

*Edition One*

COMING  
CLEAN  
*with*  
CANNABIS

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A NEW KIND OF  
CANNABIS CLEANSE



## A MESSAGE FROM JANE

Rediscovering cannabis has changed my life.

I am living a more focused, intentional, daily existence than ever before. I am dialed in, and it feels amazing.

The psychotherapeutic benefits, stress alleviation, and elevated perspective cannabis provides has enabled me to excel through the two most high-pressure years of my adult life.

It has allowed me to essentially eliminate my alcohol consumption, leading to huge health benefits. For the first time in my life, my weight has naturally held steady.

After two decades of bootcamps, two kids, and too many diets, I am turning forty at a consistent, healthy, happy weight and I am stronger than ever. I am better with cannabis. This E-Book collaboration with the talented Kristen Williams shares my hypothesis as to why.



*Jane West*

## KRISTEN WILLIAMS

*Editor, Designer, Author*

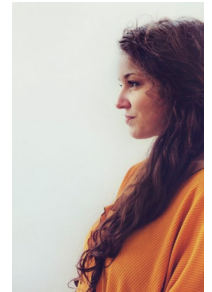
Kristen Williams is a lifestyle designer and experience creator dedicated to empowering others with knowledge. An especially curious individual, she passionately soaks up, synthesizes, organizes, and visually communicates information to captivate and educate her audience.

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*Self-Care + Cannabis + Philosophy*



### SERVICES IN

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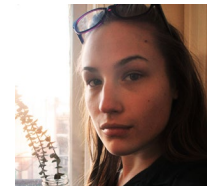
+ MORE



## KIRA GRESOSKI

*Author*

Kira Gresoski is a writer devoted to promoting cooperation between our societies and our planet. Throughout college, cannabis was the ideal complement to her lifestyle of hiking, studying, writing, and relaxing with loved ones. Excited to see the plant be sustainably and responsibly used for both medication and recreation, she is delighted to be working with the Women Grow network on this project.



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*This book will explain  
why you should consider  
incorporating cannabis  
into your system instead  
of flushing it out.*

### DISCLAIMER

This book was written by cannabis lovers to educate the curious, but **we are not doctors**. It aims to address healthier alternatives to recreational alcohol use and does not offer solutions for alcoholism or other substance abuse disorders. Please consult a medical professional for recommendations for the best steps for you to take toward a healthy lifestyle.

CANNABIS  
CAN HELP YOU  
**COME  
CLEAN**

*from*

—  
anxiety

alcohol

unhealthy  
eating habits

chronic pain

**+ more**

WE WANT TO HEAR  
*your* STORIES

*Join the Conversation on Social Media with*

#CANNABISCLEANSE

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THIS IS THE ONLY BODY  
YOU WILL *ever* HAVE.

IT IS THE ONE THING  
DURING YOUR TIME ON  
THIS PLANET THAT IS  
TRULY *yours*.

WHAT YOU DO FOR  
YOUR BODY *today*  
DETERMINES HOW YOU  
FEEL *tomorrow*.

TAKE JOY IN  
CHOOSING WELL.

THE CANNABIS CLEANSE INVITES YOU  
TO THINK ABOUT YOUR DAILY CHOICES  
IN TERMS OF YOUR OVERALL HEALTH.

Be aware that what you feed your body will  
equal the energy you receive from it. Listening  
to your body means abiding by its requests.  
If you are tired, sleep. If you are hungry, eat.  
If you are restless, move. Make conscious choices  
about any substance you're consuming, be it  
food, alcohol, or cannabis.

We hope that you will have a greater appreciation  
for the wonder of your health and a stronger  
sense of responsibility for its care.

THIS IS NOT A DIET.

*This is a lifestyle choice.*

welcome  
to

THE CANNABIS CLEANSE

*It's time for*  
**cannabis**

— TO COME —

**CLEAN**

**It's time for us to**  
change the conversation.

*It's time for us to realize*

**all**

THAT CANNABIS CAN BE.



**CANNABIS IS**

# CANNABIS CAN BE

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# clean

Google the words “cannabis cleanse” and you’ll find endless suggestions for getting THC **out** of your system before a drug test.

*This isn’t that kind of cleanse.*

Instead, we wanted to create a book filled with useful information and tips for incorporating cannabis **into**

**A CLEAN, HEALTHY  
+ RESPONSIBLE  
LIFESTYLE.**

**THE END OF MARIJUANA PROHIBITION IS INEVITABLE.**

but the conversation surrounding cannabis is just beginning. As the stereotype of the unproductive stoner falls away, we want to create a dialogue about all of this plant’s possibilities. Whether it provides relief for painful diseases or offers peace of mind to the over worked and stressed out, **this ancient healing organism deserves a credible reputation.**

*It’s important to remember that there is no single substance on the planet capable of giving you a healthy life — that depends on your own determination to make good choices each day.*

**We hope you give cannabis the chance to be part of your wellness equation.** While you’re preparing nutritious meals, enjoying fun exercises, reflecting, meditating, and committing yourself to helpful habits, this cannabis cleanse can be the perfect companion.

## CANNABIS IS A VEGETABLE —

and one with much more to offer than psychoactive effects.

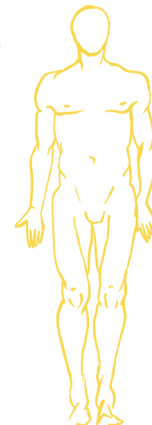
The cannabis plant contains cannabinoids, a version of the chemical our brains produce under stress to change our neurological and physiological patterns. (THE CANNABIS KITCHEN COOKBOOK, pg 38).

*Simply put, cannabis can provide us with important nutrients — and you don't have to smoke it or get high to reap the benefits.*

Raw cannabis has many health benefits, including improving “the efficiency of the cells in our body” (LEAFLY). It can be used as a preventative wellness method to keep you in balance. Raw cannabis fan leaves have only trace amounts of THC and won't get most people high. You can include raw cannabis in juices, smoothies, and salads, or even sprinkle it on top of many other foods like any other seasoning in your pantry.

## CANNABIS AND YOUR

# body



### *Our Endocannabinoid System*

We all have an **ENDOCANNABINOID SYSTEM** that **helps keep the body in a balanced state**. We have cannabinoid receptors all over our bodies, including in the brain, lungs, liver, kidneys, immune system, and more (DR. MERCOLA). When cannabinoids activate these receptors, there is **a release of antioxidants** (TRUTH ON POT).

### *Cannabinoids Found in Cannabis*

Two most frequently studied compounds in cannabis are tetrahydrocannabinol (**THC**) and cannabidiol (**CBD**). THC binds to receptors in the brain, **making it psychoactive**. Drug tests analyze *THC levels*. CBD binds to receptors throughout the rest of the body (LEAFLY) and is therefore non-psychoactive, **meaning that it will not make you high**.

