

Regulator To Medicinal Cannabis Bill 2014

Regulation Of Cannabis Clubs/Collective Responsible management 06/03/2015

This model, called the Cannabis Social Club, aims to prevent cannabis consumers from being involved in illegal activities and assures that certain requirements concerning public health and safety are being fulfilled.

PUBLIC HEALTH RECOMMENDATION FOR THE PROPOSED REGULATION OF CANNABIS SOCIAL CLUBS FOR MEDICINAL AND RECREATIONAL PURPOSE

Through this proposal which the recommendations are approved on public health matters regarding the regulation of cannabis social clubs for recreational and medicinal purposes and the conditions in which these activities may take place. This proposal has been elaborated by a small committee and research from legal clubs around the world also distributed to this information.

In recent years, there has been a growing number of cannabis social clubs that have opened all across the world. The cannabis smoking clubs are non-profit associations that supply and distribute Cannabis among its members all of which must be over-twenty one. These members smoke this substance in a private sphere and do it either for leisure or for therapeutic reasons. By doing so they reduce the health dangers associated to the black market and towards certain uses of cannabis.

These associations must be properly registered in the Association Register, which is dependent on The General Direction of Law and Legal authorities of the Department of Justice.

Firstly, in order to protect, promote and improve the populations' public health through policies that are focused on minimising the damages of the consumption of cannabis. Secondly, it intends to encourage the right information, education and prevention of the consequences and harmful effects associated to the consumption of this substance.

We must approve several recommendations in public health matters for the regulation of the cannabis social clubs and the conditions in which these activities can occur. This must be established and promoted. The aim of these suggestions is to encourage the members of these clubs to search for information and expert advice in order to reduce the risks and damages associated to the consumption of cannabis. This includes the training of those people that are in charge of supplying this substance with the above mentioned objective in mind: The early detection and follow-up of certain smoking-habits that pose a health risk and threat to these smokers.

The use of other drugs and the drinking of alcohol are forbidden and the smoking and sale of tobacco is restricted in this regulations. This is done to try to avoid promoting the use of these substances by certain vulnerable groups. The restricted opening hours and the fact that these establishments are not allowed to advertise their activity also help to this effect.

It is also adamant that these associations comply with the current health and safety

regulations, that they are respectful towards the environment and above all that they respect the community.

RECOMMENDATIONS IN MATTERS OF PUBLIC HEALTH FOR THE REGULATION OF CANNABIS SOCIAL CLUBS Medicinal and Recreational Purpose AND THE CONDITIONS THAT MUST BE RESPECTED FOR THESE ACTIVITIES TO TAKE PLACE.

PUBLIC HEALTH CRITERIA
For Cannabis Clubs

- Member application.
- . Members must be over 21.
- Under 21 Medicinal Reasoning and Medical Certificate approved by Minister of Health
 - . Be a regular consumer of cannabis.
 - . Not to be a member of another cannabis club.
 - . Only members can enter the establishment.
 - . There must be control measures for entrance/accessibility.
- Information services, professional advice regarding the reducing of risks and harmful effects of cannabis (aimed at members) and the early detection and follow-up of problematic consumption of cannabis.
- Training in the reduction of risks and harmful effects of cannabis to the people in charge of distributing the substance in the association. This training must be guaranteed at least yearly.
 - The prohibition of using other drugs or alcohol in these establishments.
 - Restriction on the use in designated areas and sale of tobacco according to the current legislation.
 - Health and safety measures according to what is established in the current regulation.

STRUCTURAL AND ENVIRONMENTAL CRITERIA

- A 15-30 day transition period from the moment a member joins the association.
 - To be permanent Citizen or to be a permanent resident of Australia.
 - To be registered in state of resident.
 - To be endorsed by another already-existing member of the association.
 - Opening restrictions
- Location restrictions: There must be a certain distance between clubs, and these clubs must be at a certain distance from schools and health centres.
- Publicity restrictions: Any kind of publicity of these clubs or associations is forbidden both on paper (flyers, bill-boards, etc...) and via internet.
- Be respectful to the environment and above all respect for the rest of the community.

LEGAL RECOGNITION

- Obtain the activity licence according to the municipal regulations.
- Register in the Activities Register of people who consume cannabis appointed by the Local Associations Register and /or to the General Direction of Law and Legal Authorities .

