

Medicinal Cannabis Therapy

Cancer Treatments



Illustration 1: Cannabis Flower Bud

Radic Al Conscious

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How to make herbal medicines from cannabis

Cannabis is a herb;

Cannabis contains hundreds of pharmaceutical compounds (Turner et al. 1980). Herbalists contend that poly-pharmaceutical herbs provide two advantages over single-ingredient synthetic drugs:

- (1) therapeutic effects of the primary active ingredients in herbs may be synergized by other compounds.
- (2) side effects of the primary active ingredients maybe mitigated by other compounds.

Thus, cannabis has been characterized as a “synergistic shotgun,” in contrast to Marinol (Δ^9 -tetrahydrocannabinol, THC), a synthetic, single-ingredient “silver bullet” (McPartland and Pruitt 1999). Mechoulam et al. (1972) suggested that other compounds present in herbal cannabis might influence THC activity. Carlini et al. (1974) determined that cannabis extracts produced effects “two or four times greater than that expected from their THC content.” Similarly, Fairbairn and Pickens (1981) detected the presence of unidentified “powerful synergists” in cannabis extracts causing 330% greater activity in mice than THC alone.



Hash Oil, a Natural Botanical Extract of Cannabis.

Hash Oil is the active ingredient in all cannabis medicines, except root extracts. Hash oil is plant resin, produced on the surface of the plant leaves and flowers. It is a poly-pharmaceutical, composed of mostly cannabinoids, terpenes and flavinoids.

It is very easy to separate and capture hash oil from fresh or dried cannabis with a solvent.

95% Ethanol is a very good solvent that is readily available, and will produce a whole plant extract.

Whole Plant Medicinal Extract = The Entourage Effect.

Many solvents will take up "resin", meaning a mix of cannabinoids and terpenes.

A "complete" medicinal extract is a three part synergy of cannabinoids, terpenoids and flavi(o)noids, which is the third component of Cannabis synergism of the entourage effect. The flavinoids, often called bio-flavinoids, are represented in Cannabis by common Vegetable compounds such as Quercetin and Rutin all have well documented medicinal beneficial effects along with many others including cannflavin A & B. Of most importance is the extraction of the flavi(o)noid fraction for a Whole Plant Extract.

Whole Plant Extract

I bring this up to stress the importance of the synergy of the three significant therapeutic classes of compounds. The entourage effect. Whole Plant Extractions for medical use should take up all three families of medicine with great efficiency.... and,,,, minimize the amount of chlorophyll's, concrete oils and waxes that have little or no therapeutic value.

Ethanol is a solvent that will take up all three medicinal fractions.

Why not hexane, dichloromethane, diethyl pet ether, acetone, iso.....etc? Each has it's benefits and it's drawbacks such as too selective, too toxic, too non selective.

Ethanol also when used in a typical extraction has some of the same drawbacks, but Ethanol remains a solvent that will take up all three medicinal fractions. The problem with ethanol is, it's too non-selective.. Ethanol takes up chlorophyll and other undesirable fractions that make it's oils and tinctures "green" and bitter.

The answer lies in changing the traits of ethanol and making it very selective for a whole plant extract, and very non-selective for the other crud. This is easily achieved by freezer-cooling ethanol and the product to extract, then doing a 3minute wash and freezing cold rinse. This is called the Quick, Cold Wash. When very cold and with high quality buds, a near clear extract/tincture can be easily made in minutes.

Ethanol is a relatively safe solvent of which characteristics can be manipulated with temperature to be highly selective for medicinal compounds, while leaving undesirable waxes, chlorophyll and concrete oils behind. Ethanol is a powerful stripper of the cannabinoids and terpenes, and the most noted solvent for working with the flavinoids, quercetin and rutin and is noted in the extraction of flavines and flavones. While other solvents are noted also,

Ethanol is the only one which is non-toxic, when used medicinally, and can be manipulated by very low temperature to not take up waxes, chlorophyll and concrete oils to achieve a pure Whole Plant Medicinal Extract..

ok.

let's make some...



Quick Cold Wash. QCW

Place a bottle of 95% Ethanol in the freezer.

Chop the herb up and place it in an empty bottle no more than $\frac{3}{4}$ full. Put that in the freezer too, with the lid off. Leave both bottles in the freezer over night.

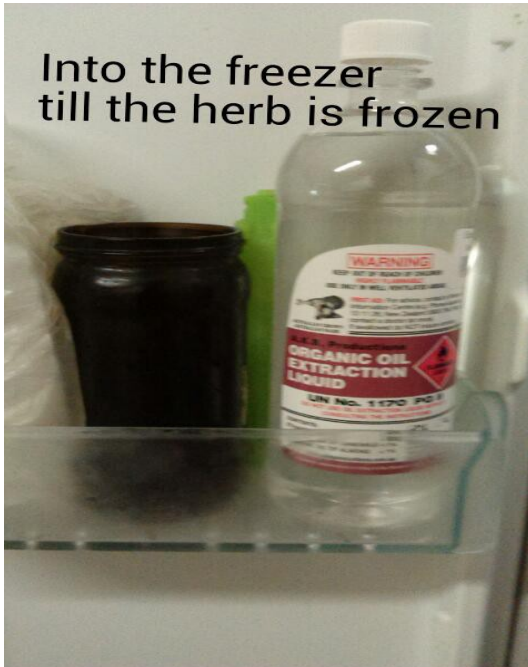


Illustration 2: 95% Medicinal Ethanol



Illustration 3: crushed bud in jar

12-24 hrs later...

Pour the freezing cold ethanol into the bottle of frozen herb until covered by $\frac{1}{4}$ to a $\frac{1}{3}$ over the top of the herb, put the lid on tight and shake for 3min.

Stop.

Remove lid and strain.



Illustration 4: kitchen strainer

Rinse with a small amount of freezing cold Ethanol to flush the last bit out. When it drips out clear, no color. Your done, you got it all.

Next,,

Pour the Ethanol herbal solution through a coffee paper filter.



Illustration 5: coffee filter paper

The result is a red/yellow off-clear, full strength Tincture of Cannabis.
With little to no chlorophyll's to speak of and all three medicinal fractions fully rinsed from the herb.



Illustration 6: gold and red tincture

Evaporate the Ethanol out.

Use a fan in a well ventilated area to make a cannabinolic acid extract eg THCA, CBDA, etc..
or for activated extracts THC CBD. Apply gentle heat, below 100c. Use a rice cooker or steamer, well ventilated area eg.. outdoors,,



Illustration 7: Hash Oil

The dry oil is yellow-clear, and highly potent.

Full strength medical cannabis extract is a three part synergy of cannabinoids, terpenoids and flavi(o)noids.

Extractions for medical use should take up all three families with great efficiency and minimize the amount of chlorophyll's, concrete oils and waxes which have minimal therapeutic value.

Where to find 95% medicinal grade Ethanol.

