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# The Many Medicinal Benefits of Cannabis and Cannabidiol (CBD)

Analysis by Dr. Joseph Mercola ✓ Fact Checked

August 08, 2022

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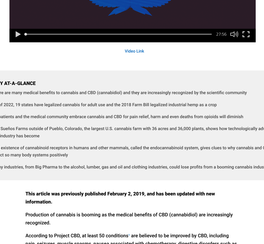


Video Link

**STORY AT-A-GLANCE**

- There are many medical benefits to cannabis and CBD (cannabidiol) and they are increasingly recognized by the scientific community
- As of 2022, 19 states have legalized cannabis for adult use and the 2018 Farm Bill legalized industrial hemp as a crop
- As patients and the medical community embrace cannabis and CBD for pain relief, harm and even deaths from opioids will diminish
- Los Sueños Farms outside of Pueblo, Colorado, the largest U.S. cannabis farm with 36 acres and 36,000 plants, shows how technologically advanced the industry has become
- The existence of cannabinoid receptors in humans and other mammals, called the endocannabinoid system, gives clues to why cannabis and CBD affect so many body systems positively
- Many industries, from Big Pharma to the alcohol, lumber, gas and oil and clothing industries, could lose profits from a booming cannabis industry

**This article was previously published February 2, 2019, and has been updated with new information.**

Production of cannabis is booming as the medical benefits of CBD (cannabidiol) are increasingly recognized.

According to Project CBD, at least 50 conditions[1] are believed to be improved by CBD, including pain, seizures, muscle spasms, nausea associated with chemotherapy, digestive disorders such as colitis and inflammatory bowel disease (IBD), degenerative neurological disorders such as dystonia, multiple sclerosis, Parkinson's disease, mood disorders, anxiety, PTSD and high blood pressure.

Yet, despite the legalization of cannabis for adult use in 19 states[2] in the past few years and the inclusion in the 2018 Farm Bill of industrial hemp as a crop,[3] the U.S. Food and Drug Administration up until recently listed CBD as a Schedule I drug, the most dangerous drug category reserved for drugs like heroin and LSD.

The classification made no sense because CBD is nonpsychoactive — it is not addictive, does not produce a "high" and there are few to no dangerous side effects. In fact, there seems to be no reason for the FDA and Drug Enforcement Agency's (DEA) long-term vilification of CBD except possible collusion with Big Pharma, whose dangerous and lucrative pain treatments.

In 2022 opioids are causing over 100,000 Americans' deaths every year — equivalent to around 274 deaths a day. In states where CBD and cannabis are becoming widely used, there are few reports of negative social or medical consequences. Conversely, there is evidence that in the same states where cannabis is legal, there have been fewer opioid emergencies, overdoses and deaths.[4]

The restrictive, Schedule I classification of CBD has also produced medical "refugees" — people whose health conditions are only improved by CBD, not pharmaceutical products, forcing them to relocate to states with looser CBD laws.

## A Surprising but Suspicious Change in CBD Classification

At the end of 2018, FDA surprised many with this modification of the Schedule I classification for some CBD products:[5]

> *"With the issuance of this final order, the Acting Administrator of the Drug Enforcement Administration places certain drug products that have been approved by the Food and Drug Administration (FDA) and which contain cannabidiol (CBD) in schedule V of the Controlled Substances Act (CSA). Specifically, this order places FDA-approved drugs that contain CBD derived from cannabis and no more than 0.1 percent tetrahydrocannabinols in schedule V.*
>
> *This action is required to satisfy the responsibility of the Acting Administrator under the CSA to place a drug in the schedule he deems most appropriate to carry out United States obligations under the Single Convention on Narcotic Drugs, 1961."*

Schedule V drugs are considered to have a lower potential for abuse than other controlled drugs.[6] The category includes drugs whose benefits may outweigh risks such as those for antidiarrheal, antitussive and analgesic conditions such as cough preparations with less than 200 milligrams of codeine like Robitussin AC, Lomotil, Motofen, Lyrica and Parlodepin.

Yet, does the recent modification of schedule status really reflect new realism on the part of the FDA, or is it simply a not to drug makers desire to "get in on the action" and market share? After all, we have seen a similar phenomenon when Big Pharma attacks the reliability, effectiveness and quality control of popular supplements and vitamins while hypocritically seeking to market the same products themselves.

## Cannabis Farms Are Becoming Large and Efficient

The Los Sueños Farms,[7] outside of Pueblo, Colorado, with 36,000 plants, depicted in a recent video called "Largest Outdoor Cannabis Farm in World, Canna Cribs Episode 4," from Growers Network, reveals how technologically the industry has come.

The 36-acre farm, which consists of four separate farms, processes 40,000 pounds of "biomass" each harvest. Depending on the genetic expression of the plants, some are grown outside, some in greenhouses and some in greenhouses with no walls to allow solar maximization while permitting fresh air to circulate and prevent too much heat from accumulating.

For the outdoor plants, an advanced drip watering system with an emitter every 12 inches provides pressure compensated irrigation and the ability to provide specific nutrients. Drones with several lenses hover above the plants and report back their respiration rate, any insects or disease risks and plants that might be struggling for one reason or another. Humidity and lighting are computer controlled for indoor plants.

When the crop is ready, cannabis flowers are dry trimmed in an advanced piece of machinery called a twister. While the machinery does not require human labor, a quality control person does inspect the product as it comes out of the twister to make sure all stems have been removed at their base.

## Cannabis Post Production Processing Is Crucial for Quality

Fertility and nutrients are important, say Los Sueños Farm employees, but the quality of the product itself comes down to curing. In massive curing rooms, racks of product dry at a temperature of 64 degrees Fahrenheit and are made ready for packaging in seven to 10 days.

They are then vacuum packed and nitrogen sealed in 10-pound bags. The bags have a window so customers can view the cannabis and assess its quality without exposing it to the harmful effects of light or environmental humidity.

After the cannabis leaves Los Sueños Farms, preparation continues for the end user. At processing facilities and retail dispensaries like the Colorado-based Mesa Organics, a partner of Los Sueños, sophisticated extraction methods are then used to cull the rare crude extract from the plant material.

At Mesa Organics, supercritical CO2 is used for the extraction process, not hydrocarbons, says owner Jim Parco, because "any hydrocarbons that are burned over 900 degrees convert to benzene" which can be lethal.

In fact, hydrocarbon extraction is banned in some parts of California, says Parco, because of the "occupational risks to the communities." The use of supercritical CO2 also creates a purer product. After lipids, waxes and terpenes are removed through extraction, CBD, THC and other cannabinoids from the plant remain and the product is ready to be marketed.

## A Cannabinoid With Many Benefits

CBD is one of some 104 compounds classified as cannabinoids in cannabis plants, with as many as seven or eight more recently discovered (such as those for novel cannabinoids). CBD is contained in both Cannabis Sativa (hemp) and Cannabis Indica (marijuana), but hemp has such a low CBD content, it is primarily grown for fiber and seed — uses we will discuss later.

It is not a surprise CBD has so many benefits since there is actually an endocannabinoid system in the human body and other mammals. It is part of our physiology. Cannabinoid receptors, which recognize and interact with CBD, are found in the human brain, lungs, liver, kidneys and immune system.