Public Health

Throughout the process from seed to bud, CSCs strive to ensure that the cultivated cannabis meets the standards of organic agriculture. Chemical use is completely outlawed. They also have an active policy to detect and prevent problematic consumption through the promotion of safe and responsible use. They collaborate with public health entities, and assist members who wish to contact social-medical practitioners.

Open to dialogue with authorities

A CSC is willing to enter into any form of dialogue with the authorities, seeking the common goal: to reduce the street market for drugs where people are bothered by aggressive buyers or pushers, where young people quickly become victims of dealers and where theft and deception occur.

Besides being a real solution to the needs of the cannabis consumer, the CSC has become a simple and effective tool to inform and convey to the public, as well as authorities, that it is possible to put in place a simple, transparent and easily controllable system to produce and distribute cannabis.

Why I use cannabis..

I suffer from Hirschsprung's disease (HD).

It's a disorder of the abdomen that occurs at birth, when part or all of the large intestine or antecedent parts of the gastrointestinal tract have no ganglion cells and therefore cannot function.

Eating is my big issue. Not wanting to eat. Vomiting. Diarrhoea, lack of energy. Not gaining weight or growing. Some days are better than others as I struggle to put on weight and eat. I get seriously bad stomach pains and cramps, which turns me off eating.

Pharmaceutical drugs and pain killers don't work because they don't absorb and the greater majority of the time make me feel worse.

The human body requires energy – in the form of ingested food--to fight infection and heal

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cell or tissue damage. When one is constantly fighting the above symptoms eating is not my favourite thing.

Since I began smoking cannabis socially, I found it seemed to relieved my symptoms. Like most people pot-affected, I got the “muchies” and I found myself enjoying my food without experiencing the painful cramps.

As you can understand, depression goes hand in hand with my condition. When I smoked pot I found my mood lifted as well. Not like with pharmaceutical drugs which did little to help.

There are a lot of consumers in Australia , the most in the world nearly, but in recent years a lot of "normal people" are discovering Cannabis for a large number of severe diseases, in normal ways to be furnished. They're looking, to find legit sellers, advice, therapy and other options when Dr Prescriptions are just not working for them, many have found relief and many want to find relief while avoiding to go in the street and search for a classic criminal pusher. These people are self medicating with out any results of Death, crime or injury.

So I ask you to consider a Government Approved Cannabis Social Collective.

Cannabis Social Clubs/Collectives (CSCs) are set up to protect the rights of cannabis consumers and producers. They push for cannabis policies that benefit society as a whole. They also provide a platform for people to talk about all aspects of cannabis. The ultimate goal is to organise the cultivation of a limited amount of cannabis to satisfy their personal needs. Thus a closed circuit is established between producers and consumers, where certain requirements are met concerning health, safety, transparency and accountability.

An Approved Licensed Cannabis Social Clubs in Australia for all Australians who choose a healthier alternative to black market and medicinal use of Cannabis.

Cannabis Social Club. We are a group that is focused on bringing patients together to explore the medical and personal benefits of marijuana. I began this group because, like many of you I get great relief from cannabis..The Cannabis Social Club is committed to a warm and open environment in which people of all backgrounds can socialize and get introduced to cannabis safely and responsibly.

At present, CSC's are effectively operating in the United States, Canada, Spain and Switzerland. In other countries, initiatives are being taken to establish such a model.

Unlike cannabis distributors who operate on the illegal market, Cannabis Social Clubs are willing to enter into dialogue with authorities to provide insight in their working methods, in the framework of the elaboration of a legal regulation of cannabis. Local authorities should have an interest in such a regulation, which will enable them to control the CSC's in order to ensure their transparent and safe way of working. Thus, they create an alternative for the black market, prevent the access of minors to cannabis, help to reduce public expenditure

and generate tax revenue. CSC's have an interest in such a regulation as it will ensure the legal status of their organisation and its activities.

Cannabis Social Clubs have a protocol for adhesion of new members that includes an explanation on their rights and duties, an indication of the estimated amount of consumption and a private conversation on the history of use. This allows the clubs to recognise problematic consumption (psychopathologies), and to respond to this situation.

Cannabis Social Clubs apply an active policy of prevention of harms and risks and promotion of safer methods of consumption of cannabis by its members.