A.K.B.
Productions Pty
Ltd.
Lot 60
Deepwater
Road.
Torrington.
N.S.W. 2371
ph/fax 02,
67346322

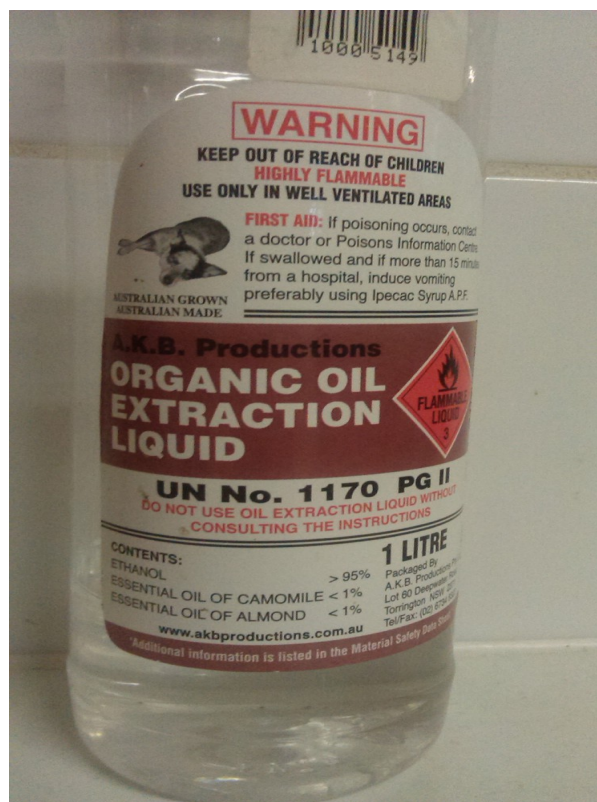


Illustration 8: organic oil extraction liquid

95% Ethanol

or

Polmos Spirytus Rectified Spirit 95% 500mL

You get it from the local pub.

Or

Buy it online.



Illustration 9: 95% Ethanol

Medicinal Cannabis Therapy.

Medicinal Cannabis therapy is 100% safe. There is no record of any death or permanent disabilities or permanent symptoms caused by cannabis anywhere on the whole planet through out all of recorded history.

All of any negative side effects will ware off 100% in a few hrs

Cannabis Juice

You can juice fresh picked flower buds too.

30Mil / day for 30 days is the recommended course to kill cancer

Cancer Treatment.

Medicinal cannabis therapy is **dose dependent**..

that means, the **healing rate** is **dependent** on the **dose rate**..

So, the **more** cannabis in your **blood** the **faster** you will **heal**..

The aim of Medicinal cannabis therapy, is to ingest hash oil, as much as your body can tolerate, as often as you can tolerate it.

Full course, → ingest 60 grams in no more than 2-3 months ←

Ingesting it as often as possible, as fast as possible. Till all the cancer is gone and then gradually finish the remaining oil to ensure cancer does not return. This takes about 1 to 3 months...

There are three ways we can apply Medicinal Cannabis Therapy to kill cancer

- Sub-lingual Tincture of Cannabis.
- Cannabis Oil Infusion.
- Cannabis Balm

Sub-lingual tincture of cannabis.

Mix 1:1

95% medicinal Ethanol with Hash Oil



Put equal amounts into a bottle, put the lid on tight and shake till well mixed.

That's it. Finished. Ready to use.



Ideal for fast pain killer, seizure relief, or any chronic condition that requires swift control.

Dose Rates.

1 to 10 drops under the tongue, as required to quell chronic symptoms.

Sublingula Tincture of Cannabis is used for swift relief from chronic and acute afflictions like, Cancer Pain, seizures, spasms, tooth ache,, etc.,.

Cannabis Oil Infusion.

Mix hemp seed oil with hash oil 2:1.



In a bowl, and let the bowl float on top of a pan of boiling water.



Apply gentle heat and stir till well mixed.

It wont take long. 5 min, as soon as it is well mixed turn the heat off...

Pore into a dropper bottle and let cool.



That's it. Cannabis Oil Infusion.



Medicinal Cannabis Therapy.

Medicinal Cannabis therapy is 100% safe. There is no record of any death or permanent symptoms caused by cannabis anywhere on the whole planet through out all of recorded history.

Cancer Treatment.

Medicinal cannabis therapy is **dose dependent**..

that means, the **healing rate** is **dependent** on the **dose rate**..

So, the **more** cannabis in your **blood** the **faster** will be the **healing**...

The aim of Medicinal cannabis therapy, is to ingest hash oil, as much as your body can tolerate, as often as you can tolerate it.

Full course, → ingest 60 grams in no more than 2-3 months ←

Ingesting as much as possible, as often as possible. Till all the cancer is gone. Complete healing and then gradually finish the remaining oil to ensure cancer does not return as a maintenance dose.

This takes about 1 to 3 months...

Cannabis Oil Infusion

Oil infusion of cannabis will be your **regular daily doses**.

Take your regular dose in the morning, as soon as you wake up. Once you feel it gone, and it usually takes a couple-few hours to wear off, take another dose.

Maintain a high level of cannabinoids in the blood.

Ingest as much as you can as often as you can, with an alarm at night time even,

Dose size depends on your body's tolerance level and everyone's is different.

The average, amount per dose to take, first time, is very, very small, 1 drop.

Start with one drop.

How to find the most effective dose size to suit your body

First dose.. → 1 drop.... Wait... 2hrs

If you feel fine after 2hrs, and can still walk around performing your usual duties,

Eat more, this time -->**increase** the dose to 2 drops, wait 2hrs, if you can still walk around performing your usual duties, Eat more, increase to 3 drops this time.

Continue on like this, **increasing** your dose rate by one drop, every 2hr, untill you just start to feel uncomfortable. A bit too tired to perform your usual duties. Or, get incredibly high or, pass out next,

Let it wear off completely, (it usually takes a couple-few hours to wear off.)

Now... After it's all worn off.

Take a drop less than your last dose,

This is your perfect dose, size.

Once you find this perfect amount for you eat at one time.

You've found your **regular dose**.

This is the most effective dose size to suit your body.

Keep taking **regular doses** all day. As soon as it wears off, have an other **regular dose**, right up until bed time.

Now, at night, last dose before bed, its a good time to take a bigger dose. **2 drops bigger** then your regular dose, as your going to sleep any ways, and most wont set an alarm or wake up for one to take a dose at night, although that would be ideal..

For the first few days try to **lock this routine down**.

As the first week passes, your body tolerance level will rise,

Just like people who smoke cannabis, you'll be able to ingest more and more of it at any given time, with no negative side effects, because your body tolerance to high levels of cannabinoids in the blood, increases.

So, at this stage, start to increase your **regular dose** by 1 drop or 2 drops, and/or times per day that you administer your regular doses.

Remember, aim to take as much as you can, as often as you can....

This is to ensure that there's always action of shutdown happening in the cells that contain cancer.

But, you must try to stay able to walk around and perform your usual duties... You don't want to flood your system with too many Cannabinoids, cause that will make you too sleepy. Yet you need an efficient amount of cannabinoids binding to the CB receptor locations and releasing CB receptors so that an effective amount of cannabinoids is always binding to cancerous sites, or areas of healing, to get the maximum amount of PCD(Programmed Cell Death) possible at all times to turn off cancer.

So you do this by **taking as much as you can, as often as you can, till completely healed**.

Maintenance dose

Maintenance dose may be required for continued protection and as preventative therapy.

