of doctors, scientists, and researchers from around the world that could pull their resources together for the greater good.

That goal was realized with the teaming up of CURE Pharmaceuticals of Oxnard, California; Technion, Israel's historic institute and research foundation in Haifa; and CannaKids, Ryan's non-profit in Los Angeles, which supports children and adults alike who use cannabis oil to treat cancer and other ailments.

CannaKids is a California cooperative created by Ryan in response to her own research and success in the treatment of her daughter. In the past two years since the organization began helping children with cancer, they've reached more than 1,000 patients with a myriad ailments whose ages range from eight months-to-85 years old. The company's highly concentrated, lab-tested oils are mold, pesticide and solvent-free.

The Technion is the Israel Institute of Technology, founded in 1912. It's the oldest university in Israel and in the Middle East, and home to the Technion Research and Development Foundation, Ltd. -- the division in which CannaKids has a contractual agreement for research.

Ryan's connection with the institute came with a visit to Israel a year ago, after she flew a sample of Sophie's brain tumor there to be evaluated. CannaKids' patient data was also sent to Technion to aid in its research. Tracy's intent was to meet with Technion's research Professor David (Dedi) Meiri for follow-up. However, after a lab tour, she caught a ride home from Meiri, and a conversation ensued about the possibility of their respective organizations working together.

"It was serendipitous," Ryan shared. "We realized we were working toward the same goals. Technion's been doing incredible clinical research globally for five years, so I was empowered to make this collaboration happen."

When Ryan returned to LA, she and her team got to work to find the funds necessary for the project -- and that's when CURE Pharmaceuticals came on board, and subsequently added Ryan to its advisory board in the process.

With its FDA approved, state-of-the-art facility already dealing with nanotechnology, CURE is known for developing sublingual CureFilm™ strips. The strips allow higher doses of medications to enter directly into the bloodstream via oral delivery. The company is also known for its development of a treatment for malaria, which is currently used in third world countries. This philanthropic division of the company appealed to Ryan.



**"I'm not a researcher, I am just a mom..But, I'm determined to keep my child from having to go through this any longer.."**

"CURE is directly funding research with Technion in Israel," Ryan explained. "With Western medicine, every patient gets the same treatment. This team will be working on personalized medicine based on driving mutations in each patient for that individual's cancer."

A Drug Enforcement Agency (DEA) clearance is needed in order for CURE to produce medicine based on Technion's findings, as cannabis remains a Schedule I substance in the U.S., and not yet acknowledged as medicine. Once that hurdle is cleared, an oral thin film application with proprietary blends will be poised for human trials in one of the top pediatric hospitals in the U.S. in a double-blind study.

In the three years that followed Sophie's struggle with cancer, which included recurrence and more treatments, Ryan's hope remains in finding a dream team to do away with the cancer, once and for all.

"I'm not a researcher, I am just a mom," she surmised. "But, I'm determined to keep my child from having to go through this any longer. And if we can help others in the process, then what my daughter has suffered through will not be in vain."

For more information on Sophie's treatment with cannabis oil, and about CannaKids, visit [SavingSophie.org](http://SavingSophie.org) [CannaKids.org](http://CannaKids.org) CURE Pharmaceuticals visit, [CurePharmaceutical.com](http://CurePharmaceutical.com) Technion visit, [Technion.ac.il/en/about](http://Technion.ac.il/en/about)

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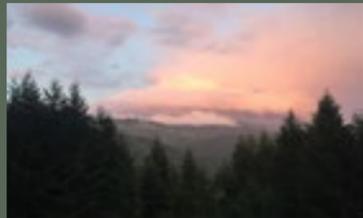
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**Cannabis Holiday Etiquette**

Tips and Tricks to Blow Through the Season

WRITER SHARON LETTS

Tis the season for bongs, pipes, and dab rigs to be cleaned, packed in pillowcases, and schlepped with all the accoutrements to family and friend's homes for the holidays.

If your partaking plan is to hide away in the basement, or huddle in your mom's bathroom with a small window billowing smoke, you may want to think about investing in a vaporizer or at least a vape pen. The holidays are stressful enough without being caught out in the garage by your six year-old-nephew with your five-foot-tall bong fully lit.

Aside from hiding your recreating from the family, cannabis patients have a tougher battle of medicating regularly in unfamiliar settings. It isn't just a matter of replacing the herb with a beer or a glass of wine for this single occasion – cannabis patients must medicate, often, and in a variety of ways, just to feel alright. It's not an option to do without your medicine. It would be like leaving the Vicodin at home after hip surgery.

Below is a short list of tips and niceties that may help you and your host prepare for a happy and healthful holiday visit.

**Never arrive empty handed.** If your host medicates, a suitable host gift is appropriate. If you are handy in the kitchen, apothecary items, such as infused honey or a batch of medible cookies are never a bad idea. Make sure the gift is in a kid-proof container, properly labeled for THC activation.

**Never expect your host to provide.** Always come to the tribal toke table with offerings, if you know your host partakes. Bring the offering in an attractive stash jar as part of the gift. If you know they like dabs, but don't have a rig, bringing yours over is always a special treat.

**Leave the protest signs at home.** Unless you are a family who marches together, leave your slogans at home. Historically, the holiday table is no place for politics. Getting through Uncle Ed's graphic description of his yearly prostate exam, or your mom's latest rant about online dating, should be enough table talk for one family session.

**Recognizing a teachable moment.** Politics aside, if you are asked about your medicating habits or cannabis as medicine, share and enlighten. Just don't bring out the soap box and linger on the subject too long. Everyone loves knowledge; no one likes a pot-obsessed zealot bent on forcing an issue. They came for the festivities and food, not a lecture.

**Ingest rather than inhale.** The effects of ingesting last longer than burning flower. Ingest regularly in low doses and keep that overall sense of well-being for a longer amount of time. Pack hard candies or tincture at 10 milligram doses each, increasing your dose, as needed.

Since cannabis is an enhancer, go easy on the alcohol as the weed will increase the efficacy. There's nothing worse or more irresponsible than someone bringing a batch of pot brownies to a party where people are already drinking alcohol. Out of body experiences have been reported, with no good time had by anyone.

**Replace traditional holiday cocktails with infused alcohol.** Infusing alcohol with cannabis and other flavorful herbs and spices can turn a damaging drink into a beneficial tonic. Cannabis quells the negative symptoms from alcohol that cause hangovers. Find your favorite recipes at Sharonletts.com/Apothecary.

**Have vaporizer, will travel.** Sometimes it's just not possible to set up a vape box or volcano in the guest room, unless you have advance permission; so, a vape pen remains an easy choice. Vaporizing means no carbon, no smoke, no odor.

**Roll enough joints to get you through it.** If a vape pen isn't in your budget, then pre-rolled joints and/or a small pipe will suffice.

This writer has medicated at two in the morning outside in the snow in Colorado; huddled in a shed in a rain storm in Oregon; and stood on enough hotel toilet seats, blowing smoke into a ceiling fan to know where's there's a will, there's a way. And remember to save a few doobies for the ride home. 🌿



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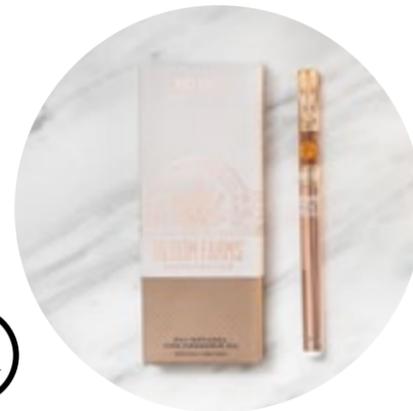
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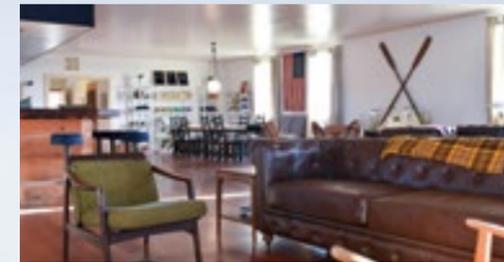
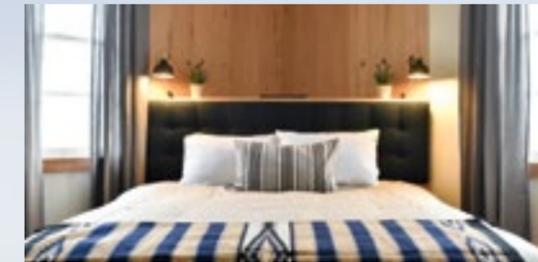
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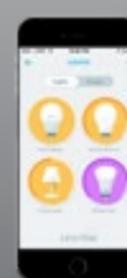
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# Four at the Forefront

With Cannabis Given the Green Light, Four Israeli Pharmaceutical Companies Race Down the Pipeline

WRITER PAUL POT



RIGHT  
Packed cannabis by Breath of Life  
Pharmaceuticals, the second largest  
medical operation in Israel.  
(Photo by Jack Guez/AFP)



Israeli companies have not yet been able to export their medical cannabis products and extracts to the U.S., with a few exceptions, due to tighter regulations -- but that will likely change soon.

