

ALOHA IS MY CHOICE OF MEDICINE

CANNABIS 101

The Basics



We are Proud to Serve the Community

Aloha Green Apothecary

- Local and sustainable focus
- Community volunteer work with local charities to establish strong community bonds.

Speaker - Aaron Whyne

- Patient Relationship Specialist
- Medical cannabis education, outreach
- Cannabis use assessment with certifying provider referrals
- Assistance with 329 card questions and applications



Cannabis Is My Choice of Medicine

I am a “Know it Some, not a Know it All”.

We are all still learning.

More testing is needed and coming.

Every person needs to establish there own connection to this herbal medicine if they choose to use it.

We all need to find our own dosage, and what levels of use fits our needs.

Why do you choose Cannabis as your medicine?

How did you find what dose was right for you?





Ancient Cannabis

- “Burial Shroud” of 2 pounds of plant material found in a 2,700-year-old grave
- Gobi Desert at the Yanghai Tombs near Turpan, China
- Burial site of a 45-year-old, blue-eyed Gushi shaman
- Rare items include, Kongou harp, archery equipment, pots, bridles, and a make-up bag



INDICA STRAINS

Indica strains have a relaxing, sedative effect, often used to:



Reduce stress



Relieve pain



Limit anxiety



SATIVA STRAINS

Sativa strains have an uplifting effect and offer a cerebral high that includes:



Laughing uncontrollably



Engaging in in-depth conversations



Thinking creatively



HYBRID STRAINS

Hybrid strains offer a mix of effects, combining the traits they inherited from their parent strains. Hybrids are known to:



Offer a relaxing body effect



Create balance of mind and body



Deliver full body pain relief

Cannabis Industry Debate

Indica vs Sativa or Hybrid?

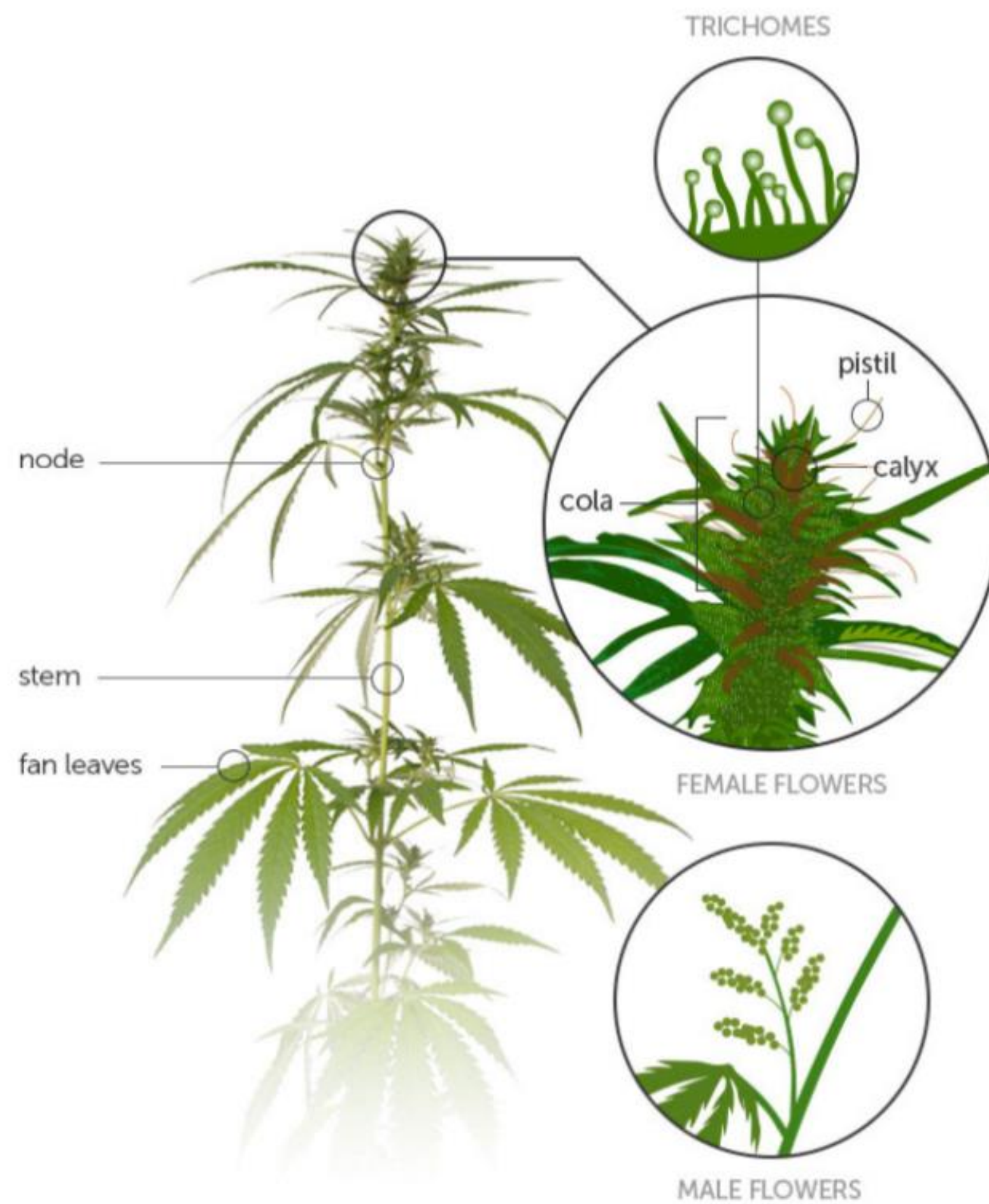
We understand that there is a lack of recorded data accumulated on the medicinal effects of individual land race strains with individual patients since humans started using cannabis as medicine.