Mix any remaining hash oil with 95% ethanol,

Or any remaining hash oil with hemp seed oil,

Or any remaining hash oil with coconut oil,

Mix every 1 gram of Hash oil to 100 mil of 95% ethanol, to make **tincture of cannabis**,

Or hemp seed oil,

Or coconut oil, to make a **cannabis oil infusion**. Mix 100:1

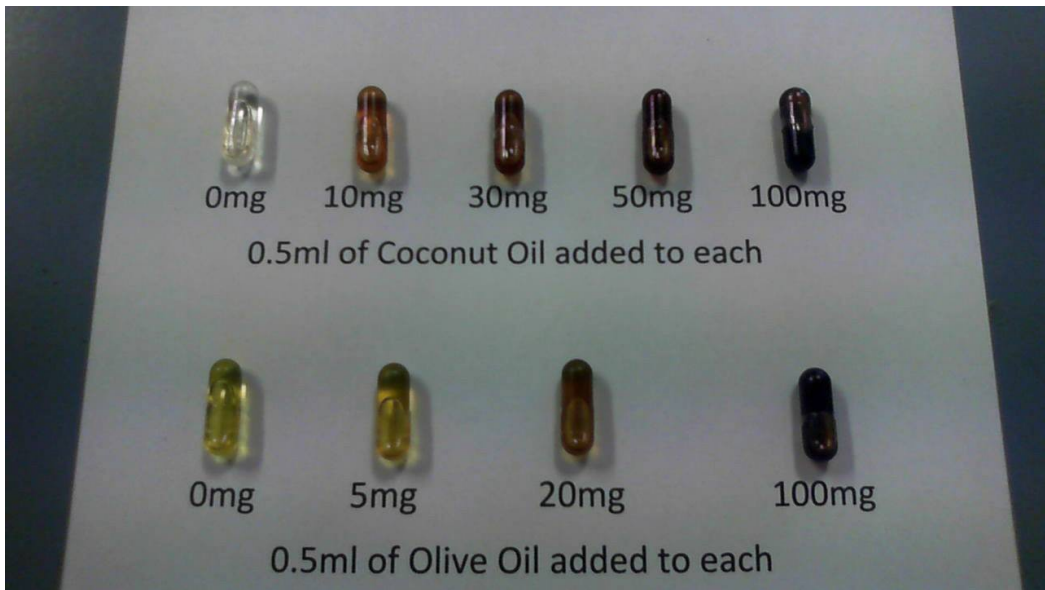
Maintenance Dose rates, 2mil to 4mil, once or twice a day.

Remission for 7yr

It takes seven years to replace every cell in your body, so after 7yr with no sign of cancer, **you win**..



Illustration 10: Cannabis Oil Infusion



Side Effects

Some cancer sufferers who have not consumed cannabis before, may have very low or even no, 'body tolerance' to THC's psychoactivity on the brain. So, large doses of high THC extracts can be a very unpleasant side effect. For some, at some time during medicinal cannabis therapy treatments,,, not every one is the same, some wont be effected at all, and others will enjoy the effect of THC. So if THC is not a problem to you then this does not apply to you..

if THC is causing unpleasant side effects then there is a supplement that demonstrates a substantial reduction of the psychoch-active effects of THC on the brain, available online. Called **Citicoline** 250 or 500 mg - taken an hour before cannabis medicine is ingested, Citicoline greatly reduces THC's psychoactive effect. It is mostly marketed as a dietary supplement, despite being originally developed in Japan to help stroke victims. Citicoline is available online and in stores in over 70 countries under a variety of brand names such as Ceraxon, Cognizin, NeurAxon and Somazina. - See more at: <http://www.cannabiscure.info/files/citicoline.htm#sthash.julBNxeH.dpuf>

Citicolene is not toxic, although it can upset some peoples stomachs if large doses are taken. It is advisable to self-titrate, i.e. start with a small dose of 250 mg and increase the dose slowly until the desired effect is achieved. A single dose of Citicolene taken one hour before ingesting cannabis oil should be sufficient to allow users who have not built up a tolerance to THC to comfortably take their anti cancer treatment without any side effect.

Dosage

The most effective oral dosages for cannabis users is between 250 and 500 mg taken one hour before treatment. This is a low dosage when you consider many stroke and Alzheimers patients can take up to 2,000 mg.

Side effects

Citicoline has a very low toxicity profile in animals and humans. Clinically, doses of 2000 mg per day have been observed and approved. Minor adverse effects most commonly include stomach pain and diarrhea.

- See more at: <http://www.cannabiscure.info/files/citicoline.htm#sthash.julBNxeH.dpuf>

Cannabis Coconut Balm to Treat Cancer and Pain



mix coconut oil with hash oil at 10:1 respectively
then add bees wax, 20% by volume.



That's → 10mil of coconut oil with every 1 gram/mil of hash oil, then add beeswax 20% by volume, by eye.



Apply gentle heat, eg float the mixture of hash oil coconut oil, and beeswax, in a separate container, on top of boiling water,
stir and mix well till all the bees wax is melted.

Now take a sample, eg. tea spoon, cool it, blow, blow, blow. Check it?? too hard, like lipstick? Then add some oil. Too soft and runny? Add some more beeswax, till the texture is just right to treat your affliction.

Pour into an ointment bottle, put the lid on tight, and let cool.
That's it!



Apply, as required, to control pain and kill cancer!

Topical Applications

Topical applications are very powerful. They deliver the cannabinoids directly to the afflicted area and keep releasing cannabinoids slowly into the local area till it is all completely absorbed.

So, apply liberally to the effected areas. Massage in, apply some more, as required, to control pain and kill cancer!

Combined, cannabinoids and terpenes in cannabis have natural **anti-cancer, anti-bacterial** and **anti-fungal** properties designed to fight cancer and infection.

Cannabis has protective and **regenerative** effects on body tissue stopping the progression of cancer to skin sores while repairing skin from herpes simplex, fever blisters, eczema, psoriasis, acne, hemorrhoids, dandruff, dry chapped skin, up to second and third degree burns to cancer.

The **anti-inflammatory** and **anti-spasmodic** properties of Cannabis help with swelling, bruising, muscle and joint pain, cramps, strains, contusions, headaches, and migrains. Anti-cancer kills brain tumors.

Anti-seizure, Neuro protective, so crucial for epilepsy treatment.

Analgesic qualities help patients deal with the pain associated Arthritis, Tendonitis, Carpal Tunnel, Neuropathy, PMS, Fibromyalgia, Diabetes, Multiple Sclerosis, Rheumatism, and many movement disorders.

Cannabis topically applied, used on top of the skin, is a powerful localized medicine.

Cannabis Balm to Treat Painful Burns

mix hempseed oil with hash oil at 30:1 respectively then add 20% by volume, bees wax.

That's → 30mil of hempseed oil with every 1 gram/mil of hash oil, then add beeswax 20% by volume, by eye.

Apply gentle heat, eg float the mixture of hash oil, hempseed oil, and beeswax, in a separate container, on top of boiling water,

stir and mix well till all the bees wax is melted.

Now take a sample, eg. tea spoon, cool it, blow, blow, blow. Check it?? too hard, like lipstick? Then add some more hempseed oil. Too soft and runny? Add some more beeswax, till the texture is just right to treat your affliction.

Pour into an ointment bottle, put the lid on tight, and let cool.

That's it!

Apply, as required, to control pain and heal burns!

Topical applications are very powerful. They deliver the cannabinoids directly to the afflicted area and keep releasing cannabinoids slowly into the local area.

So, apply liberally to the effected areas. Massage in, apply some more, as required, to control pain and completely heal burns.

Cannabis Roots

Cannabis Root Balm

Clean the roots.

Break up the root-mass into small chunks,

then place it into a slow cooker with water and oil in a 3:1 ratio

eg. six cups water, two cups oil is an effective way to dissolve the active ingredients in the oil without 'frying' them, so, do not let the water boil dry

leaving it to simmer for 12-14 hours, making sure to add water if it begins to dry out.

The mixture is then strained and frozen;

the oil is poured off the ice it rests upon

heat the oil gently with beeswax,

about 20% by volume, until the desired room-temperature consistency is achieved.

Cannabis Root Cream

clean the roots.

Dice the roots.

Boil in 3 times as much water for 30min.

Strain.

Reduce to creamy texture.

Pore into ointment bottle and let cool.