The Israeli government has licensed eight growers to develop their own lines of genetics to target specific conditions and illnesses, reports ISRAEL 21c.org, an online news service that covers modern developments in Israel. Each of the growers are partnered with pharmaceutical firms to treat about 30,000-to-40,000 registered patients in controlled tests. Each pharma company has its own exclusive list of patients to work with and its own grower. Among the research teams that lead the charge are four noteworthy companies: Tikun Olam, Breath Of Life, One World Cannabis and Cannabics Pharmaceuticals.

**Tikun Olam** (see page 9) is currently cultivating more than 16 individual strains, which are used in over 20 clinical trials in Israel. Research shows their genetics can treat conditions such as HIV/AIDS, PTSD, epilepsy, chronic pain, cancer, colitis, Crohn's Disease, depression, anxiety and more. They maintain a 20,000 patient database which is the largest of its type in the world.

This company was the first to create a high CBD, low THC strain in 2012, called *Avidekel*. It has proven to be an effective treatment for children with drug resistant epilepsy and neurological disorders. They are also using extracts from *Avidekel* and their *Midnight* strains on brain tu-

mor cells. Tikun Olam's active studies focus on the use of cannabis to treat Parkinson's disease, irritable bowel syndrome (IBS), tinnitus and pediatric cancer. The company is also conducting lab research on the effects of cannabis extracts on inflammation and pain.

**Breath Of Life** (BOL) CEO Dr. Tamir Gedo was the first to announce a partnership in 2016 with iCAN Israel-Cannabis to create a research center dedicated to cannabis and based on strict scientific guidelines. They have opened their arms to cannabis researchers around the world. As one of the eight licensed firms, they are dedicated to making Israel a global hub for medical cannabis research.

Israel's Ministry of Health takes the morality issue out of pot by putting government support behind real scientific research. Hundreds of trials are conducted and sanctioned by the government, drawing millions of dollars in research and development so far. Israel has long been a technology leader and exporter of new ideas that benefit global farming through innovations like drip irrigation. Now, there are many new pharmaceutical developments waiting in the wings or being investigated.

TOP  
Tikun Olam cultivates more than 16 individual strains that are used in over 20 clinical trials in Israel.

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BOL maintains a giant greenhouse operation in Kfar Pines, Israel. Their unique strains include *Crocus*, *Sum Sum* and *Sunflower*. They also produce infused organic olive oil, and like other operations, they have their own patients, clinical trials and exclusive, targeted strains.

**One World Cannabis (OWC)** is currently doing trials on two products; One is a cream for psoriasis and the other is a treatment for chronic pain due to fibromyalgia and migraines. This research plan was first developed after warnings from the FDA about current medications, like NSAIDS -- used for treating heart attacks and strokes -- which have too many drawbacks. OWC stepped in to fill the gap.

OWC is currently studying Multiple Myeloma, and has so far developed a dissoluble tablet with cannabis, which more closely targets the condition. The alternative delivery system is proven to be more direct, and allows for more precise dosing than smoking or using edibles and extracts.

The company's research division is focused on clinical trials, but also maintains a consultation division which works to help governments and companies navigate the complex international cannabis regulations.

**Cannabics Pharmaceuticals** is a U.S.-based company, located in Bethesda, Maryland, with their research sector located in Israel. The company is dedicated to the development of cancer treatments. Their latest cannabis oil pills are available throughout Israel and in Colorado. They are now developing a system for using a cannabis ingredient to help doctors more efficiently evaluate biopsies. Trials are being arranged at the Rambam Medical Center in Haifa, Northern Israel. They also maintain their own grow site with Ionic Israel Medical Cannabis. The company hopes to be turning a profit by the end of 2017.

Professor Dedi Meiri is also busy with cancer research in Haifa, where he operates a lab at Israel's Institute of Technology. He's spent the last two years researching the therapeutic possibilities of cannabinoids on cancer, epilepsy, and diabetes, and has analyzed more than 400 strains. He and his team log clinical data on over 25,000 patients in Israel who've been prescribed medical cannabis. In addition to the focus on cancer, Dr. Meiri also states, "In the coming years we hope to identify specific cannabis strains to treat other life-threatening diseases alongside recommending optimal dosage and drug delivery methods," in iCan, Israel's CannaTech newsletter.

Kevin Nafté, an international entrepreneur who now works in the sustainable cannabis industry in California, previously lived in Israel for 10 years. He worked across the board in international trade and commerce, government and the tech industry. He watched the fledgling industry rise, and has visited several of the sites referenced here. After a recent visit he reports, "Israel is in a prime position to capitalize on the changing international cannabis landscape."



"The ecosystem provides a fantastic model for other countries to follow with government, universities, hospitals, entrepreneurs and even Kibbutzim partnering and collaborating, creating game changing [research and development] and innovation," added Nafté. "I look forward to seeing patients worldwide having access to medicine from Israel."

For more information on the companies featured in this story, visit their websites at [Tikun-Olam.info](http://Tikun-Olam.info), [Technion.ac.il](http://Technion.ac.il), [OWCPharma.com](http://OWCPharma.com), [BOLPharma.com](http://BOLPharma.com) and [Cannabics.com](http://Cannabics.com)

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# SMOKE SCREEN

**Anti-tobacco** activists have long wished Big Tobacco would just disappear, but that's not the corporate way; when one's core product line falls out of fashion, diversification is the name of the game. So as cigarette manufacturers look for their next cash crop, it's no shocker that another smokeable substance should catch their fancy.

The cannabis-growing community has long expressed just such fears of corporate intrusion into their grass-roots industry, with some growers' resistance to decriminalization partially motivated by the desire to keep industrial giants out.

"Will Big Tobacco Become Big Marijuana?," worried Trevor Hughes in April 2015 in "USA Today," quoting Chris Walsh, editor of "Marijuana Business Daily" as admitting to

"...a ton of paranoia that they're buying up warehouses and signing secret deals." Yet Hughes' enquiries to representatives of the biggies were met with denials of any plans to get into cannabis. Jeffrey Friedland, the media-savvy CEO of INTIVA (a global cannabis investment company), was also doubtful back then, telling Hughes, "...they're not going to do anything until you have an Act of Congress...[legalizing cannabis]."

About a year later, Friedland had to stand corrected, as he confessed in a post on his own blog, JeffreyFriedland.com, entitled "Investment by Philip Morris in a Cannabis Technology company is a Game Changer for the Industry."

"Last February I was asked by "USA Today" whether I thought that the cigarette industry was investing in the cannabis industry. My comment at the time was that I thought that cigarette manufacturers wouldn't go anywhere near the plant until it was legal in the U.S. at the federal level."

Philip Morris may be hiding a familiar agenda behind its investments in Israel's Cannabis Science Industry.

Amount Philip Morris invested in the Syqe Inhaler: \$20 million

Put that in your pen and vape it.

But now? The "game-changer" in question is Philip Morris International's (PMI) announcement of a multi-million dollar investment in a medical cannabis company. It turns out that the biggest tobacco giant of them all will not wait around for American drug law reform. Instead, they're leaping at investment now - in Israel - which is following its leadership in cannabis science by pioneering legislation that allows the product's global export.

This is huge. Surely, policymakers and economists will notice when U.S.-based firms start investing significant sums overseas, which could be invested domestically, due to federal stagnation on legalizing cannabis.

The lucky recipient of PMI's largesse is a young Israeli cannabis science company, Syqe Medical, whose website describes their aspirations:

"... to transform cannabis and other botanicals into mainstream medical drugs. Our vision is to decentralize drug development and streamline its clinical testing in a 21st century fashion. To achieve these goals, our company has been implementing cutting-edge technologies for over six years and employs a multi-disciplinary team of electronic engineers, mechanical engineers, industrial designers, chemists, biologists, physicians and pharmacologists."

Their invention is certainly neat; It is the Syqe Inhaler, "... (which) utilizes selective 100 microgram dosing precision, real time thermal and flow controllers, lung interfacing and wireless connectivity. This new level of precision will allow patients to reach the coveted optimum balance between symptom relief and psychoactivity, regaining their quality of life."

There's even a hospital-use version, with a "caregiver interface" that's already available in Israel.

So what's the catch? What's wrong with Big Tobacco moving away from the poisonous plant and towards the healing one?

A cynic might intuit that it's all just part of a self-serving strategy that PMI has committed to since the 1990s saw cigarette-smoking's image of "cool" start to char, badly, resulting in a PR make-over. The website "Opposing Views" (slogan: No agenda. You decide) published data that, as part of this campaign, PMI committed huge sums to noble causes like feeding the hungry, helping victims of domestic violence and disaster relief, donating over \$500 million to charity in recent decades.

The present day CEO, Andre Calantzopoulos, would even have us believe that Philip Morris envisions a day when it doesn't sell cigarettes anymore, according to a 2016 article in "Fortune." When he goes on to enthuse about "smokeless cigarettes" replacing the regular kind, it's clear that getting out of tobacco isn't the company plan.

