

# TODAY



**Hello Friends!**

*By Jean Talleyrand M.D.*



Happy Fall! MediCann and I were both born in the month of August, so I am partial to the high intensity, high energy summer months. At times, the lowering lights of autumn sometimes bring some melancholy; this fall feels different. The pace is fast and the summer intensity continues.

At MediCann, things are happening. Our patient record keeping system is being converted to digital form, improving access and efficiency, and helping our doctors provide better service. We've developed 15 natural health products that combine the safety and effectiveness of natural medicines with modern innovations of quantum science, soon to be featured on our website, HYPERLINK "<http://www.medicannusa.com>" [www.medicannusa.com](http://www.medicannusa.com) and at our clinics. Our "Typical Stoner" ad campaign is drawing attention everywhere on the spectrum including Radicals and Neocons alike.

Despite the excitement, change can be anxiety provoking. At MediCann, we provide education on the ways of health and well being through these anxieties. Our patients continue to be our primary focus and the Patient Committee for Responsible Medicine, (made of up volunteers, primarily MediCann patients) has taken on the challenge of keeping patients abreast of alternative therapies that do less harm to patients with chronic illness. In this newsletter, we will also highlight both traditional and non-traditional ways to treat Anxiety.

## • History of the Medical Marijuana - Part I •

*By Deborah Malka M.D.*

The use of marijuana as a medicine is undergoing a resurgence at a grassroots level. The hemp plant has a very long and varied history. Its considerable psychoactive properties have been both a source of interest and public debate for centuries. Some believe the term "marijuana" is derived from the Mexican words for "Mary Jane" or from the Portuguese word marigu-ano which means "intoxicant". And therein lies the problem in utilizing marijuana as a modern medicine, is it to be regarded as a therapeutic drug or an intoxicant?

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

### • Strike a Pose

Find and circle these 18 common Yoga poses

Y O C O B B L E R S H  
S D N A H D E S I A R  
S G F A E I C S P R A  
E K I E E A Y P Y O T  
D O R N T P Y L R I E  
D T E R O B S A A R O  
O W F N A I E N M R A  
G H L B L G P K I A F  
L E Y I D F E R D W F  
E E N I A T N U O M A  
N L R R I A R B O C T  
C B H M C O M P A S S  
E L G N A I R T E N T

- |              |            |          |
|--------------|------------|----------|
| PYRAMID      | GODDESS    | CAT      |
| MOUNTAIN     | HAPPY BABY | WARRIOR  |
| RAISED HANDS | BRIDGE     | WHEEL    |
| TRIANGLE     | COBRA      | COMPASS  |
| COBBLERS     | PLANK      | FIREFLY  |
| STAFF        | TREE       | SCORPION |

The remaining letters send a positive message:

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### What's New at MediCann!

• **24 hour verification online or by phone.**

We've made it easier for MediCann patients to be verified in minutes any time of the day or night. We provide online verification via the Internet and verification by phone. Ease your worries; the process is easy. All you need is a valid Patient ID number and Date of Birth.

• **Herbal Remedies.** Marijuana is a powerful healing herb as we all know, however there is more to the planet than one herb. We have compiled a list of our Top 20 Diagnoses. Dr. Richard DeAndrea, M.D., N.D. has compiled an easy to use herbal remedy for each of our Top 20 Diagnoses based on his broad knowledge of traditional medicine and naturopathic medicine. Herbal remedies will be able to be purchased online as well as in select clinics. Dr. DeAndrea is co-author of the popular 21 Day Detox Book sold at our clinics. The 21 Day Detox Book will also soon be offered online.

• **Patient Committee for Responsible Medicine.** This is a collective of patients interested in promoting self-actualized health care. This group supports patients in making decisions about their own health in order to prevent being victimized by a patronizing health care system. Their site provides excellent information on medical marijuana and its movement. [www.PCFRM.org](http://www.PCFRM.org) This site was started by one of our own MediCann patients. Check it out.

