

GRASS ROOTS

Advocate

Issue 8
FREE



People Advocating
Cannabis Education
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Cannabinoid

Neurotransmitters

Receptors

Are you deficient?

CLINICAL ENDOCANNABINOID DEFICIENCY SYNDROME

Medical Marijuana patients

**LAURIE MacEACHERN
& RYAN MURRAY**

THC
8 AMAZING BENEFITS

Grassroots Family

SUMMER OF SADNESS

INDEX

Page 2 CANNABIS CARTOON
By Georgia Toons

Page 3 EDITORIAL
By Al Graham

Page 4 HEALTH NEWS
"Home-grown medical marijuana: The new rules ..."

Page 6 CANNABIS & YOU
8 Amazing Benefits of THC

Page 9 PATIENTS IN THE NEWS
Laurie MacEachern & Ryan Murray

Page 11 RECIPES
By herb.co

Page 12 LEGAL NEWS
"Most of Canada's marijuana growers are otherwise law-abiding: advocates ..."

Page 14 KEEPING PACE
Summer of Sadness

Page 16 THE BLOG SPOT
Are you EndoCannabinoid Deficient?

Page 18 DIRECTORY
Signing Clinics, Compassion Centre Information

Page 19 GRASSROOTS DONORS
Businesses who donate GRASSROOTS to organizations

Page 20 OUR GENEROUS SPONSORS
Please support the businesses who support us!

Who We Are ...

P.A.C.E. ---- medical and non-medical cannabis advocates who promote cannabis education by participating at non-cannabis public events, through the Grassroots Advocate magazine and a weekly LIVE online radio broadcast found at LifestyleRadio.ca. We focus on the Canadian cannabis community and Canada's cannabis news, but do occasionally go International.

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Applied Equally?



I was recently involved in a discussion with a few people about cannabis legalization and the dispensary raids in Toronto. As everyone is aware things all got started with the Project Claudia raids. Who couldn't with it being splashed all over the news? What many may not know is that they haven't stopped but without all the fanfare of the big raids is gone. But here in Ontario it's not only happening in Toronto but it's also happening in the smaller centers such as Barrie, Hamilton and Peterborough. The odd thing is that the numbers are not dropping like those in authority positions would like. Some even say there are more dispensaries now than before the raids started.

While these raids have happened the Durham region near Toronto has threatened to close down the shops there. What's really odd about this region of the province is that according to the Durham Regional Police (DRP) one of the dispensaries is a legal one. That's correct, legal. It's been owned by one of their officers and to add to it, the department had to give him approval before the officer opened the door. Not only was this officer given the approval to operate but he also was commended several times for arresting others for doing what he was doing, selling cannabis. One of these was “an award from his force for police work that involved seizing more than \$530,000 of marijuana during just seven traffic stops.”

When it comes to the province of New Brunswick, the Saint John Police say that they have “bigger fish to fry” such as society issues that include panhandling to vagrancy. The police there may not like what the dispensaries stand for but they wonder if they are “insufficiently defined for the Saint John Police Department to act.” Chief Bates of the local force says that “in the big scheme of things, it's a pebble in my shoe compared to the other things we're trying to deal with as a police force in this city,”



Chief Bates

Then when we fly to the west coast we have the province of British Columbia with not one but two cities, Vancouver and Victoria have created and set up regulations to allow the dispensaries to operate. That's right their city isn't clamping down or raiding them. Instead they appear to be more open to allowing them to operate but with some conditions. While I don't know all of the conditions I do know that they don't and won't make everyone happy. This is something that the Toronto area dispensaries have requested and after months of delay they will try again near the end of September.

In the end we have the East Coast with the Saint John Police in New Brunswick saying that they have more important things to deal with. In Ontario, the Durham Police Force has approved a cannabis dispensary for one of their officers while the rest of Ontario gets raided. Meanwhile over on the west coast cities are setting regulations to allow dispensaries to operate. The problem is that all of this happens in one country with one set of federal cannabis laws, laws that are to be applied equally across our country. I have to ask, do you think that our Canadian cannabis laws are applied equally?

Quote:

“Equality is one of the most important values in Canada. Everyone in Canada is equal under the law. Laws in Canada apply to all people, including the police, judges, and those who work for the government.”

Fundamentals of Canadian Law

Health Canada to allow safety testing of medical marijuana

By Gloria Galloway & Mike Hager Aug 11/16 theglobeandmail.com

Health Canada is easing its prohibitions against safety testing of medical marijuana, which will allow registered growers and patients to have the product scrutinized at federally certified laboratories to ensure it is safe. The federal government plans to legalize marijuana for recreational use next year, and the move will give added protection in an unregulated market to consumers, many of whom worry that some marijuana being sold as medicine could contain harmful contaminants.



Monthly marijuana cooking class teaches Calgarians to cook with cannabis

By Andrew Brown Aug 27/16 cbc.ca

A group of Calgarians took part in a special cooking class Saturday to learn to cook with marijuana. First up, Crystal Gooding explained her recipe for CannaCoconut Oil, which is coconut oil infused with marijuana. "You're going to dump your cannabis in there, your ounce... and you're going to bring it to a good simmer," she told the group of about 15 people who turned up at the 420 Clinic in Inglewood for the cooking class.



Pot improves night vision — in tadpoles, study finds

By Charlie Fidelman Aug 25/16 montrealgazette.com

Montreal researchers have found a new role for cannabinoids. The active ingredient in marijuana — which is also naturally present in the human body — seems to improve night vision in vertebrates. The study by a multidisciplinary team including researchers from the Montreal Neurological Institute looked at changes in tadpole retinas after exposure to cannabinoids.