But wait... smokeless cigarettes... cannabis vape technology.... could there be a connection here?

Turns out that the Syqe Inhaler isn't the only fume-delivery system that PMI-funded scientists are working on. Grabbing an even bigger share of the company's investment kitty than the Syqe Inhaler is PMI's hotly-hyped IQOS. The IQOS works on identical principles to a cannabis vaporizer: it's an electronic device that gently heats "plugs" of actual tobacco leaf (so, not liquid or concentrates) to temperatures that max out at 350°, much lower than the scorching 600° generated by incinerating tobacco. The result is an infused vapor that, reportedly, has more of a real, cigarette-like, tobacco flavor than conventional nicotine vaporizers. The claim, made on Philip Morris' website and in its PR material, is that this "heat-not-burn" smokeless cigarette is, by definition, safer than regular 'ole cancer sticks.

Not everyone is convinced. In March 2017, "Haaretz" reported criticism of the IQOS by the attorney general, the Health Ministry's legal advisor, the Israel Medical Association and the Israel Cancer Association, in light of a High Court petition brought against Israel's Health Ministry.

According to the Association of Public Health Physicians, "Philip Morris, the world's largest tobacco corporation, whose products have killed millions of people over the years around the world, including in Israel, has launched an extensive overt and covert media and PR campaign to introduce its new cigarettes in Israel."

Tests have indeed shown that IQOS tobacco vapor is not free of the harmful toxins present in cigarette smoke, but nevertheless, Israel's Health Ministry allowed IQOS an exemption from current regulations on cigarettes, such as advertising restrictions.

PMI's official response to the complaint included the arch observation that, "This petition was filed by a commercial competitor." Indeed it was: Israel's own Dubek tobacco company, miffed, no doubt, at PMI being gifted a free pass to advertise its new wares, even to children.

The article's author, Ronny Linder-Ganz, charges that PMI's "big investment in lobbying and PR in Israel over the years appears to have paid off royally."

As cool as Syqe's inventions undoubtedly are, Philip Morris's entry into Israel's cannabis vape technology could be viewed cynically; not as a progressive, pro-cannabis effort, but just a handy method for gathering scientific data applicable to tobacco consumption while simultaneously helping with corporate image-reform, and greasing the wheels of Israeli bureaucracy.

"Follow the money," goes the old adage, and if you do, the result is clear.

Amount Philip Morris invested in the Syqe Inhaler: \$20 million

The IQOS? About \$3 billion.

Put that in your pen and vape it. 🌿

# POT TALK

WITH PETE POWLOVICH



SOME OF US ARE LUCKY ENOUGH to come across a strain that sticks with us for the rest of our lives. It stays etched into our memory; you can still smell it and taste it, and when you come across it again, well, it's almost impossible to pass up.

For me, one of those strains is *Kosher Kush*. As someone with Jewish heritage, I was instantly intrigued when I first heard the name *Kosher Kush* many years ago. Winner of “High Times” Cannabis Cup’s “Best Indica” in 2010 and 2011, as well as “Best Strain” in 2011, *Kosher Kush*, was catapulted into the spotlight where it took on an almost mystical status. Rumors spread that it was grown by Ultra Orthodox Jews or had been blessed by a Rabbi.

It came out of Los Angeles in the early 90s, and was said to have pure *OG Kush* attributes. *Kosher Kush* was originally called *Jew's Gold*, satirically named by the group of Jewish friends who were running it. Eventually able to acquire a cut, the Reserva Privada team of DNA Genetics, was able to propagate the strain and were calling it *JG*. Because of its controversial title, it was eventually changed to *Kosher Kush* to honor its Jewish heritage while keeping some of its humor alive.

Luckily, I was able to meet up with the owner of Fire Mountain Farms, an organic, pesticide-free farm that is committed to growing “good, clean cannabis under the best practices” in Humboldt County, California. He tells me how “after many years of patiently trying” to acquire a cut, Fire Mountain Farms was eventually able to get a cut of the original LA-bred strain that had previously been so elusive. It has become a staple for Fire Mountain Farms, who have run *Kosher Kush* under mixed light, light deprivation and outdoor conditions for the past few years. The farm also helps to produce a *Kosher Kush Live Resin* under the brand Errl Hill, an organic, frozen extract company.

Fire Mountain Farms and Errl Hill generously gave me some *Kosher Kush* and *Kosher Dawg* flower that was recently grown under mixed light conditions, as well as some *Kosher Kush* and super saucy *Blueberry Muffin 10 Live Resin*.

## תורנית עולא קושער

Upon opening the brightly packaged infinity container, I am greeted with a golden, honey-colored live resin with a slightly opaque appearance. The live resin is of a saucy, yet gelatinous sugar consistency, as it sticks to the side of the jar. I scoop up a small dollop, and as the light catches it, it starts to shimmer.

It smells quite strong. The flavors which waft out are unmistakably those of *Kosher Kush*. With intensely clean notes on the nose, a lively sweet-citrus with a strong, earthy cotton scent are dominant. It also has the distinct *OG Kush* notes that have made this phenotype memorable to so many. I also get some honey, pine, cedar and a faint hint of coconut as well.

I time myself with a one minute terp timer and plunge the glass dabber into a *Chemdawg* glass rig. It tastes as it smells; sweet-citrus, *Kush*, gasoline, cotton, pine and coconut all swirl around my palate. As I exhale, I am left with a pleasantly long lasting aftertaste. Immediately, I feel myself become deeply relaxed. With noticeable pain relief, my mood elevates and I feel extremely content.

## KOSHER KUSH FLOWER

The bud's *OG Kush*-like structure is dense. Lime green in color and it's consistently speckled with emerald green patches. Short, ginger orange hairs pop out as the bud glistens in the light from its covering of transparent, snow white trichomes.

The *Kosher Kush* is quite aromatic as notes of cotton, lemon, pine and of course, the very distinct *OG Kush* scent that has made this strain so renowned amongst cannabis consumers. Breaking the flower up, a lemon citrus takes on a candy-like sweetness and also gives off a lively pine and cedar wood smell, finished with a warm, earthy mozzarella note.

I light up a joint and am again greeted with familiar flavors. Candy-like orange and lemon are dominant, as a strong backbone of sweet pine stands firm. The initial sweetness gives way to a smooth, fluffy cotton mouthfeel, and I also get notes of cedar wood and melted mozzarella. As I continue to smoke, the flavors start to take on more earthy characteristics.

I start to feel very stony behind the eyes and my body takes on a deep relaxation. My mood is elevated with a calm, collected mind, although I must admit, my appetite is up significantly. I also get some noticeable pain relief, which helps when it's time for bed.

Thank you to Fire Mountain Farms and Errl Hill, whose products can currently be found at Humboldt Patient Resource Center in Arcata, California. Also look for them to be at various California cups throughout the year. They can also be found on instagram @firemountainfarms and @errlhill. 🍷



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# TELEGRASS

WRITER MELISSA HUTSELL

The cannabis delivery app, called the “Uber of Weed,” is revolutionizing the industry, and bringing cannabis legalization closer to reality in Israel.

Israel is recognized for having the world’s highest ratio of cannabis users, according to the the country’s Anti-Drug Authority (IADA), which reports 27 percent of 18-65 years olds used it within the last year. Yet, despite this fact, cannabis remains illegal and access in Israel is limited. Telegrass is changing that.

Telegrass is an Israeli-based, cannabis delivery app that operates under the encrypted messaging system, Telegram. In just eight months, the app has grown to host more than 100,000 users, a number that’s rising daily.

### How it works:

It’s through the anonymous platform, Telegraph, that Telegrass functions. The system can anonymize content, and be programed to delete sent messages. Telegram hosts 100 million active monthly users, and delivers 15 billion messages daily, reported its website.

Telegrass allows its members to buy, sell and converse about cannabis. The app can be downloaded for free via Telegram’s website. It’s accessible to almost anyone with a smartphone, but deliveries are only done within Israel (which means tourists can use it). Once downloaded, users are invited to join channels, which are broken into geographical regions based on location. Examples include Tel Aviv, or the West Bank.

There are more than 35 sub-channels; some deal exclusively with the trade of large quantities of cannabis, others act as discussion forums for topics like music, cultivation, etc.

Channels are where dealers showcase their products with photos and price points. Products range from flowers to edibles, merchandise, and equipment. Buyers contact dealers directly, make a purchase, and have their product delivered directly.

Not just anyone can become a Telegrass dealer, explained Amos Silver, the app’s founder. There are currently 2,000 dealers, and more than 1,000 more waiting in the wings. In order to become a dealer, users must submit records, including their official identification card, to administrators. This is how administrators keep members in line; users remain anonymous via usernames, but the app’s managers retain their details -- such as their address -- in case of an incident.



“...Telegrass is doing a better job of fighting crime than police.”

The platform is secure and self-regulating; it’s got its own enforcement mechanisms, such as an HR department which addresses sexual harassment, assault or other issues affecting members.

