

TODAY



Hello Friends! *By Jean Talleyrand, M.D.*

In a time of wakefulness, spring often makes me sleepless and tired. I'm not sure what it is; maybe the excitement of new things to come keeps me awake.

The sun suddenly is out until after 7 pm, making dinner time 8 or 9 pm and bed time much later as I squeeze every hour of outdoor time I can. The California wildflowers and deciduous trees that are flowering or budding may be causing my pollen allergy and sinuses to act up and my quality of sleep to come down. Or, maybe it's my anxiety worsening as I fall behind on all the New Year's resolutions I set. Either way, Insomnia (the the perception or complaint of inadequate or poor-quality sleep) is prevalent with varying causes. It is one of the top 5 reasons why MediCann patients use medical marijuana. Marijuana is an effective treatment against insomnia because it works consistently without residual drowsiness or build up of tolerance. Another interesting side effect of cannabis use is that it prevents dreams. One might think that not being able to dream is a negative side effect. But, for the 25 to 58% of combat veterans who are experiencing nightmares and flashbacks associated with Post Traumatic Stress Disorder, marijuana is welcome relief. In order to improve our health, we usually need to understand the underlying causes. With Insomnia, understanding is not always beneficial. Some, like combat veterans or abuse victims cannot alter the incidence of their condition. On the other hand, appropriate exercise, proper eating habits, stretching or meditation can improve almost any situation.

Yours in health,

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

STRESS MANAGEMENT

BY DEBORAH MALKA MD, PHD

Stress has a great impact on our health. It has been estimated that, stress is the most common cause of ill health in our society, probably underlying as many as 70% of all visits to family doctors.

WHAT IS STRESS AND WHAT CAN WE DO ABOUT IT?

Stress has historically been defined as "the nonspecific response of the body to any demand made upon it." To meet this demand, we gear up with a fight-or-flight response. This involves a surge in the functioning of the sympathetic nervous system and a decrease in the parasympathetic response. Our bodies increase their production of adrenaline, a stimulating neurotransmitter, which leads to an increase in cortisol, a stimulating hormone.

The changes include an increase in heart rate and blood pressure (to get more blood to the muscles, brain and heart), faster breathing (to take in more oxygen), tensing of muscles (preparation for action), increased mental alertness and sensitivity of sense organs (to assess the situation and act quickly), increased blood flow to the brain, heart and muscles (the organs that are most important in dealing with danger) and less blood to the skin, digestive tract, kidneys and liver (where it is least needed in times of crisis).

In addition, there is an increase in blood sugar, fats and cholesterol (for extra energy) and a rise in platelets and blood clotting factors (to prevent hemorrhage in case of injury). Once the stress ends, our system tries to restore balance and return to normal functioning. However, if stress is chronic, restoration cannot occur, and instead of feeling energized, one can feel fatigued.

SOME OF THE DISORDERS ASSOCIATED WITH STRESS ARE:

- | | |
|----------------------|---------------------|
| -Anxiety | -Impotence |
| -High blood pressure | -Headaches |
| -Depression | -Diarrhea |
| -Weak Immune System | -Change in Appetite |
| -Sleeplessness | -Fatigue |

(Cont. on page 2)

(Cont. from page 1)

Cannabis is well suited to treat many of the symptoms of stress. If we look at the list of disorders above, we can see that cannabis can be an effective tool for the treatment of almost all of them. The active components of marijuana, cannabinoids, affect many biological processes including appetite regulation, pain (including headaches), anxiety, mood, sleep and blood pressure.

The causes of stress are identified as “stressors” or “triggers”. In these difficult economic times we are faced with many stressors, such as loss of income, loss of jobs, perhaps having to move or stop one’s education. It is essential now, even more so than in easier times, to learn how to handle stress – this may also be termed as stress management.

THE ABC’S OF STRESS MANAGEMENT HAVE TO DO WITH KEY CONCEPTS

- A**-Alter, avoid or accept the stressor
- B**-Behavioral modification
- C**-Change-change your behavior
 - Change your thinking
 - Change your lifestyle choices

If you can’t avoid stress then you need to manage it. The means to manage stress is long and multi-faceted. These are -

1) DRUGS THAT HELP DEAL WITH STRESS

Stress is often accompanied by anxiety and insomnia, so drugs used to treat these disorders are often prescribed. (See previous MediCann Newsletters for a review of these conditions). Anti-anxiety drugs decrease arousal and relax the body by reducing tension in the muscles. The most commonly prescribed anti-anxiety drugs belong to the family benzodiazepines.

Long-term stress is often accompanied by high blood pressure. Beta-blockers are drugs that block receptors in the heart, which are stimulated by noradrenaline. In this way, they decrease sympathetic activity and lower blood pressure.