Cannabis Root Extract.

QCW.

Clean and dice the roots.

Put a bottle of 95% ethanol in the freezer.

Put the diced roots in an empty bottle and freeze them too.

when the roots are frozen.

Pore the freezing cold ethanol into the bottle of frozen diced roots, put the lid on tight,

shake vigorously for 3min.

Strain the diced roots out and discard.

Evaporate the ethanol out...

The Omega-3, CB1 connection

How it affects your healing rate with medicinal cannabis therapy!

Every cell in your body has tiny chemical receptors all over the cell's skin or cell membrane. These receptors work kind of like an ignition switch, you put the right type of chemical key into a receptor and it turns on some kind of action. The type 1 cannabinoid receptors (CB1s) are the ones we are interested in looking at. They are found in the body and the brain.

Turning on a CB1 receptor with either an endocannabinoid that your body makes, or a phytocannabinoid like THC, can result in many different things occurring. A cancer cell may be told to die through a process called apoptosis, it may activate a basic instinct such as nursing, soothe an irritated digestive tract, or simply ease your pain. The CB1 receptors in your brain are the ones to blame, or praise, for the cannabis high.

Every time a cell divides, whether it is a brain cell, or a body cell, it needs to make new skin to grow back to its full size, and that involves making a whole bunch of new receptors.

And this is where the cutting edge of science starts - to make functional CB1 receptors, you absolutely need Omega-3 in "Nutritional Omega-3 deficiency abolishes endocannabinoid-mediated neuronal functions." Omega 6 is related to functional CB2 receptor sites.

When no Omega-3 is available, our bodies will jury-rig a new receptor with an Omega-6 where there should be an Omega-3. This results in a small, but important chunk, the Gi/o effector protein, not be able to attach. As with a machine, the pieces need to be assembled right to work!

Today, the Omega 6-rich western diet is implicated in our declining mental and physical health.

A drop in the number of working CB1 receptors is an early clinical sign in Parkinson's, colon cancer, Huntington's, and heralds a high risk for premature birth. Mice bred to be low in CB1 receptors have more severe heart attacks, strokes and cancers ravage them. They age and become senile earlier than normal mice, are used to study neurological conditions and bowel disorders and they often seem depressed.

Cannabis is an effective and safe herbal medicine, but! We need functioning CB1 receptors for it to work its miracles. Virtually every person needs more Omega-3 in their diet, and absolutely essential for medicinal cannabis therapy to be fully effective. Cannabis heals us using our Cannabinoid receptors and also provides the Omega-3 and Omega-6 in the exact balance we need to make healthy CB1 and CB2 receptors, so that we can heal.

And that is the simple, but scientific truth.

Three of the most common sources of Omega-3 are fish oil, flax seed oil and hemp seed oil.

Hemp seed oil rules, every time. Because the ratio of



Illustration 11: Hemp Seed

omegas is the perfect balance to service healthy, functional cb1 and cb2 receptors in our bodies. Hemp seed oil rules because it comes from the seed of the cannabis plant. Hemp seed oil is genetically related to the phyto-cannabinoids produced by the cannabis plant. Everything in the seed is essential to produce the balance of phyto-cannabinoids of the plant. The very same phyto-cannabinoids that we use in our cb1 and cb2 receptors for healing. We need the right amount of healthy functional cb1 and cb2 receptors to receive the healing benefits of phyto-cannabinoids and the best way to do that is to include hemp seed oil in our daily diet.

That's why diet is so crucial.

The ideal balance of Omega 6 to Omega 3 is around three to four parts. Omega 6 to one part Omega 3. That is what's in the hemp seed.



Illustration 12: Hemp Seed Oil

Organic cold pressed hemp seed oil in your daily diet..

What is the difference between Hemp Seed Oil and Hash Oil?

Hempseed oil is produced inside the hemp seed.

Hempseed Oil is 80% essential fatty acids, mostly omegas 6 and 3, which make it the optimal nutrition and moisture protection for the layers of the skin, our largest organ. It is a poly unsaturated fat, with long molecule chains that enable it to penetrate the epidermis, dermis, and subcutaneous layers of the skin and deliver medicine locally. It is considered to be hemp oil when there is less than .03% THC the psycho-tropic element in cannabis. Hempseed Oil is fragile, susceptible to heat, light and oxidation. It should not be heated at high temps and always stored properly for freshness.

Hash oil is produces on the surface of the flowers, leaf and stems of the cannabis plant.

Hash Oil is rich in THC, CBD and other cannabinoids. The levels of these compounds depend on the strain, climate and processing. For Topical Medicine we have found that Cannabidiol is truly the jack of all trades as it has been shown to help a much larger group of medical concerns. We now know that CBD and THC partner as antagonists and allies in the human body.

Terpenes are also extremely important to effective medicine, they are the building blocks for certain vitamins, pigments, resins, essential oils and cannabinoids. They also interact creating a range of different smells, qualities and effects. There are over 120 terpenes produced by cannabis, some alter permeability of cell membranes allowing in more or less THC, others affect serotonin levels and dopamine chemistry.

Combined, cannabinoids and terpenes in cannabis have natural **anti-bacterial** and **anti-fungal** properties designed to fight infection.

Cannabis has **regenerative** effects on body tissue stopping the progression of skin sores while repairing skin from herpes simplex, fever blisters, eczema, psoriasis, acne, hemorrhoids, dandruff, dry chapped skin and up to second degree burns.

The **anti-inflammatory** and **anti-spasmodic** properties of Cannabis help with swelling, bruising, muscle and joint pain, cramps, strains, contusions, headaches, and migrains.

Analgesic qualities help patients deal with the pain associated Arthritis, Tendonitis, Carpal Tunnel, Neuropathy, PMS, Fibromyalgia, Diabetes, Multiple Sclerosis, Rheumatism, and many movement disorders.

Cannabis topicals are any cannabis product used on top of the skin. They act as powerful localized medicine.

Endo Cannabinoid Deficiency

It has been theorized by many, that deficiency in endo-cannabinoids could be the cause of many ailments.

You are what you eat.

Phyto-cannabinoids are plant based cannabinoids and are found in many plants.

Cannabis has the most abundant supply..

CBD has been found in flaxseed oil

Echinacea has cannabinoids in it.

Even chocolate has cannabinoids.

Then there is Kava Kava, which contains things that boost the medicinal effects of Cannabis. Yangonin is actually a Cannabinoid you can find in Kava.

Uziza leaf has Caryophyllene, which is also a Cannabinoid.

Sea Urchin Roe contains the same Cannabinoids made naturally in your brain.

And there's more...

Green Tea ←-clears blocked CB1 and CB2 receptor sites.

Mango ←-primes CB1 and CB2 receptor site.

Chilly ←-binds cannabinoids to their respective CB1 and CB2 receptor sites.

Methylation has been proven to deactivate CB receptors and this appears particularly prevalent within cancers of the stomach, colon (1) and breast.

Methylation can create such an unwanted and critical scenario during cannabinoid therapy and those undergoing cannabinoid therapy should look to include demethylating (2) agents into their daily diet.

These include; Green Tea, FeverFew and Annurca Apples (3).

Green Tea is particularly useful as it can also naturally create Anti-Angiogenesis (4).

“Cannabis is a herb of harmony ~ it would like to bring all of your body back to balance ~ you must look at your life to see why your body is not working the way it should ~ too much of sugar stress etc ~ we often say less is best ~ look what you can take out ~ Cannabis Therapy is amazing” ~ Lyn Dufty

And that's why diet is a very big part of healing..

healthy diet is a must..

a healthy diet and life style will ensure your ailments don't come back.

medicinal cannabis therapy is band aid therapy,

it can heal, ease symptoms, even offer some form of protection,

but, medicinal cannabis therapy wont stop your ailments coming back...