There has been an amazing amount of hybridization over recent years with no consistent nomenclature or testing to maintain strain specific consistency.

As genetic diversity within strains is a natural occurrence, it is very difficult for anyone to say for certain or to predict, the exact medical effects of the cannabis strains of today, by name or classification alone.

I suggest, patients depend on cannabinoid & terpene lab testing, word of mouth, and trial by experience, to find the right strains & type of cannabis medicine to fit their need.

The Anatomy of the Female Cannabis Plant





Ancient Japanese Cave Painting

- Neolithic Jomon (pattern of ropes) period, 10,000 to 300 BC
- Found in costal area, Southern Island of Kyushu, Japan
- Hemp for weaving rope, cloth, and basket making.
- Seeds used as a food source

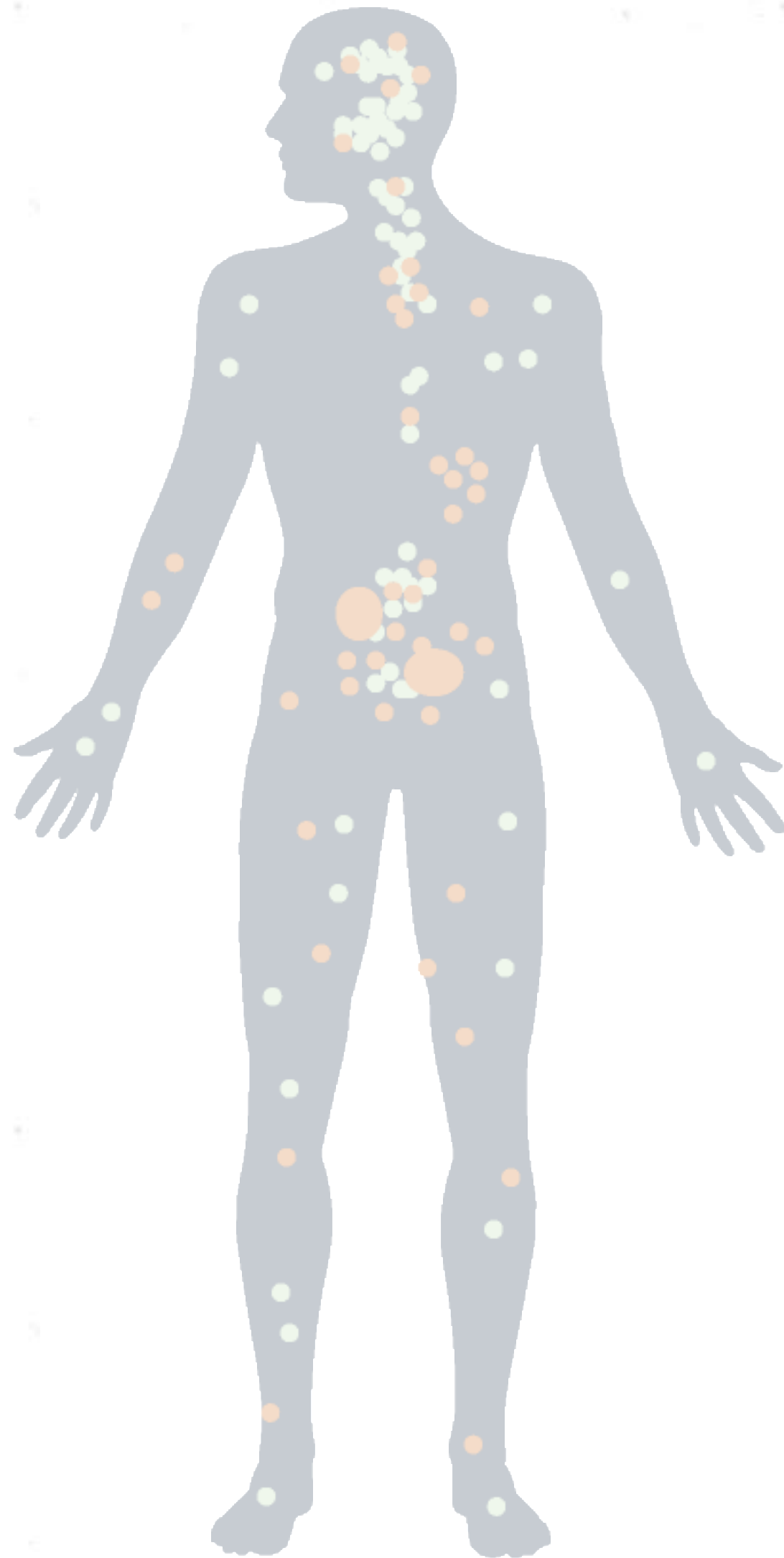
How Cannabis Medicine Effects Us

Endocannabinoid System

- Endocannabinoid systems is a neuroreceptor system that is found in all mammals, birds, reptiles, and fish
- Regulates sleep, digestion, mood, motor control, immune function, pain, memory, temperature, etc.
- Plays a critical role in the body's homeostasis

Cannabinoids

- To date, there are over 120 known cannabinoids
- They provide the medicinal effects of cannabis and vary with the strain
- Well known THC and CBD start out as THCA and CBDA fresh from the plant, but are converted with the right amount of heat to THC and CBD
- Decarboxylation, combustion, vaping
- THC becomes highly psychoactive, relieves pain, reduces nausea and vomiting, suppresses muscle spasms, stimulates appetite, retards nervous system degeneration, and reduces intraocular eye pressure
- CBD is not psychoactive. It becomes much more effective as a medicine once it is converted. CBD assists with pain, relieves symptoms of depression, reduces nausea and vomiting, reduces seizures and convulsions, reduces inflammation, inhibits cancer cell growth, tranquilizes, suppresses muscle spasms, helps bone growth