When complaints are reported, managers work to find solutions with members. If offending users refuse to resolve issues, Telegrass revokes membership. In extreme cases, said Silver, “we publish them on our Wall of Shame.”

In one case, a dealer was robbed of more than 60,000 new Israeli shekels (NIS), and suffered a broken hand. In response, the Telegrass members responsible for the crime were posted on the Wall of Shame. “Thousands and thousands of people see their I.D. cards, and know what they did,” said Silver.

“We don’t have police, we don’t have an army, and we can’t judge them. The tool we do have is shame,” Silver said.

Sometimes, he added, these posts motivate families of offenders to compensate victims. “We have a story of one guy who robbed 10,000 NIS [worth of product],” Silver explained. The father of the robber asked that his son be removed from the Wall of Shame in return for the money stolen.

“He did. He paid the money. It was a happy ending. For me, it was better than police treatment,” said Silver, highlighting the higher rate of accountability within the Telegrass community than outside of it.

Silver recognizes that the anonymous nature of the platform means it can be a “goldmine” for bad actors. However, he believes Telegrass is doing a better job of fighting crime than police. For instance, because of the way the app is designed, Silver said Telegrass “has slowly created a map for bad guys in Israel,” he explained, “When something bad happens, we know what neighborhood it is in. We already know who the first suspect is [...]”

### The Man Behind the Revolution:

Telegrass is run remotely from the U.S. by Silver, 33. He moved to America two years ago after becoming Israel’s so called “first political prisoner of the struggle for legalization,” a title which he finds both funny, and motivating.

Silver cannot go back to his home country, as the Israeli government has labeled him an international criminal. He lives a nomadic life in America. During our interview, he speaks about his travels to Alaska to catch a glimpse of a Grizzly bear, a road trip to Seattle, and about his time in Northern and Southern California.

Silver grew up in an orthodox family in the town of Safed, outside of Jerusalem. “When I was 15, I left the way of life I grew up in. I left my family -- I left everything -- for an independent life for myself in Jerusalem.”

“It wasn’t easy,” he said. That’s when he was introduced to cannabis, which he’s used ever since. When Amos went into the army, he continued to consume it. Cannabis gave him stability and strength, but also, shame. He saw it as an addiction he’d eventually need to kick, he said. “I thought it was something bad – but it really helped me.”

This understanding made him feel sorry for himself, he said, and for the millions upon millions of others who carry guilt, or the weight of a bad self-image on their shoulders. “It’s wrong,” said Silver, “Even if nobody is there to judge you, or take you to jail, [this negativity] when multiplied is what leads to a sick society.”

But, Silver has been judged and jailed for cannabis use/possession on multiple occasions by Israeli officials. In 2012, he was detained, interrogated and placed on house arrest. In 2014/15, Silver spent seven months in prison for trafficking cannabis. It was when he was on house arrest that he decided to be more candid about his use.

### Social Media to Encrypted Application:

“So what I did was I posted a picture on Facebook of myself smoking from a bong,” he said. That was in 2012, when such an act was deemed outrageous.

“Thousands of people started to ask me for help,” Silver added, “some wanted weed for their cousins, mothers, sons,” he explained, some said they “couldn’t eat, sleep and wanted to die [without access].”

Naturally, he tried to make as many connections as possible. He established a fake



Facebook profile, which allowed others to post, share photos and make purchases under false names. His profile hosted 30 different dealers and thousands of clients.

“And then, it become too much for me,” he said. Silver was about to shut things down when a friend mentioned Telegram -- the secure messaging system. Soon after, Silver and Telegram joined forces, and Telegrass was created in March 2017.

The move allowed Telegrass to add managers and extend its security and operations. The app has grown from 35 dealers to approximately 2,000. “It’s still growing every day,” said Silver, who added, “We give jobs to people. We’ve created 2,000 [new] jobs.”

In the near future, Silver said that Telegrass plans to introduce new channels, two of which he hopes will connect members with lawyers and doctors. “[Telegrass] is one place to find everything,” he said.

### Telegrass Brings Cannabis One Step Closer to Legalization:

Tomer Oliel, CEO at Cannaprenuer, an international cannabis investment group, explained that Israel is “so advanced, but [still] so behind.”

Though the Israeli government officially decriminalized cannabis use in March 2017, Oliel said it has yet to take effect.

The country certainly does well at attracting research and investment, but cannabis remains highly illegal there, he said.

## THE [TELEGRASS] APP HAS GROWN FROM 35 DEALERS TO APPROXIMATELY 2,000.

“The situation in Israel is not as bright as it seems.” He cites several recent incidents where Israelis were jailed for use/possession. One such event occurred in September 2017; a 19 year old award-winning gymnast and Israeli Air Force soldier was jailed on suspicion of selling cannabis on base. She died while in custody just days after her arrest, according to “The Times of Israel.”

There are more than one million recreational consumers and 30,000 medical cannabis patients in Israel, according to the IADA. Reported consumption has risen significantly from 8.9 percent in 2011, to nearly 30 percent in 2017.

Oliel said there is a good explanation for such high rates. “[To] our people, cannabis as medicine is well known,” he added. “A lot of the population suffers from PTSD or stress, and they are drawn to cannabis [...]” Populations who live near the border of the Gaza Strip, home to nearly 2 million people, are especially prone to trauma, Oliel noted. Three years ago, during the the war between Hamas and Israeli forces, many along the borders were running for shelter every few minutes.

“Everyone in Israel has to serve in the army,” said Oliel, who served in the second Lebanon War. Many who’ve served find cannabis helps them generally cope, relax and sleep.

There is a lot of need, but little access for Israelis. Oliel said the government remains the gatekeeper of medical cannabis. Sources vary, but as little as eight licensed medical marijuana farms exist in the country. As of last year, there were just over 30 doctors that were able to prescribe medical marijuana; this year, the Israeli government has extended the amount by 100.

Still -- demand has far outpaced supply -- and Telegrass is filling this gap. “We are not going to wait [for legalization to happen]. People on this platform have spoken,” Oliel said.

Both Oliel and Silver see this as an act of civil disobedience, or as they say, “civil legalization.”

“There’s a civil war against the prohibition of cannabis in Israel,” said Oliel. And Telegrass is on the frontlines. 🌿

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DEC 9 | SATURDAY  
SPEAKERS

## Sativa Hall

11:00 AM Welcome from Tim and Taylor Blake  
11:15 AM Keynote John McGowen  
11:30 AM - 12:30 PM Branding and Marketing for the Cannabis Industry  
12:45 PM - 1:45 PM Trade Secrets, Plant Patents, Intellectual Property, and Protecting Cannabis Related IP  
2:00 PM - 3:00 PM From Prison to Profit. What Happens to Cannabis POW's After Legalization?  
3:15 PM - 4:15 PM Cannabis Treatment for Pediatric Illness  
4:30 PM - 6:00 PM Legal Medical Cannabis for 95% of the U.S.! But what about Veterans?  
6:15 PM - 7:45 PM Regenerative Farming Showcase

## Indica Hall

11:15 AM - 11:30 AM Keynote from Hezekiah Allen  
11:45 AM - 12:45 PM Is your farm overfed and undernourished?  
1:00 PM - 2:00 PM Tools for Stabilizing the Future of California's Traditional Outdoor Cannabis Farmer  
2:15 - 3:15 PM Navigating Labor Peace Agreements and Employee Labor Compliance  
3:30 - 4:30 PM Pharmacological Foundations of Cannabis Chemovars  
4:45 PM - 6:15 PM Pesticide Regulations in California and Reducing the Risk of Pesticide Contamination  
6:30 - 7:30 PM Creating Manufactured Cannabis Products, Quality Assurance and the Importance of cGMP Protocols

## Green Thumb Garden

12:00 PM - 1:30 PM Safe and Effective Use of Cannabis for Dogs and Cats  
1:45 PM - 2:45 PM Grow the best cannabis the soil food web way!  
3:00 PM - 4:30 PM Risks and Benefits of Various Extraction Methods & Keys to Laboratory Safety  
4:45 PM - 5:45 PM What are you smoking? The tangled web of cannabis varieties: Cannabis comes in a thousand flavors  
6:00 PM - 6:30 PM A Stand-Up History of the Medical Marijuana Movement (Part One)  
6:45 PM - 7:45 PM Old Dudes Do Weed!