Cannabis Social Clubs take a comprehensive written record of consumption made by their members from collective farming, register in which they shall contain at least a membership number, the amounts withdrawn and the date of withdrawal. In this register personal data are ensured at all times. There will be an upper limit on the amounts that members may receive, in order to avoid the possibility of facilitating the use of third parties.

Cannabis Social Clubs take a comprehensive written record of production, in which the association shall certify the dates of the cycle of cultivation, the used methods of cultivation and the amounts collected and suitable for consumption. Inspections are carried out randomly by representatives of the association, to verify the location, safety measures and estimated volume of production.

The methods of cultivation, post-harvest treatment etc. shall meet up to the standards of biological agriculture with sustainable use of natural resources.

Once the harvest has been controlled and the final production volume quantified, the association will issue a written authorization to one of its representatives to proceed to transport the crop product from the place where it is cultivated to the premises where the controlled distribution is carried out.

Cannabis Social Clubs may decide to employ staff members, who can receive reasonable remuneration. Thus they contribute to the creation of employment, economic re-activation and savings on the budget for law enforcement.

Before becoming member of a Cannabis Social Club, the applicant must state that he/she is a user of cannabis, or provide a medical report stating the diagnosis, to check that the person is diagnosed with a disease for which the use of cannabis is indicated, according to the regularly published lists by the International Association for Cannabis as Medicine (IACM).

WHY IS THIS IMPORTANT:

A cannabis social collective club of Australia, with the approval of Parliament and Law authorities of Australia, would aim to make regulations with procedures and criteria for applying for and retention of licenses, permits and other authorisations for cultivation,

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processing, distribution, sale and other handling of cannabis for medicinal, recreational, scientific and therapeutic purposes.

Medicinal Cannabis - For The accepting of cannabis aka (Vitamin Weed) as a medicinal herb, as we all believe it should be categorised, one that fuels our endocannabinoid system and maintains health by regulating all of the main systems in our body.

The total number of CSCs in Spain is difficult to estimate precisely, as many clubs do not remain in operation for very long. However, there are thought to be roughly 400 CSCs or similar associations in Spain,⁹ most of which are located in Catalonia and the Basque Country. Beyond Spain, several other jurisdictions now also permit (or at least tolerate) such clubs. Uruguay has made CSCs a key component of its national, legally regulated cannabis market,¹⁰ and informal CSCs have been accommodated within domestic drug laws in Argentina, Colombia and Chile. Belgium also has five CSCs.

And is proven to work! Just look at Uruguay, Australia can become a world leader in this market with a model even better! The flow on effects to the economy cannot be ignored and a whole new agricultural industry is born creating ongoing employment in several areas.

Members that join a CSC are responsible adults who happen to enjoy smoking weed socially or use it for medical reasons. They have families, they pay their bills, and if you saw them on the street you probably wouldn't be able to tell them apart from the rest of the crowd. There is living proof that Cannabis Social Clubs can legally exist and add value to any society, while reducing crime in areas where illegal street deals would otherwise dominate. Anyone who says that smoking pot leads to criminal behaviour needs to experience a Cannabis Social Club first hand.

Alcohol can be fun and enjoyable, and so can marijuana. The best way to maximise the benefits and minimise the harms of either substance is with reasonable rules and regulations to protect public safety and personal health and give people the choice for a safer long term recreational pursuit that has far less impact on our health, emergency services personnel and the community in general.

Some point in our life we have to face Life circumstances. Along with the challenges inherent in being an adolescent in today's complex world, some teens or adults are trying to deal with significant losses (death of a close friend or family member), extremely difficult family relationships, disappointments with friends, school and sports, and a fragile family and peer support network.

The risk of substance use increases substantially when youth are attempting to deal with these kinds of situations in isolation. As Cannabis is proven to relieve stress and depression, A Cannabis Social Collective would be able to provide appropriate guidance and targeted support from counsellors and health care providers which must be sensitive to meeting the needs of youth as they work through such situations and life altering events.

In addition, adults working with youths would find better ways to talk with young people about how they are coping with their health issues, including their marijuana use.

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There is a wide range of support at a CSC that may benefit youth including counselling, stress management, social skills training, anger management, study skills, pain management, and sleep hygiene.

Based on this they wouldn't look for harder or alternative drugs such as Alcohol, Or harder substances.