### *The “Entourage Effect”*

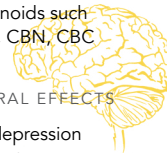
Cannabis is most beneficial as a medicine when all of its compounds, including **THC, CBD, CBC, CBN, TERPENES** and more, **work together**. [READ MORE](#)

#### PHYSICAL EFFECTS

- Induces appetite
- Relieves pain + nausea
- Encourages deep relaxation
- Aids sleep
- Stimulated by cannabinoids such as CBD, CBN, CBC

#### CEREBRAL EFFECTS

- Fights depression
- Relieves stress + anxiety
- Improves creativity + focus
- Stimulated by the cannabinoid THC





# CANNABIS AS

# medicine

## HISTORY

In the 19th and early 20th centuries, cannabis was “a popular botanical medicine, common in US pharmacies of the time” ([DR. MERCOLA](#)). It did not become outlawed in the United States until 1937 — ultimately as “an excuse to search, detain, and deport Mexican immigrants” ([DRUG POLICY ALLIANCE](#)). Although cannabis is currently federally illegal, a recent poll shows that **76% of doctors are in favor of medical marijuana use** ([CBS NEWS](#)).

## PRESCRIPTION MEDICATIONS

People often turn to their doctors for prescription medications that allow them to achieve many of the health benefits cannabis can offer. Unfortunately, according to the [WASHINGTON POST](#), “more than 2 million Americans become seriously ill every year because of toxic reactions to correctly prescribed medicines taken properly and **106,000 die from those reactions.**” Deaths from prescribed medications only [CONTINUE TO RISE](#). In contrast, it is [IMPOSSIBLE TO OVERDOSE](#) on cannabis, and in states where medical marijuana is legal, [OPIATE-RELATED FATALITIES HAVE DROPPED BY 25%](#).

### MICRODOSING

If you seek the health benefits of the [ENTOURAGE EFFECT](#) but aren't interested in getting high, you can try [MICRODOSING](#). This practice involves consuming very low doses of cannabis to maximize health benefits with minimal side effects.

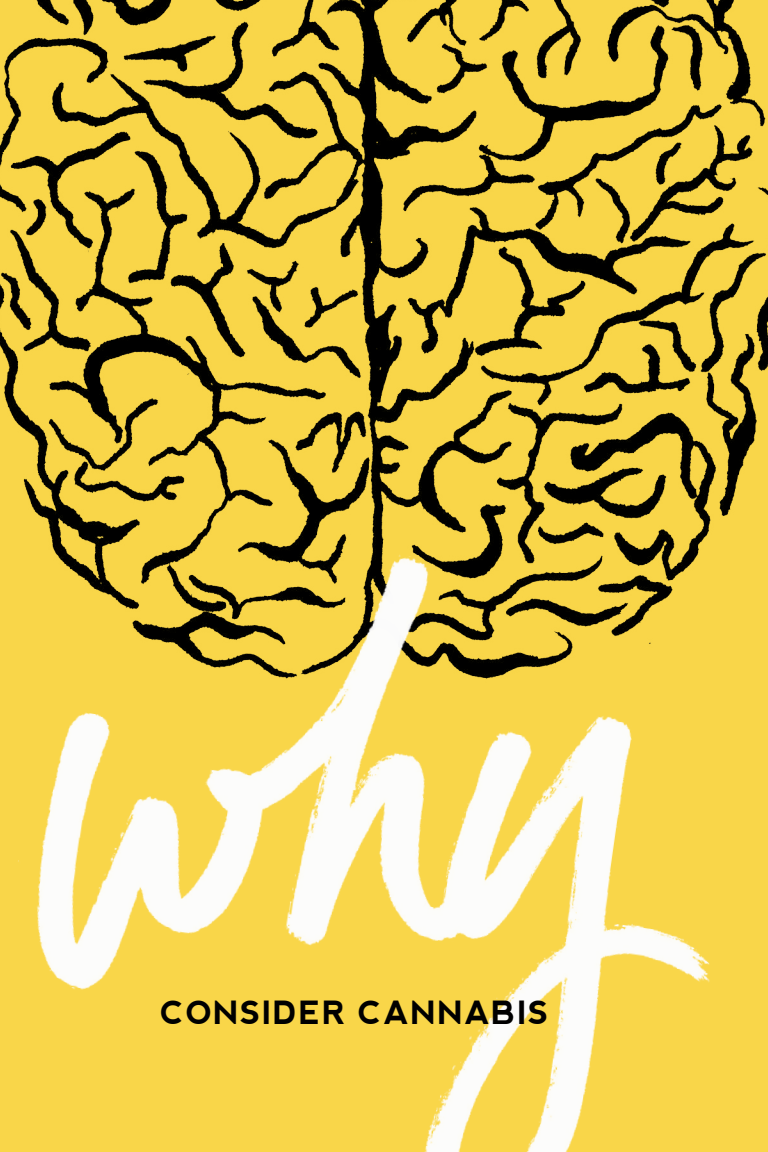
DISCLAIMER: ALWAYS CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE DISCONTINUING ANY PRESCRIPTION MEDICATIONS

## PLEASE

## note

We do not recommend individuals consume cannabis anywhere that it is prohibited; there are risks involved with cannabis consumption outside of states where it is legal, including incarceration, severe fines, and adverse health effects from contaminated product.

*If you live in a prohibition state,*  
get involved with local efforts to bring legal, locally grown cannabis and its societal benefits to  
your community.







CONSIDER CANNABIS

Alcohol has been culturally celebrated for years as the go-to substance for feeling social, connected, and uplifted, yet there is a health cost that comes with drinking — **and calories are just the beginning.**

New trends show that where marijuana is legal, people are more likely to replace high-caloric alcoholic beverages with cannabis, leading to a [REDUCTION IN HEALTHCARE COSTS ASSOCIATED WITH OBESITY.](#)

PUT SIMPLY:  
**PEOPLE WHO CHOOSE**  
*cannabis*  
**ARE LOSING WEIGHT**  
*because they aren't drinking booze.*

				
<b>COSMO</b> 215 calories 4 oz	<b>MARGARITA</b> 550 calories 10 oz	<b>BEER</b> 125 calories 12 oz	<b>DAQUIRI</b> 1,800 calories 32 oz	<b>WINE</b> 125 calories 5 oz

[READ MORE ABOUT THE CALORIES IN ALCOHOL](#)

Empty calories aside, **alcohol can pose a real danger to your health.** In fact, recent studies show that [ALCOHOL IS 114 TIMES MORE DEADLY THAN CANNABIS.](#) Of course, cannabis won't solve all your problems, but given the emerging evidence, it deserves consideration as a healthier alternative to alcohol.

## DRIVING UNDER THE INFLUENCE



Since legalization in Colorado, **HIGHWAY FATALITIES HAVE DECREASED**. Research has shown that **cannabis is less impairing than alcohol**, as “alcohol encourages risky driving whereas THC encourages greater caution, at least in experiments” (NORML).

Alcohol **seriously impairs** one’s ability to drive. In 2013 alone, 10,076 people were **KILLED IN ALCOHOL RELATED CAR ACCIDENTS** in the United States — 30% of all traffic related fatalities.



### INDICA EYES

Cannabis can set your eyes low and turn them a **cartoonish red**, a sure giveaway when you’re in the grocery store at 1 a.m.

— vs —

### MERLOT TEETH

It never hurts to have an honest friend who will inform you when your **purple-toothed smile** has gotten out of hand.