There are myriad medical uses attributed to CBD, and the list keeps growing. Here are some uses that have recently been scientifically documented.

- Allergic asthma — "CBD treatment decreased the inflammatory and remodeling processes in the model of allergic asthma," according to the European Journal of Pharmacology[8]
- Anxiety and sleep — "Cannabidiol may hold benefit for anxiety-related disorders," The Permanente Journal[9]
- Autism spectrum disorders (ASD) — "Cannabis in ASD patients appears to be [a] well tolerated, safe and effective option to relieve symptoms associated with ASD," Scientific Reports[10]
- Blood pressure — "This data shows that acute administration of CBD reduces resting BP and the BP increase to stress in humans," JCI Insight[11]
- Cancer pain, nausea and lack of appetite — "The National Cancer Institute currently recognizes medicinal C- sativa as an effective treatment for providing relief in a number of symptoms associated with cancer, including pain, loss of appetite, nausea and vomiting, and anxiety," BioMed Research International[12]
- Cancer/tumors — "Cannabidiol (CBD), one of the compounds present in the marijuana plant, has antitumor properties," Cancer Letters[13]
- Diabetes — "These results suggest that the neuroprotective effects of CBD in middle-aged diabetic rats ... are related to a reduction in neuroinflammation," Neurotoxicity Research[14]
- Epilepsy — "CBD is a well-tolerated and effective antiseizure agent and illustrates a potential disease-modifying effect of CBD on reducing both seizure burden and associated comorbidities well after the onset of symptomatic seizures," Epilepsia[15]
- Inflammation — "CBD that exerts prolonged immunosuppression ... might be used in chronic inflammation, the terpenoids ... might thus be used to relieve acute inflammation," Cannabis and Cannabinoid Research[16]
- Irritable bowel diseases — "Clinical trials suggest that there may be a therapeutic role for cannabinoid therapy in the treatment of IBD," Current Gastroenterology Reports[17]
- Multiple Sclerosis — "As cannabis legalization has impacted the variety of cannabis products available, there appears to be growing numbers ... using cannabis ... reporting use of highly efficacious products with minimal side-effects," Multiple Sclerosis and Related Disorders[18]
- Neurodegenerative and cardiovascular diseases — "CBD has been found to possess antioxidant activity in many studies, thus suggesting a possible role in the prevention of both neurodegenerative and cardiovascular diseases," BioMed Research International[19]
- Ovarian function/female reproductive system — Impacts "the female reproductive system where it affects folliculogenesis, oocyte maturation and ovarian endocrine secretion," Journal of Ovarian Research[20]
- PTSD and nightmares — "Administration of oral CBD in addition to routine psychiatric care was associated with PTSD symptom reduction ... CBD also appeared to offer relief in a subset of patients who reported fragment nightmares as a symptom of their PTSD," Journal of Alternative and Complementary Medicine[21]
- Pain, migraine, detoxification from opioids — "There is accumulating evidence for various therapeutic benefits of cannabis/cannabinoids, especially in the treatment of pain, which may also apply to the treatment of migraine and headache. There is also supporting evidence that cannabis may assist in opioid detoxification and weaning, thus making it a potential weapon in battling the opioid epidemic," Headache[22]
- Parkinson's and Alzheimer's diseases — "CBD may be effective in the treatment of five syndromes, currently labeled recalcitrant to therapeutic success, and wherein improved pharmacological intervention is required: intractable epilepsy, brain tumors, Parkinson's disease (PD), Alzheimer's disease (AD) and traumatic brain injury," Frontiers in Integrative Neuroscience[23]
- Pediatric seizures — "The efficacy and safety profile of CBDV suggest it may have therapeutic value for early life seizures," Neuropharmacology[24]

## Why Is There Such Resistance to Cannabis and CBD?

Despite CBD's many benefits, it remains in a legal no man's land, says the Brookings Institution:[25]

> *"Over the past 22 years, 33 states have legalized cannabis for medical purposes, and over the past six years, 10 states have legalized cannabis for adult use. Every one of those programs is illegal under federal law, with no exceptions if federal authorities choose to prosecute[26] ...*
>
> *Even CBD products produced by state-legal, medical or adult-use cannabis programs are illegal products under federal law, both within states and across state lines ... Under the 2018 Farm Bill, there will be more broadly available, legal, CBD products; however, this does not mean that all CBD products are legal moving forward."*

Many trace the original criminalization of cannabis which gained it Schedule I status to its association with hippies and opposition to the Vietnam War 50 years ago. Not only were "pot" arrests a way of muzzling protestors, the "out of the box" thinking that marijuana fostered fed young people's strong questioning of authority, fueling the counter culture and war opposition.

But, as I noted earlier, the medical use of CBD oil, especially as a treatment for pain, also represents a significant threat to the sale of opioids which have so enriched Big Pharma in the last decade.

The cannabis plant also poses economic threats to the lumber, energy, food and other industries; its fiber products can be used to make paper, biofuel, building materials, food products and oil, clothing, shoes and even jewelry.

In fact, according to Vinda Lahn, industrial hemp "can be used in an estimated 50,000 different products across a wide spectrum of industries including textiles, bioplastics, Cosmetics, building materials and human and animal."[27] Still, if the use of CBD were more widely adopted by Americans for medical treatments, we would probably all be healthier.

## Helping You Take Control of Your Health for 25 Years

Beginning August 8, I am happy to announce that Mercola.com will be celebrating its 25th year of providing you with the latest news and discoveries in the field of natural health. What started as a platform where I can share my views and recommendations has grown into the No. 1 ranked Natural Health website in almost two decades — a feat not possible without your support.

During this historic week, I'll be sharing some unique and insightful articles that will showcase different aspects of my life. I'll also be releasing a documentary that chronicles my day in the Mercola office, plus a special video on how to take back control of your health freedom. There are some fun surprises along the way so this is one week you won't want to miss. Click below to learn more!

Learn More

Once again, I want to thank you, dear readers, for your support through these 25 years in this continuing journey to take control of your health.

+ Sources and References

TODAY'S FREE ARTICLES

1 Celebrating Health for 25 Years
2 Our Content Search Is Finally Back
3 The Benefits of Vitamin C in Cancer Treatment

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Guillermoo
Joined On 4/7/2015 8:47:48 AM
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It is clear that pharmaceutical companies spend most of the research on diseases that expect high profitability such as anti-cancer drugs, anti-rheumatics, anti-viral, anti-diabetic, anti-hypertensive and vaccines, preferably According to a study by Tae Kim at CMEC, Goldman Sachs published a report (by Steven Richter) that suggested that drug developers might think twice before manufacturing drugs that were too effective. Richter's report, titled "The Genome Revolution," is a sample.
www.ipwatch.com/2017/08/22/top-10-pharmaceutical-therapy-areas-in-2017 ...
— www.cnbc.com/2018/04/17/goldman-sees-is-curing-patients-a-sustainable- ...

We can include marijuana and hemp in this declaration, which distances us from the need to take medicines continuously, affecting the flow of money that large pharmaceutical corporations receive and sharing with their allies in the government and institutions related to the use of drugs: pharmaceutical drugs. The rulers continue to mistreat the health of people with the contamination of the environment by land, water and air, this has a cost for the quality of life and a gain for the pharmaceutical industry and its allies. It is evident that cannabis and CBD is very representative because it would more medicine away from the consumption of opiates and the black market of contraband.