Home-grown medical marijuana: The new rules

By Megan Gillis Aug 21/16 ottawacitizen.com

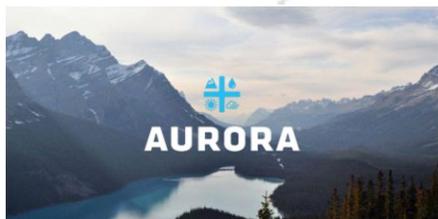
As of Aug. 24, the Access to Cannabis for Medical Purposes Regulations (ACMPR) replace the 2013 Marijuana for Medical Purposes Regulations (MMPR), which replaced the 2001 Marijuana Medical Access Regulations. The new rules set out a framework for commercial production by licensed producers, like the MMPR, but like the former MMAR, allows patients to produce a "limited amount" for their own use or designate someone to grow it for them.



Aurora Cannabis to Build 14-Acre Greenhouse Capable of Producing 77 Tons Annually

By NCV Aug 23/16 newcannabisventures.com

VANCOUVER, Aug. 23, 2016/CNW/ – Aurora Cannabis Inc. (CSE: ACB) (FRANKFURT: 21P) (WKN: A1C4WM) (OTCQB: ACBFF) ("Aurora" or the "Company") is pleased to announce that it has completed the design, engineering and tender process for the construction of the first phase of a 600,000 sq. ft. fully automated greenhouse to be built in Alberta, Canada.



CanniMed Ltd. Cannabis Orally Dissolvable Thin Film (ODF) Wafer Drug Delivery Technology

By Cannimed Aug 23/16 cannimed.ca

Ottawa/SASKATOON, Aug. 11, 2016 -CanniMed Ltd. has entered into a letter of intent with CTT Pharmaceutical Holdings Inc. (OTCQB:CTTH) to license CTT's Orally Dissolvable Thin Film (ODF) Wafer technology. This industry-first collaboration will enable CanniMed Ltd. to develop and commercialize drug delivery system in both Canada and the U.S.



Canadian Hospital Refuses to Administer Legal CBD to Sick Child

By Blake Taylor Aug 10/16 maryjane.com

Francesco Niembro was born with a rare life-threatening disorder called CFC Syndrome (Cardio-Facio-Cutaneous). He is one of around 450 people in the world who was born with the genetic condition that affects the heart, facial features, and skin. Those affected may also suffer from gastrointestinal problems, growth deficiencies, and neurological problems such as seizures and cognitive impairment.



The beginning of the ACMPR and the end of the MMPR

By Nancy-Anne Rose Aug 12/16 news.lift.co

Cannabis legalization took a big step forwards with the announcement from Health Canada that new regulations will replace the former Marihuana for Medical Purposes Regulations (MMPR) on August 24, 2016. The new Access to Cannabis for Medical Purposes Regulations (ACMPR) is the result of the Allard v. Canada Court ruling that the MMPR infringed on Canadians' right to reasonable access to cannabis for medical purposes.



Tweed shrugs off competition from marijuana home growers

By Jennifer Chevalier Aug 12/16 cbc.ca

Canadians who use cannabis for medical purposes will soon be able to grow their own weed under new rules outlined by the federal government on Thursday. But a licensed producer based in Smiths Falls, Ont., isn't worried about having to fend off competition from medical marijuana users intent on producing their own plants.



Patients get green light to grow their own medical pot in Canada under new rules

By Stephanie Ip Aug 11/16 vancouver.sun.com

Local pot advocates applauded the federal government Thursday after it announced new rules that will allow patients to grow medical marijuana for their own use, or designate a grower to do so for them. The Access to Cannabis for Medical Purposes Regulations go into effect on Aug. 24, replacing the Marihuana for Medical Purposes Regulations.



Waterloo, Ont., startup aims to take medical marijuana growing high-tech

By Alexandra Posadzki Aug 9/16 ctvnews.ca

TORONTO -- A startup based in Waterloo, Ont., is looking to take cannabis cultivation high-tech, but the success of the mobile app-controlled system may hinge on whether new regulations will allow Canadians to grow medical marijuana at home. Growing your own medical marijuana can be a time-consuming endeavour, says Bjorn Dawson, the co-founder of Grobo and a recent mechanical engineering graduate from the University of Waterloo.



Canadian Pharmacists Association calls for \$10 million for cannabis education

By David Brown Aug 8/16 news.lift.co

The Canadian Pharmacists Association (CPhA) released their pre-Budget 2017 submission last Friday, which includes a request for \$10 million to support cannabis education. Within the larger budget suggestions for the Federal Government, the CPhA calls on them to "provide funding of \$10 million to support a health promotion and awareness campaign to educate the public about the potential harms and drug interactions of marijuana use.



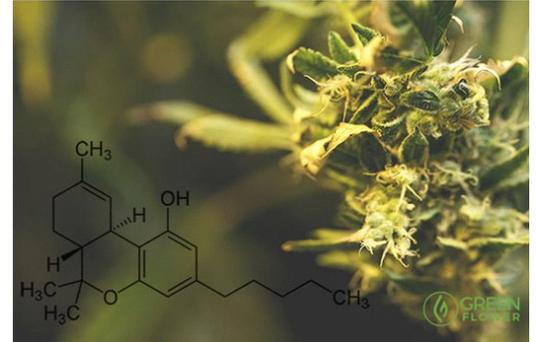
CANNABIS & YOU

8 Amazing Benefits of THC

By Rachel Garland Aug 23/16 Originally published at learngreenflower.com

Do we really need THC – the most widely recognized component of cannabis? This is the same compound that produces the “high” in cannabis. It has generated more than its fair share of critics, and many believe that THC has no medicinal value at all. Yet, science has demonstrated this is far from the case.