How Cannabis Medicine Effects Us

Terpenes

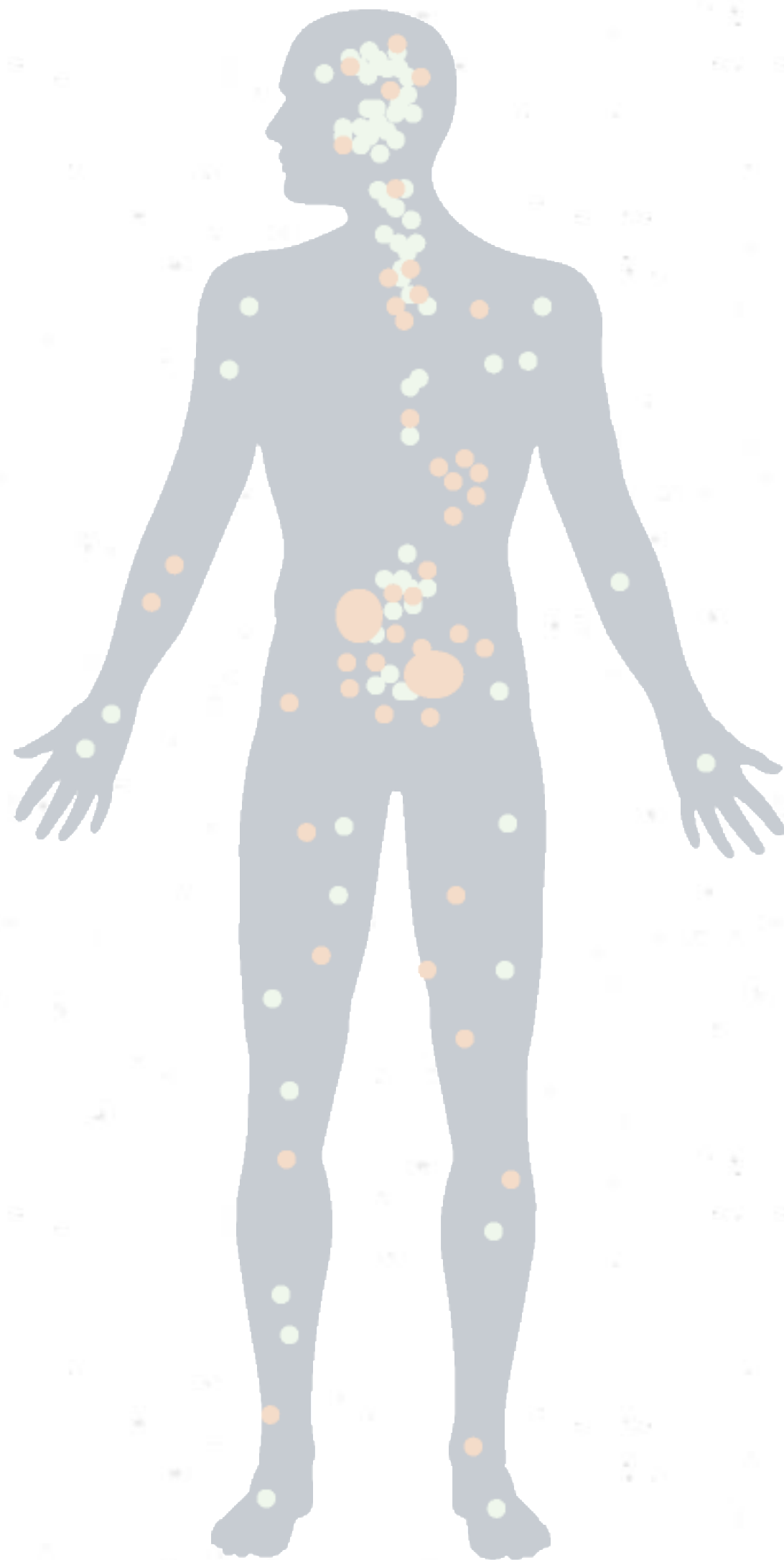
- Fragrant oils that naturally occur in fruits, herbs, flowers with medicinal benefits
- Cannabinoids in addition to terpenes Pinene, Limonene create an energetic effect found in Sativa strains
- Cannabinoids in addition to terpenes Myrcene, Linalool create a sedative effect found in Indica strains

The Entourage Effect

- THC, CBD, other cannabinoids, and terpenes, work best as medicine when they are together. They magnify the balanced, therapeutic quality of the medicine and nourish homeostasis in that manner