A total hypocrisy that is only fixed if the benefits of the pharmaceutical industry are substituted. It is likely that the opening of markets through the legalization of cannabis and with the entry of cannabinoids into safe medical practice will stimulate the pharmaceutical industry in patents that may bring benefits, given the medical potential of cannabinoids, patented by the Department of Health. Health and Human Services in 2003. www.forbes.com/sites/johnnewell/2011/07/24/us-patent-office-issuing-can...

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Guillermoo
Joined On 4/7/2015 8:47:48 AM
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The legendary cannabis activist Jack Herer has published a masterpiece called "The Emperor Wears No Clothes", which through careful research the British Indian hemp industry has amassed over the years cultivated for more than 10,000 years has been placed a vital role in the US economy's underground bestseller argued that ending hemp's misguided prohibition, and allowing a commercial crop to flourish once again, would yield incredible benefits, including but not limited to feeding the world, saving its from fossil fuels, reversing climate change, replacing plastics, ending the housing crisis, and restoring our planet's depleted soils. "I do not know if it's going to work out," Herer once famously quipped, "but it's the only thing that can." www.leafly.com/news/politics/hemp-legalization-in-the-farm-bill-of-2012 ...

A recent survey by the Pew Research Center and Economic Research Center found that 62% of Americans, including 74% of millennials, said they supported the legalization of marijuana. www.pewresearch.org/fact-tank/2019/10/09/americans-support-marijuana/ ... Legalization of marijuana last year opened up the US The conditions of each state in the field. www.businessinside.com/legal-marijuana-states-2018-1?r=US&IR=T#slide=1/ ... www.businessinside.com/where-can-you-can-legally-smoke-weed-2018-1?jpg ... Last year was also an exceptional year for the legalization of marijuana around the world. Many more countries or territories have been legalized cannabis totally or partially for medical and / or adult use. qz.com/ ...-where-is-marijuana-legal-around-the-world/ www.cannabisbusinesstimes.com/article/canada-legalization-world-map/

Mark as Spam · Posted On : 2/3/2019 4:53:51 AM

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**Guillermo**
Joined On 4/17/2015 8:47:48 AM
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In October, Canada legalized marijuana by the federal government, becoming the first G7 country to do so, and the second country in the world after Uruguay in the legalization of drugs for all adults. The full legalization of marijuana, but leaves it up to each province to establish age limits and decide how to sell it. Prime Minister Justin Trudeau would make marijuana more difficult for teenagers to access and erode profits on the world's three-year-old legal market. www.businessinside.es/canada-legal-marijuana-sales-start-on-october-1 ... ...

President Donald Trump signed the Agriculture Act of both parties into law in December of last year, which legalized hemp, a plant that is more or less identical to marijuana, but does not contain THC, a psychoactive component of marijuana, at a national. MitchMcConnell, a Kentucky Republican, who believes he can help replace tobacco as a key crop for farmers in his state. www.businessinside.es/farm-bill-legalizes-hemp-boom-marijuana-cbd-ind ...

A 2017 study published in the Journal of the American Medical Association, researchers tested 84 CBD products purchased from 31 different online retailers. Approximately seven out of 10 items had different levels of CBD than what was written on the label. Of all the elements analyzed, approximately half had more than what is indicated CDB, a quarter had less. And 18 of the samples tested positive for THC, despite not being included in the label.

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**Guillermo**
Joined On 4/17/2015 8:47:48 AM
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The agricultural law itself will not directly affect the safety of the product. But experts believe that as these laws move towards legalization and a greater role for regulators, companies that are governed by strict manufacturing conditions will come out at the top, while those that are lighter on the rules will have to go away. The bill may also increase interest in a budding but thriving $ 1 trillion industry based on a component of the cannabis plant called CBD, which has been touted for a variety of health and wellness demands. CBD is appearing in more and more products, from coffee and tea to supplements and beer. The 12 heard venture capital firms to bet on the booming cannabis industry that has set itself up to shoot up to $ 75 billion ganjarehab.com/ ...?del=399 ...

The agricultural and business market wants to take economic profit from the legalization of cannabis, but the benefit for the health of the people is the great objective that the legislators love of the same, cannabis and the CBD most pursue. One of the largest marketplace companies in hemp says the Farm Bill provides a 'way' to enter the lucrative US market. "We have long imagined the future and the enormous value of the US market," Cam Battley, Corporate Director of Aurora at Business Insider, said in an interview. "Now there is a way for a national approach and expansion". A war is brewing between American and Canadian marijuana companies to claim a $ 75 billion market. www.businessinside.com/canada-to-pass-farm-bill-provides-path-t ...

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**Guillermo**
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Published Feb. 1, 2019. WORLD HEALTH ORGANIZATION RECOMMENDS RESCHEDULING MARIJUANA UNDER INTERNATIONAL TREATIES The World Health Organization (WHO) considers that cannabis should be removed from the list of the most dangerous drugs and inspected in a different way. This is reported by its Director General, Tedros Adhanom, in a letter to the Secretary General of the United Nations (UN).

The recommendation is an important step, but it seems insufficient, although it supports especially the research on its therapeutic use. Cannabis programming in international drug control treaties would be removed from Schedule IV of the 1961 Convention, the category reserved for the most dangerous substances. Pure preparations of CBD and CBD that do not contain THC more than 0.2% would not be included in any way in the international drug control conventions.

According to Tom Angell, a 13-year veteran of the cannabis law reform movement, the editor of the cannabis news site Marijuana Moment, and founder of the nonprofit Marijuana Majority: "Taken together, recommendations, if adopted, would represent a formal recognition that the worldwide prohibition has been effectively been wrong about marijuana's harms and therapeutic benefits for decades. WHO's new position comes at a time when a growing number of countries are moving to reform their cannabis policies. As such, a shift at the UN could embolden additional nations to scale back or repeal their prohibition laws—even though legalization for non-medical or non-scientific reasons would still technically violate the global conventions". www.forbes.com/sites/tomangell/2019/02/01/world-health-organization-re ... ( Feb 1, 2019)

Mark as Spam · Posted On : 2/3/2019 6:36:11 AM

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**justcleve**
Joined On 1/5/2012 11:13:54 AM
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Hey Sol. Great post with tons of links to check, perfect. Let's just hope we can keep Money Mafia interest from outweighing people from growing their own stock on their own property. A great asset for those who find it useful & enjoy the Superb Herb. It would take a whole article or two, if not a whole book how Hemp could be used for soil remediation and restoration. There so many places Hemp can be planted and used as a green manure to draw down carbon, become oxygen pumps, air purifiers, water purifier, reservoir erosion stopping & much more.

Farmers should be encouraged and subsidized at least as much if not more than environmentally health destructive plants have been, like the New Deal did to combat the conditions of the Dust Bowl era. (Being as it would be used to increase the health & wealth of all life, increase the Foundation of Life, the Pillar of Life, and the Power of a free people, it would not bother many at all personally.) Speaking of New Deals, this is underlined. www.organicvisionnews.org/ ...tpd_fact_sheet.pdf One suggestion would be pick through this & pick parts of it to either your name or ability then implement it on your own because if we wait for Corporate OWNED politicians to do anything we may as well wait for the sun to rise in the West.