THC has shown to help people deal with mental and physical ailments. Not to mention many people find THC – when taken at just the right dosage – to be an effective supplement towards their everyday health. Just check out these 8 amazing benefits.



#1.) Provides Pain Relief

More than 1.5 billion people worldwide live with chronic pain. Many of these individuals suffer from neuropathic pain, or nerve-related-pain.

Studies show that THC activates pathways in the central nervous system that block pain signals from being sent to the brain.

Even an FDA-approved [trial](#) in 2013 confirmed THC's effectiveness for pain relief. Individuals experiencing neuropathic pain were given low doses of THC (1.29%) in the

THC is a natural compound and infinitely safer than prescription painkillers.

form of vaporized cannabis. The results? “A low dose of delta-9-tetrahydrocannabinol provided statistically significant 30% reductions in pain intensity when compared to placebo.” While clinical research continues to be restricted due to cannabis's regretful status as a schedule one controlled substance – it is clear that a positive correlation exists between THC and pain relief.

#2.) Eases Nausea & Vomiting

Did you know that a FDA-approved THC pill (Marinol) for treating nausea and vomiting in cancer patients has been around since the 1980s? In fact, Marinol has been marketed as a pharmaceutical alternative to cannabis. However, while Marinol does contain delta-9-tetrahydrocannabinol (THC), the compound is both synthetic and isolated. Which means that it pales in comparison to the chemical compounds found in natural, whole-plant cannabis. Marinol does not include beneficial components such as other cannabinoids, terpenes, and flavonoids. Interestingly, a [study](#) in 1995 revealed that oral doses of THC-8, a cannabinoid like the regular THC but with lower psychotropic effects, *were an effective treatment for children suffering from chemotherapy-induced nausea*. The only side effects found was slight irritability.

Considering that other nausea medications such as Zofran can lead to side effects like: diarrhea, headache, drowsiness, blurred vision, muscle spasms, rash, fever, and constipation just to name a few, THC-based therapies are a much safer option.



#3.) Protects Brain Cells

One of the biggest cannabis myths is that it kills brain cells. Science shows otherwise. Reefer madness led a lot of people to believe that cannabis consumption kills brain cells. However, the reality is this could not be further from the truth. While most drugs are neurotoxic,

THC is considered to be neuroprotectant. Which means that it actually protects brain cells from damage.

Here's a mind-blowing example a study in 2014 found that *people with THC in their systems were 80 percent less likely to die* from traumatic head injuries than those without.

Mind-blowing, right?

#4.) *Effective Sleep Aid*

Have trouble sleeping? Research shows that THC may be the answer you need.

Trials in the 1970s found that **oral doses of THC helped insomniacs fall asleep faster. And that's not all.** Recent research **suggests THC may also improve breathing while reducing sleep interruptions.**

Great news for those suffering from conditions such as sleep apnea!

#5.) *Helps Treat PTSD*

It's estimated that 8 percent of Americans (24.4 million people) currently suffer from PTSD. To put things into perspective, this number is equal to the size of Texas.

PTSD can include symptoms such as agitation, severe anxiety, depression insomnia, nightmares, and social isolation – it can be a crippling condition.

Yet, THC has shown to be a highly effective treatment option. Some psychiatrist say that THC-rich cannabis is the only treatment. In fact, studies have confirmed that THC eases a variety of PTSD-related symptoms including agitation, depression insomnia, flashbacks, and nightmares.

This means that for those suffering from PTSD, they can finally get the peaceful sleep they need to heal and regain balance in their lives. All they need is access to safe cannabis and guidance on how to best implement it into their lives.

#6.) *Promotes Brain Growth*

Believe it or not, the benefits of THC for the brain may be even bigger than we thought. Not only does THC protect brain cells, it also stimulates [brain growth](#).

How does it work? THC activates the “CB1 receptor” in our brains. This stimulation promotes a process known as long-term potentiation which improves the brain's ability to learn.

Scientists also discovered that like CBD, THC causes brain cells in the hippocampus to grow. Some research even suggests that THC can protect spatial memories.

This is why small doses of cannabis can treat or even prevent diseases such as Alzheimer's. If you want to learn more about treating Alzheimer's with cannabis, Green Flower has an online course for that, too!



#7.) *Increases Appetite*

Cannabis can also help you digest your meals through increased gastrointestinal motility. Conditions such as HIV, eating disorders, hepatitis, and dementia can lead to a loss of appetite. Over time, this can result in severe malnourishment or even death. THC is known for increasing appetite.

Researchers have found that **THC interacts with the same type of receptors in the hypothalamus that release the hormone ghrelin, which stimulates hunger.** In fact, THC can even make food [taste better](#)

While some have written off these effects as a case of the “munchies” there is something much more profound going on here. With the right approach, THC hunger-inducing effects can dramatically improve quality of life. And in some cases, even save lives.

#8.) Enhances Senses

Many people have steered away from THC due to its psychoactive effects. In fact, a lot of prohibitionists claim this is what makes cannabis so “dangerous” in the first place.

But people have been enjoying the psychoactive components of the cannabis plant for at least ten centuries. Cultures across the globe incorporated the plant in spiritual ceremonies and rituals for this very purpose.



While the psychoactive effects of THC may not agree with everyone, that doesn't mean we all should steer clear. Especially given that it is impossible to fatally overdose on THC. Cannabis used with intention and the right dosage levels provides countless benefits. From life-changing revelations to enhanced creativity to deeper personal insights.

If you agree that people deserve access to all parts of the cannabis plant, please share this article with your friends and followers. Together, we can spread the message of cannabis education.

Originally published at <https://www.learngreenflower.com/articles/219/8-amazing-benefits-of-thc>



Ontario Vapor Lounges ...