## DRUNCHIES

**All calories are not created equal.** The moment alcohol enters your system, your body’s metabolism identifies it as a poison and focuses entirely on processing it. Calories you consume while drinking **WILL BE STORED AS FAT** as a result. *Alcohol calories + Drunchie calories = double whammy to your waistline.*

— vs —

## MUNCHIES

Marijuana **HEIGHTENS YOUR SENSE OF SMELL AND TASTE** so your body’s natural response is **to crave more sensational food**. *The hard part is mustering the willpower to choose fresh fruit over pepperoni pizza.*



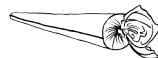
## 30,700 DEATHS/YEAR

In 2014, **30,700 PEOPLE DIED DUE TO ALCOHOL-INDUCED CAUSES**. Add in “deaths from drunk driving, other accidents, and homicides committed under the influence of alcohol” and you’re looking at around **88,000 DEATHS/YEAR**.

— vs —

## 0 DEATHS IN HISTORY

It is **IMPOSSIBLE TO DIE FROM AN OVERDOSE** of cannabis. Engaging in unsafe behaviors while using cannabis could obviously lead to injury or death, but the physical substance itself **cannot cause death**.



## SHORT TERM MEMORY LOSS

Cannabis is often condemned for making those who use it stupid and forgetful. Recent studies, however, suggest the only cognitive impairment caused by marijuana is

**TEMPORARY short-term memory loss.**

— vs —

## BLACKOUTS



While details might be hazier when you get high, **blacking out from drinking** means your brain has **LOST THE ABILITY TO FORM NEW MEMORIES**.



## LOSS OF INHIBITIONS

Alcohol impairs the part of your brain that **SUPPRESSES UNDESIRABLE BEHAVIORS such as aggression and unpleasant changes in mood**. And it’s not unusual to regret actions the next morning.

— vs —

## COGNITIVE FUNCTION

New research also shows that being under the influence of cannabis can **heighten creativity** and make people **MORE SUSCEPTIBLE TO NEW IDEAS AND CONNECTIONS**.

REAL PEOPLE. REAL STORIES.

# TESTIMONIALS

—  
*Join the Conversation with*

#CANNABISCLEANSE

**MEDICINE** “As a child, I believed everything D.A.R.E. told me. When I learned that cannabis could help with my diagnoses of (once-‘Juvenile’) Rheumatoid Arthritis, Depression, AND Anxiety, I confirmed with some research and gave it a try! I had been on steroids (Prednisone) for a year at the time to control the severity of my condition, which exacerbated my depression and anxiety. I’ve now been on them for about 8 years, and through experience and study, I know that without my medicinal use of cannabis, I may very well have committed suicide from what they call Steroid Psychosis. With the help of this plant, supplements, other herbs, prayer and meditation, and lifestyle adjustment, I am surprising doctors with my recent strides in tapering off of that harmful pharmaceutical drug, and feeling more like myself — but upgraded — every day! I largely thank proper use of cannabis for the enhancements I’ve been able to give my life.”

— *Kayla Arielle, Artist*

**WEIGHT LOSS** “I had enough of the ‘safe and legal’ prescription pills that ultimately led to severe depression, weight gain, and a plethora of other side effects. At my highest I was 300 lbs. and incredibly sick. After doing my research I decided to give marijuana a try. After smoking it has given me a brand new outlook on life. Spiritually and mentally I am at ease. Cannabis also was the main factor in my weight loss. I have lost 130 lbs. so far and will continue to use my natural medicine to get as healthy as possible!”

— *Hannah Allen, “Cannabliss Chick”*

**WEIGHT LOSS** “Motherhood swiftly introduced me to immense love and a multitude of life changes. As I ventured down that familiar path of pregnancy, I cautioned myself to exercise moderation. I gained 40 lbs., 20 lbs. less than when our son was born five years earlier. Immediately I lost 20 lbs. after the birth of our daughter who weighed an impressive 9 lbs. 1 oz. (thanks additionally to breastfeeding). I challenged myself to lose those remaining 20 lbs. and more importantly, embrace and advocate healthy living. No sweat, yes tons...all worthwhile.

After consuming medicinally, I gradually integrated the plant 360 degrees — to encompass diet and exercise. I chose hemp (plant based) protein and cannabis as pre- and post-workout supplements, and topical CBD transdermal cream (when needed for muscle strain). Cannabis assisted with my motivation and execution of cardio, boxing and HIIT workouts. I lost weight, gained muscle density and shortened recovery periods between workouts. At age 33, and a mother of two, I’m happy to say that I’m healthier than I’ve ever been.”

— *Jaylene Peterson, Artist*

**WEIGHT LOSS** “Half my body weight. In two years. No diet. No exercise. The ONLY thing I did was start regularly consuming cannabis on a daily basis . . . including juicing whole cannabis...I can not attribute my weight lose to anything other than cannabis. I was at 300 pounds for 15 years and tried EVERYTHING . . . and never lost more than 50 or 60 pounds, and usually gained it right back plus some. I share my story with everyone, and most people don’t believe me when I say all I did, the ONLY change I made was go from a non cannabis user to a daily cannabis user.”

— *Danielle Rogers,  
Raymond, WA*

**PTSD** “At first, medical cannabis was a way for me to come to terms with my tour in Afghanistan on the front lines, helping me confront my overwhelming anxiety and PTSD. Through my recovery and healing process, I found cannabis to be an effective agent for my well-being and overall wellness. It allows me to make room mentally for new perspectives, and it gives me mental clarity for my creative process without being held back by my anxiety and stress.”

— *Eric Gudz, Captain, US Army IRR  
(former Active Duty, 101st Airborne  
Division)*

YOGA “I have always used cannabis to aid in my practice of yoga (going on six years). Cannabis allows me to put aside the issues that I’m unable to disengage my brain from during the work day and assists me in meditation, letting go, and finding new and important work arounds to issues that were previously creative blocks for my work product. Cannabis is an incredibly pivotal catalyst to helping me think outside of the box and develop more effective solutions.”

— *Kat Humphries, Vicente Sederberg*

MUSIC “My first real experience with cannabis (I don’t count the quick drags at parties) was while working with a collaborative event and music production company in Austin, TX. They taught me the medicinal uses and spiritual uses of cannabis. Before, I thought cannabis was for people who don’t get anything done aka the typical stoner stereotype. But they showed me how to use it to enhance my musical experience and get in touch with who I really am.”

— *Aleecia Head, Herbalista Set*

“Choosing to live a cannabis centered lifestyle means taking a stance on your personal health and wellness. I use cannabis to help maintain a healthy weight, to enhance my yoga practice, and even as a natural beauty product. I have great conditioners, soaps and lotions that I use daily!”

— *Kristin Ehasz, VP of Business Development, Even Cannabis Company*

USING  
CANNABIS  
*for*  
**PLEASURE**

—  
ENHANCES  
ACTIVITIES

Yoga  
Chores  
Sex  
Bathing  
Eating  
Creating Art  
Listening to Music

RECREATION “Since switching from alcohol to cannabis for my recreational substance of choice, I have completely eliminated hangovers from my life. Cannabis allows me to relax in the evening, but I wake up rested, refreshed, and ready for a new day. Sure, some strains give me some munchies, but that is still less calories than a few beers! I’ll never go back.”

— *Lauren Gibbs, Rise Above Social Strategies*

USING  
CANNABIS  
*as*  
**MEDICINE**

—  
HELPS TREAT

Anxiety  
Cancer  
Migraines  
Insomnia  
Depression  
Multiple Sclerosis  
Glaucoma  
Bipolar Disorder

PAIN “I treat my severe cervical spondylosis (sometimes called neck arthritis, in which the facet joints in the neck become enlarged causing the ligaments around the spinal canal to thicken and bone spurs to form) with cannabis being it has been the only thing that has allowed me to live pain free in years.”