2) PSYCHOLOGICAL AND RELAXATION THERAPIES

These can include counseling, biofeedback, hypnosis and meditation. Many lifestyle changes and relaxation therapies that help are given below:

- | | |
|------------------------|---------------------------|
| -Go for a walk | -Exercise regularly |
| -Spend time in nature | -Savor a warm cup of tea |
| -Get a good workout | -Play with a pet |
| -Call a good friend | -Work in your garden |
| -Write in your journal | -Get a massage |
| -Take a long bath | -Curl up with a good book |
| -Watch a comedy | -Listen to music |

3) HERBS AND SUPPLEMENTS TO HELP DEAL WITH STRESS

EARLY PHASE (when you are overstimulated)

Licorice root, Kava Kava, Rhodiola, Phosphatidylserine.

LATE PHASE (when you are fatigued)

Licorice root, Ginseng, DHEA, L-Tyrosine.

The important thing to consider is which of the many symptoms of stress do you have? Are you in the early – overstimulated, jittery phase and need to calm down, or are you in a later, more fatigued phase and need a pick-up? Different strains of cannabis are effective for calming, just as different herbs may be used for calming, while others may be used for restoration and improving energy. One thing that is universal for all stages of stress is to relax, meditate, maintain your health, eat healthy, get a good night’s rest and stay positive.

CANNABIS TEA

Cannabis tea is an infusion of cannabis—usually the leaves of the plant are steeped in hot water. Typically, herbal infusions are used for delicate herbs, leaves and fresh tender plants.

With cannabis, tea making is not as simple as just adding water to the leaves and letting them steep. The primary medicinal components in cannabis, THC and other cannabinoids, are not water-soluble. While the oils are definitely not water-soluble, they can be extracted crudely by boiling the leaves; the heat makes the oil malleable and the boiling action strips it from the leaves. Adding either some alcohol or some oil to the mix is required to help them dissolve.

Historically cannabis tea has been prepared by many cultures, some as medicine, some as a ceremonial drink, and others for intoxication. The oldest culture that has traditionally used cannabis in tea form, and in fact has a special name reserved for the tea is India.

In India cannabis tea is referred to as Bhang, which is tea mixed with cannabis. It’s mainly a ceremonial drink. It was common in India to serve a glass of your finest Bhang to guests. It’s also used as an offering to gods and is considered to enforce the spirit to help fight off illnesses. There are many recipes for preparing Bhang; its generally spiced with cinnamon, cloves, and nutmeg then sweetened with a bit of sugar or honey. Some recipes call for adding milk or alcohol to it as well.

MEDICANN APOLOGIZES FOR ANY PROBLEMS THAT YOU MAY HAVE FACED WITH OUR PHONE SYSTEMS. WE ARE IN THE PROCESS OF CHANGING THE SYSTEMS TO ACCOMODATE OUR GROWING NEEDS.

THANK YOU FOR YOUR PATIENCE.

Another culture in which cannabis tea is important is In Jamaica. Here it is called Ganja tea. In Jamaica drinking cannabis is looked upon completely differently than smoking it. Ganja tea is often used as medicine, particularly in the countryside, and is a widespread custom in many families. However, ganja tea is not made from the same, ripened and dried plants that are used for smoking. Ganja tea is drawn from the young, green plant, and is often made just as one would regular tea, so is not very potent. The tea is said to make the body strong and less susceptible to illness. It is also often drunk, if someone suffers from a fever or a cold. Furthermore, ganja is said to be a good remedy for stress.

There are many recipes for Cannabis Tea, yet they are all similar. Some are given below for your tea pleasure. Drink one or more cups to achieve the same effects as you would from smoking the cannabis. Remember that the effects will last a little longer, up to 6-8 hours, enough for a good night's sleep!

RECIPES

Teas can be made from water or milk, soy, seed, nut or rice milk. Some recipes even call for butter or cream which is higher in fat content. The active ingredients are oil soluble. You can let the tea steep for 1-2 hours in water and add a tsp. of butter. The effects vary so begin by steeping for a short time period, increasing as needed. Using milk requires a longer cooking time (no less than 2 hours). You can do it overnight in a crock pot. Add a cup of 'milk' (you can use soy milk or nut milk) and 2 heaping tbs. of marijuana leaf to the container, simmer on a low heat. A half ounce of hard liquor to a cup of boiling water increases the tea's potency quite a bit.



(Recipes below are from Marijuana Tea.com)

BILLY'S MARIJUANA TEA

- 4 cups water
- 1 cup marijuana leaf
- 2 of your favorite tea bags
- honey (optional, but good)
- milk/soy milk/rice milk (optional, but good)

Boil water and leave the leaf simmering in the water for about 15 min. Add tea bags and or milk/honey and boil for another 5-10 min. If adding milk, pour very slowly so the milk doesn't curdle. Or microwave the milk first so it's a little warm as it hits the boiling tea.

CANNABIS BUTTER TEA

Make butter add a dollop to your favorite tea, black green or herbal.

- 4 cups water
- 2 sticks unsalted butter
- 1 pot marijuana leaf (approx. 3 ounces)
(use less if using bud)

Bring butter and 3 cups water to a boil. Add as many marijuana leaves as you can fit in your pan and cover with the butter/water mixture. Mash and stir frequently to make sure all THC is extracted from the leaves into the butter. Continue boiling for about 1 hour. After cooking, strain butter from leaf using a cheese cloth. Boil a cup of water and use it to rinse out every last drop of butter from the leaves. Be sure to squeeze the leaves well to get all the butter out. Put liquid in fridge (or freezer) to cool. When the butter solidifies, drain remaining water. The butter will keep in a fridge or freezer, but it keeps best in cooked food!

