

Need To Know Cannabis Paperback

Marijuana subtly damages the teenage brain, causing lifelong problems. Yet four million teens in Canada and the United States use the drug, a half million of them daily. For those who have heard only the pro-legalization side, this book presents the case against marijuana on an equal footing. In it, you will learn: - The scientific research refuting all the pro-marijuana talking points - Why marijuana is not safe for adolescents, especially those behind the wheel - How the news media helped to create an epidemic of teenage use - Why the promise of tax revenue is a mirage - Why legalization would be an economic burden on society - The misleading language used by pro-legalization partisans - Why marijuana laws that prohibit use are good for the public health Ed Gogek, MD, an addiction psychiatrist for 30 years, has treated more than 10,000 addicts and alcoholics in jails, prisons, homeless clinics, mental health centers and substance abuse treatment programs. His opinion pieces on addiction and mental health have appeared in the New York Times and over a dozen major U.S.

newspapers. He received his medical training in Canada and the United States. "Dr. Gogek has a unique ability to master the complex and hotly contested material to make it understandable. His book has a strong message that our nation, including both Left and Right, needs today when most discussions of drug policy are filled with dangerous misinformation." Robert L. DuPont, MD First Director of National Institute of Drug Abuse Second White House Drug Chief "This book is a must-read for anyone who cares about accuracy and fairness in news coverage." Christine Tatum, Former National President, Society of Professional Journalists "Gogek lists all the pro-legalization arguments in detail, and refutes them exceptionally well." Library Journal

In "a brilliant antidote to all the...false narratives about pot" (American Thinker), an award-winning author and former New York Times reporter reveals the link between teenage marijuana use and mental illness, and a hidden epidemic of violence caused by the drug—facts the media have ignored as the United States rushes to legalize cannabis. Recreational marijuana is now legal in nine states. Advocates argue cannabis can help everyone from veterans to cancer sufferers. But legalization has been built on myths—that marijuana arrests fill prisons; that most doctors want to use cannabis as medicine; that it can somehow stem the opiate epidemic; that it is beneficial for mental health. In this meticulously reported book, Alex Berenson, a former New York Times reporter, explodes those myths, explaining that almost no one is in prison for marijuana; a tiny fraction of doctors write most authorizations for medical marijuana, mostly for people who have already used; and marijuana use is linked to opiate and cocaine use. Most of all, THC—the chemical in marijuana responsible for the drug's high—can cause psychotic episodes. "Alex Berenson has a reporter's tenacity, a novelist's imagination, and an outsider's knack for asking intemperate questions" (Malcolm Gladwell, The New Yorker), as he ranges from the London institute that is home to the scientists who helped prove the cannabis-psychosis link to the Colorado prison where a man now serves a thirty-year sentence after eating a THC-laced candy bar and killing his wife. He sticks to the facts, and they are devastating. With the US already gripped by one drug epidemic, Tell Your Children is a "well-written treatise" (Publishers Weekly) that "takes a sledgehammer to the promised benefits of marijuana legalization, and cannabis enthusiasts are not going to like it one bit" (Mother Jones).

Make informed decisions about the benefits of using cannabis Pot is hot—for good reason. To date, 30 states have legalized medical marijuana to the tune of nearly \$11B in consumer spending. Whether it's to help alleviate symptoms of an illness or for adults to use recreationally, more people every day are turning to marijuana. Cannabis For Dummies presents the science behind the use of this amazingly therapeutic plant. Inside, you'll find the hands-on knowledge and education you need to make an informed decision about your cannabis purchase, as a patient and a consumer. Decide for yourself if marijuana is right for you Manage aches and pains Gain insight on the effects and possible symptom relief Enjoy both sweet and savory edibles Navigate the legal requirements If you're curious about cannabis, everything you need to discover its many benefits is a page away!