— *Cara Luhring, CannaMomsClub San Diego*

STRESS “I find great benefit in cannabis use to combat stress, and in helping me maintain my blood sugar to avoid overeating. Cannabis also helps me pursue a very active lifestyle because of its incredible pain relieving properties.”

— *Mia Jane McCorkie, Cannabis Model + Brand Influencer*

MIGRAINES “After 8 years of daily pharmaceuticals and side effects, I switched to cannabis to manage my migraines. With high CBD strains like Cannatonic or Harlequin, I can knock out an oncoming migraine within an hour of my first symptoms. Cannabis allows me to quickly get back to my day and my life without crippling pain. It has been life-changing.”

— *Lauren Gibbs, Rise Above Social Strategies*

ANXIETY “I’ve been grappling with anxiety over the past couple of years, and was recently advised to try meditating by several friends and colleagues. At first, I really struggled with the concept of quieting both mind and body, that is, until I introduced cannabis into the equation. By taking a few puffs of my vape pen or a hit off my mini-pipe, I am able to relax, focus, and ease into the practice of meditating. Cannabis has become a fundamental part of my mighty meditation ritual and thus, my overall mental and physical well-being.”

— *Emily Richardson, CW Analytical Laboratories*



# How

YOU CAN INCORPORATE  
CANNABIS

## PICK YOUR *pleasure*

WHICH TYPE OF CANNABIS BEST SUITS  
YOUR UNIQUE NEEDS?

---

YOU GET HOME FROM A LONG DAY OF WORK, SCHOOL, OR OTHER SOCIETAL OBLIGATIONS. THE FIRST THING YOU REACH FOR IS . . .

- A.** My phone. Time to reconnect with all the people who know me best!
- B.** A glass of wine. Before anything else gets done, I want just one moment to focus on myself.
- C.** . . . Whatever there is to do next! Be it dishes, the laundry, the pets' empty bowls — the work doesn't stop when I get home.
- D.** My yoga mat. Time to stretch!

EVERYTHING ON YOUR TO-DO LIST IS DONE . . . NOW IT'S TIME TO HAVE SOME FUN! YOUR IDEAL "TREAT YO'SELF" MOMENT IS . . .

- A.** A crowded bar, a dinner party, or a friend's house. As long as there are people around to talk and laugh with, I'm in my zone.
- B.** In a studio. Dancing, crafting, painting, writing, making music. I could be by myself or with someone else. I just want to lose myself in the joy of creating.
- C.** Honestly? A hot bath and a delicious dinner, maybe a movie or snuggling with a loved one. Fun time is about taking a break from effort.
- D.** Yoga, working-out, sex, you know. I crave getting sweaty and feeling those endorphins pump!

THE LAST TIME YOU WERE REALLY DRUNK . . .

- A. I made like three new friends at the bar and there was this girl with the cutest dress and then we all did karaoke!
- B. I sorta stood there in the corner of the party, swaying, not sure who to talk to or what to say.
- C. I rarely have the time to drink, but the last time I did I probably passed out and went to bed.
- D. It doesn't even matter, because the horrible hangover the next morning made me swear off drinking forever.

WHICH AREA OF YOUR LIFE LACKS THE MOST BALANCE?

- A. My general health. I try saying yes to everything, but I only end up exhausted and overwhelmed.
- B. My thoughts. They can take me to unhealthy places and then I'm left reeling.
- C. My happiness. I tend to focus so much on doing the right thing all the time that I forget to do what feels good for me in the moment.
- D. My body. I wish I felt better most of the time.

WHAT MADE YOU INTERESTED IN THIS BOOK?

- A. A friend recommended it!
- B. I'd been exploring the topic of cannabis and stumbled upon it.
- C. I was looking for relief for my aches and pains.
- D. I keep trying to find a health regimen that will stick.

WHY DO YOU WANT TO TAKE MORE CONTROL OF YOUR HEALTH?

- A. I want to be around for the people I love as long as I possibly can!
- B. There are so many creative possibilities I want to explore, but if I don't take care of my body first that is never going to happen.
- C. I'm sick of feeling like crap. I want to feel rejuvenated and like I can take on anything.
- D. Because my body is the only home that is mine alone to take care of.

WHAT WAS THE MOST RECENT THING TO MAKE YOU REALLY UPSET?

- A. Something someone said about me or did to me.
- B. I made a mistake.
- C. The entire day was just really frustrating!
- D. I stubbed my toe.

THE BEST MEDICINE IS . . .

- A. laughter
- B. creativity
- C. medicine
- D. a massage!

---

## QUIZ ANSWERS

### *Smoking*

#### **MOSTLY A'S**

as a social release, connector, conversation-starter; perfect for sharing or enjoying alone as your mind entertains itself.

### *Vaping*

#### **MOSTLY B'S**

for focus, bringing you into awareness of yourself or whatever activity is in front of you, stimulating creativity and keeping you more alert.

### *Topicals*

#### **MOSTLY C'S**

for pain relief and physical satisfaction from the various demands on the body, not necessarily looking for a change in mental state.

### *Edibles*

#### **MOSTLY D'S**

to soothe and nurture the body for a longer period of time, perfect for those who don't enjoy smoking.

## CHOOSING A STRAIN

When you go to purchase cannabis, strains are normally separated into the categories of “indica,” “sativa,” and “hybrid.”



### INDICA

*physical effects*

calming feelings,  
induces relaxation  
by slowing mental  
processes

*Traditionally, these  
are said to have the  
following effects:*



### SATIVA

*cerebral effects*

euphoric + energetic  
feelings, induces  
creativity

### HYBRID

*the best of both worlds*

stimulate the mind while also relaxing  
the body — perfect for exercise, such  
as yoga, hiking, and more

---

**NEW RESEARCH**, however, is showing that many strains classified as “indicas” can produce what is considered a “sativa” high and vice-versa; knowing the **CBD to THC ratio** along with the **terpenes** present in a strain will give you a much better understanding as to what kind of effects it may have.

## your NOSE KNOWS

### THE #1 TIP TO CHOOSING A STRAIN

*Go with what smells best to you.*

Everyone’s body chemistry varies (even from day-to-day, based on sleep, diet, etc.) and needs different nutrients to stay in balance. **Usually, your body knows exactly what it needs, and your nose can help sniff it out.**

If the aroma of a particular strain is good to you (in other words, your nose is loving its **terpenes**), it’s safe to say that it will probably affect you positively. If the smell repulses you, there’s a good chance that you won’t enjoy its effects.

WISDOM OF STRAINS IMPARTED BY NICK BOLLARD  
+ ALISON LEDDEN OF THE FARM CO.

### FAST FACTS

**Terpenes** play a huge role in the aroma, flavor, and effects of a strain. They interact with each person’s body differently, and affect how other cannabinoids are received by one’s system.

[READ ABOUT TERPENES](#)

**CBD** is non-psychoactive + helps with physical pain.

**THC** is psychoactive + can have a “racy” effect.

**Sativas** usually have higher THC levels.

**Indicas** usually have lower THC levels and higher CBD levels.

While **CBD** and **THC** can work independently, they are most effective when used at a **1:1 ratio**.