CSC's effectively reduces drug tourism, and undercut street dealers, giving these people the opportunity to contact with someone sufficiently experienced to take care of their plants and medicine.

I can't see how you fail to recognise the impact these collective clubs would have on the underground market.

Like any Association (firearms) etc, a CSC would look to make regulations for treating, with procedures and criteria for applying for and retention of licenses, permits and other authorisations.

Thnx for taking the time to look over this model

Guide to using medical cannabis

Cannabis 101

Cannabis is a flowering plant that has fibrous stalks used for paper, clothing, rope, and building materials leaves, flowers, and roots used for medicinal purposes, and seeds used for food and fuel oil. Cannabis leaves and flowers are consumed in several forms: dried flower buds or various types of concentrated, loose, or pressed resin extracted from the flowers or leaves through a variety of methods. Once mature, the plant's leaves and flowers are covered with trichomes, tiny glands of resinous oil containing cannabinoids and terpenes that provide physical and psychoactive effects.

100+ different types of cannabinoids and terpenes.

Concentrations or percent of each type of cannabinoid ranges widely from plant to plant and strain to strain.

The first identified and best-known cannabinoid is THC (delta-9-tetrahydrocannabinol). THC has the most significant psychoactive effect of the cannabinoids. The ratio of THC to other cannabinoids varies from strain to strain. While THC has been the focus of breeding and research due to its various psychoactive and therapeutic effects, non-psychoactive cannabinoids have physiologic effects that can be therapeutic.

- Cannabidiol (CBD) relieves convulsions, inflammation, anxiety and nausea—many of the same therapeutic qualities as THC but without psychoactive effects. It is the main cannabinoid in low-THC cannabis strains, and modern breeders have been developing strains with greater CBD content for medical use.

- Cannabinol (CBN) is mildly psychoactive, decreases intraocular pressure, and seizure occurrence.
- Cannabichromene (CBC) promotes the analgesic effects (pain relief) of THC and has sedative (calming) effects.
- Cannabigerol (CBG) has sedative effects and antimicrobial properties, as well as lowers intraocular pressure.
- Tetrahydrocannabivarin (THCV) is showing promise for type 2 diabetes and related metabolic disorders.

In addition to cannabinoids, other cannabis plant molecules are biologically active. A few other molecules known to have health effects are flavonoids and terpenes or terpenoids (the flavor and smell of the strain). Cannabinoids, terpenoids, and other compounds are secreted by the glandular trichomes found most densely on the floral leaves and flowers of female plants.

Effects

Different people have different experiences. One individual may feel stress release, while another feels over-stimulated and stressed, while another feels energized and on-task.

There are many factors that impact the effect:

- Amount used (dosage)
- Strain of cannabis used and method of consumption
 - Environment/setting
- Experience and history of cannabis use
 - Biochemistry
 - Mindset or mood
 - Nutrition or diet
- Types of Cannabis

Though cannabis is biologically classified as the single species *Cannabis Sativa*, there are at least three distinct plant varieties: *Cannabis Sativa*, *Cannabis Indica*, and *Cannabis Ruderalis*, though the last is rare. There are also hybrids, which are crosses between sativa and indica varieties. Cannabis used for fiber is typically referred to as hemp and

has only small amounts of the psychoactive cannabinoid THC, usually less than 1%.

Genetic “breeders” of the cannabis seed have developed thousands of different strains of cannabis from these three varieties. There are marked differences between sativa, indica, and hybrid. Today, we mostly find hybrids. It can be difficult to find pure indica or sativa.

All types of medical cannabis produce effects that are more similar than not, including pain and nausea control, appetite stimulation, reduced muscle spasm, improved sleep, and others. But individual strains will have differing cannabinoid and terpene content, producing noticeably different effects.

Many people report finding some strains more beneficial than others. For instance, strains with more CBD tend to produce better pain and spasticity relief. As noted above, effects will also vary for an individual based on the setting in which it is used and the person's physiological state when using it.

In general, sativas and indicas are frequently distinguished as follows:

Sativas

The primary effects are on thoughts and feelings. Sativas tend to produce stimulating feelings, and many prefer it for daytime use. Some noted therapeutic effects from use of

Sativas:

- Stimulating/energizing
- Increased sense of well-being, focus, creativity
 - Reduces depression, elevates mood
 - Relieves headaches/migraines/nausea
 - Increases appetite

Some noted Side-Effects from use of Sativas

- Increased anxiety feelings
- Increased paranoia feelings

Indicas

The primary effects are on the body. Indicas tend to produce sedated feelings, and many prefer it for nighttime use.