The most comprehensive and approachable book available on understanding and using medical marijuana. Revised and updated with the latest information on varietals, delivery, dosing, and treatable conditions, Cannabis Pharmacy is "a well-designed and -illustrated and easy-to-use resource"(Booklist) for those considering medical marijuana as a treatment option. In Cannabis Pharmacy, expert Michael Backes offers evidence-based information on using cannabis to treat an array of ailments and conditions. He provides information on how cannabis works with the body's own system, how best to prepare and administer it, and how to modify and control dosage. This newly revised edition is now completely up-to-date with the latest information on the body's endocannabinoid system, which is understood to control emotion, appetite, and memory. Delivery methods including e-cigarette and vape designs are also covered here, along with information on additional varietals and a new system for classification. Cannabis Pharmacy covers more than 50 ailments and conditions that can be alleviated with marijuana. There are currently more than 4.2 million medical cannabis patients in the United States, and there are 33 states plus the District of Columbia where medical cannabis is legal.

Over the next decade, the United States is likely to face a flood of debate and state referendums proposing the legalization of marijuana production and use. This book will provide readers with a non-partisan primer about the topic, covering everything from the medical definition and benefits and negative consequences of using marijuana, to current laws around the drug, the likely consequences of legalization at the state and national levels, and ideas about the way that marijuana could be produced and regulated.

From the leading authority on marijuana—a man who has served as White House advisor on drugs to three different administrations and who NBC News once called “the prodigy of drug politics”—comes the remarkable and shocking exposé about how 21st century pot, today's new and highly potent form of the drug, is on the rise, spreading rapidly across America by an industry intent on putting rising profits over public health. Smokescreen: What the Marijuana Industry Doesn't Want You to Know examines the inside story behind the headlines, containing accounts from Sabet's time in the Obama administration to stunning revelations from whistleblowers speaking out for the first time. What it finds is how the marijuana industry is running rampant without proper oversight, leaving Americans' health seriously at risk. Included are interviews with industry insiders who reveal the hidden dangers of a product they had once worshipped. Also contained in these pages are insights from a major underground-

market dealer who admits that legalization is hastening the growth of the illicit drug trade. And more to the heart of the issue are the tragic stories of those who have suffered and died as a result of marijuana use, and in many cases, as a result of its mischaracterization. Readers will learn how power brokers worked behind the scenes to market marijuana as a miracle plant in order to help it gain widespread acceptance and to set the stage for the lucrative expansion of recreational pot. The author of this compelling first-person narrative leading the national fight against the legalization of cannabis through his nonprofit, Smart Approaches to Marijuana (aka SAM) is Kevin Sabet. As a policy advisor to everyone from county health commissioners to Pope Francis, and a frequent public speaker on television, radio and through other media outlets, his analysis is consistently relied upon by those who recognize what's at stake as marijuana lobbyists downplay the risks of massive commercialization. A book several years in the making, filled with vivid characters and informed by hundreds of interviews and scores of confidential documents, Sabet's *Smokescreen* lays bare the unvarnished truth about marijuana in America.

A pragmatic and informative look at better living through cannabis. Cannabis. Weed. Bud. Whatever you choose to call it, it's been a health aid, comfort, and life-enhancer for humankind for more than three thousand years. But while cannabis is used by hundreds of millions of people around the world, more than a century of prohibition has resulted in confusion about its status: Is it healthy? Is it medicinal? Will it make you crazy? In this fun, illuminating book, cannabis journalist Amanda Siebert delves deep into the latest research to separate marijuana fact from fiction, revealing ten evidence-based ways this potent little plant can improve your life. She speaks with some of the world's top researchers, medical professionals, and consultants to answer questions such as: Can cannabis help you get a full night's sleep? Does it aid in exercise and weight loss? Can it really cure cancer? She also offers practical advice for enjoying its benefits, including easy-to-follow, step-by-step instructions for consumption and dosage, as well as examples of real people who have used this drug to enhance their lives. Cannabis, it turns out, could be life-changing: it can enrich any diet, slow down aging, and even spice things up in the bedroom.

Get some light-hearted guidance as a woman who never thought she would smoke pot shares her journey and offers advice for newbies just like her. This is a fun and practical guide for those of us just venturing out into the brave new world of weed. Perfect for people wanting to visit a pot shop but would like to know what to expect, or for those who haven't smoked in 30 years and want to know what has changed.

Green: A Field Guide to Marijuana is required reading for a new generation of curious and sophisticated pot smokers. Presented in an eye-popping package and filled with hyperdetailed photography of individual buds, this essential guide to marijuana is smart, practical, and exceedingly beautiful. The "Primer" section explores the culture of this complex flower and explains the botany that makes each strain unique. The "Buds" section describes the variations of lineage, flavor, and mental or physical high that define 170 exceptional strains. Poised to become the go-to marijuana guide for recreational and medicinal users alike, *Green* is easy to pick up and impossible to put down.