### COMING SOON! Stay Tuned.

Therapeutic Medical Massage services will be offered throughout our clinics in the near future.

## • Our Mission •

To empower people to be responsible for the health of their mind, body and spirit by providing and protecting a patients' right to choose the best medicine for themselves, their families, and the planet.

(cont. from page 1) The plant has been grown for fiber and as a source of medicine for several thousand years, but until 500 A.D. its use as a mind-altering drug was almost solely confined to India. Although the Chinese and Indian cultures knew about the properties of this drug from very early times, this information did not become general in the Near and Middle East until after the fifth century A.D., when travelers, traders and adventurers began to carry knowledge of the drug westward to Persia and Arabia. The Chinese documented its medicinal value, using seeds, leaves and sap as sedatives or painkillers and to treat fevers, nausea and ulcers. Herbalists made salves or ointments for burns and other wounds. Galen, and other physicians of the classical and Hellenistic eras, also noted cannabis as a remedy, and the Arabs started using the plant as early as the mid-1200s. Although there is evidence of cannabis use in Europe after Marco Polo returned from his journey to the east in 1297. Several years after the return of Napoleon's army from Egypt, cannabis became widely accepted by Western medical practitioners. Its medical use became more popular in the nineteenth century, when the British physician William B. O'Shaugnessy brought back an account of the remarkable effects of this plant from India. Even Queen Victoria is said to have sipped marijuana tea prescribed by her court physician to treat menstrual cramps. With the rise of the literary movement of the 1840-1860 period in France cannabis became somewhat popular as an intoxicant of the intellectual classes. It also moved across North Africa, appeared in Latin America and the Caribbean, and finally entered the United States in the early decades of this century. There are accounts of the hemp plant being used in the

United States prior to its medicinal purpose. By the 1800s, cannabis as a medicine was common throughout most of the world. It was used as the primary pain reliever until the invention of aspirin. In



the United States, medical interest in cannabis use was evidenced in 1860 by the convening of a Committee on Cannabis Indica of the Ohio State Medical Society. Between the period 1840-1890, it was reported that more than 100 articles were published recommending cannabis for one disorder or another.

The medical use of cannabis declined in the early 20 century with the rise of other, more easily measured pharmaceuticals and it began to lose support of the medical profession. It was during the years between 1890-1937 that cannabis lost its image as a medicine and was left with a disreputable image as an intoxicant. During the same era, opiates were also undergoing a similar image shift in the United States. Nevertheless, prior to 1937 at least 27 medicines containing marijuana were available in the US. Strong public reaction coupled with a campaign in the public press led to a federal anti-marijuana law in 1937. (The drug was illegal in many states before 1937). By the time the US banned cannabis (the third country to do so) with the Marijuana Tax Act the plant was no longer extremely popular. Thus, the medical profession was denied access to a versatile pharmaceutical tool with a history of therapeutic utility going back thousands of years. In 1972 Tod H. Mikuriya M.D. reignited the debate concerning marijuana as medicine when he published "Marijuana Medical Papers 1839-1972".

## Anxiety and Panic Disorder

### What is Anxiety Disorder?

Worry and stress in life is an every day occurrence. Anxiety Disorder is when worry is excessive and ongoing, and impedes normal functions. Associated symptoms may include trouble falling asleep, muscle tension, irritability, difficulty concentrating, restlessness, shortness of breath, pounding heartbeat, and fatigue.

### What is Panic Disorder?

Panic Disorder refers to specific episodes of intense fear or anxiety with associated symptoms that occur suddenly. Some of these symptoms include heart racing, chest pain, shortness of breath, a feeling of choking, dizziness, nausea, cramping, sweating, tingling in the hands and feet, and chills or hot flashes. These episodes can last from minutes to hours. What triggers the panic attack may or may not always be obvious. Concurrent medical conditions may include mitral valve prolapse, cardiac arrhythmias, hyperthyroidism or seizures.

