

PROTECTING PATIENTS SINCE 2004

MediCann TODAY

A PRESCRIPTION FOR CHANGE



Hello Friends!

I saw an older patient the other day feeling low back pain. In her young life she had been a cross-country runner. It was a role that after two sprained left ankles had resulted in an occasional limp. The years that followed went without consequence. Sometimes she might feel a little tight when she got out of bed in the morning but an easy jog usually loosened her up. Often, she wasn't sure exactly what hurt. It seemed like it could be her hip, a twinge in her knee or maybe her previously injured ankle sending the aching reminder of an active youth to her lower back.

Our patients do not always appear dramatically ill. The chemotherapy victim that loses hair and needs cannabis to stimulate appetite and tolerate nausea has obvious signs of illness. Even more often, MediCann physicians will evaluate a normal looking individual, who quietly carries a lifetime of wear and tear. Cannabis can be just as important a tool for tolerating daily pains as tolerating the extreme side effects of pharmaceutical poisons.

My patient and I talked about how her old ankle sprains had her favoring the right side of her body. The muscles supporting and protecting her back were stronger on the right side of her spine, pushing the vertebrae out of alignment. Eventually the spongy disc between the bones began to bulge and impinge on a nerve. She experienced sharp pains, numbness and tingling from her buttocks down through the back and side of her leg. Her diagnosis was sciatica. We talked about changing her exercise strategy to incorporate some

yoga stretches and to reduce her running until the stretches coaxed the vertebrae back into alignment. Topical cannabis could be beneficial for her pain during the day, while ingesting cannabis would help her get a good night's sleep.

I know that despite our healthiest efforts, illness can sneak into our lives. Having a safe, effective medicine is *everyone's* right.

Yours in health,

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

Raw Cannabis – Medicine Without the High

BY DEBORAH MALKA MD, PhD

Cannabis in its raw state provides a "super-green" food, high in chlorophyll, giving our cells oxygen, antioxidants and medicinal cannabinoids. In addition, the vitamin/mineral content of the plant is most highly preserved in its raw state. It is a difficult plant to eat raw, due to the stalactites (tiny hairs on the stem) that may irritate the mouth, throat and stomach. The flowering tips, more concentrated in the cannabinoids, are usually full of a sticky resin that sticks to your mouth if you try to chew it and may taste bitter. One can avoid these problems by taking only tender young leaves or by juicing the leaves and buds.

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Raw cannabis as a medicine has rarely been studied, mostly because it has a low content of THC, the chemical in cannabis that causes the psychoactive effect. So, if not to “get high”, why would anyone want to deal with the discomfort of eating prickly sticky plant matter, needing a significant fresh plant supply and the possibility of ingesting mold or other contaminants in order to use it raw? It turns out that in California, due to the liberal growing allowances in some parts of the state, enough patients have been able to experiment with raw cannabis to rediscover its remarkable medicinal properties. I met such a patient this past year, who presented at the International Cannabinoid Research Society Conference. She has had multiple serious chronic diseases, all improved to the most remarkable extent that I have ever seen in my experience with over 10,000 medical marijuana patients. When I asked her to what she attributes her success, she replied, “Using raw cannabis” (See Kristen’s Story in this newsletter). Kristen was treated by Dr. William Courtney in Mendocino, CA, who is at the forefront of the use of raw cannabis as medicine. An increasing number of medical marijuana patients in Humboldt and Mendocino are exploring juicing the raw leaf. A dispensary in Arcata has given out juicers to some patients, provided free raw leaf and is gathering data on its effects.



You may want to juice with carrots to cut the harsh taste of the raw cannabis. The taste is largely absent in the more common form of consumed cannabis. (Photo: freerangestock.com)

Fresh green raw leaf should be used, taken right off the plant, not dried or heated in any way. If you dry the leaf/bud, it’s not really raw and its chemical composition changes. Dr. Courtney advises the use of large shade leaves, or fan leaves picked from a plant that is 3 months of age. The leaves should be soaked in water

for 5 minutes before juicing. 8-10 leaves a day is one dose for one person. Most mix it with other juices to improve the flavor or add some raw honey. Split the juice into 5 parts for 5 doses per day. A recent Washington Post interview with Dr. Courtney comments, “Maybe nowhere else in the country could a pot doc advise growing 40 plants—enough for one juicing each day on the 45-day cycle required of the auto-flowering strain. Not only is it possible here, but a striking number of patients truly do not want to get high” (1).

It is currently thought that raw cannabis has medicinal activity due to the presence of cannabinoid acids. All natural cannabinoids (such as THC and CBD) come from precursor carboxylic acids. This



Even leaves are a useful part of the cannabis plant. (Photo: JV-PC)

carboxyl group is unstable; heat, light, or alkaline pH makes it evaporate as CO₂, resulting in the more well researched cannabinoids. Even just drying for a while causes these precursors to break down. THC-Acid is not psychoactive, and accounts for almost all of the cannabinoid content in the raw plant. We don’t yet know what part of the medicinal properties of raw cannabis is due to these acids, what part is due to the nutrition in the raw food and what part relates to the detoxification process that accompanies the inclusion of raw juice in one’s diet. The action of cannabinoid acids is currently being researched (2).