It is a healthy diet, lifestyle and a chemical free environment that will stop it from coming back.

Dietary guidelines for people with cancer, by Dr Andrew Katelaris MD

Given the complexity of the topic and the multiplicity of opinions on the subject, it is likely these will not be the last words written on the subject of diet and cancer. However, what I will attempt to do is briefly describe the major schools of thought, highlighting the strengths and weaknesses of each. Firstly, amongst knowledgeable people there is consensus that the quality of the diet is primary in the prevention of the cancer diseases and critical in their management. The Gerson, Wigmore and Budwig schools of thought all have merit. Recent developments in the understanding of human biochemistry will allow a more rational approach, tailored to individual patient needs. Cancer is a heterogeneous group of diseases having in common loss of differentiation from normal tissue and uncontrolled cell growth. Cancer results from the imbalance between oxidative stress damaging the cellular DNA and protective and reparative mechanisms which counter this.

Vibrant good health is dependent on a healthy mental attitude, fresh air and mindful breathing, adequate intake of pure water and a regular supply of vine and tree ripened fruits, berries and vegetables, supplemented with nutritional herbs, spices and judiciously selected supplements. Navigating through a maze of junk food, electromagnetic fog and a soup of toxic chemical can place extreme burden on a person's physiology. However, with careful choices the body's inherent defense mechanisms can ensure correct functioning.

Water: Second only to oxygen in immediate importance to survival, this key nutrient is often ignored. Caffeinated beverages and sweetened processed fruit juice drinks are no substitute for pure water. Municipal supplies are laced with chlorine and fluorine, the latter sourced as a waste product from fertilizer manufacture. PCBs in plastic bottles are also detrimental. Water may be harvested, filtered or purchased (Pureau 10 litre cask with PCB free plastic is good quality and relatively inexpensive) Extreme practitioners insist on many liters daily but between 1 and 3 liters daily, depending on body size and environment, should be adequate. Drink water even if you don't feel too thirsty, as chronic dehydration renders us less sensitive to proper signaling.

The Alkaline diet:

This diet aims to improve health by eating so-called alkaline foods and avoiding acidic ones, to restore the body's pH balance and restore health. This approach has produced some good results because their practices are correct, even though the explanations are erroneous. The acid/alkaline balance, the pH of the body, is closely controlled by breathing and kidney function to keep the pH very close to neutral and no matter how poor the diet is the pH will not be altered, until the terminal phase of illness. Therefore, the pH altering effect of bicarbonate is rapidly neutralized by the body. Instead of seeing foods as being acidic or alkaline they should be seen as pro-oxidant or antioxidant. As it turns out all the "alkaline" foods are highly antioxidant, while the highly processed "acidic" foods cause oxidative stress. Acidic fruits like lemons and limes do not hinder but help healing because they are potent antioxidants.

Gerson therapy

Gerson therapy promotes body healing by flooding the system with vitamin, mineral and antioxidant rich juices to assist in restoring the immune system and repair mechanisms. The Wigmore school uses wheat grass for the same purpose. In advanced disease up to 200ml of wheat grass juice daily can be taken. The wheat grass should be harvested at peak tenderness, about 10-15cm high, as the vitamin and enzyme content is at maximum. The Gerson and Wigmore methods can be beneficially combined. Fasting, especially brief fasts followed by natural raw food can be a powerful healing modality. Prolonged fasts may benefit some, but excessive starvation weakens the immune function. The ketogenic diet may control intractable epilepsy but its role in cancer treatment is not established. Some people have experienced good results from a ketogenic diet, but this is more likely due to the elimination of harmful foods from the diet, rather than starving the cancer. Eliminating processed sugar is essential, as excess sugar sticks to cells (glycosylation) causing oxidative stress and tissue aging. However, the brain can only metabolize glucose and if none is available it will be produced in the body. It is simply not possible to starve a tumour, but one must nourish the body to achieve ideal immune function, while modestly restricting calories. Those who avoid moderate ingestion of carrot and other juices for fear of the sugar content are doing themselves a disservice.

The Budwig Diet

The Budwig diet concentrates on omega 3. There are two essential fatty acids. Being essential means they cannot be made in the body but must be supplied in the diet. The essential fatty acids are omega 3 and omega 6. Put simply omega 6 is used to make chemical signals which have a pro-inflammatory action. This is necessary to ward off pathogens and assist wound healing. Omega 3 produces chemical messengers which damp down inflammation. When the intake of omega 3 and 6 is about 1:3 the system is in balance, with just enough inflammation, but appropriately damped. With omega 3 deficiency the body is in a state of chronic inflammation, with tissue damage, including damage to the DNA. Omega 3 can be modified in the body to form DHA and EPA, the form of omega 3 found in cold water fish. A healthy human can modify the plant form of omega 3 called ALA, as long as they have the necessary B group vitamins and mineral co-factors and avoid excess saturated fats. Hulled hemp seed is an ideal way to obtain omega 3 and the co-factors. Green smoothies are a convenient way to ingest hemp seed. Combining fruits and berries, hemp seed and a few green leaves in a blender makes an ideal meal substitute. Hulled hemp seed can also be added to almost any meal with benefit. They should not be cooked. Thirty to fifty grams a day is adequate. Flax oil has the highest ratio of omega 3 to omega 6. In cases where the omega 3/6 balance is very disturbed the addition of a quality flax seed oil will help lift it towards normal. Most flax seed oils on the market are seriously substandard. Stoney Creek Oils produce a quality product. Flax seed oil can be added to salads and soups, combined with lemon juice or apple cider vinegar. Garlic can provide the sulfur containing amino acids which help utilize the omega 3 and should be included in the diet. The contamination of the oceans from plastics, mercury and radiation continues unchecked. At current trends the marine ecosystem will collapse within our lifetimes. At present, carefully selected seafood can still be safely and beneficially included in the diet, for the time being. Fish oil is a rendered product of questionable health benefit. Krill oil avoids most of the problems with fish oil. Red meat is a controversial topic. There is no doubt that cattle force fed grain in feedlots produce a very unhealthy meat. However, wild game and to a lesser extent

naturally grown grass fed meat can have as much omega 3 as seafood and be a healthy component of the diet, in moderation, if desired. Vegetable soup is easy to prepare and generally highly antioxidant.

Herbs and spices are beneficial, with proven action against cancer. Tumeric, ginger, garlic, chilli and many others are beneficial. Supplements are a complex topic. Just because tumeric is a beneficial spice does not mean the capsules sold in the pharmacy have retained their activity. The same goes for many supplements Resveretrol from grape skins is a super nutrient but the powder in capsules may have lost its activity unless preserved by careful handling. It can be difficult to know which supplement has been prepared so as to preserve activity, so having things in their natural form is often best. Juice Plus is a fruit and vegetable concentrate that has been laboratory tested and proven to retain active phytonutrients. It is available via distributors. Iodine supplements are useful

The structure of the diet is an individual affair and can vary with different seasons and stages of a person's health. A certain amount of experimentation is necessary. One suggestion would be a hemp seed green smoothie for breakfast, vegetable juices and herb teas during the day with a raw salad, followed by a cooked meal if desired in the evening. Being overweight is detrimental to healing so a gradual but progressive weight loss by elimination of all processed food is necessary.

Cancer is a word, not a sentence.

