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# CANNABINOID CHRONICLES

## Medical Cannabis News and Information

### **The Potential Health Benefits of Juicing Cannabis**

Juicing cannabis is a practice similar to juicing vegetables: a raw product is mulched/blended and then consumed orally, preserving beneficial enzymes and nutrients. Why do this with cannabis? Why not?

Dr. William Courtney, dietary raw cannabis specialist, claims, "It (cannabis) has captured these molecules that help our bodies regulatory system be more effective. The bottom line is it's a dietary essential that helps all 210 cell types function more effectively. I don't even refer to it as medicine anymore, strictly as a dietary essential."

By juicing the cannabis, you receive most of the medical benefits of the plant without the "high". Cannabis in its raw form is still psychoactive, just not like the medicating effects you are used to from smoking or eating an edible.

Raw cannabis contains cannabinoids that are precursors to the more well known cannabinoids. For example, raw cannabis contains THCA and CBDA; when heated, they are converted into THC and CBD. Smoking cannabis may yield only 10 mg of THC where oral ingestion of THCA can yield from 500 to 1000 mg of THCA, levels where the anti-oxidant and neuro-protective levels come into play.

"It is this dramatic increase in dose from 10 mg of psychoactive THC to the 500 mg – 1,000 mg of non-psychoactive THCA, CBDA, and CBGA that comprises the primary difference between traditional 'MedicalMarijuana' and Alternative Cannabinoid Dietary Cannabis."

Concerns over possible cannabinoid toxicity due to high doses suggest more research is needed. (Tips on page 3)

Sources: [www.medicaljane.com/2013/01/19/cannabis-the-foundation-of-health/#](http://www.medicaljane.com/2013/01/19/cannabis-the-foundation-of-health/#)

### **Centre for Addiction and Mental Health Backs Legal Cannabis**

The Centre for Addiction and Mental Health of Toronto is calling for cannabis legalization. "Legalization means that we remove all penalties for cannabis possession and use by adults," said Jurgen Rehm, director of social and epidemiological research at CAMH. "Canada's current system of cannabis control is failing to prevent or reduce the harms associated with cannabis use," he said October 8. "Based on a thorough review of the evidence, we believe that legalization combined with strict regulation of cannabis is the most effective means of reducing the harms associated with its use."

Read their policy here: <http://mapinc.org/url/sCod1dXx>

Sources: <http://www.mapinc.org/drugnews/v14/n802/a02.html?176>

### **Feds to Appeal August B.C. Court of Appeal Ruling**

Like a (mad) dog with a bone, and using Canadian tax dollars, the federal government is planning to appeal the BC Court of Appeal's decision of August 2014 (restriction to dried cannabis found unconstitutional), fighting once *again* against the logic of allowing people who are prescribed cannabis for their health issues the right to consume it legally in any form they wish. If a physician prescribes cannabis, what difference does it make by what form it is ingested? In fact, wouldn't non-smoking be a preferred route? Stay tuned....

Sources: <http://fullcomment.nationalpost.com/2014/10/16/marni-soupcoff-the-war-on-pot-brownies/>



# **International Association for Cannabinoid Medicines (IACM) Bulletin**

## **Cannabis rated most effective alternative treatment for pain by women in survey**

Medical cannabis has been rated the most effective alternative treatment for relieving chronic pain, according to the results of a new survey. The online survey of over 2,400 women in chronic pain was conducted by National Pain Report. Given a choice of 11 different alternative therapies, many women said they had tried several treatments in the past year. While cannabis was one of the least used alternative therapies, it quickly rose to the top when women were asked about the effectiveness of treatments they had tried. Nearly 80% of the 431 women who used cannabis said it helped relieve their pain.

Many women said they were curious about medical cannabis, but were afraid to try it because cannabis is illegal in the countries and states where they live. "I would LOVE to try Medical Marijuana," wrote one woman. "But it is not available legally in Australia and I shouldn't have to commit a crime just to have a chance at living pain free." "Marijuana... helps more than Tramadol, but I can't legally get it in Finland. Even if I could get a prescription, it's too expensive for me," wrote another woman who suffers from osteoarthritis and back pain.

**Source:** <http://americannewsreport.com/nationalpainreport/marijuana-rated-most-effective-alternative-treatment-for-pain-8824875.html>

## **Cannabis spray effective against neuropathic pain in long-term study**

The THC/CBD spray Sativex was beneficial for the majority of patients with peripheral neuropathic pain. This is the result of a long-term open study led by researchers of Solihull Hospital, UK. In total, 380 patients with peripheral neuropathic pain associated with diabetes or allodynia (increased pain sensitivity) entered this study from two randomized, controlled trials. Patients received Sativex for a further 38 weeks in addition to their current pain therapy.

