

# TODAY



## Hello Friends!

By Jean Talleyrand, M.D.

Summer, being the height of growing season, signifies a time of abundance. However, with the economy the way it is, it's hard to think about things in abundance. "Thinking in abundance" means to have the mind set that there is plenty to go around. For example, instead of worrying about not having enough food, believe that there is a way and your garden will produce plenty. Summer shows us that there is abundance everywhere. It comes not only as tangible objects, but also as intangible concepts.

Earlier this month, an elderly lady came into my office with her middle-aged son. Both were suffering from back pain. The woman had a long history of multiple surgeries, and chronic pain from the titanium rods and cages that the surgeons had put along her spine in attempts to keep the vertebrae from falling out of position. She had lost nearly a foot in height as her degenerating discs and arthritic bones bent her out of position. I had followed her as a patient for three years and then one day, for the first time, she came in smiling. "Why are you so happy?" I asked her.

"I finally got that operation to remove one of the rods and I am less bent these days," she said. After years of chronic pain, she had found a silver lining along her journey. Along the way, marijuana had eased her pain, as well as given her a positive perspective on her illness. "Look, No walker!" She said, as she hobbled out the door, her son trying to keep up from behind.

People can find abundance in almost every situation.

Yours in health,

Jean Talleyrand, M.D., President, MediCann, Inc.

1.866.632.6627 (appointment line)  
[www.medicannusa.com](http://www.medicannusa.com)

## Cannabis Edibles As Medicine

BY DEBORAH MALKA MD, PHD

### History of ingested cannabis

Cannabis has been used medicinally in China since 2500 BC when the plant was discovered to produce a mild euphoria in those who ingested it and to be an effective general pain reliever. Its use as a medicine continued through 200 BC, when it was noted to be used by the Essenes in the Holy Land. Its therapeutic value by physicians can be traced back to Dioscorides and Galen around 1000 AD. By 1300 AD the Inquisition outlawed cannabis ingestion in Spain, yet it continued to be used as a medicine throughout Europe. Reports by W. B. O'Shaughnessy in 1839 recommended its medical use for a variety of ailments. Marijuana continued to be used as a medicine in the US, especially in tincture form, until 1937 when the Marijuana Tax Act stopped its general use. Now the only form of federally legal edible marijuana is THC in prescription pill form known as Marinol.

### Effects of ingestion

Eating marijuana-infused preparations usually leads to a longer, stronger, and much more physical effect than smoking. For some conditions, such as muscle spasms and intestinal disorders, eating cannabis can be more effective than smoking. Since ingestion provides a longer, slower release of cannabinoids, it may be a better choice for insomnia, lasting through the night. For patients concerned with the effects of smoked marijuana, or for those who require a maximum dose of medicinal compounds, oral ingestion of marijuana is a good treatment method.

Although eating is a good way of absorbing marijuana into the bloodstream, higher amounts must be used in a preparation in order to make the product effective. It is generally considered that up to 3 times as much cannabis is required when taken orally compared to smoking.

(Cont. on page 2)

(Cont. from page 1)

Ingestion also takes considerably longer to experience the effects. The effects of ingested cannabis may be felt within 30 minutes to 2 hours. If the stomach is full, the effects may take longer. These effects however may last for 6 to 8 hours.

Commonly, patients use marijuana leaf for cooking and flower tops (buds) for smoking. Buds tend to be heavy in the cannabinoid Tetrahydrocannabinol (THC), but THC is only one of the active cannabinoids in cannabis. Marijuana leaf offers the cannabinoid Cannabidiol (CBD), known to have sedative effects that offset the stimulative effects of pure THC. Marijuana leaves usually contain a higher percentage of CBD than THC; therefore, eating cannabis leaf can make one drowsy. Occasionally a patient may feel uneasy, groggy, or disoriented with ingested cannabis. It is wise to allow time to rest in order to assess how you will respond. Always start with a small amount, wait an hour or two and, if needed, gradually increase the dose.

Especially for those with tender digestion, all marijuana must be ground to a fine consistency before cooking. One of the drawbacks of eating marijuana leaf is the common complaint of stomach irritation. The topsides of cannabis leaves are coated with thousands of microscopic thorns that sometimes can cause minor intestinal irritation, even after grinding.

*As a general rule, the smaller leaves growing closest to the flower tops are closest to the plant's resin glands, and therefore have the greatest amount of medicinal compounds, and are higher in THC content.*

## Cannabis edibles

Cannabinoids are barely soluble in water. Fortunately they are fat-soluble, meaning that they bind to fat cells and dissolve best into organic solvents. As a result, solvents like butter, oil or alcohol are ideal to extract and deliver cannabinoids to the body. Cannabis tinctures are an example of an edible prepared by extracting cannabis with alcohol.