A few closing suggestions are in order. Lemons and limes are an ideal start to the day, squeezed into a glass of water. A mixed vegetable salad in season is an ideal meal in itself and an excellent first course to a larger meal. Eating an adequate amount of raw food before a cooked meal aids digestion significantly. Charts of ORAC (oxygen radical absorbency capacity) give an indication of the antioxidant value of the food and are a useful planning aid. Such charts are available on the internet. Bear in mind this data is indicative only, because the antioxidant effect of a food depends not only on the type of food, but its quality and state of ripeness and preservation

Don't be intimidated by the fear mongering and negativity used by allopathic practitioners to frighten people into toxic and dangerous therapies.

There is growing evidence that X ray and chemotherapy treatments can induce the formation of resistant cancer stem cells. Thus, while most patients will see an initial response to allopathic treatment, this treatment actually drives the cancer into generating resistant cells that produce a relapse, with metastases that become resistant to the treatments used. In the event of receiving a cancer diagnosis the first decision to be made is whether one will take responsibility for one's own health or abrogate that responsibility and allow the pharmaceutical industry to direct treatment.. It can be a daunting prospect to untie oneself from the umbilical cord of hospital based treatments and seek healing by natural methods. This decision can be made more complicated by the multiplicity of programs and often conflicting advice on offer. There are certain cases where surgery should be considered as a first option. A bleeding bowel cancer is best excised as soon as practical, in my opinion, as this will stabilize the situation without compromising the immune system and its natural healing capacity. However, one thing appears certain. Both diet and cannabis based treatments will be more effective as a first line of action. Too often, patients will turn to these

methods after their third or fourth relapse, when the chances of success are much reduced.

The body requires a certain amount of activity, so be as active as your condition will allow. Yoga practices of various forms can assist.

The CBD and THC have a synergistic effect against cancer and the CBD moderates the psychotropic effect of THC, allowing higher, more effective doses to be used. Some are advocating juicing cannabis, but this requires growing capacity beyond most patients.

I hope these few comments are of value and I wish you well

Sincerely

Dr Andrew Katelaris MD



Illustration 13: Cannabis Flower Bud

imho..The Budwig diet is very wise because it concentrates on omega3. There are two essential fatty acids. Essential meaning they cannot be made in the body but must be supplied in the diet. These essential fatty acids are omega 3 and omega 6. There are a few more, but these are the two that we know the most about,,,, Put simply omega 6 is used to make chemical signals which have a pro-inflammatory action, this is necessary to ward off pathogens and assist wound healing.

Omega 3 produces chemical messengers which damp down inflammation.

When the intake of omega 3 and 6 is about 1:3 the system is in balance, with just enough inflammation, but appropriately damped. With omega 3 deficiency the body is in a state of chronic inflammation.

Omega 3 and omega 6 are essential for the construction of functional cannabinoid receptor sites

Advanced Section

How to increase potency.

Hash oil is not water soluble. Our blood is mostly water. We can improve bio-availability by adding an emulsifier to hash oil. Lecithin will do a fine job of emulsifying hash oil into water.

WARNING!

THIS PROCESS WILL INCREASE THE POTENCY 10 FOLD

be very careful to start the first dose at one tenth of you regular dose.

The Cannabis Budwig Protocol: Bio-available Cannabinoids

Step 1.

Controlling The "High" from Cannabis Oil:
Take 3,000 mg to 5,000 mg of Citicoline (in powder form, mixed into six ounces of lemon water), one hour before you start The Cannabis Budwig Protocol.

Step 2.

Cannabis Oil Dose:
Basic Concept:
Start your dose of Cannabis Oil with a half a grain of rice size twice a day.
(A half a grain of rice size is about 1/4 of a drop.)
One dose of the Cannabis Budwig Oral

Step 3.

Ultrasonic Cleaner + Lecithin + Hot Water + One Dose of Cannabis Oil + Blending in an Ultrasonic Cleaner:
Add six tablespoons of boiling hot distilled water with three tablespoons of lecithin in the Ultrasonic Cleaner. Let The mixture sit for one minute before blending. This is your "lecithin mixture".

Next, completely blend one dose of cannabis oil with the "lecithin mixture". This is your "cannabis lecithin mixture". (Use a hand blender, with stainless steel whisk, for blending.)

Next, let the "cannabis lecithin mixture" cool down to room temperature.
Next, with the "cannabis lecithin mixture" in The Ultrasonic Cleaner, run 1 thirty minute ultrasonic cycle. Stir the "cannabis lecithin mixture" while running the ultrasonic cycle. Use a spoon or straw while stirring.

Next, refrigerate the "cannabis lecithin mixture" and let it cool for a couple hours.
Next, run the "cannabis lecithin mixture" through 1 more five minute ultrasonic cycle. This is "Bio-available Cannabinoids".

Essential Oils

Another area that should be explored is within the use of Phenolic Oils.

Phenols and Phenylpropanoids are compounds of carbon-ring molecules incorporating an isoprene unit. They are sometimes called hemiterpenes. There are dozens of varieties of phenylpropanoids. They are found in Clove (90%), Cassia (80%), Basil (75%), Cinnamon (73%), Oregano (60%), Anise (50%), and Peppermint (25%).

While they can create conditions where unfriendly viruses and bacteria cannot live, the most important function performed by phenylpropanoids is that they clean the receptor sites on the cells. Without clean receptor sites cells cannot communicate, and the body malfunctions, resulting in sickness.

David Stewart, PhD, DNM also suggests in his book 'The Chemistry of Essential Oils Made Simple' – that phenolic oils can clean receptor sites.

Prof. Dr. Jürg Gertsch of the Institute of Biochemistry and Molecular Medicine, Switzerland conducted a brilliant research paper looking for Phytocannabinoids beyond cannabis.

Prof Jürg Gertsch was kind enough to suggest the essential oil of *Melissa officinalis* (Lemon Balm) due to its terpenoid content, as a way to activate CB receptors.

Cannabinoids are a group of ligands that serve a variety of cell-signaling roles. Some are produced by the body internally (endocannabinoids). External cannabinoids include man made versions, Synthetic cannabinoids and those present in plants, phytocannabinoids.

Medicinal cannabis therapy treatment for psychosis

fine tune medicinal cannabis therapy to treat psychosis,

add Essential oils to hash oil.

Essential oils to treat psychoses is well documented.

Please take some time to smell all these Essential oils;

Citrus, Lavender, Camphor, Tea Tree, Rose.

Now choose your favorite 3 ...

mix 1 drop of each of the three chosen Essential oils with every 1mil/gram of hash oil.

You can experiment with this mix to get the best most effective anti-psychotic, what works best for you and your body type.

Only 1 rule...

Never mix more then 10% Essential oils per gram/mil of hash oil,

there are 30 drops in 1 mil/gram.

So never more than 3 drops of the same Essential oil,
or 3 drops of any mix of Essential oils to every 1mil/gram of hash oil...

Now, the easiest way to administer it is to make a sub-lingual tincture.

Sub-lingual Tincture of Cannabis

mix 1:10, that's 1mil of the hash oil/Essential oils mix, to every 10mils of ethanol or vege glycerol. <---
recommended for kids cause it tastes sweet. Apply gentle heat, --> eg. float vege glycerol mix, in a
separate container on hot, boiled water and stir till well mixed.

Let cool and its ready..

The Ethanol Tincture, wont need any heating, just stir, or shake till all well mixed..

Dose rates...

1 to 10 drops under the tongue, as required till symptoms ease.

The good thing about this is,

the cannabinoids can reach the bloodstream through the mucus membranes by-passing the digestive
system.

It becomes effective, very fast, for quick relief

and, it's much easier to find the right dose rate if you can see/feel the results within minuets..