In total, 234 patients completed the study (62%). The pain score showed a decrease over time in patients from a mean of 6.9 points (baseline in the controlled studies) to a mean of 4.2 points (end of open study). The proportion of patients who reported at least a clinically relevant improvement in pain continued to increase with time. At least half of all patients reported a 30% improvement at all time points.

**Source:** <http://www.ncbi.nlm.nih.gov/pubmed/25270679>

## **Cannabinoids reduce bowel inflammation**

Cannabinoids alleviate experimentally induced intestinal inflammation by acting at central and peripheral cannabinoid receptors in mice.

**Source:** <http://www.ncbi.nlm.nih.gov/pubmed/25275313>

## **Cannabidiol improves quality of life in patients with Parkinson's disease**

There may be a possible effect of CBD (cannabidiol) in improving quality of life in patients with Parkinson's disease. This is the result of a study conducted by Brazilian researchers of the University of São Paulo. From a sample of 119 patients consecutively evaluated in a specialized movement disorders outpatient clinic, they selected 21 patients without dementia or comorbid psychiatric conditions. Participants were assigned to three groups of seven subjects each, who were treated with placebo, 75 mg CBD daily or 300 mg CBD daily.

The administration of 300 mg doses of CBD per day was associated with "significantly different mean total scores" in subjects' well-being and quality of life compared to placebo. However, CBD did not mitigate general symptoms of the disease, nor was it shown to be neuroprotective. "This study points to a possible effect of CBD in improving measures related to the quality of life of PD patients without psychiatric comorbidities," authors wrote.

\* - Comorbidity is the presence of one or more additional disorders (or diseases) co-occurring with a primary disease or disorder; or the effect of such additional disorders or diseases.

**Source:** <http://www.ncbi.nlm.nih.gov/pubmed/25237116>

## **More than 90% find cannabis helpful in treating medical conditions according to survey**

Cannabis was used by more than 5% of Californian citizens for medical purposes and more than 90% said it was helpful in their condition. Researchers of the Public Health Institute in Sacramento, California, used data from the California Behavioral Risk Factor Surveillance System 2012, an annual, state-wide telephone survey that collects health data from a representative adult sample.

Five percent of 7525 adults in California reported ever using medical cannabis, and most users believed that medical cannabis helped alleviate symptoms or treat a serious medical condition. Prevalence was similar when compared by gender, education and region. "Our study's results lend support to the idea that medical marijuana is used equally by many groups of people and is not exclusively used by any one specific group," the authors write. Adults of all ages reported medical cannabis use, although young adults were the most likely to use it.

**Source:** <http://www.ncbi.nlm.nih.gov/pubmed/25255903>

**For more info visit: [www.cannabis-med.org/](http://www.cannabis-med.org/)**

## **Tips on Cannabis Juicing**

Continuing on from the article on juicing cannabis (page 1), here are some tips when it comes to juicing:

- organic and very fresh cannabis is better.
- cannabis that has been dried and prepped for smoking is not suitable for juicing.
- juice 15 fresh leaves and two large, raw (clear trichome glands, not amber) buds.
- cannabis juice should be diluted to cut the bitterness; a popular choice is carrot juice.
- rule-of-thumb is 10 parts carrot or other juice with one part cannabis juice.
- split the drink into 3 parts and drink with each meal, or store for up to 3 days in a tightly sealed container in the refrigerator.

If you know of any techniques that work for you, please let us and our members know. Cheers!

**Sources:** [www.medicaljane.com/2013/01/19/cannabis-the-foundation-of-health/#](http://www.medicaljane.com/2013/01/19/cannabis-the-foundation-of-health/#)

## **College of Family Physicians Guideline for Cannabis Use**

The College of Family Physicians of Canada has released a 28 page guideline titled “Authorizing Dried Cannabis for Chronic Pain or Anxiety”. The college's recommendations advise doctors to only approve access to medical cannabis for treatment of pain in patients who haven't responded to other treatments, and say it is not appropriate for people under 25, those with a personal or family history of psychosis and those with a substance abuse disorder.

In light of upcoming research and recent news, the document is predictably naïve. It is, however, a place to start; for example, it recognizes that oral ingestion may be safer than smoking but care is needed when dosing.