DEC 10 | SUNDAY  
SPEAKERS

## Sativa Hall

11:30 AM - 12:15 PM Smoking, Vaping, Dabbing: Your Health and the Laws  
12:30 PM - 2:00 PM What to Expect on January 2, 2018  
2:00 PM - 4:00 PM AWARDS CEREMONY ICFA CONCERT PAVILION  
4:15 PM - 5:15 PM Prohibition's Unhealthy Side-Effects: "Red Tape, White Lies and Blue Laws"  
5:30 PM - 7:00 PM Cannabis as a First Option For Medical Treatment

## Indica Hall

11:45 AM - 12:30 PM Want to be a licensed cannabis cultivator in California? Join CDFA for a Cultivation Licensing Workshop  
12:45 PM - 1:45 PM Industrial Hemp, CBD Production & The Developing International Market  
2:00 PM - 4:00 PM AWARDS CEREMONY ICFA CONCERT PAVILION  
4:15 PM - 5:45 PM From the Mountain to the Board Room  
6:00 PM - 7:00 PM Mendel to Mendocino Hosted by Adam Dunn

## Green Thumb Garden

11:15 AM - 12:15 PM Medicine Making 101  
12:30 PM - 2:00 PM Raising Terpene and Cannabinoid Levels Through Closed Loop Farming Practices  
2:00 PM - 4:00 PM AWARDS CEREMONY ICFA CONCERT PAVILION  
4:15 PM - 5:15 PM Preventing Microbial Contamination from Seed to Sale  
5:30 PM - 7:00 PM Quest for the Golden Fiber



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## CANNABBUTZ

Can Canna-Kibbutzim Restore Zion's  
 Vision of Agrarian Utopia?

WRITER DIANA TRIMBLE

PHOTOGRAPHER MAX ZALEVSKY

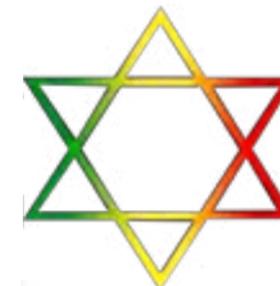
It sounds like a quiz show brain teaser: what links late 19th Century Russian anarchist theory with Rastafarianism, 1970s hippie communes, the foundation of the modern state of Israel, and a new agricultural movement there today?

The surprising answer is cannabis. Thanks to an astonishing legal decision earlier this year whereby Israel was green-lighted to export its medical-grade products, an exciting innovation to kibbutz-living is emerging, one that, ironically, may re-align it with its founding philosophy.

Let's start at the beginning with a Russian-Jewish Prince named Peter Kropotkin. Today, he's largely remembered for; 1.) his friendship with Edwardian-era author, Edith Nesbitt, who used him as a model for Mr. Sczepansky in her beloved classic, "The Railway Children" was largely modeled after; and 2.) being pretty much the only other notable long-term resident of Bromley, an unassuming borough in South East London, besides David Bowie.

*A Kibbutz is a unique rural community;  
 a society dedicated to mutual aid  
 and social justice.*

*- Jewish Virtual Library*



Prior to his lengthy exile in Britain (1886-1917), and the reason for it, Prince Peter was already infamous in Russia and Europe for having given up aristocratic privilege to devote his life to social justice. His anarchism has nothing to do with the mayhem-causing, anti-social image that later became unfortunately attached to the word. In contrast, his was a peaceful revolution that proposed abolition of nation-state governments in favor of smaller, self-governing communes -- agrarian, food-producing, and self-sustaining, with resources pooled collectively and no wage differentiation according to job status.

Fast forward to the definition of "kibbutz" currently published by the *Jewish Virtual Library*:

"A unique rural community; a society dedicated to mutual aid and social justice; a socioeconomic system based on the principle of joint ownership of property, equality and cooperation of production, consumption and education; the fulfillment of the idea "from each according to his ability, to each according to his needs;" a home for those who have chosen it."

Tastes a lot like Kropotkin's jam, and with good reason. As Yaacov Oved noted in his 2015 essay, "Anarchism in the Kibbutz Movement":

"The doctrine of Kropotkin, who at the end of the 19th century comprehensively formulated the anarcho-communist theory, influenced the adopting of commune principles in the first kvutzot during the years that preceded World War I (during the first Aliya or wave of immigration)... Further evidence of (Kropotkin's influence) is that one of the first books translated into Hebrew and distributed in Palestine in 1923 was Kropotkin's "Mutual Aid."



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Even Noam Chomsky has corroborated this, saying that the early kibbutzim “came closer to the anarchist ideal than any other attempt that lasted for more than a very brief moment before destruction.”

Although contemporary “leftist” rhetoric minimizes the anarcho-socialist origins of kibbutzim, due to the mainstream left’s alliance with anti-Israeli geopolitics, it’s important to note that the Zionism of the late 19th and early 20th centuries bears little resemblance to today’s neo-conservative brand of religious zealotry.

“The kibbutz culture stressed a commitment to a staunchly egalitarian and mostly secular Jewish culture,” admits an article published by “Anarchy in Action,” which also gave founders of the first kibbutz in 1910 credit for defining it as a “cooperative community without exploiters or exploited.”

Josef Trumpeldor, the influential kibbutz activist who brought Kropotkin’s theories to Israel, described himself as “an anarcho-communist and a Zionist” which would be considered hopelessly oxymoronic and contradictory by 21st Century interpretations of those ideological labels.

Kibbutzim were essential to the founding of modern Israel having been established 40 years prior. Originally populated by mainly Eastern European Jews who embraced the notion of returning “home,” they flourished for about 70 years, supplying an enormous share of the country’s agricultural needs, despite constituting only three percentage of the population at their peak. But in the mid-80s, financial woes triggered major alterations in kibbutz organizational structure that many lamented as contrary to core principles. Just as privatization eventually led to distorted economics in the post-socialist societies of Eastern Europe and the former U.S.S.R., the Israeli Economic Destabilization Program of 1985 pressured the kibbutzim to privatize and move from an egalitarian cooperative model to one more similar to capitalist society. As numbers of volunteers dropped, especially in the “menial” tasks (like agriculture), more outside paid workers had to be hired. Kibbutzim seemed to be a dying movement.

Then, just within the last few months, a flurry of stories about the New Green Hope primed to rejuvenate Israel’s kibbutzim appeared. From “High Times” to “Newsweek,” the press has been buzzing with tales of cannabis as the crop that could lure a new generation back from the cities to the communal farm life.

“This cannabis gold rush has to pan out for us. There’s simply no other choice. We need young

Northern Israel agricultural kibbutz  
Photograph by Anton Mislawsky





**LEFT**  
Modern day  
Kibbutz worker  
out in the field  
picking grapes.

people with good minds to come here, and medical cannabis is what can draw them.” So said Eilon Bdil, business manager of Kibbutz Elifaz, in a widely re-quoted interview with the “Times of Israel.”

Although Elifaz is the only kibbutz already growing medical cannabis, dozens more are in line to get licensed, now that the way has been cleared for legal exports.

Some early adopters with deep pockets are already revving up for the race to the pot of gold. As reported by leading financial media outlet “Benzinga,” one of Canada’s biggest cannabis producers -- Cronos -- is teaming up with Kibbutz Gan Shmuel to quickly install a low-cost facility in Israel. The reason has nothing to do with idealistic notions of a workers’ bucolic utopia. It’s purely about the other kind of green: Cronos bean-counters reckon Gan Shmuel can churn out five tons per year, with an average production savings of \$1 a gram, due to Israel’s ideal climate, low kibbutz labor costs, and cheaper energy. That’s nothing to cough at. Is that great for Canada’s smaller cannabis farmers though?

Although Israel’s Ynet News claimed last August that Australia, the Czech Republic, and Germany are among countries that have already

applied to import Israeli cannabis, why should any of them (especially sunny Australia) be eager to buy abroad rather than produce? It’s only logical that decriminalized countries would want to keep both crops and profits homegrown. Pioneer growers from Northern California to the Netherlands will surely resent, and strongly resist, any influx of foreign goods into their own, already flooded, markets.

Then there’s the boycott on Israeli products to consider. Wrong-headed though it may be, it would appear to draw supporters from the same left-leaning demographic as the pro-canna lobby.

I would venture that salivating over the potential for billions of dollars from an Israeli green rush is taking the wrong view.

Let’s instead look to the Rastafarians, who often refer to themselves as “the Israelites,” having long identified with the Jews as a dispersed, persecuted people, while considering themselves descendants of the lost tribe of Judah. Their concept of Zion is a mythic, archetypal one, identified literally with Ethiopia, but spiritually it represents the natural life of their ancient homeland, and rejection of “Babylon,” which symbolizes corruption, capitalist greed, rape of nature, and social inequality.

The lyrics of the great Rastafarian songwriters, Peter Tosh, Bob Marley, Mutabaruka et al, are full of warnings about materialism, praise for the sacred green herb (which they identify with the “fruit-bearing seed” of scripture), invocations of Jah (i.e. Jehovah/Yahweh) and cries for social justice. Like Kropotkin and the 19th century anarcho-communist Zionists he inspired, the Rasta philosophy promotes a nature-orientated, communal lifestyle.

It’s unsurprising that the Western hippies of the late 1960s to present day also embraced cannabis, a philosophy of cooperative living, reggae music, and the “back to the land” movement. Some things just go together.