Mark as Spam · Posted On : 2/3/2019 7:53:15 AM

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**Krafter**
Joined On 6/3/2015 9:47:39 AM
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In the way that whole, organic food has been swallowed up by Big Food and reduced to the lowest common denominator, lets hope that medical cannabis doesn't get swallowed up by Big Pharma and its reductionist approach to medicine. Dr. Courtney says that cannabis is the poster child for using whole plant material, not its isolates - www.youtube.com/watch

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**Guillermo**
Joined On 4/17/2015 8:47:48 AM
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Thanks Just and Krafter, excellent link of the Green New Deal (GND) can achieve its ambitious goal of zero net emissions by 2030, including programs and policies to expand equity rapidly. This GND link is very significant: "The Green New Deal we are proposing will be similar in scale to the mobilization efforts seen in World War II or the Marshall Plan... The time for slow and incremental efforts has long past [sic]." - Alexandria Ocasio-Cortez, then candidate for the U.S. House of Representatives, Huffington Post, June 26, 2018

"Just transitioning 10 percent of agricultural production to best practice regenerative systems will sequester enough CO2 to reverse climate change and restore the global climate. Regenerative Agriculture can change agriculture from being a major contributor to climate change to becoming a major solution." Andre Leu, international director, Regeneration International, "Reversing Climate Change with Regenerative Agriculture," October 9, 2018

"The GND aims to change not only our climate-destructive energy, manufacturing and transportation systems, but also our degenerative food and farming systems. The GND is designed to raise the living standards for all Americans, including low-income workers. In the next decade we must facilitate a just transition away from climate-destabilizing factory farms and fossil fuel-intensive agriculture, at the same time as we switch, as rapidly possible, to 100-percent renewable energy. With renewable energy and regenerative food, farming and land use working in synergy, there is no doubt that we can zero net emissions by 2030, significant negative net emissions by 2050, and literally, along with the rest of the world, reverse global warming and avert climate catastrophe." regenerationinternational.org/2018/01/16-a-call-for-the-food-movement ...

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**Guillermo**
Joined On 4/17/2015 8:47:48 AM
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Just, some interesting aspects of hemp. North America was first introduced to hemp in 1606. Since then, American farmers grew hemp that was used through multiple different products, such as paper, hemp fails, and ropes. In the 1700s, farmers were even forced by law to grow hemp as a staple crop. Many of our founding fathers grew hemp and defended its uses and benefits. Most notably, Thomas Jefferson wrote the draft Declaration of Independence on hemp paper.

The last commercial hemp farm in the US it was planted in Wisconsin in 1957. Hemp cultivation was finally officially banned altogether in 1970 with the passage of the Controlled Substances Act in which hemp was included as a Class I drug, grouping this crop with drugs such as heroin and LSD. In this link the world chronology of hemp History Of Hemp In The US | Hemp History www.vorthyarhemp.com/ ...//

Hemp is one of the oldest sources of fiber fabric with remnants of hemp cloth dating back to 8 millennia. Hemp grown for fiber was introduced in western Asia and Egypt, and later in Europe somewhere between 1000 and 2000 CE. Cultivation in Europe became generalized after 500 CE ...

Hemp: Information on the commercial potential of hemp in the United States is presented in this link, which shows the "economic importance" (dollars generated) in the United States plus the dollar cost of control measures) of the drug industry illicit associated with C. sativa, and contrasts this with the estimated dollar value of the main categories of legitimate uses. A New Crop with New Uses for North America ". www.hort.purdue.edu/ ...hh-284.html

Mark as Spam · Posted On : 2/3/2019 10:10:01 AM

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**Victoriaelci**
Joined On 6/25/2011 4:29:50 PM
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Hi Gil, thanks so much for the great clarification and links in your post. I am a newbie of CBD oil. It's helping but it does take a while to kick in. Some people feel it should work on their pain immediately, like an opioid. It took almost six weeks for me. I started low and went slow as I mentioned in my post. So glad I am in Canada as we have access to medical marijuana and hemp. It's expensive but at last frees me from being disabled. Thanks again

Mark as Spam · Posted On : 2/3/2019 2:18:24 PM

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**Guillermo**
Joined On 4/17/2015 8:47:48 AM
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ChrisColes, beautiful memories. Linen, a large fabric that needs to be promoted, replacing the plastics garments that are destroying the ecosystem and mistreating the exploited workers in China and India. A link to the history of the Irish linen: "The Irish linen industry, as we know it today, owes its origins to the late 17th century. The Huguenots were important. They arrived in Ireland following the revocation of the Edict of Nantes in 1685, and many settled in Lisburn. They brought their skills in weaving and finishing linen. Louis Crommelin (1652-1727), who established a weaving factory at Bridge Street, Lisburn is perhaps the most famous.

He was appointed 'Overseer of the Royal Linen Manufacture of Ireland in 1699, and is popularly known as the 'founder' of the Irish linen industry. He imported the Huguenots, perhaps, was an influential of northern English Quakers, who arrived in the Lagan Valley in the 1670s and 1680s, as well as the patronage of Lisburn's landlord Lord Conway and his agent George Rawdon". www.libarnmuseum.com/ ...history-of-irish-linen-flax ..Thank you very much dear Victoria. I have replotted your post and I wish you to improve your health and happiness. Of course, her face tells me that you have great mental strength to overcome your health difficulty. A big hug. Gil.

Mark as Spam · Posted On : 2/3/2019 3:21:55 PM

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**Guillermo**
Joined On 4/17/2015 8:47:48 AM
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Thank you very much dear Victoria. I have replotted your post and I wish you to improve your fibromyalgia and arthritis. Of course, her face tells me that you have great mental strength to overcome your health deficiency. A big hug. Gil.

Mark as Spam · Posted On : 2/3/2019 3:26:49 PM

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**Luovvy**
Joined On 6/21/2015 7:41:46 AM
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Hi Chris, I love a nice linen too. Go go sightseeing in Ireland because they still have beautiful linen products. The Irish Linen Guild's main concern is with yarns and fabrics made in Ireland from flax. Founded in 1928, the Guild is the official promotional organisation of the Irish Linen Industry. The Irish Linen Guild is the global authority on Irish linen and the owner of the Irish Linen Guild trademark. https://irishlinen.co.uk/ www.thehistoryofirishlinen.com/ www.ferguusonsirishlinen.com

Mark as Spam · Posted On : 2/3/2019 4:24:47 PM

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**Guillermo**
Joined On 4/17/2015 8:47:48 AM
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Dear Evelyn, thank you very much, I think that a visit to Ireland to buy some good linen clothes, would be highly recommended. Ireland has many attractions to visit, 17 Top-Rated Tourist Attractions in Ireland www.planetware.com/ ...ireland-irl.htm

Mark as Spam · Posted On : 2/3/2019 4:50:53 PM

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**Krafter**
Joined On 6/3/2015 9:47:39 AM
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Unfortunately, the typical or operation fraud in the article is becoming all to common. The Canadian industry is becoming just that - an industry. Like the misguided Big Food program, expect Big Corporations to water down all the medicinal properties of cannabis to the lowest common denominator.