Some noted Therapeutic Effects from use of Indicas:

- Provides relaxation/reduces stress
 - Relaxes muscles/spasms
- Reduces pain/inflammation/headaches/migraines
 - Helps sleep
 - Reduces anxiety
- Reduces nausea, stimulates appetite
 - Reduces intra-ocular pressure
- Reduces seizure frequency/anti-convulsant
- Some noted side-effects from use of Indicas:
 - Feelings of tiredness
 - “Fuzzy” thinking

Hybrids

Strains bred from crossing two or more varieties, with typically one dominant. For example, a sativa-dominant cross may be helpful in stimulating appetite and relaxing muscle spasms. Crosses are reported to work well to combat nausea and increase appetite.

Cannabis Extracts and Concentrates

The dried flower or bud from the manicured, mature female plant is the most widely consumed form of cannabis in the U.S. Elsewhere in the world, extracts or concentrates of the cannabis plant are more commonly used. Concentrates are made from cannabinoid-rich glandular trichomes, which are found in varying amounts on cannabis flowers, leaves and stalks. The flowers of a mature female plant contain the most trichomes.

Many methods are used to separate the trichomes from the plant:

- Sift the cannabis flower and/or leaves through a fine screen either via a

mechanical/motorized tumbler or by hand. Called “dry sift.” What passes through the screen is primarily the oil-rich glandular heads.

- Roll the cannabis flowers between the fingers to rupture the trichomes and collect the resin that sticks to the fingers. Called “finger hash.”
- Submerge cannabis leaves in ice water and agitate mixture to solidify trichomes. Filter mixture through series of increasingly fine screens or bags. Dry the trichomes and press into blocks. Called “bubble hash.” This method has increased yield.

There are other ways to separate the trichomes from other plant material, such as butane extractions, but consult your local medical cannabis laws concerning restrictions on certain types of preparations and use caution as some methods can create serious combustion dangers.

KIEF

Kief is a powder made from trichomes removed from the leaves and flowers of cannabis plants. Can be compressed to produce cakes of hashish, or consumed (typically smoked) in powder form in a pipe or with cannabis bud or other herbs.

Hashish

Hashish (also known as hash or hashisha) is a collection of compressed or concentrated resin glands (trichomes). Hash contains the same active cannabinoids as the flower and leaves but typically in higher concentrations (in other words, hash is more potent by volume than the plant material from which it was made).

- Hashish usually is a paste-like substance with varying hardness. Good quality is typically described as soft and pliable. It becomes progressively harder and less potent as it oxidizes and oil evaporates.
 - THC content of hashish ranges from 15-70%.
- Often smoked with a small pipe. Can be used in food, in a hookah, vaporizer, mixed with joints of cannabis bud or aromatic herbs.

- Color varies from black to brown to golden or blonde. Color typically reflects methods of harvesting, manufacturing, and storage.

MYTH: The effects from smoking hash are different.

FACT: The effects of hash vary in the same way strains of cannabis do. This stems from differences in potency of hash and the regional variations between cannabis strains used for making it.

Hash oil

Hash oil is a mix of essential oils and resins extracted from mature cannabis foliage through the use of various solvents such as ethanol or hexane. The solvent is then evaporated, which leaves the oil. Hash oil tends to have a high proportion of cannabinoids—a range from 30 to 90% THC content can be found.

Can be smoked with a specialty pipe (specifically for hash oil or hash), with a vaporizer, with cannabis bud in a pipe, joint, or added to food.

Cannabis Edibles

Cannabis can be ingested or eaten when added to cake, cookies, dressings, and other foods. It can also be brewed into a tea or other beverage. To be effective, cannabis and its extracts or concentrates must be heated in order to convert the cannabinoid tetrahydrocannabinolic acid into active THC.

Digestive processes alter the metabolism of cannabinoids and produce a different metabolite of THC in the liver. That metabolite may produce markedly different effects or negligible ones, depending on the individual. Onset of effects are delayed and last longer due to slower absorption of the cannabinoids.