---

*If you’re nervous about experiencing anxiety or paranoia, start with an indica strain. They are more mentally calming.*





### DAB RIGS

Often made of glass, these resemble small bongs but have a nail instead of a bowl. A torch is used to heat the nail. [READ MORE ABOUT DABBING](#)



### PIPES

Pipes can range in size and materials, from metal to ceramic to glass.

### BONGS + WATER PIPES

Passes the smoke through water to help filter out unhealthy particles. [READ MORE ABOUT BONGS](#)

## INCORPORATING CANNABIS

via

## SMOKING

“Cannabis use by inhalation goes into the lungs and directly into the bloodstream so the effects are experienced almost immediately — great for anyone who needs quick relief and also very helpful in allowing persons to self titrate.” (MARY LYNN MATHRE)  
When igniting cannabis, about 88% of the combusted smoke contains non-cannabinoid elements that are potential health risks. (THE WEED BLOG)



### JOINTS

Cannabis rolled in paper. You can roll your own joints (see [THE ART OF ROLLING](#) book), purchase cones that you simply fill with cannabis and twist closed, or buy them pre-rolled.



### HERBAL VAPORIZERS

Allow you to consume flower without inhaling particles from combustion.

- CloudV
- PAX
- Firefly

### SELF-LOADING OIL CONCENTRATE PENS

Discreet and portable, these pens are reusable and allow you to load whatever concentrates you want.

- Puffco
- KandyPens
- SOURCEVapes



## INCORPORATING CANNABIS

via

## VAPING

“Vaping” is widely regarded as the healthiest way to inhale cannabis. “Vaporizing heats the cannabis to the point of releasing the oils that can be inhaled, but does not get hot enough to cause combustion and produce smoke.” (MARY LYNN MATHRE)

**HERBS** Part of cannabis that is harvested, dried, and cured for use. AKA “bud” or “flower.”

**OILS** Concentrated forms of extracted cannabis; more potent than flower. AKA “dabs.”

### PRELOADED OIL CONCENTRATE PENS

Great for people new to concentrates, these pens are ready to go with no extra tools needed. You can find both THC and CBD specific pens.

- O.penVAPE
- Bhang Stick
- Evox



## SALVES + LOTIONS

*Great for reducing pain and inflammation.*

- Mary Jane's Medicinals
- Apothecanna
- Yummi Karma



## BATH SALTS

*Mixed with other essential oils and herbs, these are great for relaxation and treating PMS.*

- Mary Jane's Medicinals
- Dixie Elixir



## TRANSDERMAL PATCHES

*Discreet and easy to use, these adhere to the skin and release cannabinoids over an extended period of time.*

- Mary's Medicinals
- RX Green

## INCORPORATING CANNABIS

*via*

## TOPICALS

“Topicals are absorbed in the skin and therefore the action is experienced at the site, which makes it helpful for skin conditions, bruises, superficial pain, etc. Some topicals are transdermal, meaning that the medicine will pass through the skin and enter the bloodstream and thus, they can have systemic effects and are long lasting — good for pain or sleep.”

*(MARY LYNN MATHRE)*

## BAKED GOODS



- Mountain Medicine
- Big Pete's Treats
- Sweet Grass Kitchen

## INCORPORATING CANNABIS

*via*

## EDIBLES

“When ingesting cannabis, it gets absorbed into the blood and goes through the liver and is metabolized into 11-hydroxy-THC which is more psychoactive than THC. The onset of action is much slower (can be up to two hours) and variable depending upon the person and the contents of their stomach, thus it is harder to determine the right dose.

The advantage is that the duration will be much longer than if inhaled.”

*(MARY LYNN MATHRE)*

## CANDY

- Mia Chocolates
- Bhang
- Incredibles



## TINCTURES

*Liquid concentrates often extracted through alcohol. Can be used in a variety of ways.*

- Treatwell
- Sacred Garden
- Medicine Man



## INFUSED OILS

*You can purchase already infused oils to use in your own recipes.*

- Julie's Natural Edibles

# when + where

## TO FIRST TRY CANNABIS

Consult these tips for a great first experience

1

**CLEAR YOUR DAY.**  
Experiment with new things only when you don't have other responsibilities.

2

**HAVE AN ACTIVITY PLANNED.** Most things you enjoy doing will be even better when high.

3

**MAKE YOURSELF COMFORTABLE.**  
Make sure you are in a place where you feel safe with people you are comfortable around.

4

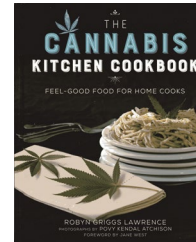
**BE PREPARED TO GO WITH THE FLOW.**  
Understand that this is a new experience, and be open to what it has to offer you.

# infused

## RECIPES

*from the Cannabis Kitchen Cookbook*

Dispensary shelves are lined with the goodies — SOME OF THEM GOURMET DELIGHTS.



They're convenient, and **they don't mess with your lungs.** But because sugar and chocolate mask cannabis flavor, which is what most manufacturers are trying to do, sweet treats rule.

For people like [ROBYN](#) **looking to keep their sugar intake moderate**, it can be thrilling to be able to infuse cannabis into more substantial food and fold their medicine into nutritious bites. Read on for some great recipes from her recent cookbook.

— [ROBYN GRIGGS LAWRENCE](#)

## 20-MINUTE CANNABIS OLIVE OIL



### INGREDIENTS

- 1/4 oz. cured cannabis flowers, finely ground
- 1/4 c. extra-virgin olive oil

### TOOLS

- coffee grinder
- fine mesh strainer
- cheesecloth



### DIRECTIONS

Place cannabis into a coffee grinder and grind until powdered. The cannabis will stick to the insides of the grinder, so scrape it out thoroughly. (Be careful about licking the spoon; that's some potent goo.)

Place oil into a 6" diameter shallow frying pan or saucepan. Using a wooden spoon, continuously stir cannabis into oil over very low simmer for 10-20 minutes.

Remove from heat and let cool.

Line a fine mesh strainer with cheesecloth and place over a bowl, wide-mouth jar, or measuring cup. Twist cannabis with cheesecloth, squeezing out every last drop of oil. Compost cannabis solids.

Use oil immediately or transfer oil to a clean clear or dark bottle or jar with a lid or cork. Label with type of oil and date. Store in a cool, dry place for up to a year.

*283.5 mg THC per cup, makes about 1/4 cup*



### INGREDIENTS

- 2 c. pure filtered water
- 2 large handfuls whole coffee beans, finely ground
- 1/2 c. organic whole milk
- 1 gram cured cannabis, finely ground
- sugar or honey, to taste (optional)
- fine mesh strainer
- cheesecloth

## GANJA JAVA GO-JUICE

### DIRECTIONS

Boil water. Place finely ground coffee beans in unbleached paper filter inside drip filter. Pour boiling water through to make 2 cups of coffee.

Heat milk in a saucepan over low heat. Heating slowly, bring to lowest simmer, stirring constantly with a wooden spoon.

Stir cannabis into milk in saucepan. Stir continuously with wooden spoon over lowest simmer for 10 minutes. Remove milk from stove.

Line fine mesh strainer with cheesecloth and pour liquid through to strain out cannabis. Compost cannabis solids.

Add strained milk to coffee + sweeten.

