

## Green Buddha Patient Co-op Newby Orientation

Welcome to the Green Buddha Patient Co-op, the oldest medical cannabis collective in Washington State. All our medicine is grown in an organic fashion and all our medicine is fully safety tested for mold, fungus, pesticides, insects and other contaminants. We believe this is the most important thing we can do for legal medical cannabis patients in the current *unregulated* medical cannabis market. By Spring 2014, we will have a regulated cannabis industry in Washington State which we believe will better address the needs of legal medical cannabis patients. Be sure to visit the Green Buddha website for more information on why you want fully tested pesticide free medicine.

Green Buddha has new clients (hereafter termed “newbies”) come in for an orientation for five main reasons. Orientations give us an opportunity to go over:

- 1) Legalities
- 2) How we organize our medicine – according to the percentage of *indica* or *sativa* in the strain
- 3) Cannabinoids and High CBD strains
- 4) Vaporizers – we at Green Buddha will do anything to have you never smoke cannabis
- 5) Medibles : sublingual edibles as well as regular edibles and what to expect
- 6) Mari pills, your natural endocannabinoid system and CB2 receptor sites

### Legalities

The stunning victory of I502 Washington State made it legal for all state residents to possess up to an ounce of cannabis, a pound of medibles and an amazing 72oz of infused medicated liquids. Previously Washington State patients had no legal protections except the “right to a defense,” but with the passage of I-502 means patients get arrest protection if they keep that amount of less at home and are not growing. What this means is an officer has to know you have more than an ounce in order to get a search warrant and invade your home.

The current medical cannabis industry in Washington State is completely unregulated. No agency is checking to see if the product is safe, the business taxes are paid, etc. Dispensaries are illegal under both State and Federal laws. The medical cannabis scene has been allowed to continue in a grey zone because of concern about access to safe medicine for patients. Nonetheless with the arrival of regulated cannabis the unregulated medical cannabis industry serves no real need.

Green Buddha embraces these changes and as such expects to close its doors once patients are able to access the regulated recreational cannabis. All the recreational cannabis will be safety tested and every county in our state will have such a store, so Green Buddha believes that the medical cannabis patients’ need will be best addressed by this new regulated system.

While the Federal government has taciturnly agreed to legal regulated cannabis, the Federal government also noted the importance of keeping cannabis off Federal property. As such there are numerous places physically in the state of Washington which are actually federal government property. Thus in these places – airports, ferry systems, on a boat ten feet from a dock, federal buildings and

anyplace that collects federal funds (housing projects, fire stations, etc.), national parks and national forests, and federally maintained highways you may not possess nor use cannabis. So if you look carefully at a map of the state of Washington you will note a huge portion of our state is national forest land and quite a few roads run through these national forests; if you were caught with medicine in these locations you would be refused your medical necessity defense. Transportation in a vehicle is an issue. You would always want to keep your medicine either in the trunk of your vehicle or in a locked box. In other words locked up. If you were stopped for a mere traffic infraction stop the officer would need to get a search warrant in order to access the lock box or trunk, which isn't likely if you are only transporting your medicine. What you want to occur is for law enforcement to never find medicine freely in your vehicle. If they find cannabis most likely they will take the driver to the local health clinic where your blood can be drawn and examined. If you have more than 5nanograms of active THC in your blood you can be charged with driving under the influence. At the very least it is a hassle not enjoyed. With the passage of I-502 you can expect law enforcement to be even more vigilant on the issue of impaired driving so be smart and don't keep your medicine loose in the car with you and don't medicate before driving. Not medicating in your car also leaves your car smelling as it should insuring you less hassle on the highways.

Each and every time you visit the Green Buddha office you must – by law – carry your Washington State photo ID and original authorization on your person. We may check your documents each time you arrive at our office. Please be aware it is illegal to make copies of your authorization.

### ***Indica versus Sativa***

We organize our medicine differently than most other collectives. We are less focused on the name of the strain and more focused on the effect – which is primarily derived from the percentage of *indica* or *sativa* in the strain. Thus you will see our product organized according to where on the spectrum of indica to sativa the strain lies. An “80-20” means a strain with 80% indica and 20% sativa, which would be great for jelling the body and getting ready for bed. A “20-80” means a strain with a 20% indica and 80% sativa which is great for dealing with pain but also keeping one's head clear. Most strains are indica/sativa hybrids assuring you can get the exact medical qualities you are seeking.

The same strains grown differently can have very different cannabinoid and terpenoid ratios – meaning different medicinal effects. Organically grown cannabis is not as susceptible to nutrient lock up as non-organically grown product. Thus organic product has different terpenoid ratios as the terpenoids are produced primarily in the last third of the flowering cycle. What all this means is how the strain is grown may be more medicinally important than the actual strain used. How cannabis is grown, how it is cured or dried and the genetics all play a role in determining the quality of medicinal cannabis.

*C. indicas* are excellent for pain management as they provide the whole body load similar to opiates. Indicas are bronchodilating (they open the airways) and lower one's blood pressure. Indicas are euphoric in nature and thus can lower depression. Indicas can increase appetite, but often put one to

sleep before one can do anything about it. Indicas make an obviously night time choice for medicating as they are excellent at enhancing sleep.