Cannabinoids are fat-soluble, hydrophobic oils, meaning they

dissolve in oils, butters, fats and alcohol, but not water. Processes using oil, butter, fat or alcohol can extract the cannabinoids from plant material.

Various forms of converted cannabis can be used for edible medicating. Each can be made from cannabis flowers, leaves or concentrates such as hash. The potency of the edible will depend on the material used in making it and the amount used. Edibles made with hash will be stronger than those made from leaf trim.

Cannabis Oil

Cannabis Oil (cannaoil): is cooking oil infused with cannabinoids. Various means to extract include heating the oil and cannabis mixture at low temperature in a frying pan or pot, double boiler, or slow cooker then straining out the plant material. Can be used in any recipe that includes oil and that doesn't go over 280 degrees Fahrenheit (evaporating point). Think cookies, cakes, candies, and other food items.

Cannabis Butter

Cannabis butter (cannabutter) is butter infused with cannabinoids. Heat raw cannabis with butter to extract cannabinoids into the fat. Various means to extract include heating the butter and cannabis mixture at low temperature in a frying pan or pot, double boiler, or slow cooker then straining out the plant material. Can be used in any recipe that includes oil and that doesn't go over 280 degrees Fahrenheit.

Tincture

Tinctures use ethanol alcohol (e.g. pure grain alcohol, not rubbing alcohol) to extract the cannabinoids. You use droplet amounts, and it is absorbed through the mucous membranes

in the mouth.

Spray

Sublingual sprays is another way of using a tincture. Use ethanol alcohol to extract the cannabinoids. You use a pump to spray cannabis-alcohol solution under your tongue.

Cannabis Liquor

Liquor may be infused with cannabinoids. Best to cook stems and leaves into brandy or rum. Can be added to coffee and other beverages.

Cannabis Topicals (applied to the skin)

Cannabinoids combined with a penetrating topical cream can enter the skin and body tissues and allow for direct application to affected areas (e.g. allergic skin reactions, post-herpes neuralgia, muscle strain, inflammation, swelling, etc.).

- Cannabinoids in cannabis interact with CB1 and CB2 receptors that are found all over the body, including the skin.
- Both THC and Cannabidiol (CBD) have been found to provide pain relief and reduce inflammation.
 - Topical cannabis use does not produce a psychoactive effect, which is different from eating or inhaling the medicine.

Different types of cannabis topicals include:

- Salve: cannabinoids heated into coconut oil combined with bees wax and cooled. Rub directly on skin.
 - Cream: cannabinoids heated into shea butter combined with other ingredients and cooled. Rub directly on skin.

Topicals may produce anti-inflammatory and analgesic or pain relief effects.. Research has to date been limited to studies on allergic and post-herpes skin reactions and pain relief. Anecdotal reports on topical treatment efficacy include:

- Certain types of dermatitis (including atopic) and psoriasis
 - Balm for lips, fever blisters, herpes
- Superficial wounds, cuts, acne pimples, furuncles, corns, certain nail fungus

- Rheumatism and arthritic pains (up to the 2nd degree of arthritis)
- Torticollis, back pains, muscular pains and cramps, sprains and other contusions
 - Phlebitis, venous ulcerations
 - Hemorrhoids
 - Menstruation pains
 - Cold and sore throat, bronchitis
 - Asthmatic problems with breathing
- Chronic inflammation of larynx (application in the form of a Priessnitz compress)
 - Migraine, head pains, tension headaches
 - Pharmaceutical Cannabis or Cannabinoids

Pharmaceutical cannabis or cannabinoid drugs are those that have been standardized in composition, formulation and dose. That means you always know exactly what and how much you are getting with each pill or spray. These are drugs which have been developed to meet regulatory requirements for prescribing by physicians.

Dronabinol (Marinol®)

Dronabinol (Marinol®) is a prescribed capsule classified as a Schedule III drug used to treat nausea and vomiting caused by chemotherapy and loss of appetite and weight loss in people who have acquired immunodeficiency syndrome (AIDS). It is a synthetic version of THC suspended in sesame oil and does not contain CBD (cannabidiol) or other cannabinoids.