Terpenes Essential oil

LIMONENE Citrus

- Anti-anxiety
- Anti-bacterial
- Anti-cancer
- Anti-depressant
- Anti-fungal
- Bronchodilator

LINALOOL Lavender

- Anti-anxiety
- Anti-bacterial
- Anti-convulsive
- Anti-depressant
- Anti-insomnia

BORNEOL Camphor

- Analgesic
- Anti-insomnia
- Anti-septic
- Bronchodilator

CINEOL Tea Tree

- Anti-bacterial
- Anti-depressant
- Anti-inflammatory
- Anti-ischemic
- Bronchodilator

CITRONELLOL Rose

- Anti-cancer
- Anti-inflammatory
- Anti-insomnia
- Anti-spasmodic

Medicinal Cannabis Therapy to treat Depression ,

Simply add Essential oils to hash oil

Essential oils to treat Depression is well documented. Please take some time to look at all the medicinal qualities of essential oils on aroma therapy web sties.

Ask the sufferer to make a list of all the essential oils that they feel would help ease their symptoms eg..LINALOOL, the terpene in Lavender essential oil is Anti-anxiety, Anti-bacterial, Anti-convulsive, Anti-depressant, Anti-insomnia

when you have made your list, go to a herb shop and let the sufferer smell all the Essential oils on your list,,

eg..

Citrus, Lavender, Camphor, Tea Tree, Rose, Bergamot Cypress,

Lemongrass, Rosemary, Sage, basil, cedarwood, clary sage, frankincense, geranium, grapefruit, lemon, jasmine, myrrh, neroli, sandalwood, spruce, orange, and ylang ylang.

now choose your favorite 3 ...

Negative Reaction Test.

The next step is to test the chosen three essential oils for any negative reaction by putting 1 drop of each on the inside of wrist of the sufferer, wait 5 min,, checking for any sign of any negative reaction. eg burning or ichey, red skin color or swelling,. etc.. if any reaction is observed -->wash off immediately,,with warm water and soap.. and do not use any of the essential oils that cause a negative reaction

ok next.....

mix 1 drop of each of the three chosen Essential oils with every 1mil/gram of hash oil.

you can experiment with this mix to get the best most effective antidepressant ,, what works best for you and your body type,,

Only 1 rule

never mix more than 10% Essential oils per gram/ml of hash oil
there are about 30 drops in 1 ml/gram
so never more than 3 drops of the same Essential oil
or 3 drops of any mix of Essential oils to every 1ml/gram of hash oil...
essential oils 3 drops X 1 gram hash oil.. ok

Administration

now the easiest way to administer it is to make a sub-lingual tincture.

Sub-lingual Tincture

mix 1:10,, that's 1ml of the hash oil/Essential oils mix to every 10mils of ethanol or vege glycerol. <---
recommended for people who cant deal with ethanol,, --> eg. float vege glycerol
mix, in a separate container on hot, boiled water, and stir till well mixed. let cool and its ready..

Ethanol Tincture

Simply mix the ethanol and the hash oil/essential oil together. Wont need any heating,, just stir, or
shake till all well mixed..

Dose rates...

1 to 10 drops under the tongue ,, as required till symptoms ease
the good thing about Sub lingual Tincture, is swift relief from symptoms
the cannabinoids can reach the bloodstream thru the mucus membranes by-passing the digestive
system, it becomes effective, very fast, for quick relief..
and, it's much easier to find the right dose rate if you can see/feel the results within moments.
Start off with small doses and increase dose every few mins till symptoms ease.

Strains...

with these terpenes in them will be very helpful to treat depression.

LINALOOL smells like Lavender, is Anti-anxiety, Anti-depressant

LIMONENE smells like citrus, is Anti-anxiety, Anti-depressant

CINEOL smells like tea tree, is Anti-depressant

medicinal cannabis therapy to treat Polly cystic ovarian syndrome.

Simply add Essential oils to hash oil

Essential oils to treat polly cystic ovarian syndrome is well documented. Please take some time to look at all the medicinal qualities of essential oils on aroma therapy web sties.

Ask the sufferer to make a list of all the essential oils that they feel would help ease their symptoms

eg..

Lavender

(Lavendula officinalis, Lavandula angustifolia)

Lavender, in addition to being wonderful for stress reduction and inducing sleep, it is a great circulatory stimulant, immune stimulant, balancing for all body systems and is very helpful for mood swings associated with PMS or hormonal imbalance.

Clary Sage

(Salvia sclaria)

Clary sage is said to produce a “narcotic like high”, helping to reduce pain. It is effective in reducing menstrual cramps. It is also a uterine tonic and may help to regulate the menstrual cycle. It is also very effective in treating depression and anxiety.

Rose Otto

(Rosa centifolia, Rosa damascena, Rosa gallica)

This oil is helpful in treating PMS, regulation of the menstrual cycle and has been shown helpful for women who have trouble conceiving. This oil relaxes the uterus. It is extremely effective in treating depression and grief. It is also great or libido.

Sweet Fennel

(Foeniculum vulgare, Foeniculum officinale, Anthum foeniculum)

Helps to regulate the menstrual cycle, may help reduce hormone fluctuation.

Geranium

(Pelargonium graveolens)

This oil is an adrenal cortex stimulant; helping to regulate and balance hormones. It also helps to detoxify the lymphatic system, helps to alleviate anxiety, and is antidepressant. Works as an uterine and ovarian tonic

References

1. Aromatherapy A-Z; connie and Alan Higley, and Pat Leatham, Hay House, Inc., 1998

2. The Aromatherapy Bible, Gill Farrer-Halls, Sterling Publishing, 2005

please do not more research than my example.....

when you have made your list, go to a herb shop and let the sufferer smell all the Essential oils on your list,,

eg..

Lavender, Rose, Bergamot Cypress,
Lemongrass, Rosemary, clary sage, frankincense, geranium, lemon, jasmine,
myrrh, neroli, sandalwood, spruce, orange, and ylang ylang.

now choose your favorite 3 ...

Negative Reaction Test.

the next step is to test the chosen three essential oils for any negative reaction by putting 1 drop of each on the inside of wrist of the sufferer, wait 5 min,, checking for any sign of any negative reaction. eg burning or itchy, red skin color or swelling,, etc.. if any reaction is observed -->wash off immediately,,with warm water and soap.. and do not use any of the essential oils that cause a negative reaction

ok next.....

mix 1 drop of each of the three chosen Essential oils with every 1mil/gram of hash oil.

you can experiment with this mix to get the best most effective medicine to treat all ailments, what works best for you and your body type,,

Only 1 rule

never mix more than 10% Essential oils per gram/mil of hash oil

there are about 30 drops in 1 mil/gram

so never more than 3 drops of the same Essential oil

or 3 drops of any mix of Essential oils to every 1mil/gram of hash oil...

essential oils 3 drops X 1 gram hash oil.. ok

Administration

now the easiest way to administer it is to make a sub-lingual tincture.

Sub-lingual Tincture

mix 1:1,, that's 1mil of the hash oil/Essential oils mix to every 1mil of ethanol or vegetable glycerol. <--- recommended for people who can't deal with ethanol,, apply gentle heat,, --> eg. float vegetable glycerol mix, in a separate container on hot, boiled water, and stir till well mixed. let cool and it's ready..

Ethanol Tincture

Simply mix the ethanol and the hash oil/essential oil together. Won't need any

heating,, just stir, or shake till all well mixed..

Dose rates...