The reason this is important is because cutting edge researchers now point to the importance of the entourage effect, where one cannabinoid suppresses a negative trait of another while another cannabinoid enhances the positive effects of other cannabinoids. Sadly, cannabis is being taken down the Big Pharma pathway of reductionism - removing the active component from its beneficial cousins and prescribing that isolate, which negates the benefits gained by the entourage effect. Like so many other herbs, its best to take cannabis in its plant form, not as a specific, isolated cannabinoid.

Then there are the acidic forms found in fresh, green cannabis, verses the decarboxylated forms found in heated cannabis (as in smoked or baked in a brownie). The acidic form of THC is called THCA. With that carboxylic acid component still attached to the THC molecule it can't pass the blood brain barrier to get one high. This form is more effective medicine than heated cannabis, especially when taken in the right ratio with CBD as fresh green material. Also, the high from heated cannabis limits the amount one can tolerate. Eating the fresh, acidic forms allows one to consume hundreds of times more medicine.

This means the worse of the future for medical cannabis will be breeding for specific cannabinoid combinations and eating them as fresh, green plant material, so, food intended, not as isolated cannabinoids as Big Pharma dictates. CBD is much more effective when specific strains with the right balance of CBD to other cannabinoids are consumed as fresh plant material. This ratio can vary from one person to the next, so its good to hook up with a doctor or caregiver who knows their stuff.

Reply · Mark as Spam · Posted On : 2/3/2019 9:18:46 AM

Like · Dislike

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**Guillermo**
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Yes, Krafter, the synergistic action of CBD and THC, should be promoted in some pathologies. The varieties of hybrid cannabis, which can produce buds with high percentages of cannabinoids and terpenes, promoted by expert growers and seed banks, cross different varieties or strains, looking for specific characteristics in plants such as: high percentages of THC or CBD, and even specific flavors that may add some medicinal component.

Endocannabinoid signaling plays a critical role in the pathogenesis of diseases. For example, the activation of CB (2) receptors with Delta (9) tetrahydrocannabinol (THC) has been shown to inhibit the progression of atherosclerotic plaques, mainly by inhibiting macrophage recruitment. Anandamide inhibits the expression of inflammatory genes in endothelial cells, and consequently the adhesion of monocytes. www.medicalgenomics.com/wp-content/uploads/2011/06/The-Role-of-the-E...

Activation mediated by Delta-9 tetrahydrocannabinol (THC) has been shown to inhibit the progression of atherosclerotic plaque in a CB2 dependent manner. Cannabinoid receptors in acute and chronic disorders of atherosclerosis lipopedia.com/medline.asp.conv/ ...wj.bjp.0707571.f

The selective activation of the type 2 CB(2R) cannabinoid receptor present in human macrophages and foam cells derived from macrophages has anti-atherogenic and anti-inflammatory effects, reduces the accumulation of cellular oxLDL, CD36-dependent and a decreased production of inflammatory cytokines, TNFa, IL-12 and IL-10. www.sciencedirect.com/ ...S0021915001730043

Clinical studies have suggested that targeting the endocannabinoid system may improve cardiovascular functions in a number of pathophysiological conditions, including hypertension, atherosclerosis and obesity www.sciencedirect.com/ ...S0166328917300425

Mark as Spam · Posted On : 2/3/2019 9:19:14 AM

Like · Dislike

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**50213.**
Joined On 3/21/2021 2:03:00 PM
Add as Friend · Send Message

Thank you! I have always thought it was stupid to outlaw a plant. I look to the indigenous ones of the coca plant in the mountains as another example I've read of. They chew it for strength or something like that. And for me the "smoking" is mainly the part I resist. I want to plant it and bake it. Cannabis should grow like a weed. I should be able to grow it and experiment with it and read about other people's experiments. It's the control and censorship around it that's bad. And I agree with you about the industrialization of it as more of the video. Big Pharma is a sign that says it's only a plant, man, then ironically separate it distill it into all its parts and lead & treat it. It's big business to pay for all that expensive growing & refining technology. I wonder what the paid for his science at the end.

Mark as Spam · Posted On : 6/9/2021 11:17:02 AM

Like · Dislike

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**FJL**
Joined On 9/19/2006 8:25:53 PM
Add as Friend · Send Message

Illegal under federal law. I think that sums up who has had the power for several years in 2 or 3 of the branches of our government. Thanks to SCOTUS, legislators are owned by the millions of dollars allowed to buy our elections with the huge pharmaceutical industry a leader. Expect opposition by the for-profit industry for some time longer.

Reply · Mark as Spam · Posted On : 2/3/2019 7:48:18 AM

Like · Dislike

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**journeymanjim**
Joined On 10/24/2007 8:47:26 PM
Add as Friend · Send Message

Shopping at my favorite local medical marijuana dispensary is always a happy & healing experience. Its a pleasure to see so many people substituting their medicines for their toxic prescriptions. Its wonderful to see so many a growing number of senior citizens choosing to take back control of their health, instead of blindly allowing an M.D. to dictate treatment.

Reply · Mark as Spam · Posted On : 2/3/2019 12:29:01 AM

Like · Dislike

**Catryna**
Joined On 17/05/2006 5:48:46 PM
Add as Friend · Send Message

CBD oils have never worked for me with anything. It was not until I started growing certain strains and using them in smoothies, on a daily basis, that my IBS cleared up. And, my Celiac and Hashimoto has greatly improved. My doctor feels very strongly that my cannabis use, is the main factor in my improved health. My blood work says it all. Best blood work, two months ago, than I have had in 20 years

Reply · Mark as Spam · Posted On : 2/3/2019 11:09:26 AM

Like · Dislike

**Guillermus**
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Congratulations Catryna !!! Efficiency is probably due to using the whole plant with CBD and THC. In reference 16 of Dr. Mercola, cannabis and curcuma are used. Curcuma and Turmeric as Complementary Treatments for IBD and Other Digestive Diseases www.ncbi.nlm.nih.gov/...//3062576/ Scientists seem to be demonstrating that endogenous cannabinoids actually serve a neuromodulatory role in the gastrointestinal system by activating cannabinoid receptors that have been shown to inhibit gastrointestinal fluids secretion and inflammation. The antiemetic and analgesic properties of cannabis compounds have been scientifically proven, confirming the anecdotal evidence of patients with IBS, Crohn's disease and other similar disorders.

Studies also seem to show that during an inflammatory bowel episode, our body increases cannabinoid receptors in the affected areas in an attempt to fight inflammation by metabolizing more cannabinoids. CBD and THC can also block the medullary peripheral and gastrointestinal mechanisms that cause IBD pain and similar disorders.

The neurologist Ethan Russo proposed that the irritable bowel syndrome could be due to a deficiency of the endocannabinoid system. This system plays a fundamental role in a wide variety of functions, such as appetite, digestion, immune regulation, mood, sleep, reproduction and pain. A study reveals that cannabidiol reduces intestinal inflammation by controlling the mucosalimmune system. The latest studies indicate that the endocannabinoids of the human body help maintain a balance, known as "homeostasis", in different physiological functions. Irritable bowel syndrome is considered a microbial problem influenced by the endocannabinoid system.This link contains many cannabis studies for IBD: Studies on CBD and Irritable Bowel Syndrome - Project CBD www.projectcbd.org/irritable-bowel

Reply · Mark as Spam · Posted On : 2/3/2019 1:11:27 PM

Like · Dislike

**Catryna**
Joined On 17/05/2006 5:48:46 PM
Add as Friend · Send Message

I grow Harle Tsu and Kryptonite. The HT is very low in THC and very high in CBD. The opposite is true of Kryptonite, one of teh highest in THC. Combined, in a tincture, these help control autoimmune issues. Harle Tsu is the strain that I use in smoothies. In the raw form I use a handful, dried form, a couple of tablespoons. I grew enough this past season to last me a couple of years, so will be growing their seeds this new season. Jack Herer, Agent Orange, California Orange and Durban Poison. These it help with autoimmune, anxiety and insomnia and are higher than most other strains in THCA. I also am planning to grow some Hemp.