Hamilton:

Hamilton Vape - 1463 Main St. East (905) 541-8760

Moonbeam:

Chez Willy's Place - 27 Cimon St. (705) 335-7191

Niagara Falls:

The Vapor Trail Lounge - 5444 Victoria Ave. (905) 246-9070

Toronto:

Vape on the Lake
2985 Lakeshore Blvd. W. (647) 349-0214

Vapor Central - 667 #2 Yonge St. (416) 923-3556

The Hot Box Café - 204 Augusta Ave. (416) 203-6990

Underground Comedy Club
670 Queen St. E. (416) 732-7761

Strains Connoisseur Club
1211 Kingston Rd. (905) 492-2700

Planet Paradise - 51A Winchester St. (647) 346-0710

New medical marijuana rules getting mixed reviews

By Joanne Schnurr August 24/16 ottawa.ctvnews.ca

New federal rules today will allow Canadians to grow their own medical marijuana, provided they follow certain steps. Already, some users are claiming the regulations violate their rights and are demanding the government repeal them. These new regulations, under the Access to Cannabis for Medical Purposes Regulations (ACMPR) would allow patients to grow a small quantity of medical marijuana, providing they register with Health Canada, get authorization from their doctor and not have a recent record for drug offences. And that has some folks fuming.



Much like a medicine cabinet, Laurie MacEachern keeps her medicine garden locked up. Seventeen marijuana plants will supply her with enough cannabis for an entire year, to keep her chronic pain at bay.

“Ten years ago, I was doing 27 pills a day and still unable to sleep,” says MacEachern, as she wanders through her garden, checking out her crop, “so I used to drink alcohol. Within a year and a half of using medicinal cannabis, I detoxed from all the drugs and quit drinking.”

MacEachern has been using cannabis for ten years and growing it legally on her property southeast of Ottawa for five years, under the Marijuana Medical Access Regulations (MMAR) of 2001. Those were revamped in 2013 with the Marijuana for Medical Purposes Regulations (MMPR), which prompted a legal battle and an ensuing injunction that allowed people like MacEachern to continue to produce their own. MacEachern says that has saved her and the health care system thousands of dollars. “I’m able to produce for myself for maybe \$200 or \$300 a year whereas if I were purchasing from a licensed producer, it would be \$125 a day.”

The legal landscape on recreational cannabis is changing under the Liberal government. The rules are shifting, too, with respect to medical marijuana and whether patients should be forced to buy it through a licensed producer. These new regulations are a stop gap measure as part of the government’s response to a federal court ruling in February. That ruling basically agreed with patients that forcing them to buy from a licensed producer violated their rights.

People who want to grow it now will need to apply to Health Canada, with authorization from their doctor and be clear of a drug related offence for ten years. And that has some medical marijuana users fuming. “Is it going to be sunny ways or suing days,” says Clayton

Goodwin, an injured vet, who has been convicted of possession. He wonders what these new rules mean for people like him.



“There are tons of questions here (in the document) about a criminal record, have you been charged and as a stigmatized veteran, who has a record for growing my own marijuana because of problems with pharmaceutical drugs, I don’t know what to think.

Places like Canopy Growth Corp, responsible for the Tweed plant in Smiths Falls, which grows cannabis as a licensed producer says it supports a patient’s right to grown their own. But it believes, in the end, more Canadians will choose to go through a regulated producer.

“We will continue to emphasize quality of care, variety and standardization of product, and affordability,” says Jordan Sinclair, the Director of Communications for Tweed, “all things that we think Canadians value when making a choice as to how they will obtain their cannabis. For those who choose home grow, we will certainly be exploring ways we can assist them with this process. Naturally, we’ll need some time to digest the new laws in detail before this can happen.”

PATIENT IN THE NEWS

Regina medical marijuana user welcomes new laws

By Dean Gutheil Aug 24/16 cbc.ca

After growing his own marijuana for years, Ryan Murray says he can now do so without the fear of criminal prosecution.

"For me personally, it's a big smile on my face," said Murray. "Now I get to grow my medical cannabis again".

New Canadian medical marijuana rules open door to more legal home-growing

Ban on medical marijuana patients growing own pot struck down by Federal Court

Effective Wednesday, new federal rules allow people authorized to use medical marijuana to grow it, or have someone else grow it for them. The amount will be limited, though. For example, someone prescribed a gram a day could grow two plants outdoors, or five plants indoors. Health Canada says plants grown outdoors yield more supply than indoor plants.



Ryan Murray After growing his own marijuana for years, Ryan Murray says he can now do so without the fear of criminal prosecution. (Dean Gutheil/CBC)

Murray, 37, said years of snowboarding, skateboarding and hockey injuries have taken a toll on his body, leaving him with arthritic pain.

Also suffering from depression, Murray said pot eases both his physical and mental pain.

"Cannabis works for me. I inhale it, I eat it, spice up my food with it, capsules," said Murray. "I stay away from any pharmaceuticals. I feel they're really dangerous to our bodies." Under the new rules, only licensed suppliers will be a legal source for marijuana plants and seeds. Expecting a close eye kept on gardeners Murray said he expects tougher rules and more inspections for those who want to grow their own pot.

"I firmly believe you'll see more city police, city fire inspecting pot-growing operations," said Murray. "They'll look to see if people are growing more than their limit of pot plants."

"And if the electrical system, for example, is safe for a grow-op ... I'm good with it. If my neighbourhood is growing marijuana, I wanna know if my house isn't in jeopardy from a spark fire".

The new regulations are a response to a Federal Court decision earlier this year.

That ruling found the ban on patients growing medical marijuana to be a violation of their constitutional rights and took away affordable access to medicine.

Murray said denying him and so many others from pain relief was wrong. Now he's prepared for the growing pains of a new weed world.