*5 mg THC per serving*



## GREEN DETOX

**DIRECTIONS:** Juice parsley, kale, cannabis, + cucumbers. Add remaining ingredients + juice. Serve chilled. *35 mg THC per serving*

### INGREDIENTS

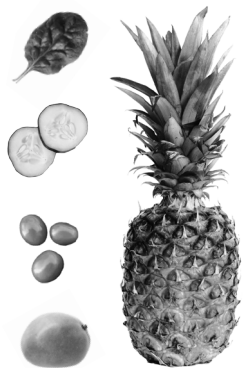
- 2 cucumbers
- 1/8 oz. raw cannabis flowers
- 1 bunch parsley
- 2 leaves kale
- 2 stalks celery
- 4 grapefruits, peeled
- 1/4 c. spinach
- small piece ginger, peeled
- small piece turmeric

## MIXED GREENS + MANGO + PINEAPPLE WITH CANNABIS-CURRY VINAIGRETTE

### DIRECTIONS

Combine dressing ingredients in a small bowl and whisk to combine. Toss salad. Serve with dressing on side.

*THC content is dependent on oil used; refer to The Cannabis Kitchen Cookbook for specifics.*



### DRESSING

- 1/4 c. cannabis-infused extra-virgin olive oil
- 2 tbsp. apple cider vinegar
- 1 tbsp. honey
- 1 tsp. curry powder

### SALAD

- 2 c. mixed greens
- 1/2 c. mango, sliced
- 1/2 c. pineapple, chopped
- 6 cherry tomatoes
- 1/4 c. cucumbers, sliced

## TRIPPY TRAIL MIX

### DIRECTIONS

Preheat oven to 350F.

Combine almonds, walnuts, goji berries, mulberries, pumpkin seeds, and sunflower seeds in a bowl.

In a separate bowl, mix together syrup and cannabis-turmeric oil.

Pour syrup and oil mixture over nuts and berries. Stir with a wooden spoon to coat mixture.

Spread trail mix in single layer on baking sheet.

Bake for 5 minutes until lightly browned.

Cool and transfer to a labeled, airtight container.

Store in the refrigerator.

*THC content is dependent on oil used; refer to The Cannabis Kitchen Cookbook for specifics.*

*\*When infusing coconut oil for this recipe, add 1/4 tsp. ground turmeric for every tablespoon of oil.*

### INGREDIENTS

- 1/2 c. almonds
- 1/2 c. walnuts
- 1/2 c. dried goji berries
- 1/2 c. dried mulberries
- 1/4 c. pumpkin seeds
- 1/4 c. sunflower seeds
- 1 tbsp. real maple syrup
- 2 tbsp. cannabis-infused turmeric coconut oil\*



## CANNABIS SWEET POTATO FRIES WITH HEMP SEEDS + KELP FLAKES



### INGREDIENTS

- 3 c. yams or sweet potatoes, peeled
- 3 tbsp. cannabis-infused virgin coconut oil
- 1/4 c. hemp seeds
- 1 tbsp. kelp flakes

### DIRECTIONS

Cut sweet potatoes into 4 or 5 vertical pieces, then cut each piece into french fry sticks. Set aside.

Melt and heat coconut oil in a large skillet. After a few minutes, stick the end of a wooden spoon into the oil. When bubbles form around the wood and start floating to the top, the oil is ready for frying.

Add sweet potatoes and fry, covered, for 5 minutes or until potatoes are almost yellow. Flip over and fry for about another 2-3 minutes or until tender. Fork test for doneness.

Garnish with hemp seeds and kelp flakes. Serve immediately.

*THC content is dependent on oil used; refer to The Cannabis Kitchen Cookbook for specifics.*

## HASH HIVE COOKIES

### INGREDIENTS

- 1 5-oz. can crunchy chow mein noodles
- 1/3 c. roasted salted peanuts
- 1/3 c. mini marshmallows
- 1 1/2 tbsp. cannabis-infused coconut oil
- 6 oz. butterscotch chips
- 6 oz. semisweet chocolate chips
- wax or parchment paper



### DIRECTIONS

Line 2 baking sheets with wax or parchment paper.

Combine noodles, peanuts, and marshmallows in a large bowl and set aside.

Melt oil, butterscotch, and chocolate chips over a double broiler, stirring until melted and well combined.

Pour mixture on top of noodles, peanuts, and marshmallows and stir to coat completely.

Drop tablespoons of mixture onto prepared baking sheets. Place in the freezer to set for 15 minutes.

Store in a labeled, airtight container for 3-4 days at room temperature or up to 3 months in the freezer.

*THC content is dependent on oil used; refer to The Cannabis Kitchen Cookbook for specifics.*

“I grow  
with  
each  
choice.”

## THE CLEANSE

### HOW TO MAKE

## HEALTHY CHOICES

*This is not designed as a strictly regimented program;*

diets like that rarely work because each individual can

[REACT DIFFERENTLY](#) to the same food.

### BALANCE + MODERATION

Everything you put into your body (food, medicine, alcohol, cannabis) **must be processed in some way**, so too much of anything isn't going to be easy on your system.

### EAT LOCAL

When possible, **try to eat locally**. It will be the freshest food you can find, and both your body and community will thank you!

### EAT COLORFULLY

Make sure that you have a range of colors on your plate.

### SUGAR

Sugar is another nutrient our bodies need but is **unknowingly consumed in excess**, causing the body to become distressed and store the food as fat. It is recommended that you limit your intake of added sugars to 5-10% of your total daily calories. For women, this is around six teaspoons and for men, around nine teaspoons. (1 teaspoon sugar = 4 grams sugar)

— Excerpted from [MYRIAD](#)

### INGREDIENTS

**Examining what's in an ingredients list is just as important as analyzing the nutrition facts.** Ingredients are

listed in order of their quantity within the food. When possible, choose foods with less than five ingredients. One should generally avoid artificial preservatives and sweeteners.

### FATS

**Fats aren't all bad** — your body needs some. Just make sure they are only in foods where they naturally occur, like nuts, eggs, or avocados. Be cautious of trans fats; they do not occur naturally in foods, as they are man-made.

## ADDRESSING THE

# munchies

When thinking of the munchies, most people usually imagine Scooby and Shaggy jamming sandwiches in their mouths, or a dorm room floor covered in pizza boxes and ranch dressing containers licked clean.

*But the negative perception that cannabis causes cravings that lead to mindless munching couldn't be further from the truth.*

Cannabis **ENHANCES YOUR SENSE OF SMELL AND TASTE**, which means that you'll find great pleasure in fresh, nutritious, and colorful food that fuels your body. Use this to your advantage by following these easy principles to reap the benefits.

### THE SCIENCE BEHIND THE MUNCHIES:

"THC increases the action of eCS in the hypothalamus in regulating hunger – hence, the munchies. It looks like THC subsequently stimulates the release of ghrelin, the "I'm hungry" brain-gut peptide hormone." (LAURA LAGANO)

## COMBATTING *the* MUNCHIES

### MAKE FRESH, NUTRITIOUS FOOD AVAILABLE TO YOU

If you aren't surrounded by bags of junk food, you can't zombie through them in one sitting. **Make a list** of your favorite fruits and veggies, and keep them on hand. Make it your goal to eat five a day!

### LISTEN TO YOUR CRAVINGS, BUT DON'T OBEY THEM

We are believers in the benefits of indulging when your body craves the comfort of a favorite food. **We also believe in balancing your indulgences with healthy habits.** If you really do want to indulge in a decadent dessert one night, you should. But make a deal with yourself that the next day you'll go to the grocery store and buy a vegetable you've never tried, or learn a healthy new recipe.