Cannabis sativa is best known as the source of marijuana, the world's most widely consumed illicit recreational drug. However, the plant is also extremely useful as a

source of stem fiber, edible seed oil, and medicinal compounds, all of which are undergoing extremely promising research, technological applications, and business investment. Indeed, despite its capacity for harm as a recreational drug, cannabis has phenomenal potential for providing new products to benefit society and for generating extensive employment and huge profits. Misguided policies, until recently, have prevented legitimate research on the beneficial properties of cannabis, but there is now an explosion of societal, scientific, and political support to reappraise and remove some of the barriers to usage. Unfortunately, there is also a corresponding dearth of objective analysis. Towards redressing the limitation of information, *Cannabis: A Complete Guide* is a comprehensive reference summarizing botanical, business, chemical, ecological, genetic, historical, horticultural, legal, and medical considerations that are critical for the wise advancement and management of cannabis in its various forms. This book documents both the risks and benefits of what is indisputably one of the world's most important species. The conflicting claims for medicinal virtues and toxicological vices are examined, based mainly on the most recent authoritative scientific reviews. The attempt is made consistently to reflect majority scientific opinion, although many aspects of cannabis are controversial. Aside from the relevance to specialists, the general public should find the presentation attractive because of the huge interest today in marijuana. Unfortunately, society has become so specialized and compartmentalized that most people have limited appreciation of the importance of science to their lives, except when a topic like marijuana becomes sensationalized. This review of cannabis can serve as a vehicle for public education in the realm of science and technology. Indeed, towards the goal of disseminating the important information in this book to a wide audience, the presentation is user-friendly, concise, and well-illustrated in the hope that non-specialists will find the topics both informative and entertaining.

Matt Mernagh's *Marijuana Smoker's Guidebook* is the ultimate field guide for marijuana. Featuring 180 commercially-available cannabis strains from around the world, this book shows readers how to identify and enjoy the buds they've got and work out the buds they want. Every strain in the book has been tested by author Matt Mernagh himself and includes an informative, original and entertaining write up and high resolution photograph. This indispensable resource covers everything from Barney's Farm's LSD to the elusive Jean Guy, and many more of the world's favourite smokes.

The first foundational text on the clinical use of cannabis and cannabinoid therapies. Despite thousands of years of medical use and an impressive record of safety, versatility, and efficacy, *Cannabis sativa* has existed outside the modern pharmacopeia since the 1940s. Primarily driven by popular demand, this botanical has returned to health care, but most clinicians lack the knowledge essential for identifying candidates for treatment, guiding patients, maximizing benefit, and minimizing harm. Dustin Sulak provides health care professionals—including physicians, psychologists, pharmacists, and nurses—with an accessible and evidence-based reference that empowers them to intelligently discuss cannabis with their patients and implement cannabis and cannabinoid therapies with confidence. Based on over a decade of clinical experience and an extensive review of the literature, this detailed and scientifically accurate guide includes the history of cannabis in medicine, the foundations of endocannabinoid physiology, the pharmacological effects of cannabis' myriad active constituents, the clinical utility of its various preparations, and specific strategies and cautions for treating

the most common conditions presenting to a cannabis clinician. This guide is an essential resource for practitioners of any specialty field or experience level who wish to improve their patients' outcomes, harness the healing potential of the endocannabinoid system, and wield a powerful solution to many of healthcare's challenges.

Marijuana is the most widely used illegal drug in the world. Over the past couple of decades, several Western jurisdictions have seen reforms in, or changes to, the way cannabis use is being controlled, departing from traditional approaches of criminal prohibition that have dominated cannabis use control regimes for most of the twentieth century. While reform is stalled at the international level, the last decade has seen an acceleration of legislative and regulatory reforms at the local and national levels, with countries no longer willing to bear the human and financial costs of prohibitive policies. Furthermore, legalization models have been implemented in US states, Canada and Uruguay, and are being debated in a number of other countries. These models are providing the world with unique pilot programs from which to study and learn. This book assembles an international who's who of cannabis scholars who bring together the best available evidence and expertise to address questions such as: How should we evaluate the models of cannabis legalization as they have been implemented in several jurisdictions in the past few years? Which scenarios for future cannabis legalization have been developed elsewhere, and how similar/different are they from the models already implemented? What lessons from the successes and failures experienced with the regulation of other psychoactive substances (such as alcohol, tobacco, pharmaceuticals and "legal highs") can be translated to the effective regulation of cannabis markets? This book may appeal to anyone interested in public health policies and drug policy reform and offers relevant insights for stakeholders in any other country where academic, societal or political evaluations of current cannabis policies (and even broader: current drug policies) are a subject of debate.

