

TODAY

Hello Friends!



It's the same old story. Everyone ends 2009 with a bang. December consumption occurs as if their will never be another opportunity to buy another gift or eat another fruitcake. It ends with a good riddance and a resolution to do better in the next year. If we choose to be in tune with the cycles of the sun and earth, the New Year really begins on December 21st, not January 1st.

This year was different. I was driving down Rte 128, a windy passage that follows Navarro Creek through Anderson Valley. It was dusk on Christmas Eve and the sunset was perfect. The sun seems to linger on the Mendocino County coastline a little bit longer than anywhere in North America. Claire, my wife, turned on the radio and was delighted to hear Carolyn Casey's voice on KPFA, public radio. We spent the next hour listening to the rapid, lyrical cadence of Ms. Casey's radio show. You can listen to the Coyote Network News over and over again and always get something new. Her intention seemed to be to keep you on your toes and highlight the New Year, in a different way.

"The contrast is during the harshness of the world you take the time to know your heart . . . Humans will join in empathic kinship with the rest of nature . . . Someone got my goat . . . Afghanistan is the birthplace of the great Poet – Rumi . . . America really needs the spiritual wisdom of the Middle East . . . Keep your head cool and let the heat sink down to your heart . . . Let's imagine some important medicine to add to our collective brew. "

Her thoughts are a well-constructed stream of consciousness. I'm not really sure what you ought to get out of them, but I'll let you know what was on my mind afterwards. Illness doesn't necessarily mean that you are sick; it's not an obstacle, but a hurdle. Hurdles are in our life to study, learn and get over. The fact that we have to fight to revive a natural medicine, marijuana, into our lives, is a blessing in disguise.

"We don't really care what you human's do, as the manner in which you do it."

If you would like to listen to Carolyn Casey's show try this link:

<http://www.coyotenetworknews.com/productcart/pc/radioshow.htm/>

Yours in health,
Jean Talleyrand, M.D.,
President,
MediCann, Inc.

Cannabis and Neuropathic Pain

BY DEBORAH MALKA MD, PhD

Neuropathic pain results from damage to or dysfunction of the peripheral or central nervous system, triggered by trauma, infections and nervous system disorders. It is often characterized by pain out of proportion to tissue injury. Pain can develop after injury to any level of the nervous system, peripheral or central; the sympathetic nervous system may be involved. Specific syndromes include

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postherpetic neuralgia, root avulsions, painful traumatic mononeuropathy, painful polyneuropathy (particularly due to diabetes), central pain syndromes (potentially caused by any lesion at any level of the nervous system), post-surgical pain syndromes, and complex regional pain syndrome. In 2007, a study cited in the Journal of Pain estimated that 170 to 270 million people around the world suffer from peripheral neuropathy (e.g., phantom limb syndrome and complex regional pain syndrome) and neuropathic pain.

Neuropathic pain has been described as numbing or burning, plus sensations of tingling, electric shock, crawling, itching, or shooting. Mild pain stimuli are perceived as very painful. Pain on one side of the body is also felt on the other side. The area of pain increases to include larger and larger areas of the body. This type of pain is difficult to treat and often requires a combination of pharmacological therapies, psychological counseling and the use of some form of alternative and complementary medicine.

Standard Treatment

Treatment is complex and often unsatisfactory. Without concern for diagnosis, rehabilitation, and psychosocial issues, treatment has a limited chance of success.

Continuum of Treatments for Neuropathic Pain

In 1990, The World Health Organization established guidelines, given below, for the treatment of malignant pain. This approach recommends beginning with the least invasive and the most easily manageable treatments first before attempting more invasive interventions.

- Exercise
- Meditation and relaxation
- Over-the-counter medications
- Prescribed medications
- Physical rehabilitation
- Cognitive and behavioral therapies
- Oral opioid medications
- Nerve blocking
- Spinal cord stimulation
- Intraspinaly administered opioids
- Tissue destruction procedures

Common Drug Treatments for Neuropathic Pain

- Antidepressants, such as SSRI's including Prozac or Cymbalta, or TCAs such as Elavil
- Anticonvulsants, such as Neurontin or Lyrica
- Topical medications, such as capsaicin cream and lidocaine patches
- Opioids, such as oxycodone and morphine
- Other medications, such as muscle relaxants, anti-anxiety medicines and sleep medicines

Alternative Therapies

- Mind-body awareness, mindfulness, guided imagery and visualization
- Energy therapy, such as low level laser therapy, magnets, electromagnetic therapy, TENS unit
- Acupuncture
- Body therapy, such as massage, acupressure, therapeutic touch, reiki, qigong
- Nutritional therapy, such as fish oil – anti-inflammatory, vitamin B complex, especially B6 – nerve nutrient, magnesium – muscle relaxant, often low in peripheral neuropathy, alpha lipoic acid – antioxidant used in diabetic neuropathy, glutathione – strong antioxidant
- Herbs, such as Oat seed - nerve calming and tonic, Ginko biloba – increases peripheral circulation, St. Johnswort – increases serotonin and nerve tonic
- Hydrotherapy – hot Epsom salt soaks, herbal warm packs and analgesic packs – castor oil, hemp oil, Chinese herbal liniment
- Homeopathic remedies, such as Hypericum – for nerve pain
- Biofeedback