Hemp CBD

- Hemp CBD medicines sold outside of the dispensary system, must have a THC level of 0.3% or less and do not produce an elevated effect
- Please consider where the medicine is grown, how, and with what fertilizers, pesticides or fungicides
- Is it being tested for contaminants like heavy metals, fertilizers, mold, pesticides, bacteria and levels of CBD





Ancient Egypt

- Eber's Papyrus Pharmacopeia scroll from 1600 B.C.
 - Includes treatment for gynecological, child birth, and birth control matters.
 - Methods for administering cannabis mixtures include vapor inhalation, a honey vaginal suppository and an eyewash for glaucoma*
- *(Ramsesseum III)

Consumption and Products

Inhalation

Onset: 1-5 minutes

Duration: 1-4 hours

Smoking or Vaporizing flower, Vaporizing oil cartridges, CO2 extracted, full spectrum cannabinoid, terpene rich cannabis oil



Consumption and Products

Inhalation of Shatter, Rosin

Onset: Immediate

Duration: 1-4 hours

Honey straw, concentration pen, dab rig



Sacred Scythian Gold Vessels

- Found in a Kurgan (massive grave mound), located in the Caucasus Mountains in southern Russia in 2013
- The ritual cups were used 2,400 years ago
- Cups tested positive for cannabis and opium, and are believed to tell the story of the Bastard Wars



Consumption and Products

Ingestion

Down the hatch

Onset: 1-2 hours

Duration: 6-12 hours



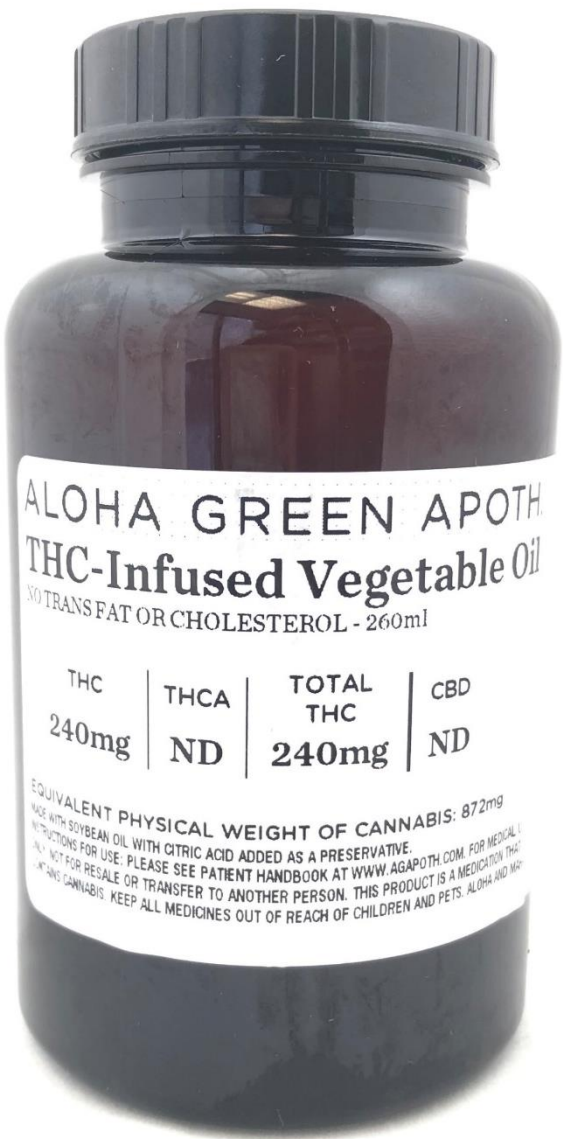
Consumption and Products

Under the tongue or down the hatch

Onset: 30 minutes to 1 hour

Duration: 1-6 hours

Tincture: cannabis oil mixed with MCT oil carrier



Ancient Greek

- Dioscorides' Greek Materia Medica formula of a boiled root poultice used for pain and inflammation due to gout
- Byzantine Hippiatria, 7 text collection from 10th century
- Veterinarian formulas that include a cannabis ash salve, made with honey, ash, and old urine for back pain and wound care in horses.