Cannabis can be cooked directly into edibles or can be made into butter or oil that is used to prepare foods. It can also be packaged into capsules. Use cannabis oil or butter in your favorite brownie or cookie recipe. You can even use a brownie or cake mix. Or you can just spread

your butter on a cracker. Other edibles include candies, and teas. Cannabis as food can be your medicine.

## Cannabis capsules

Cannabis capsules are an alternative to edibles or other prepared cannabis food. These capsules are prepared from powdered marijuana treated in oil and are available at dispensaries. Common doses are in the range of 2 to 5 pills, depending on symptoms.

## Cannabis Tinctures

Tinctures are an excellent way to get a quick effective dose of medical cannabis without subjecting yourself to smoke or inhalation. Tinctures are alcohol suspensions of medicinal herbs. Cannabis flower (bud) and/or leaf is put in a bottle with very strong grain alcohol or brandy for 2 to 4 weeks. This step can be repeated for a stronger dose. The suspension is best stored in a cool, dark place to keep heat and light from denaturing the cannabinoids, reducing the tincture's potency. The cannabis tincture is then administered by dropper, sublingually (under the tongue). With this method, the dose is felt immediately and can be easily titrated by counting the drops.

## ***Cooking With Medical Cannabis***

Medical cannabis edibles can easily be made with common ingredients found at local supermarkets or groceries. The following recipes should be as easy to follow and a good start to become a medical cannabis baker or chef!

Kimberley from San Diego's *Mother Earth Co-op* shared these recipes and helpful hints out of **Special Medicinal Recipes Shared from Mother Earth Co-op: Medical Cannabis Cookbook**. MediCann thanks her tremendously for her contribution.

All of the following recipes involve slow and low cooking of dairy butter or organic coconut oil and cannabis chopped bud (in roughly equal proportions) to produce a deep green butter.

Always use high quality products for great results!

---

MEDICANN APOLOGIZES FOR ANY PROBLEMS THAT YOU MAY HAVE FACED WITH OUR PHONE SYSTEMS. WE ARE STILL IN THE PROCESS OF UPDATING THE SYSTEMS TO ACCOMODATE YOU AND OUR GROWING NEEDS.  
THANK YOU FOR YOUR PATIENCE.

## Making Cannabutter / Cannaoil:

1 oz cannabis (medical high grade)  
1 lb butter or coconut oil

Using the portions of one to four ounces of cannabis bud trim to one pound of dairy butter or organic coconut oil (vegetarian) will produce tremendously powerful butter. It is recommended to use bud and trim. The whole leaf may include too much chlorophyll, possibly giving the butter or oil an unpleasant taste. However, it is based on personal preference.

Melt the unsalted organic dairy butter or organic coconut oil in a crock-pot set on low. Grind dried cannabis slightly for a few seconds to separate buds. Gradually add the ground trim or flower with constant stirring. Cook in crock-pot covered on the lowest setting with frequent stirring for two to four hours. Before the dark green butter cools, pour through a cheesecloth or French press and squeeze into containers for storage. Once the butter cools, cover containers and place in refrigerator.

Storage: Butter can be kept in the refrigerator, as you would normally store butter or frozen in airtight containers for a few months.



## SUDOKU SOLUTION

3	4	5	6	8	7	2	1	9
2	8	6	9	1	5	4	7	3
7	1	9	2	4	3	5	8	6
8	7	2	5	9	4	3	6	1
1	6	4	3	7	2	8	9	5
9	5	3	1	6	8	7	4	2
4	3	1	7	5	9	6	2	8
6	2	8	4	3	1	9	5	7
5	9	7	8	2	6	1	3	4

## DO YOU WORK AT A DISPENSARY?

DO YOU NEED TO VERIFY ONLINE AND HAVE ISSUES CONNECTING TO OUR FLASH WEBSITE?

TRY OUR NEW HTML VERIFICATION SITE:

<http://medicannusa.com/verification/>

## Helpful Hints on Butter

Butter is going to have a tendency to burn so you'd want to use a double boiler over constant low heat or a crock-pot or something that is going to apply indirect heat. A double boiler actually applies a more gentle heat than simmering. Simmering is acceptable for cooking oil, as it does not burn at such low temperatures. However the easiest way to control the temperature and achieve great results is to use a crock-pot to make the cannabutter or cannaoils.