Cannabis and Neuropathic Pain

Cannabis has been known to be effective for nerve pain for a long time. In the late 1800's an American professor of medicine, Hobart Hare, who wrote in his textbook that "cannabis is very valuable for the relief of pain, particularly that depending on nerve disturbances" (Hare and Christie 1892). Horatio Wood, a contemporary of Hare, wrote in his Treatise on Therapeutics that "cannabis is used chiefly for the relief of pain; especially of neuralgic character, although it will palliate even pain of organic origin." Patients

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.

often report that they achieve better control of neuropathic pain with cannabis than with many other medications and can often decrease or eliminate their need for Neurontin or Lyrica. The treatment of pain, particularly neuropathic pain, is one of the therapeutic applications of cannabis that is currently under investigation. Several research studies of the efficacy of cannabis in treating neuropathic pain have recently been published. (See references below). Sativex, a cannabis based medicine has been approved in Great Britain for use in the treatment of neuropathic pain in Multiple Sclerosis. Cannabis is slowly becoming accepted as a useful option in the treatment of neuropathic pain. In addition to cannabis's analgesic (pain reduction) properties it also can improve depression that often arises from chronic pain. It may improve appetite, help sleep and eliminate the nausea often caused by opiate analgesics.

References

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3. Ellis RJ, et al "Smoked Medicinal Cannabis for Neuropathic Pain in HIV: A randomized, cross-over clinical trial" Neuropsychopharmacology 2008, www.cmcr.ucsd.edu/geninfo/Ellis_2008.pdf

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Marijuana and Shingles

A PATIENT TESTIMONIAL

About two months ago I was out for dinner at a restaurant that I wanted to try. My partner and I were enjoying ourselves quite a bit. Near the end of the dinner I started to feel a little strange, like I was coming down with something. I thought maybe I was at the beginning of a cold or flu.

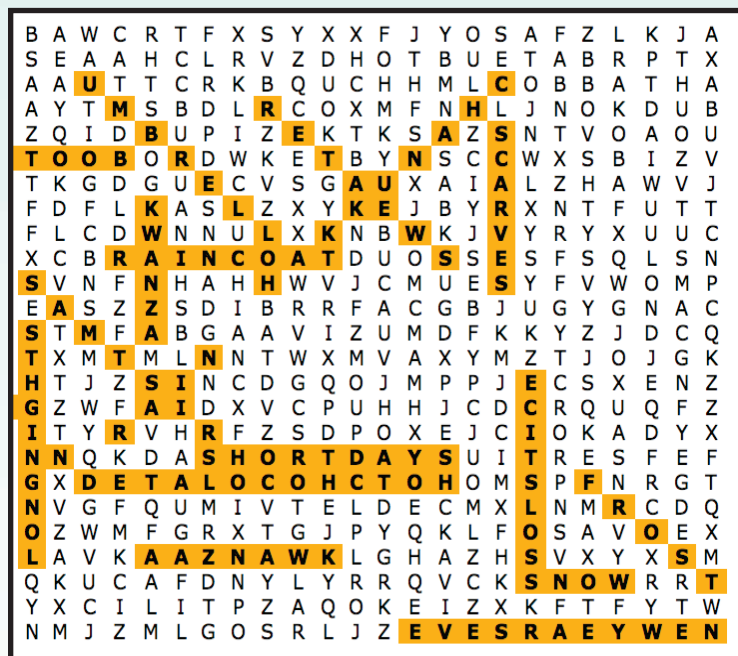
Later that evening while watching television I felt something bite me. I jumped up and ran to the mirror to see if there were any bite marks, but nothing showed. A little while later I looked again and I noticed a couple round red blisters forming. It wasn't until the next day, when there were quite a few more blisters on my torso, that I realized I had shingles. This was only the beginning.

As the days went on more blisters formed until my right torso and part of my back on the left side were covered. The blisters were one thing to deal with but the nerve pain that comes with shingles is entirely something else. I began taking acyclovir immediately, but I have to say that it's nasty and made me kind of sick. It's supposed to shorten the cycle of the shingles but being nauseous and having the nerve pain together was too much to bear, so I gave up on the acyclovir.

Around the third day of having the shingles, the nerve pain was so bad that I couldn't lie down, I couldn't stand up, and I couldn't walk very much because everything hurt like hell.