"If I have to be inspected, tested, checked, regulated, no biggie." said Murray. "At least now the government will allow me to grow my own medicine."

Old-fashioned Macaroni And Cheese

By Herb.co

PREP TIME -20

COOK TIME - 40

READY IN – 60

Ingredients

8 ounces small elbow macaroni (about 2 cups)

1 teaspoon vegetable oil

1/4 cup (1/2 stick) butter

8 teaspoons cannabutter

1 tablespoon all-purpose flour

1 cup milk

1 cup half-and-half

1/2 teaspoon salt (kosher or sea) Pinch of freshly ground pepper

2 1/4 cups good-quality medium- sharp freshly shredded cheddar cheese, divided

1/2 cup cheddar crackers, such as Cheez-Its, crushed

1/2 cup panko bread crumbs

Method

Preheat the oven to 340°F and bring a large pot of salted water to a boil for the macaroni.

Cook the macaroni al dente, according to package directions. Drain the macaroni and rinse it with cold water. Return it to the pot off the heat, toss it with the vegetable oil, and set it aside. In a large saucepan, melt the butter and cannabutter over medium- low heat. Whisk in the flour, then whisk in the milk, half-and-half, salt, and pepper. Cook, stirring until the mixture thickens enough to coat the back of a spoon, 3 to 4 minutes. Stir in 2 cups of the cheddar and mix well.

Add the cooled pasta to the cheese mixture, mixing thoroughly. Turn the mixture into a buttered 9-by-13-inch casserole dish.

In a small bowl, combine the remaining 1/4 cup cheddar, cheddar crackers, and panko and sprinkle the mixture evenly on top of the pasta. Bake until the topping is golden brown, 30 to 40 minutes.



Cannabutter

By Leafly.com

Ingredients:

1 lb unsalted butter

1 cup water (add more water at any time if needed)

1 ounce of ground cannabis flower or 1 1/2 ounces of high-quality cannabis trim (this amount will make some pretty potent butter, so decrease the amount of cannabis if you want a recipe that delivers lighter doses)

Note: Some people also use the remnants of vaporized cannabis, as many vaporizers fail to decarboxylate all of the THC in flower

Method:

Turn slow cooker onto low and add in 1 cup of water, 1 lb of unsalted butter, and 1 to 1 1/2 ounces of ground cannabis flower.

Cover slow cooker and let simmer on low for 8 to 24 hours, stirring occasionally. When it comes to infusing butter, the longer you let the cannabis product simmer, the more cannabinoids will be infused into the final product.

After simmering for your desired amount of time, pour the hot mixture into a glass, refrigerator-safe container, using a cheese cloth or fine mesh strainer to strain out all plant product from the butter mixture. Squeeze or press the plant material to get as much liquid off of the plant product as possible. Discard leftover plant material.

Cover and refrigerate remaining liquid overnight or until the butter is fully hardened. Once hardened, the butter will separate from the water, allowing you to lift the now infused canna-butter from the water to use in your recipes. Discard remaining water after removing the hardened canna-butter.

Editor Note: Once hardened and water drained I remove it, flip it over and scrape any remaining sediment off of the bottom





Two of Canada's big banks back away from marijuana industry

By Alexandra Posadzki Sept 11/16 ctvnews.ca

TORONTO -- Scotiabank and the Royal Bank of Canada say they aren't providing accounts to companies associated with the marijuana industry, leaving some business owners scrambling to find alternate arrangements. After a decade-long relationship with Scotiabank (TSX:BNS), Hemp Country owner Nathan MacLellan says he received a letter from the bank late last month stating his account was being cancelled.



N.B. medical marijuana test lab sees opportunity in legalization

By Shelley Steeves August 30/16 globalnews.ca

A New Brunswick-based medical marijuana test lab is hoping to expand its operations once pot is legal in Canada. New Brunswick's Research and Productivity Council currently conducts quality control tests for licensed medical marijuana producers across Canada, and



Toronto's Black Market Becomes A (Pop-Up) Green Market

By Sarah Ratchford Aug 28/16 civilized.life

As I make my way down Shaw St. and turn onto Dundas St. W. in downtown Toronto, I find myself confused. There's supposed to be a pop-up Green Market for cannabis products around here, but I see only serene streets, a few people running errands before the masses flood out of work for the day. Then I spot her. An emerald-haired siren in a floor length mermaid gown covered in marijuana leaves.



Three B.C. cities want Ottawa to share revenue of prospective marijuana tax

By LindaGivetash Aug 26/16 theglobeandmail.com

Three municipalities in British Columbia want a stake in any tax revenue that the federal government collects from the legalization of marijuana. Nelson, Duncan and Prince George put forward resolutions to the Union of British Columbia Municipalities asking it to put pressure on higher levels of government to ensure tax sharing with municipalities is considered by the federal task force investigating marijuana legalization and regulation.



Canadian doctors want feds to regulate THC levels in marijuana

By Camille Bains Aug 25/16 macleans.ca

VANCOUVER – The Canadian Medical Association says 72 per cent of doctors who responded to a survey it conducted want the federal government to regulate THC levels in recreational marijuana. A total of 788 doctors, or 19 per cent of the total number of doctors who received the online survey, responded to it earlier this summer, the group's annual meeting heard Wednesday.



New mall in Victoria sells 'high' quality pot products

By CBC News Aug 24/16 cbc.ca

At Canna Mall in Victoria, every store sells only marijuana products — a first of its kind in Canada. The mall, which opened in April, has grown from one business to six, and services offered include vapour lounges and hydroponics equipment. The mall markets itself as a one-stop shop for "high" quality weed products and has attracted vendors despite the current lack of regulations in the marijuana industry.