### How does traditional medicine manage Anxiety and Panic Disorder?

Traditional medicine promotes psychotherapy, including the more popular and recently developed Cognitive Behavioral Therapy. Medication is also used in indicated cases. Typical pharmaceuticals include anti-anxiety medicines such as benzodiazepenes (Valium, Xanax, Ativan, or Klonopin) or serotonin agonists (Prozac, Zoloft, Welbutrin, Effexor, or Buspar). Anti-anxiety pharmaceuticals tend to build tolerance as quickly as two weeks and are best used as a short term solution. Serotonin agonists are better for longer term solutions.

### Medical Marijuana and Anxiety or Panic Disorder

There are as many varied responses to using marijuana for anxiety as there are solutions. A successful treatment for Anxiety or Panic Disorder seems to be more dependent on the individual than the therapy. In fact, some patients report marijuana causing anxiety rather than alleviating it. That being said, the fact remains that among MediCann patients, Anxiety is the fourth most common reason for medical marijuana use and Insomnia (often the result

of anxiety) is third. The 1999 Institute of Medicine report on Marijuana and Medicine repeatedly acknowledges the anti-anxiety affects of marijuana. The anxiety relieving mechanism of marijuana is still

unclear and needs further study. What is clear is that the marijuana relieves some symptoms that are caused by Anxiety or Panic Disorder. Marijuana relieves insomnia and muscle tensions. The mood elevating euphoria of marijuana may relieve a concurrent depression. Studies indicate that it is the CBD (cannabidiol) in marijuana and not the THC that has anti-anxiety properties.† † Consequently, teas or preparations with higher leaf content would have a better anti-anxiety effect.

### Alternative Therapies

There are many alternative or complementary approaches to anxiety. As with all medical conditions, it is important that you work with your primary health provider to establish an approach to resolving the condition that causes anxiety. A good nutritional assessment is a good way to begin investigating alternatives. Decreasing caffeine, alcohol, and other stimulants relieve the more common external sources of anxiety. Supplements such as GABA (an inhibitory neurotransmitter) and 5-HTP (a pre-serotonin, amino acid) may help with sleep and mood, respectively. Popular herbal relaxants other than marijuana often used for anxiety are Kava kava, Passion flower, and Oat seed. Homeopathy promotes a medication called Calms forte. Other therapies used are Biofeedback, Acupuncture, Relaxation Therapy, Expressive Dance an Art Therapy, Massage Therapy, Meditation, and Aromatherapy.

†Zuardi A.W., I. Shirakawa, E. Finkelfarb and I.G. Karniol, 1982. Action of cannabidiol on the anxiety and other effects produced by delta-9-THC in normal subjects. *Psychopharmacology* 76: 245-250.

†Guimarães, F. S., 1990. Anti-anxiety effect of cannabidiol in the elevated plus-maze. *Psychopharmacology* 100(4)



### Bulletin Board

#### New Locations! MediCann is in Long Beach and Fresno

**Community Service** - MediCann has sponsored Kristina Soriano, as a tri-athlete, to raise funds for the Leukemia & Lymphoma Society. The Leukemia & Lymphoma Society is the world's largest voluntary health organization dedicated to funding blood cancer research, education and patient services. The Society's mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Since its founding in 1949, the Society has invested more than \$550.8 million for research specifically targeting blood cancers.

To my sister,

A beautiful soul tenderly emerging from darkness into light.  
So brave and strong in faith to fulfill her plight.  
How transforming it is to illuminate shadows & conquer fears.  
To be full of warm laughter & not of blue tears.  
Fear of the sea is no more.  
Now free from mental monsters and minimizing thoughts.  
She is evolving into a free & beautiful bird soaring  
to a limitless sky.

Thanks to all those who encouraged her to fly HIGH. God bless MediCann, Dr. Talleyrand and all those who contributed to my sister's cause. May peace and light fill all of your lives.

Peace and Love,  
Melissa Soriano