## Space Blaster Cookies

1 cup	honey	1 cup	nuts (almonds, walnuts)
1 cup	brown sugar (packed)	1 cup	chocolate or peanut chips
1 cup	cannabutter / cannaoil	2 pkgs	Hershey's kisses
1 cup	peanut butter	2 large	eggs
2 tsp	vanilla extract	2 tsp	vanilla extract
3½ cups	flour	¼ cup	milk

Preheat oven to 375° F (190 C°). Blend honey, brown sugar, cannaoil or cannabutter (see recipe above) and peanut butter together well. In a separate bowl, beat eggs, milk and vanilla, mixing well together. Sift in flour, baking soda and stir into milk mixture. Blend in the chocolate chips, peanut chips and nuts. Mix all ingredients together. Make dough into small golf ball shapes. Place on an un-greased cookie sheet and gently flatten cookie with the back of a spoon. Bake for approximately 10 to 13 minutes. As soon as cookies come out of the oven, immediately place a Hershey's kiss on top of cookie. Serve warm and enjoy!

Check out Mother Earth Co-op's cookbook for more recipes at their site:

<http://motherearthcoop.com/>

1.866.632.6627 (appointment line)

[www.medicannusa.com](http://www.medicannusa.com)

## PATIENT TESTIMONIAL

ANONYMOUS

I became a medical marijuana patient, right after college. Everybody knows going to college is tough but for me it was almost destructive. College is a life-changing period of time that transitions you from the teenage, high school circle into the adult world. However, the whole time while one prepares to go to college, no one ever remembers to tell you what COLLEGE is really, realistically like. Yes, it is an exciting time; one matures and learns how to live independently. But, on the opposite side of the spectrum, it is an extreme whirlwind of constant deadlines, long papers, hours long exams, emotional distress, and--for many of us--intense anxiety.

I have suffered with anxiety all of my life and it is a horrible thing to have on a college campus. Nicotine, caffeine, taurine addiction is rampant. Cigarettes have always been a stress-coping habit and it is still very common for students to do it to calm down or relax. Coffee is everywhere; everyone drinks it to help them stay awake and alert after a long night of studying or waking up early to study some more. Only on a full stomach and over a period of hours could I ever drink a small cup of coffee—my anxiety causes me to begin to sweat, to shake, and to make my heart race if I drink it. Then there are the various selections of energy drinks, all with ingredients I have never heard before, which everyone treats almost as a jump-start to a slow morning or a long night. I fell into the trap of energy drink habits. Street teams would come to campus to pass out free samples, and then there was one that stuck.

Anxiety and energy drinks do not mix at all. I would go through horrible mood swings, my insomnia returned in a greater degree than I ever had before. This, on top of my commitments at school, created so much stress that I was always defensive, crying, sweating, shaking and tired. I lost weight and began to have emotional bursts that made it hard to hang out with friends. All this distress just to stay awake and be able to do all my schoolwork and keep a part-time job.

It took me over a year to realize that my anxiety was out of control. I decided to go get counseling and therapy. I had become depressed because I had essentially made myself a hermit, due to my studies and mood swings. I finally quit energy drinks, but then I started something else, something I was prescribed, an anti-depressant, anti-anxiety medication.

I did a complete flip when I was on these pills; I went from a shaking mess to an empty zombie. Believing in my doctors, I continued this treatment but I hated it. I couldn't feel

anything. Perhaps I was feeling too much before but it was worse to feel nothing. After nearly a year, I dropped it.

Around this time, I began smoking marijuana. I have experimented with marijuana before, but all of a sudden I was interested in the relaxation it would trigger within me. I began smoking daily when I found myself becoming extremely anxious or had trouble napping or sleeping. Marijuana has never made me have bad comedowns or nightmares like those pills or energy drinks. It even calms my anxiety before exams or when having to meet deadlines. I am grateful for medical marijuana. As medicine, I have never felt a bad side effect or a complete change in my persona. In fact, it causes euphoria—which is something I wish I felt more often when I was still a college student.

---

## SUMMER SUDOKU SURPRISE!

Sudoku is a logic puzzle originating from Japan. It is a fun way to work on your logic skills. Why not take a few minutes to exercise your mind with a fun puzzle?

### Directions

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through to 9.

There is only one solution to the puzzle. Have fun!

				8	7		1	
2		6				4	7	
			2	4			8	6
8		2		9		3		
	6	4	3		2	8	9	
		3		6		7		2
4	3			5	9			
	2	8				9		7
	9		8	2				

(Solution for the **Summer Sudoku Surprise!** on page 3)

---

MEDICANN ON TWITTER: [HTTP://TWITTER.COM/MEDICANN](http://twitter.com/MEDICANN)

MEDICANN ON MYSPACE: [HTTP://WWW.MYSPACE.COM/MEDICANN](http://www.myspace.com/MEDICANN)

MEDICANN ON FACEBOOK: [HTTP://WWW.FACEBOOK.COM/MEDICANN](http://www.facebook.com/MEDICANN)