### MAKE A NO DRIVING, NO ORDERING IN RULE

Since you shouldn't be driving under the influence anyway, you can eliminate the possibility that fast food will lure you into its deceptive arms. **If you must, hide your phone and delete the pizza guy's number.**

### WATCH OUT FOR MONOCHROMATIC FOOD

Foods that are just one or two colors (think pizza, chips, etc.) are typically low in nutritional value. **Cover your plate in fresh, colorful food** for real nourishment. Variety is the spice of life . . . don't be afraid to mix it up!

### EAT SLOW

Most Americans have a problem with this since our culture celebrates quick and easy dining, but this can lead to overeating. **Eat each meal and snack with intention.**

### EAT AN APPLE

If the munchies come for you hard and you don't think you should be hungry, eat an apple. We have a friend whose mom always said, "If you aren't hungry enough to eat an apple, you aren't really hungry." Spread some peanut butter on that bad boy. If you're still craving food after that, **your body probably needs nourishment.**

### ENJOY

Food is one of the most basic pleasures of life, and if you are lucky enough to be alive and eating, you should savor each bite.



# SNACK IDEAS

*Surround yourself with good choices*

## 1 IDENTIFY WHAT YOU LIKE.

Make a reference list of your top ten favorite fruits and vegetables, and keep some of them on hand for snacking.

## 2 MANGO SMOOTHIE

**MANGOES INCREASE, STRENGTHEN, AND LENGTHEN** marijuana's effects.

1/2 c. mango, diced + frozen  
2/3 c. milk of choice  
1/2 tsp. sweetener of choice

## 3 MISSING WINE?

Try "Fre," a non-alcoholic wine.

## 4 POPCORN

Plain popcorn seasoned yourself is a quick + easy snack.

### *Garlic Herb*

1 tbsp. butter, melted  
1 garlic clove, minced  
1/4 tsp. rosemary  
1/4 tsp. sage  
1/4 tsp. thyme

### *Cinnamon*

1 tbsp. butter, melted  
1/4 tsp. cinnamon  
1 tbsp. honey  
1/4 tsp. salt

— Recipes from **MYRIAD**



## 5 RASPBERRY - LIME SPRITZER

It can be hard to let go of alcohol. Try sipping on **THIS CLEAN SPRITZER** instead.

2 c. raspberries  
6 tbsp. lime juice  
1/2 c. sugar  
24 oz sparkling water, ice

*Puree raspberries in food processor, add sugar to taste, juice limes (remove seeds), add water + ice*

# extras

MORE RESOURCES TO HELP YOU MAKE THE MOST OF YOUR CLEANSE

## YOGA

A.M. YOGA  
Start Your Day with this Simple 10-minute Yoga Sequence

DAY YOGA  
Perfect for People Who Sit at a Desk All Day

P.M. YOGA  
Wind Down for Bed with this Yoga Sequence

## EXERCISE

FLEXIBILITY  
6 Full Body Stretches

CARDIO  
26 Different Routines

STRENGTH  
5 Moves to Improve Strength

## MUSIC

Jane's Workout Playlist  
Kristen's Sativa Playlist  
Learn How to Make Your Own Perfect Playlist

## FOOD

GROCERIES  
Tips on Grocery Shopping

HEALTHY RECIPES  
Find Clean and Adaptable Recipes by Kristen + See Exclusive Recipes from Myriad Recipe Book

## MEDITATION

Benefits of Meditation  
How to Meditate  
Guided Meditations

THE

# cleanse

FOR THE NEXT SEVEN DAYS...

*I will abstain from alcohol  
to better understand how it affects my body.*

**TIP** You will feel pressure from your friends and colleagues to drink. **Don't tell people you're not drinking;** just get a soda water in a glass to look like alcohol.

*I will* embark on this cleanse with an **open mind**, willing to learn from both my successes and my mistakes.



*I will* **personally evaluate** the possibility that cannabis may be healthier for me than alcohol.

*I will think* **about the choice** I'm about to make before consuming anything. When I decide to eat something, I will be grateful for the nourishment it will provide me.

**TIP** Aim to eat as nutritiously, colorfully, ethically, and locally as you can afford.

*I will* **listen + respond to my body's need for water**, which is 70% of my very being!

*I will* **practice positive self-talk.** I will be conscious of negative self-talk and determine to be kinder and more forgiving of myself. My opinion of me is what matters most.

*I will* **find enjoyable ways to incorporate exercise into my routine.** I don't have to feel the burn; I just have to feel active, allowing my body the space and time to move, walk, dance, swim, jog, stretch, and play at its own pace.

*I will* **acknowledge any pain I may experience.** Whether it is physical or mental, I will not ignore the imbalances in my body. I will trust in myself to work through discomfort, stress, and exhaustion, and I will give myself the time to heal.

**NOT QUITE READY TO COMMIT?** Start by being aware of the alcohol you drink.  
[DOWNLOAD A TRACKING CHART](#)



**TIP** Fill up your water bottle every time you use the restroom.

*I will* **choose happiness.** I will not feel bad for taking moments to enjoy myself. Each day will present at least one opportunity to revitalize my energy.

*I will* **be grateful** for this chance to take care of my body and reflect each day on my well-being.

**TIP** Do legs up the wall pose for 5-15 minutes + journal what you're thankful for.

DOWNLOAD  
YOUR OWN DAILY  
TRACKING CHART

[DOWNLOAD + PRINT THE  
CLEANSE PRINCIPLES](#)

*Post them on your fridge or  
bathroom mirror!*

## QUESTIONS TO ASK YOURSELF

*before using cannabis*

### WHERE AM I IN THIS MOMENT?

Am I tired? Feeling anxious? In pain?  
Wanting to have fun?

### WHY DO I WANT TO USE CANNABIS RIGHT NOW?

Set your intention.

### SHOULD I BE FOCUSED ON SOMETHING OTHER THAN MYSELF?

Do I have any other obligations today?

### WHAT DO I WANT TO DO?

Organize my space? A small art project?  
Listen to music? Make dinner? Yoga?  
Take a bath? Dance like a fool? Nothing?

### DO I HAVE HEALTHY FOOD ON HAND?

Healthy snacks in case the munchies strike?  
Something planned for dinner?

## A DAY ON THE CLEANSE

### *morning*

Give yourself a little extra time to wake up; stretch and feel the energy come into your body. *Remind yourself that no matter what happens today, you have the power to make good choices for your well-being*

Eat a breakfast that will fuel you. *You probably haven't eaten in ten to twelve hours. Give your body nutrients so that it can begin the day.*

### *afternoon*

If you're hungry, eat something nutritious. *Pay attention to your body's energy level and respond to what it needs.*

Don't take this day for granted. *Take time to do something that makes you happy.*

There's no harm in kicking off the day with a cup of coffee, but make sure you're drinking plenty of water throughout the day. *Try to steer clear of sugary drinks. They are heavy in calories and can lead to dehydration.*

### *evening*

Take fifteen minutes for time alone, free of distractions, to reflect on your day. It's important to acknowledge any lingering negativity or anxiety. *Use this time to address what you're feeling and let go of toxic thoughts, focusing instead on the positive.*

*“If you do something for thirty days it will become a habit.”*

Studies show it and the big thinkers of our time swear by it.