Thus, it is not necessarily this writers’ hope that Israel cashes in handsomely on cannabis farming, but instead that the new canna-kibbutzim will reinvigorate the mystical, visionary concept of Zion as a humble, rural cooperative; an egalitarian way of life that chooses simplicity, farms the land, rejects consumerism, and in so doing respects the planet. 🌱

*\*Jah come to break down 'pression, rule equality*

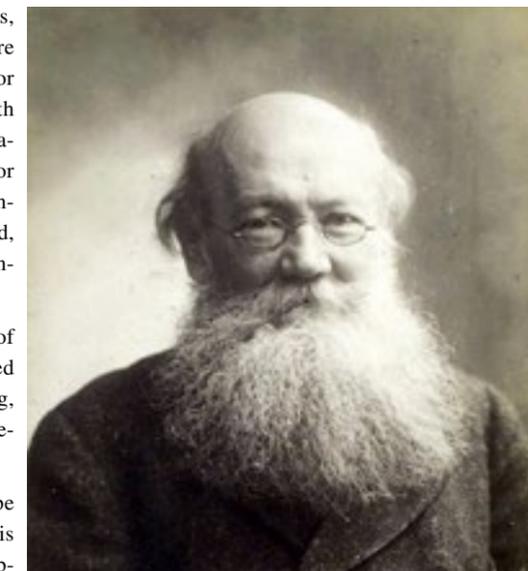
*Wipe away transgression, set the captives free*

*Exodus, movement of Jah people*

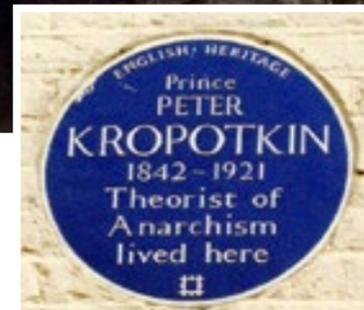
*Exodus, movement of Jah people*

*Movement of Jah people*

*-- Bob Marley, “Exodus,” 1977*



**ABOVE**  
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Prince, Peter  
Kropotkin, who  
formulated the  
anarcho-  
communist  
theory.



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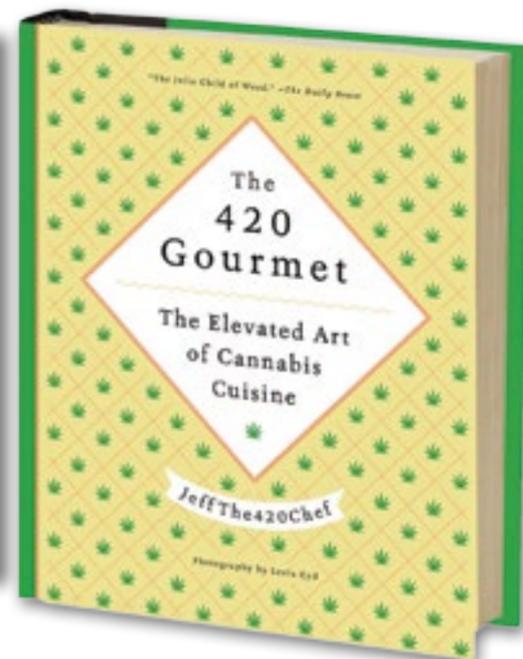
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- YOSEPH LEIB

## HIGH ON L'CHAIM

WRITER MOLLY CATE

**A flashing sense of humor, ocean-deep knowledge of Hasidic thought, and a far-ranging, anarchic mind describe the writing style of Yoseph Leib, author of “Cannabis Chassidis: The Ancient and Emerging Torah of Drugs (A Memoir).”**

Raised Hasidic in Brooklyn, New York, and most at home at Rainbow Gatherings and jam band concerts, Leib restlessly sampled Hasidic yeshivas (religious schools) in the U.S. and in Israel in search of teachers and teachings open to his kind of ecstatic spiritual experience; one that venerates trance-dance, LSD, mushrooms and cannabis. Reader, prepare for a chaotic, frenetic travelogue of the heart!

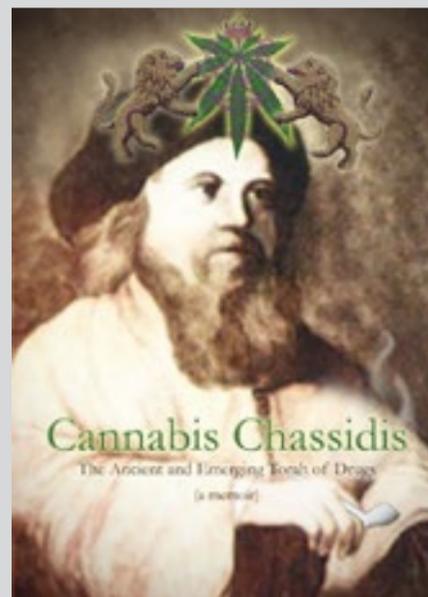
The Hasidic revolution of 18th and 19th century in Eastern Europe was a passionate Jewish revival movement fueled by attachment to charismatic teachers who led the faithful into transcendent experiences of personal divine connection. Their greatest, founding teacher was the Ukrainian rabbi known as the Baal Shem Tov, “Master of the Good Name.” You’ll see a picture of him on the cover of the book. Many other mystics followed his path, spreading Hasidic thought and culture. The Nazi holocaust of the 1930s and 40s devastated these communities, as they did the rest of Judaism; survivors regrouped in the U.S. and Israel where they settled in tight-knit communities, according to MyJewishLearning.com.

Out of one of these enclosed communities came our hero, a child of relative safety and privilege in the U.S., and so allowed a more exuberant expression of life than Jews had known for centuries. And the Hasidim can truly express themselves jubilantly. Hasidic traditions have differences, but the emphasis is on the passionate love of God through trance-prayer, dance-prayer, drumming, drinking and singing. Leib, our intrepid guide, leads us from teacher-to-teacher in search of the most righteous spiritual trip. And for Leib, that means the inclusion of cannabis and entheogens such as mushrooms and LSD. Not finding any such open teaching in America, he traveled to Israel fresh out of high school on the same quest.

His book is a memoir of that spiritual journey, introducing the reader to people arguing esoteric points of Hasidic or Rabbinic law and history, even Israeli Hasids living the Nyabinghi Rastafarian way. Leib, of course, starts with the quote from Genesis often lovingly invoked by Rastafari, “I give you all seed-bearing herbs...” to remind us that holiness resides in plant life and abounds for our sustenance. Genesis is, of course, book one of the Torah as accepted world-wide in Judaism. But Leib broadens the word Torah to include any teaching, “transcending old patterns... old, dangerous, limited thinking.” Leib asks, “What could inspire the better Torah to come into the world?” And he

answers, “Only drugs. Trip, at once, with serious focus and intention...” He quickly qualifies that by adding, “You can do this without a single drug other than a walk outside...”

Leib yearns for a teaching that recognizes that cannabis is “liberating” and suggests we “need guidance on how to make drug use holy.” He sees cannabis and the entheogens as powerful tools to heal broken cultures, especially the deeply traumatized Jewish cultures of the world. But, as in the U.S., he does not find that transformative Torah in Israel either, the place his friend calls “The Land of Broken Dreams.” Leib attends many yeshivas and chronicles his sojourn as he either leaves or is thrown out of several of them. “My acid test for divinity school when I first came to Israel, was how do they relate to marijuana.” Seems our guide was too radical for any of them. Small wonder, given that he trained his heart, soul, and body at Heartwood Institute of Integrative Medicine in Garberville, California and at many a Phish and String Cheese Incident show.



Along with the travelogue, Leib’s book offers his insights into righteous, respectful drug use. He describes cannabis as an emotional “sweet” that can insulate us from experiencing the world full on; too much sweetness un-balances the system. He admits to excessive use in the past, but now prefers more limited use, usually at night and meant to enhance his understanding of the world as holy. “Ganja... is not a panacea, and demands to be used only at its right time,” he said. He praises the value of reciting the premier Jewish prayer, the Shema, “Hear, O Israel: The Lord our God, the Lord is one!” while tripping to enhance the sense of oneness with all creation.

If you are looking for full immersion in passionate Jewish thought, this book is for you. It’s a romp through ideas and places, a passionate plea for acceptance of the righteous use of entheogens, including cannabis. As the Kabbalah says, “Everything sings, celebrates, serves, develops, evolves, uplifts, aspires to be arranged in oneness.” And like the Kabbalah, Leib’s book is a gift of the heart to humanity. 🌱

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# What About the Children?

## War, Weed and PTSD in Palestine

WRITER SHARON LETTS

Playgrounds for Palestine.org is a non-profit organization whose sole mission is to provide areas for play in the devastated region, as the effects of its never-ending war have taken its toll on the children of Palestine.

British researcher, Lydia Dimitry, of Imperial College of London, reported in 2011 that 99 percent of Palestinian children and adolescents had their homes shelled; 61 percent had a close relative killed; 71 percent had a friend killed; 37 percent have seen a family member killed; and 99 percent watched mutilated bodies on television.

With these statistics, it's no surprise that up to 70 percent of children in the Gaza Strip suffer from Post Traumatic Stress Disorder (PTSD), as reported in the "European Child and Adolescent Psychiatry Journal." The



Along with pills, 220 pounds of cannabis, manufactured into hash, were also confiscated. While this is considered a shame in the cannabis community, it's also a sign of hope that the people are self-medicating with cannabis. Whether they understand that's what's helping them cope, is another story.