SPRING RADIANCE SOLUTION



PATIENT TESTIMONIAL

ANONYMOUS

My buddies and I drove to the Sierra mountain range to a friend's cabin. At night while making a run to the nearest store, Tom lost control of the wheel. The truck rolled over a few times and landed upside down, wrapped around a tree. I was numb and pinned in the backseat. They pulled me out and we found our way back to the cabin.

By morning it was apparent that I needed medical care. We drove to a hospital three hours away and I was immediately put on traction for the next two weeks- my neck had broken on impact. (Traction refers to a set of weight mechanisms for straightening broken bones or relieving pressure on the skeletal system)

The pain was intense and I was miserable. The high doses of morphine, methadone, and dilaudid added to the many prescribed muscle relaxants and anti depressants took care of most of the pain but they made me a zombie. I felt drugged and slow. My mind refused to work. Other side effects became obvious; loss of appetite, listlessness, hallucinations, I began to talk to myself, and forget where I was.

Finally home, after major neck surgery where my spinal cord was put together with titanium nuts and bolts (They rebuilt and fused together my vertebrae C3, C4, C5 and C6), the forced immobility made me rethink my life and reassess my alternatives to a safer more wholesome healing regime.

Determined to find a kinder method for pain control, I came across various articles on medical marijuana. Faced with severe lifelong pain issues I considered the healing analgesic properties of cannabis seriously as an alternative to the prescribed drugs. I took these articles to my doctor and he openly recommended and discussed this option with me. Considering cannabis is such a taboo topic in most other places in the world the fact that I live in California came as a blessing.

It's been two years since my accident. I live with pain yet I am mobile and function well. I doubt I could've said that had I continued taking the prescribed medication I was put on. I am not on morphine, methadone, and dilaudid. I am on medical marijuana.

I need a high dosage of the medicine to keep the pain in control. 5-10 joints a day depending on the intensity of the pain. I also discovered that topical ointments are extremely helpful. They are available at many of the dispensaries. Direct application of this balm works better than Ben gay for me. I apply it 3 times a daily.

In my perspective, cannabis is God's gift to mankind. In its natural form it is one of the safest therapeutically active, non toxic substances known to man. The side effect of the

medication I was put on before is permanent organ damage and disintegration of the body. Euphoria is a side effect of cannabis.

SPRING RADIANCE

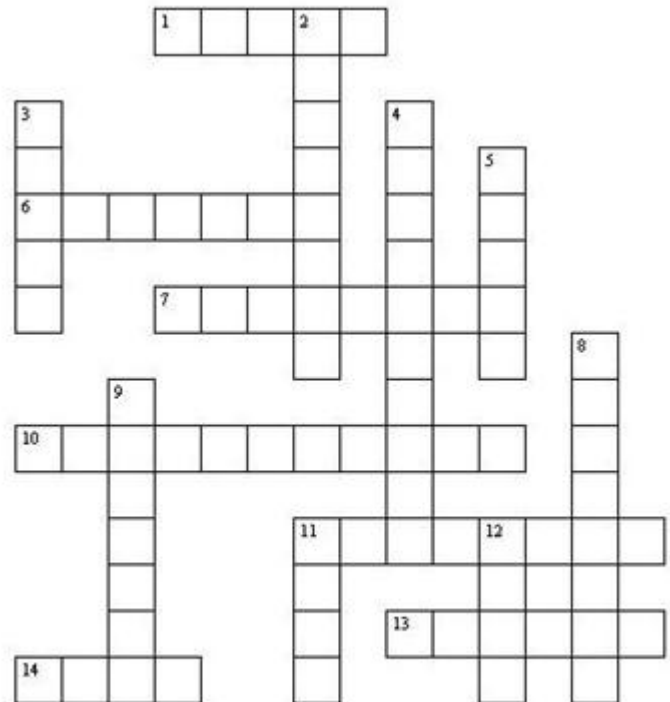
A quick crossword puzzle for you to solve !

ACROSS

- 1 A state of tranquility or serenity
- 6 A place or state characterized by freedom from or oblivion to pain, worry, and the external world
- 7 To think or reflect, especially in a calm and deliberate manner
- 10 A joyful occasion for special festivities to mark some happy event
- 11 Brightness or radiance/ cheerfulness or happiness
- 13 Soundness of body or mind/ freedom from disease or ailment
- 14 The right occasion or opportunity

DOWN

- 2 The dried leaves and female flowers of the hemp plant
- 3 A series of motions and steps, usually performed to music
- 4 A feeling of deep sympathy, accompanied by a strong desire to alleviate the suffering
- 5 Environmentally sound or beneficial
- 8 The quality or condition of being human
- 9 The condition or time of flowering, to flourish and prosper
- 11 To utter a series of words or sounds in musical tones
- 12 To make healthy, whole, or sound; restore to health; free from ailment



(Solution for Spring Radiance on page 3)

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