---

STOP DOING SOMETHING FOR THIRTY DAYS TO BREAK A HABIT.

---

## MY PERSONAL PLEDGE

You made it through the first week. Now try it for a month.

I choose to do these three things  
*to improve my well-being:*

---

I felt better when \_\_\_\_  
*and am excited to make it a part of my life.*

I am committed to doing this  
*cleanse because \_\_\_\_.*

DOWNLOAD A PLEDGE SHEET

# after

## YOUR CLEANSE

1 Reintroduce alcohol **slowly**

2 Be **aware** of how much alcohol you consume and how it affects your well-being

3 **Reflect** on these questions

---

Did the cleanse **benefit** me? In what way?

What did I **learn**?

How did I **feel** during a week without alcohol?

What principles will I **continue** to incorporate in my life?

Has my **perspective** on cannabis or alcohol changed?

What can cannabis **be** for me? (*medicine, nutrition, recreation*)

*The world needs to see responsible  
and healthy cannabis consumers*

---

## TOGETHER, WE CAN CHANGE THE STIGMA

SHARE *your* EXPERIENCE

---

tell us what cannabis is for you

**#CANNABISCLEANSE**



# THIS IS ONLY THE BEGINNING

OF THE STORY ON CANNABIS

---

*Our understanding of cannabis is  
evolving every day with new research.*

WE WANT TO CONTINUE THE CONVERSATION.

See something here that you would have discussed differently? Have a compelling story or idea you'd like to share? Are you an expert in the cannabis field? Interested in supporting future editions?

---

**CLICK HERE**

or email [cannabiscleanse@janewest.com](mailto:cannabiscleanse@janewest.com) for your opportunity to contribute to Edition Two of *Coming Clean with Cannabis*, scheduled to release April 20, 2016.

# APPENDIX

## MORE KNOWLEDGE FROM OUR SOURCES

### ALCOHOL

“Although there’s no governmental standard for ‘light’ beer, calories must be listed to make the claim. Most have 100 to 120.” (COOKING LIGHT OCTOBER 2015)

Regarding high-gravity beer: “Higher alcohol (8% to 10%) means more calories. Be aware that pints are 16 ounces, not 12, like the typical can or bottle.” (COOKING LIGHT OCTOBER 2015)

“Women are deficient in an enzyme (called alcohol dehydrogenase) that breaks down alcohol in the stomach and liver.” (COOKING LIGHT OCTOBER 2015)

“Anything more than seven drinks per week or more than three drinks per episode counts as risky for women.” (SHERRY MCKEE, PHD)

“The number of American adults who drink at least monthly rose by a small but significant amount between 2002 and 2014 — from 54.9 percent to 56.9 percent.” (WASHINGTON POST)

“Anxiety is a condition that causes you to feel worry or fear. Family or work stress, smoking, caffeine, and alcohol can increase your risk for anxiety. Certain medicines or health

conditions can also increase your risk. Anxiety may begin gradually and can become a long-term condition if it is not managed or treated.” (DRUGS.COM)

### ALCOHOL VS CANNABIS

“Overall, cannabis is a plant from which drugs (oil concentrates) can be made and alcohol is a toxic liquid drug that can be made from plant material. Granted that alcohol in moderation can be beneficial for folks, but when used in excess it is very dangerous. Cannabis is a highly nutritious food (its seed, seed oil, and raw leaf) and natural healing herbal medicine.” (MARY LYNN MATHRE)

“In general, alcohol is a toxin and can cause damage to most organs — kills nerve cells, leads to cirrhosis of the liver, pancreatitis, cardiomyopathy, GI bleeding, and more; whereas cannabis is a natural healing herb that protects our nerve cells and balances us (stimulating or relaxing/inhibiting various physiological activities as necessary).” (MARY LYNN MATHRE)

### CANNABIS CHEMISTRY

“Cannabis interacts with our endocannabinoid system (ECS). From 1988 to the mid-1990s, scientists made several discoveries

— they found cannabinoid receptors in the brain (CB1) and in the immune system (CB2) and they found that we make at least two cannabinoids (endocannabinoids which are similar to the phytocannabinoids found in cannabis) called anandamide and 2-AG. This is a very complex molecular signaling system which is involved in most, if not all, physiological processes within the body. The purpose of our ECS (which is present in all animals except insects) is to keep us in balance and protect us from stressors. Vincenzo di Marzo, a cannabis researcher from Italy, stated that the ECS helps us eat, sleep, relax, protect, and forget. When we consume cannabis, the phytocannabinoids interact with our receptors to trigger various responses. A person generally experiences a more balanced reaction to whole cannabis rather than to a singular cannabinoid and this broader, more balanced effect is called the entourage effect. We don’t find cannabinoid receptors in the brain stem which regulates our breathing and heart rate, which seems to be the reason there has never been a lethal overdose from cannabis. However, if a person consumes too much, they may experience negative effects such as nausea and vomiting, dizziness, inability to stand or walk — all of which will dissipate with time. So, in general, cannabis interacts with our ECS and when used at normal doses it makes us feel better (emotionally and physically) because it is like a

boost to the ECS that is designed to keep us healthy.” (MARY LYNN MATHRE)

### DRIVING UNDER THE INFLUENCE

“Alcohol is a depressant so it slows reaction time, dulls the senses, causes a loss of coordination, gives a feeling of confidence with little insight related to impairment, and sometimes induces sleep — a recipe for disaster behind the wheel of a vehicle.” (MARY LYNN MATHRE)

### HEALTH BENEFITS OF CANNABIS

Cannabinoids are a powerful dietary supplement, as they “have been shown to possess antioxidant, anti-inflammatory and neuroprotective properties.” (LEAF SCIENCE)

### MEMORY + CANNABIS

“Cannabis doesn’t make one stupid. When ‘high,’ many persons experience a lot of thoughts going through their minds and get lost in all the activity. But it seems that a healthy ECS will help persons forget either irrelevant information (you can’t remember everything you see or experience) or more importantly, it helps us forget horrific experiences and this forgetting is very helpful for persons with post traumatic stress symptoms — the forgetting helps them move forward in life and not be trapped in the horrible memories.” (MARY LYNN MATHRE)

*This book was made possible through an*

# ELEVATED THINKING

*stipend to Kristen Williams by*



INTERESTED IN FEATURING YOUR BRAND  
AND PRODUCTS ON THIS PAGE?  
PLEASE CONTACT  
KRISTENWILLIAMS622@GMAIL.COM



## MYRIAD

*An Informative Recipe Book Introducing Every Day Alternative Choices*

An eBook loaded with information on clean eating and gives lots of ideas on how you can incorporate healthy food into your diet.



## ART OF ROLLING

*Coming Soon!*

A book that teaches you how to roll the perfect joint. The pages provide all the necessary materials you'll need to become an expert at this art form.



## I WILL LIVE COASTERS

Set of 6 coasters with modern chakra symbol designs that remind living entails dedicating attention to each area of life. Blue ink on white coaster with metallic gold edges.

## ILLUSTRATIONS

*On Society6*

Shop t-shirts, prints, pillows, mugs, curtains and more!



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**COMING CLEAN WITH CANNABIS**

*Edition One, Released January 1, 2016*

TAKE  
JOY IN  
CHOOSING  
WELL

---

*Thank You*  
FOR READING