Within the cannabis community, the trend is to educate on self-medicating – with cannabis becoming more acceptable in drug treatment programs, and considered a better option than addictive and often damaging pharmaceuticals. Educating on how cannabis works, then understanding why someone self-medicates, and giving them the tools to medicate in a healthy way, is the perceived goal.

Israel remains the leader in cannabis research, yet cannabis is still listed as a "dangerous drug," on the country's schedule of controlled drugs. Its legislators are working to change the laws for possession.

As reported in "Haaretz," Israeli police recently presented statistics to lawmakers, showing a sharp drop in arrests of cannabis users over the past five years. At a Knesset panel hearing, the head of Israel Police's drug research unit, Karen Lerner, said that there had been a 30 percent drop in the number of cases for personal use of cannabis in 2015.

That said, it's tough to track how much of the decrease is due to education on cannabis as medicine coming from its own institutions, or if the pills are winning out.

There are now over 20 countries around the world that have legalized cannabis as medicine or decriminalized it in some way. As Israel educates us all on cannabis as medicine, hopefully, its researchers will also be able to help those within its war-torn borders help themselves. Elevating the conversation on why we self-medicate and with what substance can only create a healthier country and world. 🌿



20 COUNTRIES WITH LEGAL OR RELAXED CANNABIS POLICIES.

- USA
- NETHERLANDS
- SPAIN
- NORTH KOREA
- URUGUAY
- PERU
- JAMAICA
- PORTUGAL
- CANADA
- AUSTRALIA
- SWITZERLAND
- ARGENTINA
- CAMBODIA
- COSTA RICA
- CZECH REPUBLIC
- ECUADOR
- ITALY
- ESTONIA
- MEXICO
- ISRAEL



statistic is put into perspective when compared to the rate of PTSD in U.S. veterans; in 2009, 31 percent reported symptoms of PTSD upon their return home from Iraq and Afghanistan.

Symptoms from wartime PTSD include ADHD, depression, anxiety, behavioral problems, emotional disorders, and various risk-taking behaviors.

Dr. Mike Hart of Ontario, Canada, has successfully treated PTSD with cannabis for three years now. He noted that many of his opioid patients treated the disorder with pills. After the group --Marijuana for Trauma -- approached him, he began helping veterans.

He has learned that cannabidiol (CBD) can reduce the "learned fear" that triggers terrors at night, and that tetrahydrocannabinol (THC) releases "anandamide," the compound that causes the euphoric effect felt from cannabis. PTSD patients have been found to have up to 50 percent lower anandamide, causing depression.

Drugs and crime are apparent in neighborhoods around the world that are prone to poverty. War zones are no different, with residents suffering from chronic PTSD ripe for drug abuse. Pain, and the desire to mask it, is real. The burning question of the failed War on Drugs is, do the people need policing or will medical treatment suffice?

As reported in the "Independent" in January 2016, 250,000 units of Tramadol were confiscated in the Gaza Strip. This tells us the opioid epidemic is not just numbing America. As reported by "CBS News" in December 2016, more people die of prescription drug abuse than guns, heroin and cocaine combined.

Tramadol is manufactured in Egypt, and then smuggled into Gaza. It's said to dull the pain of war, emotional and physically. Psychiatrist, Fadel Abu Heen, told "Reuters," "They think Tramadol will change the reality and will make them feel at peace. They want to lose awareness and any feeling of reality."

**250,000 units of Tramadol were confiscated in the Gaza Strip. This tells us the opioid epidemic is not just numbing America.**



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The closing of the year taxes each of us emotionally, regardless of cultural or religious affiliations. Differences in values and lifestyle often wash up on the tide of traditions, appearing harsh in the thin rays of winter sunlight. But for all the strife, holiday nights where we break bread over candlelight are the memories that last.

Over the past 50 years, Israel has become the global leader in research on the many medical uses of cannabis, bypassing the deluge of bureaucratic red tape that stymies research in the U.S. Cannabis companies setting up shop in Israel are flourishing, but

more importantly, researchers are discovering how to treat a range of modern diseases with cannabis. For patients who need to abstain from smoking, and observant Jews who can't take up on the Sabbath, edibles are key.

To close a turbulent year on a high note, bake a loaf of lightly sweet, medicinal challah bread to share with friends. I made a non-edible version of this bread years ago and was amazed at how easily it came together, resulting in a beautiful loaf that you'll want to show off. For the edible version, I split the recipe in half, making two small loaves – one regular and one medicinal – the perfect

offering to share at family gatherings. The circular shape of this challah is sometimes known as the “turban challah,” symbolizing the cycle of the year.

I think bringing the simple ingredients together, rolling out the long snakes of dough, and carefully weaving each into a basket-shaped mound, is therapeutic. Don't be intimidated by making challah! The baking process is forgiving of your technique, as odd lumps and bumps expand in the oven, smoothing over any imperfections.

Best wishes for a happy and healthy New Year!



## Bread Ingredients

- 1 rounded teaspoon (½ packet) active dry yeast
- 2 tablespoons + ½ teaspoon honey
- ⅓ cup warm water
- 2 ½ tablespoons canna-olive oil
- 2 eggs, divided
- 1 teaspoon flaky sea salt or ¾ teaspoons table salt
- 2 cups all-purpose flour

## Fig Filling Ingredients

- ½ cup (2 ¼ ounces) dried figs, stemmed and roughly chopped
- ¼ teaspoon freshly grated orange zest\*
- ¼ cup water
- 2 tablespoons orange juice\*
- pinch sea salt and a few grinds of black pepper

*\*A mandarin was the perfect size for plenty of zest and exactly the right amount of juice.*

## Egg Wash Ingredients

- 1 large egg, beaten

Using a stand mixer, whisk the yeast and ½ teaspoon honey into warm water and let stand until foamy, a few minutes. In a bowl of mixer, combine the yeast-water mixture with remaining honey, canna-olive oil and egg.

With mixer on low, add salt and flour, and mix until dough forms a ball. Switch attachment to your dough hook, and run at low speed for 5 minutes. Place dough in bowl (prepare by spraying lightly with oil) and cover with plastic wrap. Allow to rest at room temperature for at least 1 hour, or until almost doubled in size.

While bread is rising, make the fig paste. In a small saucepan, combine figs, citrus zest, water, juice, salt and pepper. Bring to a simmer over medium heat, and cook, until the figs are soft, about 6 minutes. Remove from heat and allow to cool before processing in a food processor until smooth.

After dough has risen, turn dough onto a well-floured counter and divide in half. Roll the first half into a rough rectangular shape, about 10 inches tall and wide. Spread half of fig filling evenly over the dough, stopping short ½ inch from the edge. Starting from the bottom, tightly roll the dough, making a long snake, and pinching the horizontal edge closed with your fingers. Then, rolling and gently pulling, stretch the dough to almost 2 feet long (it's surprisingly sturdy at this stage). Using a large knife, cut in half and set aside. Repeat with remaining dough and fig filling.

Now that you have four snakes, take a deep breath — it's time to weave your challah. Lie two pieces of dough running vertical and two horizontal, crossing pieces over and under, over and under, like a tight tic-tac-toe board. Since we're making a small loaf, we'll only weave twice. Start by taking the four legs that come from underneath the tic-tac-toe board and cross each leg over the next leg to its right. Then, reverse, by taking the legs that were on the right and cross each over to the left. The challah should look roughly circular at this stage — if you have four braids coming from each corner, you need to back up and make sure you changed the direction of your weave. Now, unless you rolled out super long snakes, you're probably done weaving — tuck all the loose ends underneath the loaf, and like you did earlier, pinch the edges tight. Don't worry if it's messy — the loose ends will fuse together in the oven.

Move dough to a cutting board or baker's peel (pictured). Brush top with egg wash. Allow dough to rise for another hour.

Preheat oven to 375°F. Brush top of loaf with egg wash (yes, again — that's how it gets its beautiful glossy brown color). Sprinkle with sea salt if desired.

Bake for 35-to-40 minutes. The loaf should be a beautiful golden hue. Cool loaf on a rack completely before slicing. Enjoy!

# NEW YEAR FIG CHALLAH BREAD

by Nora Mounce, Adapted from [TheSmittenKitchen.com](http://TheSmittenKitchen.com)



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## CALI-FLOWER LATKES

by Nora Mounce

As a college freshman, I rented a room in a brown shingle house blocks away from the “Gourmet Ghetto” in North Berkeley, California. I loved retreating from the relentless energy of the Cal campus to my quiet tree-lined neighborhood, where gourmet eateries lined Shattuck Avenue. My favorite spot was Saul’s Deli, where red overstuffed booths, and a black and white checkered floor looked more like a New York City diner than home. Still, given its charm, Saul’s became a refuge from my collegiate homesickness. Brought up by Midwestern parents, I was fascinated by the classic Jewish cuisine – piles of paper-thin roast beef, overflowing bowls of egg salad and giant pickles filled the deli case. For breakfast, I would order a plate of fluffy Challah French Toast doused in maple syrup, while lunch was usually a salted bagel with lox. I wasn’t adventurous enough to order Saul’s Famous chopped liver sandwich, but I do remember the potato latkes. Shattering the tight weave of grated potatoes with every bite, the freshly fried latkes were topped with applesauce and sour cream, expertly blending the sweet with the savory – I was hooked.