1 to 10 drops under the tongue ,, as required till symptoms ease
the good thing about Sub lingual Tincture, is swift relief from symptoms
the cannabinoids can reach the bloodstream thru the mucus membranes by-
passing the digestive system, it becomes effective, very fast, for quick relief...
and, it's much easier to find the right dose rate if you can see/feel the results
within moments.

Start off with small doses and increase dose every few mins till symptoms ease.

Strains...

any high THC cannabis plant with these terpenes in them will be very helpful to
treat polly cystic ovarian syndrome. This list is not exhaustive,, please do more
research for each of your symptoms...

LINALOOL smells like Lavender, is Anti-anxiety Anti-bacterial Anti-convulsive Anti-
depressant Anti-insomnia

LIMONENE smells like citrus, Anti-anxiety Anti-bacterial, Anti-cancer, Anti-depressant,
Anti-fungal, Broncho dilator.....

CITRONELLOL smells like Rose, is Anti-cancer, Anti-inflammatory, Anti-insomnia,
Antispasmodic.

Researchers “observed a lower mortality risk adjusted variable in cannabis-users compared to cannabis non-users despite subjects having similar symptoms and antipsychotic treatments.” They speculated that this association between marijuana use and decreased mortality risk may be because “cannabis users may (be) higher functioning“ and because “cannabis itself may have some health benefits.”

-Journal of Psychiatric Research

www.MomsforMarijuana.org

Cannabinoids, terps, flavinoid and their vapor points

Cannabinoids, terps, flavinoid and their vapor points
Door Ron Kreeft / ICC International Cannabis Community.com

-9-tetrahydrocannabinol (THC) Boiling point: 157°C / 314.6 degree Fahrenheit Properties: Euphoriant, Analgesic, Anti-inflammatory, Antioxidant, Antiemetic

cannabidiol (CBD) Boiling point: 160-180°C / 320-356 degree Fahrenheit Properties: Anxiolytic, Analgesic, Antipsychotic, Anti-inflammatory, Antioxidant, Antispasmodic

Cannabinol (CBN) Boiling point: 185°C / 365 degree Fahrenheit Properties: Oxidation, breakdown, product, Sedative, Antibiotic

cannabichromene (CBC) Boiling point: 220°C / 428 degree Fahrenheit Properties: Anti-inflammatory, Antibiotic, Antifungal

Δ -8-tetrahydrocannabinol (Δ -8-THC) Boiling point: 175-178°C / 347-352.4 degree Fahrenheit

Properties: Resembles Δ -9-THC, Less psychoactive, More stable Antiemetic

tetrahydrocannabivarin (THCV) Boiling point: $< 220^{\circ}\text{C}$ /

Terpenoid essential oils, their boiling points, and properties

β -myrcene Boiling point: $166-168^{\circ}\text{C}$ / $330.8-334.4$ degree Fahrenheit Properties: Analgesic. Anti-inflammatory, Antibiotic, Antimutagenic

β -caryophyllene Boiling point: 119°C / 246.2 degree Fahrenheit Properties: Anti-inflammatory, Cytoprotective (gastric mucosa), Antimalarial

β -limonene Boiling point: 177°C / 350.6 degree Fahrenheit Properties: Cannabinoid agonist?, Immune potentiator, Antidepressant, Antimutagenic

linalool Boiling point: 198°C / 388.4 degree Fahrenheit Properties: Sedative, Antidepressant, Anxiolytic, Immune potentiator

pulegone Boiling point: 224°C / 435.2 degree Fahrenheit Properties: Memory booster?, AChE inhibitor, Sedative, Antipyretic

1,8-cineole (eucalyptol) Boiling point: 176°C / 348.8 degree Fahrenheit Properties: AChE inhibitor, Increases cerebral, blood flow, Stimulant, Antibiotic, Antiviral, Anti-inflammatory, Antinociceptive

α -pinene Boiling point: 156°C / 312.8 degree Fahrenheit Properties: Anti-inflammatory, Bronchodilator, Stimulant, Antibiotic, Antineoplastic, AChE inhibitor

α -terpineol Boiling point: $217-218^{\circ}\text{C}$ / $422.6-424.4$ degree Fahrenheit Properties: Sedative, Antibiotic, AChE inhibitor, Antioxidant, Antimalarial

terpineol-4-ol Boiling point: 209°C / 408.2 degree Fahrenheit Properties: AChE inhibitor. Antibiotic

p-cymene Boiling point: 177°C / 350.6 degree Fahrenheit Properties: Antibiotic, Anticandidal, AChE inhibitor

borneol Boiling point: 210°C / 410 degree Fahrenheit Properties: Antibiotic, Δ -3-carene 0.004% 168 Anti-inflammatory

β -3-carene Boiling point: 168°C / 334.4 degree Fahrenheit Properties: Antiinflammatory


Flavonoid and phytosterol components, their boiling points, and properties

apigenin Boiling point: 178°C / 352.4 degree Fahrenheit Properties: Anxiolytic, Anti-inflammatory, Estrogenic

quercetin Boiling point: 250°C / 482 degree Fahrenheit Properties: Antioxidant, Antimutagenic, Antiviral, Antineoplastic

cannflavin A Boiling point: 182°C / 359.6 degree Fahrenheit Properties: COX inhibitor, LO inhibitor

β -sitosterol Boiling point: 134°C / 273.2 degree Fahrenheit Properties: Anti-inflammatory, 5- α -reductase, inhibitor

TERPENES ANALYSIS		ARJAN'S HAZE #1 - (hydroponic)							
Percentage	%	%	%	%	%	%	%	%	
(+)-a-Pinene	1.45	7.14	15.32	29.45	35.23	47.07	58.12	75.93	
(R)-(+)-Limonene	0.91	1.75	2.36	2.45	3.06	3.12	3.75	3.91	
a-Humulene	0.75	1.04	1.25	2.95	3.07	3.12	3.45	3.82	
(-)-Menthone	0.12	0.95	1.01	1.17	1.23	1.45	2.01	2.12	
Dihydrojasmone	0.04	0.08	0.11	0.12	0.22	0.27	0.41	0.52	
Nerylacetate	0.05	0.07	0.14	0.22	0.32	0.37	0.42	0.48	
(-)-Guaiol	0.04	0.09	0.14	0.18	0.30	0.35	0.37	0.40	
B-Caryophyllene	0.01	0.04	0.11	0.14	0.22	0.24	0.28	0.33	
Weeks	1st	2nd	3rd	4th	5th	6th	7th	8th	

About Me

Radic AI Conscious

Although I do not have any formal qualifications in this field, my father is a retired herbalist, so I grew up with him growing and making many herbal medicines and cosmetics.

In my youth, I was in a car accident that left me with 7 crushed vertebra, and I, a life of chronic pain. I use to smoke lots of cannabis to control the pain. In 1995 I read a book called Hemp for Health which stated that cannabis is a herb.... That's when I realized that I could make medicines, very easy from cannabis, rather than just smoke it. So started my journey into the world of medicinal cannabis therapy.

The first extract I tried was a pain cream from the roots to treat my chronic back pain. It worked very well for me, then a neighbor, who was suffering pain from a tropical ulster on his foot, had to be carried to my door. I applied the root cream to his foot, soon after, he was able to walk home unassisted.

Well since then I have dug up many old traditional medicinal recipes to make lots of different medicines with which, I have successfully treated so many different ailments, both on myself and others who asked me for help.

There is nothing more empowering for me, than to grow and make, all my own medicines, that cure and relive all my ailments.

From the garden to the medicine chest, it is all so easy, people have been successfully doing this without all the modern technology of today, for hundreds of years..

I wrote this book because I believe this is a very safe way to produce high quality medicines from cannabis.