As yet, I'm still off of gluten and probably will stay off, since I am Celiac. No change in that respect. Normally, the ingredients are raw goat milk, orange juice, olive oil fresh ginger, frozen colostrum, cinnamon and (occasionally an egg yolk or two from our chickens).

Mark as Spam · Posted On : 2/3/2019 1:13:49 PM

Like · Dislike

**Guillermus**
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Dear Evelyn, a very interesting article. You are from Canada. This is an opinion article: Since medical cannabis was legalized in Canada in 2001, our understanding of the medicinal cannabis has increased significantly. We know from our experience that many patients with epilepsy are seeing a marked improvement when taking cannabis oils. Medical cannabis is also helping more and more patients with cancer. Researchers, such as the Cleveland Clinical Neurology Institute, have highlighted the benefits of cannabis for those who suffer from migraines and headaches. The growing number of conditions for which cannabis has demonstrated effectiveness should not be ignored. The potential that this plant has for medical applications has not yet been exploited. montrealgazette.com/opinion/opinion-after-cannabis-legalization-medica...

We know that 40 percent of all deaths from opioid overdoses involve an opiate recipe, so having legal access to cannabis as another option for pain control can actually reduce opiate use. A large study evaluated the use of opioids, effect of medical marijuana laws on opioid-related deaths between 1999 and 2010 in all 50 states and reported a 25 percent decrease in deaths from opiate overdoses in states where medical marijuana was legal, compared to states where it was not. The study found that in 2010, medical marijuana laws resulted in an estimated 1,729 fewer deaths than expected. Medical Cannabis Laws and Opioid Analgesic Overdose Mortality in the United States, 1999-2010 jamanetwork.com/journals/jamainternalmedicine/fullarticle/1898870 (2014)

Mark as Spam · Posted On : 2/3/2019 4:42:09 PM

Like · Dislike

**Victoriaslil**
Joined On 6/25/2011 4:29:50 PM
Add as Friend · Send Message

It sounds like Rx good for what ails you! With the different modifications of products we might just cause our precious Mother Earth. I take CBD Hemp oil for pain of fibromyalgia and arthritis. It's been six weeks since I began taking it and I'm noticing better sleep, better mood and more pain free. I have been able to go back to exercising, swimming and long walks. I started low and slow and now at 6 drops 3 times a day I feel better.

Reply · Mark as Spam · Posted On : 2/3/2019 1:56:53 PM

Like · Dislike

**Guillermus**
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

I am very happy Victoria because you have combined fibromyalgia and arthritis. Other people are also in your situation. Fibromyalgia affects about 1.7% of the population, according to data compiled by Statistics Canada. Women are more than four times more likely to develop fibromyalgia than men. A lot of people with fibromyalgia who say that CBD helps them, and can feel that when patients with difficult-to-treat conditions tell their doctors that CBD works, it arouses their interest. CBD for Fibromyalgia: Is It Effective, Safe, or Legal? www.verywellhealth.com/cbd-oil-for-fibromyalgia-4163993 (2018).—

Fibromyalgia | Project CBD www.projectcbd.org/...//57 (2018). CBD for Fibromyalgia www.healthline.com/...cbd-for-fibromyalgia (2018). A study published in PLoS ONE, the researchers studied 56 patients with fibromyalgia, half of whom were users of cannabis and half of whom were non. Cannabis users experienced a reduction in pain and stiffness, it was easier for them to sleep and reported better results on mental health tests than those who were not use cannabis Cannabis Use in Patients with Fibromyalgia: Effect on Symptoms Relief and Health-Related Quality of Life www.ncbi.nlm.nih.gov/...PMC3360871 (2012)

26 patients were included in the study. There were 19 female patients (73%), Patients reported a significant improvement in all parameters in the questionnaire, and 13 patients (50%) reported taking other medications for fibromyalgia. Medical Cannabis for the Treatment of Fibromyalgia. www.ncbi.nlm.nih.gov/...//2946134( (2018)

Mark as Spam · Posted On : 2/3/2019 3:06:29 PM

Like · Dislike

**TopoTony**
Joined On 1/23/2011 10:03:45 AM
Add as Friend · Send Message

You need to read this article by Hillsdale College Marijuana, Mental Illness,and Violence written by Alex Berenson imprimis.hillsdale.edu/marijuana-mental-illness-violence/

Reply · Mark as Spam · Posted On : 2/3/2019 11:15:07 AM

Like · Dislike

**Blue_Skies**
Joined On 4/6/2009 10:54:02 PM
Add as Friend · Send Message

Thank you so much for posting that link TopoTony! Everyone needs to read that article. I have known intuitively for a long time that promoting Cannabis use is a very bad and dangerous road, for individuals and society as a whole. There are much better, safer, more effective and cheaper natural remedies for healing everything that Cannabis and its byproducts are supposed to do. I have horrible chronic health issues and anxiety and depression thanks to using Cannabis when I was younger. Society will eventually wake up from the lies and manipulations. The Cannabis industry is huge and has a powerful lobby. They are as bad as Big Pharma, in my opinion. Possibly even worse due to its capacity to destroy lives. God help us all.

Mark as Spam · Posted On : 9/22/2019 10:49:54 AM

Like · Dislike

**jonscord7**
Joined On 2/16/2010 1:16:40 PM
Add as Friend · Send Message

As said in the article Mary Industries, from Big Pharma to the alcohol, lumber, gas and oil and clothing industries, could lose profits from a booming cannabis industry...!!!! It's time for cannabis to prosper in many ways.....! will not miss some of the industries listed above..!!! Remember cannabis used RAW is NOT psychoactive(produces THCa) and has many health benefits when juiced...!!! Dr. Mercola needs to get Dr. Courtney on the benefits of raw cannabis juicing...!!! Cheers...!!!

Reply · Mark as Spam · Posted On : 2/3/2019 7:41:36 AM

Like · Dislike

**Krafter**
Joined On 6/3/2019 9:47:39 AM
Add as Friend · Send Message

Agreed. Yes, like many new high tech industries, cannabis will be a disruptive industry. And yes, Dr. Courtney - www.youtube.com/watch (interviewed here in my neck of the woods) - and Dr Sulak - https://youtu.be/-cuvrf - Both are big proponents of eating the acidic forms of Cannabis, fresh green plant material.

Mark as Spam · Posted On : 2/3/2019 8:33:46 AM

Like · Dislike

**Catryna**
Joined On 17/05/2006 5:48:46 PM
Add as Friend · Send Message

Actually, a person can have psychoactive results from eating cannabis raw. If your stomach acid heats it up it will activate the THC levels. It sure happens to me often enough. But, that is using the bud, it does not happen with just the leaf. There are times when I have to drink ice water to keep that from happening.