Now, I am a medical marijuana patient and I know that medical marijuana has helped me with many other ailments (arthritis, depression, headaches, nausea), just to name a few. However, smoking tons of marijuana was not helping. I was stumped because I thought if nothing else, it would knock

WORD SEARCH SOLUTION



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1.866.632.6627 (appointment line)
www.medicannusa.com

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me out and I could get some sleep. I had slept maybe 3 hours in the last 2 days and it was starting to take its toll on me. I began scouring the Internet to see if I could find anything about medical marijuana and shingles. I found an article that actually said that smoking too much marijuana could exacerbate the problem of shingles, because it can excite the nerve endings (or something like that). It recommended ingesting it instead. Unfortunately, I had nothing in the house so I had to venture out to the local dispensary in excruciating pain to get some marijuana tea and honey. I drank the tea all day long and drank a couple of cups be-

fore bedtime. That and 800mg of ibuprofen worked wonders. I was able to sleep during the night, everything calmed down and the pain, though not gone, became more bearable. Marijuana is a natural anti-inflammatory and it made a very painful condition bearable.

I believe so much in the tea and honey that I've recommended it to my mother who just turned 80 years old this year. She's a believer now too. She loves the way it relaxes her and she says she sleeps better. I can't ask for more than that.

WINTER WONDER

A WORD SEARCH

	G	B	A	W	C	R	T	F	X	S	Y	X	X	F	J	Y	O	S	A	F	Z	L	K	J	A
FROST	F	S	E	A	A	H	C	L	R	V	Z	D	H	O	T	B	U	E	T	A	B	R	P	T	X
SNOW	Z	A	A	U	T	T	C	R	K	B	Q	U	C	H	H	M	L	C	O	B	B	A	T	H	A
RAIN	Y	A	Y	T	M	S	B	D	L	R	C	O	X	M	F	N	H	L	J	N	O	K	D	U	B
WIND	N	Z	Q	I	D	B	U	P	I	Z	E	K	T	K	S	A	Z	S	N	T	V	O	A	O	U
UMBRELLA	S	T	O	O	B	O	R	D	W	K	E	T	B	Y	N	S	C	C	W	X	S	B	I	Z	V
RAINCOAT	N	T	K	G	D	G	U	E	C	V	S	G	A	U	X	A	I	A	L	Z	H	A	W	V	J
BOOTS	C	F	D	F	L	K	A	S	L	Z	X	Y	K	E	J	B	Y	R	X	N	T	F	U	T	T
SWEATER	G	F	L	C	D	W	N	N	U	L	X	K	N	B	W	K	J	V	Y	R	Y	X	U	U	C
SOLSTICE	W	X	C	B	R	A	I	N	C	O	A	T	D	U	O	S	S	E	S	F	S	Q	L	S	N
NEW YEAR'S EVE	H	S	V	N	F	N	H	A	H	H	W	V	J	C	M	U	E	S	Y	F	V	W	O	M	P
CHRISTMAS	A	E	A	S	Z	Z	S	D	I	B	R	R	F	A	C	G	B	J	U	G	Y	G	N	A	C
KWANZA	F	S	T	M	F	A	B	G	A	A	V	I	Z	U	M	D	F	K	K	Y	Z	J	D	C	Q
CHANUKKAH	M	T	X	M	T	M	L	N	N	T	W	X	M	V	A	X	Y	M	Z	T	J	O	J	G	K
KWANZAA	E	H	T	J	Z	S	I	N	C	D	G	Q	O	J	M	P	P	J	E	C	S	X	E	N	Z
SCARVES	W	G	Z	W	F	A	I	D	X	V	C	P	U	H	H	J	C	D	C	R	Q	U	Q	F	Z
LONG NIGHTS	Y	I	T	Y	R	V	H	R	F	Z	S	D	P	O	X	E	J	C	I	O	K	A	D	Y	X
SHORT DAYS	D	N	N	Q	K	D	A	S	H	O	R	T	D	A	Y	S	U	I	T	R	E	S	F	E	F
HOT CHOCOLATE	D	G	X	D	E	T	A	L	O	C	O	H	C	T	O	H	O	M	S	P	F	N	R	G	T
	F	N	V	G	F	Q	U	M	I	V	T	E	L	D	E	C	M	X	L	N	M	R	C	D	Q
	W	O	Z	W	M	F	G	R	X	T	G	J	P	Y	Q	K	L	F	O	S	A	V	O	E	X
	W	L	A	V	K	A	A	Z	N	A	W	K	L	G	H	A	Z	H	S	V	X	Y	X	S	M
	G	Q	K	U	C	A	F	D	N	Y	L	Y	R	R	Q	V	C	K	S	N	O	W	R	R	T
	L	Y	X	C	I	L	I	T	P	Z	A	Q	O	K	E	I	Z	X	K	F	T	F	Y	T	W
	T	N	M	J	Z	M	L	G	O	S	R	L	J	Z	E	V	E	S	R	A	E	Y	W	E	N

(Solution for the **Winter Wonder**, on page 3)

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