IN EFFIGIEM ET MONUMENTA
PEDANI DIOSCORIDIS
ANAZARBÆI COGNOMENTO
PHACÆ, MEDICI ANTIQVISSIMI,
illustrata à Jano Antonio SARACENO Lugdunense
Medico & Philosopho clarissimo.



HIPPIATRIA SIVE MARESCALIA

LAVRENTII RVSI AD NICOLAVM
sancti Hadriani diaconum Cardinalem, in qua præ-
ter variorum morborum plurima, ac saluberri-
ma remedia, plures quàm in priore editio-
ne cōmodissime FRENORVM
formæ excusæ sunt, vt nullum
tam nouo oris vitio laborantem Equum inuenias,
cui non hinc occur-
rere facillime
possis.



Lutetiæ apud Christianum Wechelum,
sub scuto Basiliensi. An. M. D. XXXII.

Consumption and Products

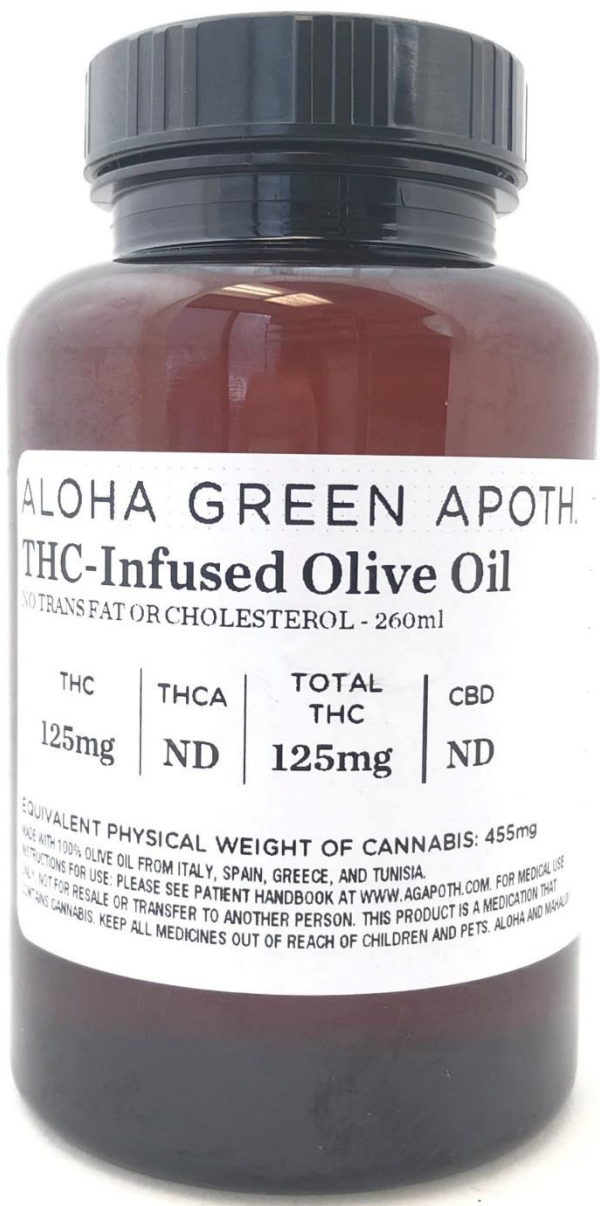
Topical

Rub into sore muscles, or protection for

your lips

Onset: varies

Duration: varies



Hawaii Medical Cannabis Program

329 Hawaii Medical Card

- Validation through evaluation from a qualified medical provider
- Legal protection for possession of paraphernalia and up to 4oz of useable cannabis
- Grow up to 10 plants at your registered grow site
- Dispensary access - 4oz purchase limit every 15 consecutive days

Legal Restrictions

- No inter-island travel
- Public consumption prohibited
- Cannabis cannot be sold to other patients.
- 1 caregiver per patient, 2 if patient is a minor with 2 parents
- Annual renewal up to 3 years
- Subsidized housing restrictions
- No new gun applications accepted, no surrender of preowned fire arms