Raw cannabis may be a good way to try your medicine during these warm summer months. For more information and ways to prepare raw cannabis, visit

Key for Sudoku Fun Time:

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

the following website:

<http://www.cannabis.uk.net/raw%20cannabis/RAW%20CANNABIS.htm>

Resources:

1) Vick, Karl, "Form of medical marijuana won't get you high, but it's creating a buzz." Washington Post (June 1, 2010) <http://www.washingtonpost.com/wp-dyn/content/article/2010/05/31/AR2010053103231.html> .

2) Verhoeckx, Kitty C.M. et al., "Unheated Cannabis sativa extracts and its major compound THC-acid have potential immuno-modulating properties not mediated by CB1 and CB2 receptor coupled pathways." International Immunopharmacology 6 (2006) 656– 665.

Carrot Lemonade: Raw Juice Recipe

ORIGINAL RECIPE BY CARRIE W., LIVING-FOODS.COM

- 4-5 medium carrots
- 1/2 medium lemon
- 1 mildly tart apple (fujis or galas are nice)
- 1 small 1.5 - 2 " wedge red cabbage
- 1 quarter-size round of ginger
- 2-3 raw cannabis leaves

Cannabis leaves should be soaked in water for 5 min-



Juice. (Photo: freerangestock.com)

utes before juicing.

Juice all ingredients. Preferably, ingredients should be raw and organic. Serve and enjoy!

Makes a yummy carrot juice with a tang of lemon.

Makes 1 large or 2 small servings. Includes only 1 of 5 daily doses of cannabis.

Kristen's Story

A PATIENT TESTIMONIAL

Presented at the International Cannabinoid Research Conference, July 2009. (Reprinted with the permission of the author Kristen Peskuski.)

I am a female patient that was diagnosed with rheumatoid arthritis and lupus at age 16. I was diagnosed with Interstitial cystitis and unsuccessfully treated with chemotherapeutic installations, urethral dilatations, and bladder dilations under general anesthesia to mechanically avulse the nerves enervating the bladder, six times. Bladder failure required daily self-catheterization for over 2 years. Additionally, I have had chronic fatigue syndrome, marked hypoglycemia, asthma, endometriosis, chronic sinusitis, chronic bacterial infections and severe allergies to almost all medications. Pre-cancerous cell growths were removed twice from my cervix and I was also diagnosed as sterile. I underwent 14 surgical procedures and treatment in 5 states, including Mayo Clinic. Despite these efforts, I was bedridden for 3 ½ years, taking over 40 medications a day, such as Plaquinyl, Methotrexate, Methadone, Vioxx, Morphine and Prednisone, to alleviate symptoms, boost the immune system and control side effects of other medications. After years

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of multiple antibiotics I developed antibiotic resistance and could be described as hyperinflamed and hyper-reactive. I finally got anaphylactic shock as a reaction to medications which resulted in liver failure. On stopping all the medications, I got withdrawal seizures and hypothyroidism. In 2006, I moved from St. Charles, Illinois to California to use medicinal cannabis and tried up to very large quantities. I smoked or ingested up to 14g per day! I was in less pain, was having less infections, and the symptoms of many of my chronic diseases decreased. I was ingesting capsules made from the green cannabis leaves for one year with continued improvement. I progressed to using fresh juiced leaves in 2008, using 10-30 leaves freshly juiced, which I drank throughout the day, in 3-5 doses, because the effect peaks for only a few hours. My remission now became dramatic! All conditions cleared up, my autoimmune blood tests became normal and I became pregnant! The pre-cancerous skin flap has disappeared. My RA

titer was negative for the first time in 13 years. I avoided back surgery and a third sinus surgery. I was able to get off regular antibiotic usage for the first time in 6 years. My recent pregnancy, during which I continued green leaf therapy after consulting with my OB-GYN and rheumatologist at UCSF, was full-term and produced a perfectly healthy baby girl. During the 6th month of pregnancy I had to stop cannabis due to the constraints of traveling and after one month my immune system began to falter especially with a lung infection and increased autoimmune blood markers. With restored juicing of cannabis leaves, my symptoms cleared and I was able to have a full term pregnancy with no complications. It is clear that there are components in the fresh green leaves that have contributed to my remarkable recovery. I hope that these issues will be studied more in the near future and that other people can benefit from the potent properties of fresh green leaf cannabis.



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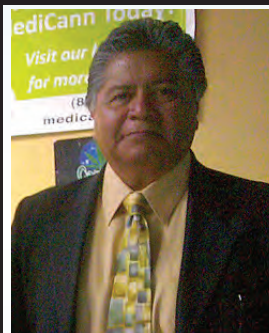
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Protecting Patients since 2004.

SUDOKU FUN TIME

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!

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



Meet Officer Joe Valle of MediCann

To better serve our patient community, MediCann is collaborating with retired law enforcement officer Joe Valle to help spread the truth and compassion behind medical cannabis. Tips and advice from MediCann's Officer Joe Valle will be coming to our website (medicann.com) soon!

Officer Joe Valle toured in Viet Nam in 1967 as a MP in the Marine Corps. In 1970, he became an Alameda Deputy County Sheriff and served for five years. In 1975, Officer Joe became a full-time police officer for the City of Richmond. He served in Richmond until 2004 and then retired from his last tour of duty as a Homicide Detective. With MediCann, he will be meeting with police officers to teach and inform them of the health benefits and laws around cannabis.

DISCOUNTS AVAILABLE FOR YOUR MEDICAL CANNABIS RECOMMENDATION

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