Mark as Spam · Posted On : 2/3/2019 1:03:17 PM

Like · Dislike

**Krafter**
Joined On 6/3/2019 9:47:39 AM
Add as Friend · Send Message

Catryna - I've never come across that in my research. Allow me to clarify: the cannabis I'm referring to and Dr. Courtney is referring to needs to be fresh, (green) picked right from a living plant. If your using raw - but dry - flowers from a dispensary (or anywhere else for that matter) it would be several months (or more) old, which is plenty of time for enzymatic action to break down THCA into THC. At that point it begins to develop the capacity to get you stoned. I learned this the hard way when I ran out of fresh stuff last year and ate too much other dry stuff and got really high, which I no longer enjoy.

Mark as Spam · Posted On : 2/3/2019 9:31:11 AM

Like · Dislike

**dpm39560**
Joined On 4/8/2017 12:54:18 PM
Add as Friend · Send Message

Earlier in this article, Dr. Mercola says, "but hemp has such a low CBD content, it is primarily grown for fiber and seed — uses we will discuss later" and indeed there were two short paragraphs at the end. However, I would have been interested in a more expansive discussion of this as well, or at least a link to a more extensive article.

QUESTION: If the lumber, energy, food, clothing, and even pharmaceutical industries are so threatened by hemp and other cannabis, why don't they jump on board that train? Why don't they lobby vigorously for full legalization, and produce their own high-quality products based on it? Because people will always spend money for convenience - anyone who has ever been, pick the beer industry thrives. Anyone can grow their own vegetables, yet most people still shop in a grocery store. You can even bake your own bread and cookies, but bakeries are everywhere. I say to those industries: Don't fight this trend — JOIN it and lead the way.

Reply · Mark as Spam · Posted On : 2/3/2019 7:02:38 AM

Like · Dislike

**Guillermus**
Joined On 4/17/2015 8:47:48 AM
Add as Friend · Send Message

Hi DPM. Surely they are already in it. A 2017 study published in the Journal of the American Medical Association, researchers tested 84 CBD products purchased from 31 retailers and found no over the CBD and THC standards of their labels. The agricultural law itself will not directly affect the safety of the product, but as legalization progresses, companies will seek dominance in the market. The cannabis industry is projected to interest in a budding but thriving $ 1 billion industry based on a component of the cannabis plant called CBD, which has been touted for a variety of health and wellness demands. CBD is appearing in more and more products, from coffee and tea to supplements and beer. The 12 best venture capital firms are betting on the booming cannabis industry that has seen itself go to about up to $ 75 billion jamanetwork.com/...//2661584—

The agricultural and business market wants to take economic profit from the legalization of cannabis, but the benefit for the health of the people is the great objective that the regulation bans of the crime, cannabis and the CBD most pursue. One of the largest marketable companies in marijuana says the Farm Bill provides a 'way' to enter the lucrative US market. "We have long imagined the future and the enormous value of the US market," Cam Battley, Corporate Director of Aurora at Business Insider, said in an interview. "Now there is a way for a rational approach and expansion." A way is brewing between American and Canadian marijuana companies to claim a $ 75 billion market. www.businessinsider.com/aurora-cannabis-says-farm-bill-provides-path-t...

Mark as Spam · Posted On : 2/3/2019 8:36:28 AM

Like · Dislike

**breathefitfix**
Joined On 1/28/2015 4:02:37 AM
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actually it's technologically despicable, of course. unnatural hybridization. weak, disease-prone clones. lack of balance. fresh juice of innovative plants has over 150 different health promoting antioxidants and associated synergetic helpers. but there is no ill in it, no industry no corporations no bureaucracy to use regulations no kickbacks, just ethanol ethyl alcohol. cannabisinternational.org

Reply · Mark as Spam · Posted On : 2/3/2019 6:22:27 AM

Like · Dislike

**miarah**
Joined On 6/9/2022 9:19:26 AM
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Cthealio is addictive as it decreases blood flow to the picture and disrupts the lick cells, causing those with symptoms to reach for it to self medicate the very symptoms it creates. Cannabis is not medicine for the long term. The research on this is out there. There are entire groups who get to where they can't eat sober...this is not a health food.

Reply · Mark as Spam · Posted On : 6/9/2022 8:21:47 AM

Like · Dislike

**Barney_**
Joined On 4/12/2014 7:02:49 PM
Add as Friend · Send Message

I'd like to add another disease that CBD helps. Rheumatoid Arthritis. I've been taking CBD oil for over a year now. I am pain free. I was diagnosed with RA 10 years ago. I was put on methotrexate and was on it for 5 years. It is a tight tension of chemo that lowers the immune system so that the RA doesnt activate. Nasty side effects. I did a lot of research on Dr Mercolas website particularly and weaned off the methotrexate by taking curcumin. It worked very well but after 4 years my body started to reject curcumin. After more research came across the cannabis discussion.

It took a couple of months to really start working for me but the RA improved sleep and overall calmness kicked in pretty much right away. I went too fast from 5 drops twice a day to 20 drops twice a day thinking more was better. I had to reset by stopping for a month and then gradually worked up to 10 drops twice a day. That is where my bodies sweet spot is. Best advice I can give is be patient and learn how your body reacts. It's not a quick fix. A vegetarian diet helps. Avoid sugar and diet soda and dairy. Hope my experience can help someone.

Reply · Mark as Spam · Posted On : 4/20/2019 2:36:58 PM

Like · Dislike

**forbiddenhealing**
Joined On 2/21/2011 9:51:40 AM
Add as Friend · Send Message

From watching the roll out of medical marijuana in Florida, it was an obvious monopoly scheme and tax racket... it started with "Charlotte's Web" and the sweep emotional appeal to allow an epileptic child relief from seizures. Then a big deal lawsuit against the initiative and implementation of how the gold would be distributed, the wrong 3 growers, licensed crooks and the black hole of sin taxes.... After passed there was a marijuana marketing symposium where that big steel tanner was buddies. Cal and Colo wind usage came in quickly, and CTIO. Jim Harris tried to get a cut on "patents" could stop at designated high price licenses. Then it took a few years before the stuff could be "smoked." This year there was a push for grow your own which disappointed in the mind of typical monopoly...Influence...All this so grandma on a pension was a criminal for self medicating for the price of seeds and fertilizer. How do I hate state regulation? I can't even count the ways!

Reply · Mark as Spam · Posted On : 8/8/2022 8:00:37 AM

Like · Dislike

**forbiddenhealing**
Joined On 2/21/2011 9:51:40 AM
Add as Friend · Send Message

If you haven't seen this, www.lowrockwell.com/2022/08/lew-rockwell/kennedy-exposes-big-pharms-c... or this, cattleprintestone.substack.com/p/when-will-foreign-leaders-start-asking

Mark as Spam · Posted On : 8/8/2022 8:02:35 AM

Like · Dislike

**alexsemen**
Joined On 10/5/2011 5:23:14 PM
Add as Friend · Send Message

for many millions of years in animal body are all receptors, including nicotinic receptors. ! They are not there just for fun ! Everything is useful, except Politicians parasites and Big Pharma

Reply · Mark as Spam · Posted On : 2/5/2019 10:06:22 PM

Like · Dislike

**sumosha**
Joined On 11/12/2021 9:31:26 PM
Add as Friend · Send Message

Personally I was taking CBD (a very high quality and well tested brand) daily and I did not find any real benefit for my inflammation caused by lupus. I think actually it worked initially but I'd have to increase the dosage over time. My inflammation actually seemed worse long term. I will say when I broke my wrist CBD lotion worked wonders for the pain the first few days, but I don't think it is a suitable regular supplement. On another note, I don't think Marijuana is a medicine. People just use it to get high, and they use the "herbal medicine" angle as their excuse for it. I also was using it for a while and it just put me into a brain fog and made any pain more noticeable. To each their own.