Doug And Michelle Sikora Believe Their Case Will Help Others Stand Up For Their Rights

By Brent Constantin Aug 23/16 cannabislifenetwork.com

Michelle and Doug Sikora said they've been overwhelmed with the support from the community surrounding their case and hope that their fight will show those in similar situations that they can stand up to authorities. Michelle Doug Sikora S&M Sweet Shoppe After serving two RCMP officers last week on contempt of court, the Sikoras, who run an edibles operation on the Sunshine Coast, travelled to Vancouver to do the same to the Crown Prosecutor.



Lawyer Says Federal Government May Eliminate Medical System With Legalization

By CLN Aug 05/16 cannabislifenetwork.ca

In a Maclean's interview, lawyer Adam Goldenberg argued that the government's current plan to legalize the recreational use of cannabis may mean the current medical regime is swept aside. Goldenberg said the court decisions that necessitated the creation of a federal medical cannabis system in the early 2000s are all based on the assumption that the substance is illegal.



Police push for roadside drug testing device ahead of marijuana legalization

By Damien Wood Aug 15/16 calgaryherald.com

Driving impaired is driving impaired — it doesn't matter what substance a person's on, but Calgary police and their overseeing commission want to be ready when one in particular is legalized. This weekend in Ottawa, at a Canadian Association of Police Governance Conference, the Calgary Police Commission put forward a resolution to continue pressure on the federal government to identify and approve a roadside drug screening device, in light of the feds' commitment to legalize and regulate marijuana by 2017.



Reasonable Doubt: The History Of Marijuana Law In Canada

By Joseph Fearon Aug 16/16 nowtoronto.com

The 1908 Opium Act was the first Canadian law that prohibited drugs, and it was at least a partially racist response to Chinese immigrants associated with opium use at the time. It was a tough economic time, and resentment was growing toward Chinese and other immigrants working for low wages. After race riots in 1907, Mackenzie King, the deputy minister of labour at the time, visited opium dens in Vancouver and became concerned with apparent increased opium use.



New pot rules a welcome step on the road to legalization

By Jenna Valleriani Aug 12/16 theglobeandmail.com

On Thursday, in response to the Federal Court ruling of Allard v. Canada, Health Canada announced changes to the way Canadians access medical cannabis. Rumours had been flying since last winter's court ruling, with some speculating that there would be a complete repeal of the current program, to address issues about access and affordability. 24.



Most of Canada's marijuana growers are otherwise law-abiding: advocates

By Mike Hager Aug 09/16 theglobeandmail.com

Contrary to common RCMP wisdom, organized crime groups play a relatively small role in Canada's underground cannabis trade, and the majority of people behind the country's illegal grow operations and dispensaries are otherwise law-abiding, a group of academics and small-scale marijuana businesses have told the federal legalization task force.

KEEPING PACE

Summer of Sadness

By Al Graham

While some people like to have guarantees, you can't guarantee that the sun will come up in the morning for everyone or everything. Here are a few very recent examples of that saying "you never know when things will end".

During the early summer, I and others worked very hard to prepare for a cannabis educational seminar that we were presenting on the civic long weekend. This was PACE's third presentation at Freedom Fields Naturist Ranch (FFNR) near Tamworth Ontario during their Freedom Festival long weekend event. The



festival is a through back to the hippie days with its body casting, tye dying, music of the 60's and the smell of cannabis in the air. That's correct - the smell of cannabis as FFNR is a medicinal cannabis supporter. They not only advertise in this publication but they also distribute them. Besides they also have something no other campground has and that is The Cannabis Cabin.

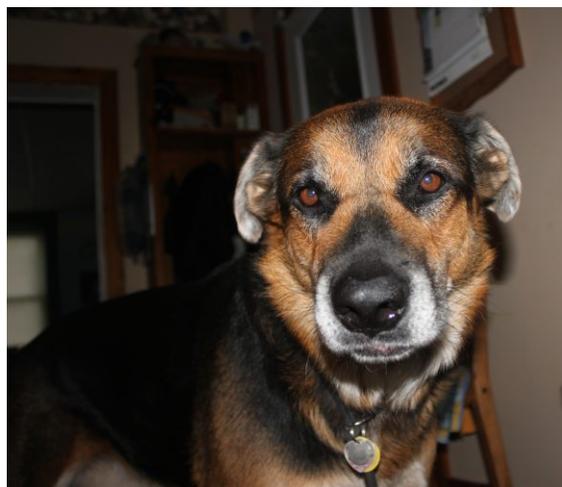


The plan was for me to be on location with a booth set up that had educational material and would also be the base for a 420 Road Show live radio broadcast and the all-day educational session. Al Rapp of LifestyleRadio.caw was prepared to



Butter-oil

help co-host the show, Ross and Deb Middleton of BMA Hydroponics and Marcel Gignac of KannaBliss were ready to talk about the history of cannabis as well talk to those in attendance and online about the non-smoking alternative choices people have. The music was set, the interviews were arranged, non-smoking samples were prepared and FFNR had the Wi-Fi reaching far and wide. We were all set to go live on the radio to talk cannabis and naturism for over 8 hours.



Kalli

With our car fully loaded and moments before my wife Gayle and I were to depart we had to put the family and my therapy dog Kalli outside. Just as Gayle was taking Kalli out, Kalli sat down and wouldn't move. After placing a call we had to rush her to an emergency vet an hour away. A few minutes after we arrived Kallie was gone. So was our presentation as I had to cancel it due to our loss. Kalli was a hundred pound Shepherd/Husky cross and was loved by many. Because of her birth date, April 21 and because she was full of energy I named her Kalli Mist, she was like a 420 dog. She even had a cannabis leaf collar and leash in her collection.