Qualifying Conditions

- ALS - Amyotrophic Lateral Sclerosis
- Cachexia - Wasting Syndrome
- Cancer
- Crohn's Disease
- Epilepsy
- Glaucoma
- HIV/AIDS
- Lupus
- MS - Multiple Sclerosis
- PTSD - Post-traumatic Stress Disorder
- Rheumatoid Arthritis
- Seizures
- Severe Muscle Spasms
- Severe Nausea
- Severe Pain



Ancient Egyptian Medicine

- Fresenius' Journal of Analytical Chemistry 01/1995, 24 years ago
- Presence of THC, Nicotine and Cocaine in a 2,969 year old mummy (950 B.C.)
- Highest levels of THC in lung tissue
- Highest levels of Nicotine & Cocaine in liver and intestines
- Evidence of preferential ways of consumption
- COD lung parasitosis

Safe, Reliable, Lab Tested, Medicine.

- Steep Hill lab Hawaii testing for all medical cannabis products
- Medical cannabis products must meet State of Hawaii standards or not be used
- Patients can buy specific medicines that contain full spectrum, terpene rich medicines that nourish the endocannabinoid system, and ensure the Entourage Effect
- Patients can get free personalized medical cannabis education with a Patient Consultant
- Cannabinoid and terpene lab results available for patients to read and discuss with a Patient Consultant

Please Help Others to Heal

Please help others to understand, it's not morally wrong to use medical cannabis. It is not helping someone to heal by stigmatizing and besmirching any patient's character for choosing what they believe to be the best medicine to treat their illness.

Empower yourself with knowledge. Read available scientific research and learn about the medicine. Faulty information is not helpful to the healing process.

Support friends and family, for their choice to stand up and face the negative stigma forced on cannabis users in recent history.

Talk about how medical cannabis has helped you or not. We are all still learning.

Please pass on any questions about medical cannabis. I welcome questions via phone call, text, or email. A 329 card is not needed.



Dispensary Information

Interstate Building
King Street Entrance
1314 S. King Street
Honolulu, HI 96814

Mon-Sat
10:30AM – 7PM
Sun
11AM – 4PM

We are closed on all
federal/state holidays

808-369-2888
www.agapoth.com

Works Cited

Aetius. 1924. *Hippiatrica*, ed. E. Oder and K. Hoppe. Leipzig.

Backes, Michael. *Cannabis Pharmacy, The Practical Guide to Medical Marijuana*. Black Dog & Leventhal Publishers, New York, 2017.

Curry, Andrew. *Gold Artifacts Tell Tale of Drug-Fueled Rituals and Bastard Wars*. National Geographic, May 2015.

Dioscorides. 1907-1914. *Eporista and Materia Medica*, ed. M. Wellman. Berlin.

Eber's Papyrus (1600 B.C.), National Library of Medicine, Found in Egypt in the 1870's

Jiang, Hongen, Wang, L., Merlin, M.D.. *Ancient Cannabis Burial Shroud in a Central Eurasian Cemetery*. The journal of Economic Botany, 2016.

Works Cited

Michaels, Dan. *Green, A Pocket Guide to Pot*. Chronicles Books, San Francisco, 2017.

Olsen, Dave. *Hempen Culture in Japan*. Cannabis Culture.com, July 1998.

Parsche, Franz. Nerlich, Andreas. *Presence of Drugs in Different Tissues of an Egyptian Mummy*. Fresenius' Journal of Analytical Chemistry, January 1995, Volume 352.

Ramessum III Papyrus (1700 B.C.), British Museum of London.

Ramses III. *Offering Incense*. Valley of the Kings tomb painting.

Romey, Kristin. *Ancient Cannabis "Burial Shroud" Discovery in Desert Oasis*. National Geographic Magazine, 2016.

Rosenthal, Ed. *Marijuana Growers Handbook*. Quick American Publishing, 2010.

MAHALO!

Q&A

Aaron Whyne

Patient Relationship Specialist

Aloha Green Apothecary

Honolulu, Hawaii

aaron@agapoth.com

808-368-9289



MAHALO

Please be sure to fill out the feedback form
to receive a \$5 AGA coupon!