Reply | Mark as Spam | Posted On 8/8/2022 10:53:55 AM

Like Dislike

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**Jeremiah.8**
Joined On 5/31/2022 10:37:50 AM
Add as Friend | Send Message

What great posts and information! I will add all to my bucket list to implement when I fantasize about how I would run this world if I were king. Meanwhile I have to drive an hour over state lines to spend $100 for 5 minutes of relaxation and that's before I include gas.

Reply | Mark as Spam | Posted On 8/8/2022 6:38:00 AM

Like Dislike

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**Ambereyes**
Joined On 11/29/2015 1:58:45 PM
Add as Friend | Send Message

FANTASTIC article! Many thanks to Dr. Mercola and his great team!

Reply | Mark as Spam | Posted On 8/8/2022 3:20:56 AM

Like Dislike

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**jac8120**
Joined On 2/18/2018 12:05:30 PM
Add as Friend | Send Message

It's most certainly not taboo anymore. Cannabis and THC is but that's slowly changing. And THC is just as therapeutic. CBD is no longer taboo, the industry is booming.

Reply | Mark as Spam | Posted On 8/8/2022 1:48:01 AM

Like Dislike

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**AntonioPR**
Joined On 2/10/2020 8:52:00 AM
Add as Friend | Send Message

I read a lot about CBD oil and realized that there are two sides of the coin. The benefits of this oil have already been proven more than once, but at the same time there are negative aspects, but they are most likely due to the human factor. I advise everyone to read this article ( www.remedyreview.com/.../cbd-dosing-suggestions ) and you will find out a lot more information

Reply | Mark as Spam | Posted On 2/10/2020 8:54:14 AM

Like Dislike

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**jac8120**
Joined On 2/18/2018 12:05:30 PM
Add as Friend | Send Message

One article means nothing. Any bad side to it is far outweighed by the positive and it doesn't even come close to the harms of pharmaceutical alternatives. Not in the same universe. Poor quality impure product is always an issue that's why you choose a reputable brand with GCMS.

Mark as Spam | Posted On 8/8/2022 1:49:38 AM

Like Dislike

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**arethamorce**
Joined On 3/14/2019 8:45:23 PM
Add as Friend | Send Message

Hi, Alternative medicine is more accepted nowadays due to its promising results unlike pharmaceutical medicine, alternative medicine doesn't give a negative effect such as kidney and liver problems when it comes to long term use. As for my alternative medicine usage, I use medical marijuana. The different strain has a variety of uses and effects depending on your needs. Like this marijuana strain blimburnseeds.com/news/marijuana/news/industry/cannabis-in-la-kyle-kus... . This strain has a very potent effect on chronic pains like back pain and joint pain and a lot more. The benefits of marijuana, specifically the THC cannabinoid, are undeniable. Let's take a look at all of the ways THC is helping patients every day.

Reply | Mark as Spam | Posted On 5/10/2019 12:37:15 AM

Like Dislike

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**bonniecamo**
Joined On 1/28/2011 7:40:11 AM
Add as Friend | Send Message

Guillermou - Jack Herer's book was actually called "The Emperor Wears No Clothes". I still have copies of the 1990 and 1991 editions. I met Jack at the NORML convention in Washington DC in 1991. I was the first customer of the Ohio Hempery at that conference, and made a green and white suit out of the cloth, imported from China.

Reply | Mark as Spam | Posted On 2/2/2019 1:02:11 PM

Like Dislike

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**Guillermou**
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Correct !!!, rectified the title in my post. Thank you. The legendary cannabis activist Jack Herer published a masterpiece called "The Emperor Wears No Clothes", which through careful research told the hidden history of hemp a venerated crop once cultivated for more than 10,000 years that have played a vital role in the US economyHerer's underground bestseller argued that ending hemp's misguided prohibition, and allowing a commercial crop to flourish once again, would yield incredible benefits, including but not limited to feeding the world, freeing us from fossil fuels, reversing climate change, replacing plastics, ending the housing crisis, and restoring our planet's depleted soils. "I do not know if it's going to save the world," Herer once famously opined, "but it's the only thing that can." www.leafly.com/news/politics/hemp-legalization-in-the-farm-bill-of-201... In this link the book "The Emperor Wears No Clothes" upload.wikimedia.org/wikipedia/commons/b/bd/Jack_Herer,_-_The_Emperor_W..

Mark as Spam | Posted On 2/2/2019 1:28:13 PM

Like Dislike

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**mikecarmella**
Joined On 9/7/2009 4:32:58 PM
Add as Friend | Send Message

No doubt Cannabis laws were enacted to protect certain businesses. The book "The Emporer Wears No Clothes highlets in great detail the political, business and political powers involved in criminalizing Cannabis. This article like most glorify big business coming and never talks about all the small independent growers being forced out . 1000 pounds snd acre is common from small growers. The product that corporate growing will go the way if of all corporate grows . Loss of strains , loss of jobs , reduction in quality. Typical article extolling the benefits of corporate America.

Reply | Mark as Spam | Posted On 2/2/2019 9:51:58 AM

Like Dislike

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**chrisphillips**
Joined On 9/27/2010 9:26:38 AM
Add as Friend | Send Message

i use weed twice a day; helps a lot with RA and marital stress! and creativity!

Reply | Mark as Spam | Posted On 8/8/2022 6:38:52 AM

Like Dislike

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**MMaster**
Joined On 8/14/2021 1:37:23 AM
Add as Friend | Send Message

Very disappointing. I was hoping for an answer to a couple of my medical problems. I do not use any cannabis derivative for ethical reasons. In addition, the fact people can grow cannabis out in the open means that people who are selling it for nefarious purposes will not be dealt with. And marijuana use for recreational purposes endangers all of us. The traffic death rate in Colorado has skyrocketed. I no longer drive to another city for recreational purposes, due to the increased risk of this and of vaccidents. Tellingly, the national death numbers have increased significantly.

Children are eating gummies and winding up in the emergency room. The fact we have receptors is really the reason people do this, so it's not an argument. At one point, my doctor recommended a high quality cannabis patch for nerve pain. It did absolutely nothing. I also inadvertently bought some hemp "ice cream". It had the texture of ground up rope. Products with CBD and hemp in them take up shelf space that otherwise would be used for products I might want to buy.

Reply | Mark as Spam | Posted On 8/8/2022 8:35:11 AM

Like Dislike

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**Lance Roberts**
Joined On 6/19/2006 2:06:37 PM
Add as Friend | Send Message

It's so sad that you keep pushing mind-altering drugs and their components as healthy. All you're doing is supporting the most evil people in the world, the drug dealers. Those who make money by selling toxic substances. You're doing the work of the WEF here, who just want people to be drugged to placate the resistance.

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