Sativex®

Sativex® is a prescribed oromucosal (mouth) spray to alleviate various symptoms of MS and cancer, including neuropathic pain, spasticity, overactive bladder and other symptoms, depending on the country. Derived from two strains of cannabis, the principal active cannabinoid components are THC and CBD suspended in ethanol. Each spray of Sativex® delivers a fixed dose of 2.7mg THC and

2.5mg CBD.

Cannabis Consumption

How Can I Use Cannabis More Safely?

Adjust the way you use cannabis. One of the great aspects of cannabis is that there are many ways to use the medicine effectively.

Ingest via Eating

This is one of the safest ways to consume your medication, but understand that the effects from eaten cannabis may be more pronounced and onset of the effects will be delayed by an hour or more and typically last longer than inhalation.

Using edible cannabis effectively will usually take some experimentation with particular product types and dosage.

Digesting cannabis also metabolizes the cannabinoids somewhat differently and can produce different subjective effects, depending on the individual.

Use small amounts of edibles and wait 2 hours before gradually increasing the dose, if needed. Take care to find and use the right dose-excessive dosage can be uncomfortable and happens most often with edibles.

Try cannabis pills made with hash or cannabis oil or ingest via

Tinctures/Sprays

Find your ideal dosage to enhance your therapeutic benefits. Start with no more than two drops and wait at least an hour before increasing the dosage, incrementally and as necessary.

Apply via Topicals

This is one of the safest ways to consume your medication and may be the best option for certain pains or ailments.

Rubbing cannabis products on the skin will not result in a psychoactive effect.

Inhale via Smoking

Because the effects are noticed or felt quickly, this is a good way to get immediate relief and find the best dose for you. Research has shown that smoking cannabis does not increase your risk of lung or other cancers, but because it entails inhaling tars and other potential irritants, it may produce unpleasant bronchial effects such as harsh coughing. Smoke as little as possible. Try 1 to 3 inhalations and wait 10 to 15 minutes to find the right dosage. Increase dosage as necessary.

Take smaller, shallower inhalations rather than deep inhaled. Holding smoke in does not increase the effects; studies show that 95% of the THC is absorbed in the first few seconds of inhaling.

If consuming with others, for health reasons, try not to share the smoking device. If sharing, quickly apply flame to the pipe mouthpiece or wipe with rubbing alcohol to kill germs. To avoid inhaling unnecessary chemicals, use hemp paper coated with beeswax to light your medicine rather than matches or a lighter.

Inhale via Vaporizer

This is the safest way to inhale your medicine because it heats the cannabinoid-laden oils to the point where they become airborne vapors, without bringing the other plant material to combustion, drastically reducing the amount of tars and other chemical irritants that you otherwise would inhale. Vaporizers also emit much less odor than any type of smoking.

Invest in a tabletop Volcano brand vaporizer or a hand-held

vaporizer (such as vaporPlus). Construct your own vaporizer if you can't afford to buy one.

Inhale via a Pipe/One-Hitter/Steam Roller

Use a glass, stainless steel, or brass pipe; avoid wood or plastic pipes. Glass one hitters, tubular pipes that contain a single dose, are the most economical devices.

Inhale via a Bong/Water Pipe

Don't use a bong or water pipe regularly. The water absorbs some of the THC and other cannabinoids, and you can inhale water vapor or water drops into your lungs.

Don't use a bong made from plastic, rubber or aluminum that can produce harmful fumes when heated or melted. If you do use one, change the water frequently to limit exposure to germs and viruses.

Know Your Variety

Cannabis comes in many varieties, roughly divided between Sativas that originated near the equator and Indicas that come from northern latitudes, though modern breeding programs have created a wide range of hybrids. Each variety has its own cannabinoid and terpene profile and subtly different effects. Whether you use Sativa-dominant, Indica-dominant, or a Hybrid it makes a difference.

- 1 Take note of what effect each variety produce for you (therapeutic and side effects); keeping a log can be helpful.
- 2 Use higher potency cannabis so you use less medicine. Concentrates can be useful, particularly if you need higher doses.
- 3 For concentrates, use a glass pipe made for cannabis concentrates.
- 4 Experiment with high CBD strains, particularly for nausea, appetite, and pain.
- 5 Take a medicine vacation occasionally. While cannabis does not produce tolerance in the way opiates do, reducing or ceasing cannabis use can yield enhanced effects when restarted. Either reduce or stop for however long it feels comfortable for you.
- 6 Change the variety if the one you're using seems to be losing its effectiveness.