**Sources:** <http://mapinc.org/url/OybDZOB6>



Thanks again Raeside (www.raesidecartoon.com)

## **Rethink Cannabis As Food**

The folks at ProPlantWare want us to rethink cannabis, to approach it from a new perspective: that cannabis is not only food but a dietary essential.

Nathaniel Morris from ProPlantWare says, “If we stop thinking about cannabis like a medicine, and start thinking about it like a food, the whole notion of how we approach it changes.”

Dr. William Courtney, an MD known for his *youtube* videos and website advocating for juicing cannabis (see page 1) has been a hero for the cause and many of his ideas are at the heart of rethinking cannabis. His wife, Kirsten, started using cannabis juice ten years ago to treat terminal cancer and she has survived to raise a family and live pain-free.

Doctors are largely unaware of the qualities of raw cannabis. “Most doctors are very reluctant to accept cannabis as medicine because it’s not how they’re taught to treat medicine. It’s very easy to criticize these doctors but I feel like the way bigger problem is that both the cannabis community and the doctors, we’ve been claiming this dichotomy where it’s either this dangerous drug or this highly effective medicine, when in reality it’s a food. When you actually embrace that as a concept, and actually play out the implications of what that means, it changes everything” says Morris.

Another key obstacle, according to Morris, is the lack of understanding of the “entourage effect” (how combinations of chemicals in whole plant cannabis, e.g. cannabinoids, terpenes, flavonoids, work synergistically to provide broad treatment with fewer side effects) and the medical industry that employs drugs based upon chemicals in isolation. That cannabis works better with combinations of cannabinoids, etc, disqualifies cannabis from a vast majority of studies recognized by the FDA. Rethinking cannabis is all about promoting the concept that nutrition and medicine often are one and the same.

**Sources:** [www.medicaljane.com/2014/10/05/rethink-cannabis/#](http://www.medicaljane.com/2014/10/05/rethink-cannabis/#)  
AND [www.proplantware.com/](http://www.proplantware.com/)

## **US Company Developing Transdermal Cannabis Products**

The American company Zynerba Pharmaceuticals announced the successful closing of 13 million dollars (about 10.2 million euros) in funding to develop transdermal (application of a medicine or drug through the skin) cannabinoid therapies. Zynerba prepares to initiate Phase 1 clinical studies in 2015 on a THC transdermal patch and on a cannabidiol (CBD) transdermal gel.

**Sources:** <http://zynerba.com/zynerba-pharmaceuticals-raises-13-million-to-develop-first-and-only-transdermal-cannabinoid-therapies/>

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## Cannabis & US Border Crossing

Now that cannabis is legal for recreational purposes in two US states, and legal for medical purposes in 23 US states and the District of Columbia, some folks might consider travelling to the US for cannabis access. If you do, be careful what you say at the border.

First off, US immigration laws are under federal jurisdiction, over-riding any state-legislated cannabis freedoms. Second, you don't need to have any previous convictions to not be allowed entry.

"If you admit you've smoked marijuana or plan to, you can be banned permanently - there's no due process, no right to a trial and it's not appealable," says Mark Belanger, a Vancouver lawyer who works on border issues. "Anything drug-related is typically a crime involving moral turpitude. Those are magic words and you'll be banned from entering the United States."

If you're a Canadian who has been banned, you can try (with no guarantee) to enter with the purchase of a visa waiver. They cost \$585(US), take 6 months to process, and must be applied for at the border.

"The first waiver would be valid for one year, the second for three and the third and every one thereafter for five years," Belanger says.

If they catch you in a lie, you can be banned for fraud. If you have been convicted of a drug crime and have had it pardoned, you could still be banned from the U.S.

"They can do a check and that conviction will still appear, if they ask if you've ever been convicted and you say no because you got that pardon, then you're guilty of lying about it and you'll be banned," Belanger says.

"Present the facts, just answer the questions they ask, and don't volunteer information." And leave the bravado at home.

Sources: <http://www.mapinc.org/drugnews/v14/n763/a01.html?1169>

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[www.drugsense.org](http://www.drugsense.org)

**BC Coalition of People  
With Disabilities**  
1-800-663-1278

**Health Canada**  
<http://www.hc-sc.gc.ca/dhp-mps/marihuana/index-eng.php>

**Drug Policy Alliance**  
[www.drugpolicy.org](http://www.drugpolicy.org)

**Media Awareness Project**  
[www.mapinc.org](http://www.mapinc.org)

**Together Against Poverty  
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302-895 Fort Street, Victoria  
250-361-3521

**"He who will not reason is a bigot; he who cannot is a fool; and he who dares not is a slave."**

**-- William Drummond, Scottish poet (1585 - 1649)**