The sativa medicinal high is uplifting, stimulating and energetic. No couch lock here – think caffeinated effects. Sativa is cerebral in nature... the mind trips the light fandango and there's a feeling of optimism. They can be even better for depression but because of sativas' energetic mode they can induce a wee bit of anxiety in some folks, which is something to watch out for if used for depression. Some sativas that are extremely high in THC can also be spacey or psychedelic in nature. Long flowering sativas – those that take more than three months to flower versus the more common two month flowers – have very long lasting effects with no body load. Sativas can also be surprisingly decent for pain, but they operate differently than indicas which gel the body. When using a sativa for pain management it is not that you don't still have your pain, but more than your mind is delightfully otherwise occupied and has forgotten about it. Sativas make a wise choice for daytime medicinal use.

### **High CBD Strains**

Scientists have identified more than sixty different cannabinoids in the cannabis plant. The one most people know about and focus on is THC (Tetrahydrocannabinol), a cannabinoid found concentrated in cannabis that elicits the mildly psychoactive mind and body 'high' that is traditionally associated with smoking the plant. While THC is effective for pain relief in many patients, the 'high' feeling may be, at times, an unwanted or overwhelming side-effect.

Recent studies have shown that concentrations of CBD (Cannabidiol), another cannabinoid, give a feeling of calm and wellbeing in addition to providing excellent pain relief and muscle relaxation. CBD rich cannabis reduces anxiety and thus makes it the cannabinoid of choice for those with mental health issues such as social anxiety and PTSD. Furthermore, strains high in CBD and low in THC are a handy tool for medical patients because they do not leave the patient feeling disoriented or otherwise unable to perform daily functions, as a THC filled flower might. CBD has even been shown to counteract some of the sedative effects commonly associated with a THC 'high'.

The Green Buddha in house high CBD strain M'Otto #2 has been tested at 11% CBD and almost devoid in THC making it an excellent choice for those interested in non-stony pain management. One can also mix a higher THC strain with M'Otto #2 to get the synergistic effect of both cannabinoids and a greater sense of pain relief without a diminished 'high' feeling.

### **Vaporizers**

The Green Buddha Patient Co-op will do anything to have you **never** smoke medical cannabis. The taking of burnt particulate material into your lungs is not a medically sound choice. Cannabis smoke irritates the passage ways, raises the risk of bronchitis, and is a negative stimulant on the immune system. On the other hand cannabinoid vapor is a positive stimulant on the natural endocannabinoid system which enhances the immune system. Cannabinoid vapor is a low irritant on the passage ways. A vaporizer works by raising the temperature of some ground up cannabis such that the active ingredients – the cannabinoids and terpenoids – which are liquids at room temperature turn to a gaseous state. One then

sucks in that vapor. It is the healthy alternative to smoking. It has two other advantages – when one smokes cannabis the smell of cannabis is unavoidable, but not so with a vaporizer. And a vaporizer is judicious in its use of cannabis. When one smokes cannabis one wastes about one half of what smokes if using a pipe and almost even more than that is wasted when using a bong. A vaporizer wastes only a percent or two, so a vaporizer saves you money too.

### **Medibles**

Medibles come in two modes – the sublingual (or under the tongue) mode and proper down-the-gullet edibles. We carry tinctures and candies which are used sublingually, and (snicker doodle) cookies. We are focused on provided edible medicine and not on providing varied culinary delights. The sublingual method takes twenty minutes to effect and a medible that goes to the stomach will take a full two hours to effect. Because of the delayed response it is very important to dose medibles correctly. We ask new clients to do an experiment with the candies first to determine one's dose response. If one candy was needed than we recommend using only a quarter of a cookie for medicating. About one fourth the population will have some lack of response or unsuitability to using medibles, and the only way to determine if one is in the one quarter population that will not get good effect from medibles is to experiment.

### **Maripills and the Endocannabinoids system**

We make another product which can be useful both for generally raising the level of cannabinoids in one's system as well as being more specifically useful for those struggling with autoimmune diseases. Your body produces some of the same compounds found in cannabis; these are called endo (for endogenous) cannabinoids. We produced endocannabinoids in two general locations, in the CB1 receptors in your brain (which is why one gets high from cannabis) and the more numerous CB2 receptors in the lower intestine, gut and uterus. What doctors have now discovered is you're your natural endocannabinoids production in the gut assists in the regulation of the immune system and gut motility (pooping). If this is correct than multiple sclerosis, fibromyalgia, irritable bowel syndrome, lupus, Crohn's may all be diseases relating to a shortage of natural endocannabinoids. What we have found is our maripills – extra virgin coconut oil with cannabis extract in a veggie cap – can be extremely useful for those with autoimmune diseases and gut motility issues. This should come as no surprise for if as we now believe those conditions are caused by natural endocannabinoid shortages, when we give cannabinoids to that CB2 receptor site we are no longer treating the symptoms of those diseases, we are systemically treating the disease. You will find more information on the medical research section of the Green Buddha website.

*More Information can be found at [www.greenbuddha.us](http://www.greenbuddha.us)*