A month later Gayle and I returned to FFNR to attend their Naked Survivor weekend. It's a weekend of tag team racing, obstacle courses, challenges and other fun events. Due to the cancellation of our educational session during their Freedom Festival weekend I had some spare samples floating around. I'm happy to report that these and the educational material were still required as people had many questions

for me, even though this wasn't a cannabis related occasion. For this weekend we did the same things as we did a month earlier to get ready, knowing that this time things would be different, or so we thought. Unfortunately history repeated itself.



Ruby Tuesday

Within thirty minutes of leaving our house we got a text from Lisa, our long time friend and the graphic designer for this publication. She is the one that gets to sort through everything I give her with instruction to “make it all fit and look good”. She had written us that morning to inform us that she was taking her dog Ruby Tuesday into the vet and that things didn't look good. A week earlier Lisa was told Ruby had cancer but she'd be around for a little bit longer. It ended up being just 1 week as Lisa had to put Ruby down that day thus joining Kalli in doggy heaven. Our dogs had known each other for nine years and Ruby played the role of Kalli's mother to teach her things that only dogs can teach dogs. To some a dog is just an animal, to others they are family. Both Kalli and Ruby Tuesday were family to many of us.

When it comes to creating Grassroots Advocate (GA) it takes three of us to put it together. I collect the material, Lisa assembles it all and the third person is our printer Jason over at the local Office Supply store. Jason is very well known around our town and was involved with the people from Community Living. An organization that helps and supports people with disabilities and their families. Jason and I have a couple of things in common. We are both fans of the Toronto Maple Leafs and we would occasionally have a few words about how bad things were for them. The two of us also had the same winter coats and we would tease or make fun of each other because we both were wearing them at the same time.

Unfortunately the sad news continues for us here at Grassroots Advocate as I was just informed that Jason has passed away. I was in the store recently to have Jason print a few copies of GA for me but I didn't get to see him. I told his co-workers that I'd see him the following week when I brought this issue in for printing. Jason wasn't a cannabis consumer but I know he supported GA and what we were doing. I always knew that when I handed in the magazine print order that it would be ready in 48 hours or less. He was a very important part of the business where he worked and today that was proven when I overheard people talking about him. The one guy told his friend, who didn't really know him, that Jason was the shining success story for Community Living. Jason would help anyone and everyone. He was the jack of all trades within the store and was simply the best at everything he did. If there was a problem they called him. Now he is gone. There is no doubt that he will be missed by all those who knew him.



Jason Rae

If this sad summer has taught me one thing, it is to live life for today, because tomorrow is not promised.

P.S. Hey Jason - while you're there, would you mind taking Kalli and Ruby Tuesday for a walk?

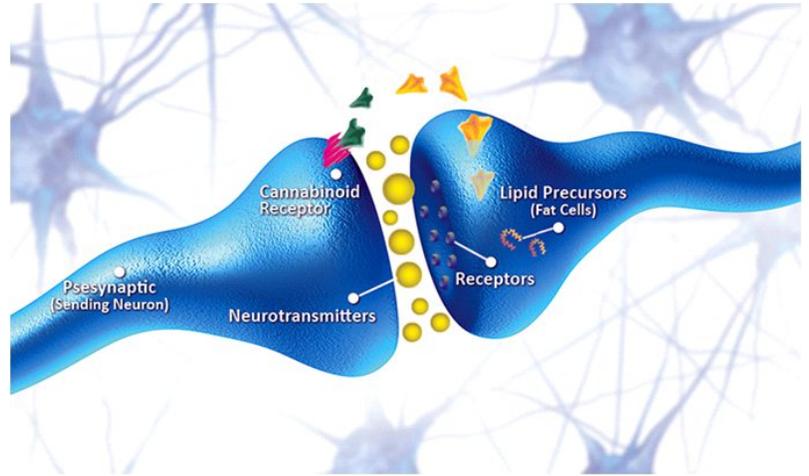
Are You EndoCannabinoid Deficient?

By Owen Smith March 25/16 Published at cannabisdigest.ca

In a previous blog for Canlio I explained the basics of cannabinoids and the endocannabinoid system. As with any subject that is both new and complex, various theories are being explored by researchers seeking to explain and exploit cannabinoids for humanity's benefit.

As we depart from a century of cannabinoid prohibition, there are emerging theories about how the absence of these compounds may have negatively affected human health.

Clinical Endocannabinoid Deficiency Syndrome (CEDS) was proposed by Dr. Ethan Russo in 2004. CEDS began to be explored as a potential underlying cause of an array of age-related illnesses, along with inflammatory and autoimmune diseases, depression, PTSD, bone loss, diabetes, acute or chronic pain, and cancer. It was also postulated that an overactive endocannabinoid system may be responsible for obesity (a theory which didn't pan out).

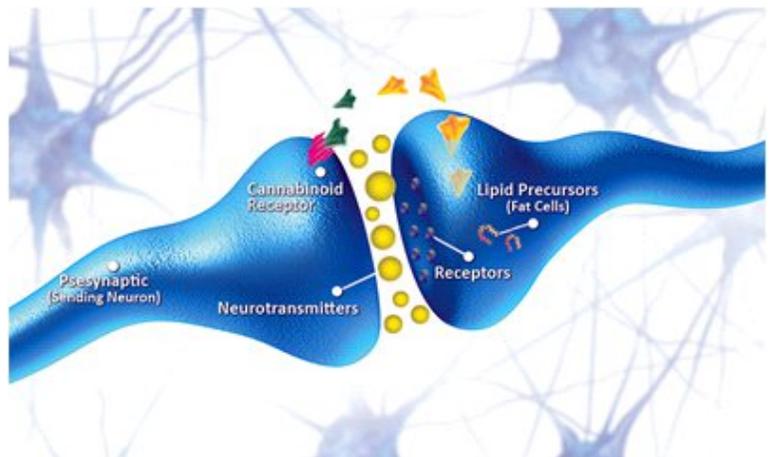


Dr Robert Melamede

Dr. Robert Melamede, CEO of Cannabis Science Inc., teaches a course at the University of Colorado on endocannabinoids and medical marijuana. I happened to bump into Dr. Melamede in the coffee shop at the end of my street one sunny Dec. morning in Victoria. He was visiting as a guest lecturer for Greenline Academy, who held their conference at the University of Victoria later that day. The \$350 price tag deterred me from attending, but fortunately the full lecture by Dr. Melamede was available for free on Greenlines' website. It is now only available by request.