7 Whenever possible, choose organic cannabis products. Never consume cannabis that has been treated with pesticides.

Think About Drug Interactions

No significant interactions between cannabis and other drugs are known at this time, though research indicates cannabis enhances the effects of opiate painkillers. Little is known about the interaction of cannabis and other pharmaceutical medications, but it is important to consider any complementary effects.

Talk to your doctor or find a doctor who you can talk to about medical cannabis. Some studies show interactions with barbiturates, theophylline, fluoxetine, disulfiram, sedatives, antihistamines, etc.

A synergistic effect can occur with alcohol use; limit mixing the two.

Consider Safety. For yourself and your community.

Indicas can cause drowsiness-avoid driving or operating heavy machinery when using your medicine.

Don't consume cannabis and drive. Cannabis use can impair motor skills. Find a safe environment to consume your medicine. Wait at least 1-2 hours after you medicate before getting behind the wheel.

Managing medicine costs

If paying for your medicine is an issue, try a few of these tips.

- 1 Track your costs to get an accurate picture of your spending on cannabis.
- 2 Take a "grow your own" class and explore growing your own medicine or work with a small group of patient cultivators.
- 3 If you access your medicine through a dispensary, use discount cards or investigate other ways to receive free or discounted medicine (like a low-income program, sliding scale program, activism volunteer)
- 4 Store your medicine properly to maintain quality over time. Airtight glass jars kept in a cool dark space work best.

Keeping a Cannabis Log

To establish an optimal treatment regime with cannabis, you will need to balance the effects of different strains, doses, and methods of ingestion. It may be helpful to record your therapeutic relationship with cannabis on an ongoing basis.

One method is through keeping a cannabis-use log that captures your experience, including thoughts, feeling and behaviors. Periodically reviewing the log can help both you and your doctor make decisions about what works best.

To start, keep a detailed log, as described below, for at least one week. Once you've got a week's worth of information, complete the self-assessment worksheet that follows. This worksheet will help you better understand many things about yourself, including: your ailments and symptom patterns, your treatment behaviors, and the efficacy and side effects of the cannabis medicines you use.

In keeping a medication log, try to keep things standardized, and be as consistent as possible. Here are some logging tips on useful information to collect:

- 1 Date/Time: Record every time you consume cannabis with the current date and time of day.
- 2 Amount: The amount of cannabis used (gram estimate or other consistent measure).
- 3 Strain: The name, strain or variety of the cannabis strain or variety of cannabis medicine used. If you don't know the name, write a detailed description of the medicine.
- 4 Code: Strains are generally described as Indica, Sativa, or hybrid. You may want to code your entries: I=Indica, S=Sativa, S/I=Sativa-dominant Indica Cross, and I/S= Indica-dominant Sativa Cross.
- 5 Type is the form of cannabis consumed: dried bud flower (most common), concentrates, tincture/sprays, edibles/drinks or topical. You may want to use: F=flower, C=concentrate, T=tincture/spray, E=edible, TO=topical.
- 6 Cannabinoid Content: refers to the percent of THC, CBD and/or CBN. If you have this information available to you, write down percentages of each cannabinoid. If you're using edibles or similar, a description of potency and preparation is helpful.

- 7 Mode: Write down how you used your medication. Either inhale via S=smoke or V=vaporize, E=eat/digest, T=tincture or spray, TO=topical.
- 8 Therapeutic Effects: List any positive effects you experience (physical, mental, social, behavioral, etc).
- 9 Negative Side Effects: List your negative effects
- 10 Timing: How quickly did you experience the first therapeutic effects? When did you feel the peak of relief? When did it start to noticeably dissipate? How long until effects were gone?
- 11 What prompted your cannabis use? List the specific factors that told you it was time for medicine, as well as the general symptoms or conditions being treated (e.g. pain, nausea, anxiety, etc.
- 12 How did you feel (mindset)? Record your mood and feelings before and after you used cannabis.
- 13 Where were you (setting)? Were you at home, at a collective, in your office? Sitting, standing, lying down?
- 14 Who were you with? Were you by yourself, with a friend, a large group, among other cannabis consumers, etc?
- 15 What were you doing? Just before you used cannabis, what was going on? What were the activities or circumstances leading up to it?

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Your sincerely
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