To honor the immeasurable contribution of Jewish culture to American cuisine, make time for latkes in your life this holiday season. Though a decent amount of preparation is necessary, I used cauliflower rice\* in lieu of potatoes, resulting in a paleo, gluten-free latke. Often served around Hanukkah, latkes are a wonderful dish to share, as the sturdy discs travel well and can be served as appetizers or an entree. For this recipe, I topped each latke with a dollop of goat yogurt infused with activated kief and a spot of Diane’s Sweet Heat, a peach-habanero jam made in Humboldt County. Guests can control how much cannabis they consume by personally garnishing with the canna-yogurt.

*\*The paleo community has been talking about cauliflower rice for years, but I was finally inspired to try it after I found a bag at Costco! Already “riced,” (cooked and shredded), I simply measured out 4 cups of the organic cauliflower rice for the latke recipe. It was much quicker than grating potatoes and just as delicious!*



### Latkes Ingredients

- 4 cups cauliflower rice
- 1 cup gluten-free flour
- 2 cloves garlic, finely chopped
- 2 large eggs, beaten
- ½ cup grated Pecorino or Parmesan cheese, optional
- ¼ cup fresh parsley, finely chopped
- 1 teaspoon sea salt and freshly ground black pepper to taste
- ¼ cup hot water, or as needed

### Canna-Yogurt Ingredients

- 1 cup goat yogurt
- ½ gram activated kief

In a large mixing bowl, mix cauliflower, flour, garlic, eggs, cheese, parsley, salt and a few grinds of black pepper. Add 1 tablespoon of hot water at a time, adding more if the mixture needs more moisture to form patties.

In a large skillet, heat at least 2 tablespoons oil over medium heat. When hot, pat about a ¼ cup batter into a patty. Fry until golden brown on the bottom, 4-6 minutes. Flip and repeat on second side. Repeat with remaining batter.

Top each with canna-yogurt and peach-pepper jam, or serve on the side.

Extra latkes freeze well or are delicious served cold on a green salad.

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## CANNA-SUFGANIYOT INFUSED CARAMEL HOLIDAY DONUTS

by Jeff the 420 Chef

Ahhh the holidays are here, and nothing shouts Hanukkah in Israel as loudly as the Sufganiyot vendors dotting the streets of Jerusalem and Tel Aviv! These soft and chewy deep-fried morsels commemorate the miracle of the Hanukkah oil that burned for eight days in Jerusalem's ancient holy temple, even though there was only enough oil to burn for one. The morsels are traditionally filled with either caramel or raspberry jelly.

Prep and Idle Time: 2 hours  
Frying time: less than two minutes  
Approximate dosage:  
THC 10 percent: 3mg  
THC 15 percent: 4.5mg  
THC 20 percent: 6mg

*\*Approximate dosage based on infusing 4 grams of cleaned, dried and decarbed cannabis into 1 1/2 sticks of butter.*

*Note: For best results, line a baking pan with brown paper to drain donuts after frying. You can buy a large paper bag for 10 cents at your local grocery store, cut it down the sides, spread it out, and voila!*

Transfer dough to a lightly floured work surface and roll it out until it is 1/4-inch thick.

Use a drinking glass or cookie cutter to cut (24) 2 inch-rounds. Cover with plastic wrap; let rise 18 minutes. The rounds should puff up.

Heat oil in a large frying pan. Use a thermometer to make sure the oil is 370°F.

Sprinkle cinnamon-sugar mix onto the brown paper lining your baking pan.

Using a slotted spoon, carefully slip the rounds into the oil. Fry until golden, about 35-40 seconds. Turn donuts over; fry until golden on other side, another 35-40 seconds.

Remove donuts with slotted spoon and transfer to cinnamon-sugared coated brown paper lined baking sheet.

Fill a pastry bag fitted with a #4 tip with the canna-caramel.

Use a toothpick to poke a hole on the side of each doughnut. Fit the pastry tip into a hole, pipe about 2 teaspoons caramel into each doughnut. Sprinkle tops with cinnamon sugar.

Serve warm and enjoy. As they say in Israel "Chanukah Sameach," Happy Hanukkah!

### Donut Ingredients

1/2 cup warm water  
(100 degrees to 110 degrees)  
2 tablespoons active dry yeast  
1/4 cup sugar  
2 1/2 cups all-purpose flour  
2 large eggs (room temperature)  
2 tablespoons "light tasting" canna-butter, softened  
2 teaspoons salt  
4 cups vegetable oil (for frying)  
1 cup canna-caramel filling (see below)  
1/2 cup sugar cinnamon mix for rolling  
(1/2 cup sugar + 2 teaspoons cinnamon)

### Filling Ingredients

1/2 stick grass fed butter, salted  
1/2 stick "light tasting" canna-butter  
1 cup brown sugar  
1/2 cup light corn syrup  
1/2 cup sweetened condensed milk  
1 tablespoon pure vanilla bean paste  
1/2 cup sweetened condensed milk  
1 tablespoon heavy cream  
1/2 teaspoon salt  
1 dash cinnamon

### Directions for Donuts:

In a small bowl, combine yeast, warm water, and 1 teaspoon sugar. Let sit for about 10 minutes.

In a large bowl, add flour and make a well in the center. Add eggs, yeast mixture, 1/4 cup sugar, softened canna-butter and salt. Stir with a wooden spoon until a sticky dough forms.

Pour dough onto a well-floured work surface and knead for 8-10 minutes, until dough is smooth, soft, and springs back when poked.

Transfer dough to an oiled bowl and cover with either a towel or plastic wrap.

Set aside in a warm place to rise for 1-to-1 1/2 hours. Dough should be double in size. While dough is setting make caramel.

### Directions for Canna-Caramel Filling:

In a medium saucepan bring butter, brown sugar, corn syrup, and sweetened condensed milk to a boil.

Add in canna-butter at the end and bring to a boil. Add in heavy cream and stir constantly.

Using a candy thermometer, bring caramel to 235°F, just under the "softball" stage on the thermometer.

Remove from heat and mix in vanilla bean paste, cinnamon and salt. Set aside to cool.

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C B D  
E G G  
N O G

by Nora Mounce

### Ingredients

- 2 eggs
- 1/3 cup sugar
- 1 cup milk of your choice\*
- 1/4 cup Bulleit or whiskey or bourbon of your choice
- Fresh grated nutmeg

\*If you don't mind dairy, use milk and cream in a 3:1 ratio for more richness. Otherwise, almond, soy or coconut milk works wonderfully.

In a cocktail shaker, combine eggs, sugar, milk and bourbon. Really, really shake it! (you're the egg beater here).

Strain into two tumblers, over rocks if desired.

Finish with a float of CBD tincture and top with dusting of freshly ground nutmeg.

There's something about drinking a cocktail that my grandma would have served at her Christmas party in 1962 that gets me right here (pointing at my chest). Conveniently, my heart is also warmed by a shot of Bulleit Bourbon, my brown liquor of choice, whenever possible. Dabbling in retro cocktail recipes over the years, I've come up with some oddball disasters – my friends will quickly remind me of the Peppermint Stingers I whipped up last year, consisting entirely of Scotch and Crème de Menthe. Absolutely no one was hankering for another. Eggnog is quite different – effortless and simple, it's impossible to botch if you're using store bought eggnog. But its reputation scares me off – I bet my grandma could tell at least

one scandalous story of overdosing on spiked nog at her holiday parties. Classic recipes typically boast a trio of spirits, rum, brandy, and whiskey or cognac – yikes!

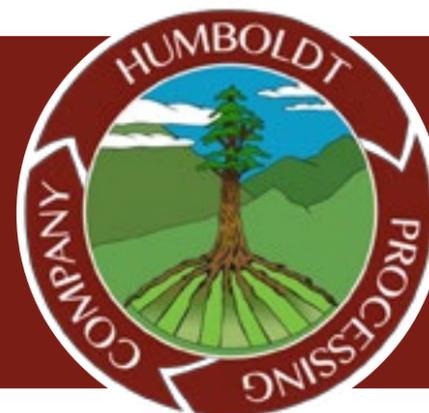
To enjoy this classic cocktail while putting our worries at ease, we're adding some TLC and CBD to our glass this Christmas. A DIY eggnog recipe helps you savor just one and counters the risk of over imbibing (this recipe, romantically, only serves two). We used only a modest shot of Bulleit, (who needs anything else?) and a dropper of my favorite high-CBD tincture – Sweet Jane 4:1 from Humboldt Apothecary. Whip up a batch for the hard-working elf in your life and sit back and enjoy the fire. Cheers!



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