He derives his understanding from his background in modern molecular biology and 'far from equilibrium' thermodynamics, which deals with natural systems that change over time, engulfed in the flux of matter and energy, amidst other systems and chemical reactions. He proposes that life is a self-organizing process that is creatively adjusting to the flow of energy it is subjected to by the environment. He explains how cannabinoids assist us from birth until death to maintain homeostasis as we undergo various perturbations in biochemical flow.

Melamede suggests that this regulatory mechanism is more involved in our daily lives than we could have imagined. Mother's milk contains endocannabinoids that assist the child with stress, promote appetite, and protect cells from oxidation. When we eat, we create "reactive oxygen species" or free radicals to burn the food for fuel. During life, our immune system addresses potential threats by creating these free radical compounds. While protecting us, free radicals create inflammation that can cause damage to the body. It is the role of our bodies' endocannabinoids to regulate healing processes by controlling free radicals. Dr. Melamede refers to free radicals as the friction of life and endocannabinoids as the oil.



cannabinoid-receptors-and-neurotransmitters

Endocannabinoids are engaged in the balancing of forces: stimulating our appetites while protecting us against excitotoxicity and cell degradation. These balancing compounds and their corresponding biological system have existed for over 600 million years in all vertebrate species since the sea squirt. Dr. Melamed points out that our biological thermostat was set in our evolutionary past and, now that in the modern world our environment is rapidly changing, we need an agent that will facilitate this transition. Twentieth-century medicine has succeeded in extending the lifespan of the average person, and now medicines for age-related illnesses are required.

A great deal of data suggests that many problems associated with aging stem from the inability of an organism to protect itself against free-radical induced inflammation and oxidative stress. Cardiovascular, autoimmune, neurological disorders and cancers are all thought to have free radicals as a causative agent. By binding up these free radicals, antioxidants can minimize the plaque formation cycle associated with the progression of Alzheimer's disease. Accordingly, several studies have shown that CBD blocks Alzheimer's plaque formation by a cannabinoid-receptor-independent mechanism.



Mousey

Cannabinoids assist with the neurotransmission involved in learning. Dr. Melamed recites studies that were performed on mice in tanks of water where a platform was suspended just below the water's surface. The mice swam around until they found the platform. Some of the mice had their cannabinoid receptors blocked and others did not. When the platform was moved, the blocked mice were incapable of leaving the original platform's location and drowned.

Similarly, experiments with cannabinoid receptor blocker drugs to counteract appetite have been disastrous failures. Rimobabant was designed to block the CB1 receptor in an attempt to produce the “reverse munchies” effect. It was released in France as an appetite suppressant named Acomplia, only to be withdrawn from the market due to potentially serious side effects. It was rejected by the U.S. F.D.A. for causing anxiety, depression, and suicidal thoughts. Clinical endocannabinoid deficiency is still being considered as a possible cause for some treatment-resistant conditions, including migraine, fibromyalgia, and irritable bowel syndrome.

A study out of the University of Calgary explored PTSD among people who were exposed to the World Trade Centre attack on September 11th, 2001. They examined two groups of similar individuals, the only difference being that the members of one group were suffering from PTSD and the other were not. The researchers found that the group who were suffering from PTSD had a lower baseline level of the endocannabinoid 2-AG circulating throughout their bodies. Their findings also indicate that “reductions in [the endocannabinoid] AEA promotes retention of aversive emotional memories”.

We make endocannabinoids out of essential fatty acids, which we have to ingest through the food that we eat. There are many sources of EFA's, but Hemp seeds are a single source that provides the optimal balance of EFA's for absorption by the human body. For the long period of history in which hemp seed was part of our regular diet, it would not have been sterilized of THC content as it is today. A daily bowl of hemp porridge would have provided EFA's and low levels of phytocannabinoids.

Relative to human history, modern cannabis prohibition has lasted only a fraction of our time on the planet. It has been condemned by countless authorities as a failure of social policy, an unenforceable, inhumane nightmare. It is a terror that cannot end soon enough, our health may depend on it.



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Originally published at <http://cannabisdigest.ca/endocannabinoid-deficient/>

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Accessing Cannabis Medical Purposes Regulations - ACMPR

Regulations: <http://www.gazette.gc.ca/rp-pr/p2/2016/2016-08-24/html/sor-dors230-eng.php>

Application - Doctor Form – Guide – Security – Testing:

<http://healthycanadians.gc.ca/drugs-products-medicaments-produits/buying-using-achat-utilisation/cannabis-medical/access-acces/personal-production-personnelle/index-eng.php>

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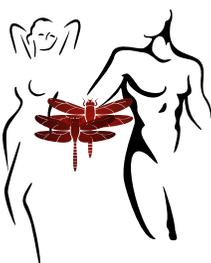
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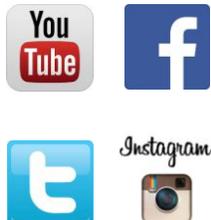
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