When cannabis growers have questions about their crop, they turn to this bible. With over 55,000 original copies sold, this second edition delivers even more tips, and is fully illustrated and updated with a new section on organics. Greg Green offers methods on how to maximise yield and potency, whilst blending a solid understanding of marijuana botany with practical advice on the day-to-day demands of maintaining a garden. It also covers everything from the best plant genetics to protecting crops from pests and prying eyes.

On marijuana, there is no mutual federal-state policy; will this cause federalism to go up in smoke? More than one-half the 50 states have legalized the use of marijuana at least for medical purposes, and about a dozen of those states have gone further, legalizing it for recreational use. Either step would have been almost inconceivable just a couple decades ago. But marijuana remains an illegal "controlled substance" under a 1970 federal law, so those who sell or grow it could still face federal prosecution. How can state and federal laws be in such conflict? And could federal law put the new state laws in jeopardy at some point? This book, an edited volume with contributions by highly regarded legal scholars and policy analysts, is the first detailed examination of these and other questions surrounding a highly unusual conflict between state and federal policies and laws. Marijuana Federalism surveys the constitutional issues that come into play with this conflict, as well as the policy questions related to law enforcement at the federal versus state levels. It also describes specific areas—such as banking

regulations—in which federal law has particularly far-reaching effects. Readers will gain a greater understanding of federalism in general, including how the division of authority between the federal and state governments operates in the context of policy and legal disputes between the two levels. This book also will help inform debates as other states consider whether to jump on the bandwagon of marijuana legalization.

Dr. Gregory Smith, author of the best-selling textbook on Medical Cannabis, delivers a patient-focused and scientifically supported book for people who want to learn the truth about CBD. He delivers what hasn't been available from other books by providing the education and information needed to be able to select a high-quality CBD medication from the sea of poor-quality products currently available. Dr. Smith keeps this book relevant by intermingling science with personal stories from his practice over the past two decades. The book is conveniently divided into several sections covering an overview of the history and legal issues surrounding CBD and cannabis, how it works in the body and brain, and how it can be used to effectively treat a variety of both mental and physical conditions, including chronic pain, addiction, anxiety, fibromyalgia, neurodegenerative diseases, and more. In this interactive book about CBD and its effects, Dr. Smith provides many links to resources and articles to learn more. Unlike the other CBD and cannabis books on the market, Dr. Smith's "CBD: What You Need to Know" is a comprehensive overview of CBD and how to use it, making CBD a viable treatment option for you and your loved ones today.

A woman's handbook to demystifying the world of weed, whether it's being used for pain relief, a moment of calm, or a fit of giggles. Women of all ages are using cannabis to feel and look better. For rookies and experienced marijuana users alike, this lively, information-filled book is just the supportive guide you need to find the right dose to relieve anxiety, depression, and inflammation, and mitigate the onset of dementia and other signs of aging. Plus boost moods, ease aches, even lose weight, and get restful sleep. And a dose just for fun? Well, that works, too! Here's how to navigate the typical dispensary, with its overwhelming options of concentrates, edibles, vape pens, and tinctures. Understand the amazing health-giving compounds found in cannabis—THC, CBD, terpenes, and more—and how to use topicals to reduce pain and give your skin a healthy glow. There's even advice on how not to get high but still reap all the amazing health benefits. Plus over twenty recipes, from edibles like Classic Pot Brownies and Netflix and Chill Caramels to self-care products like Radiant Glow Serum and Happy Body Bar.

Michael Pollan's *How to Change Your Mind* meets Christopher McDougall's *Born to Run* in this immersive, investigative look at the hidden culture of cannabis use among elite athletes (as well as weekend warriors)--and the surprising emerging science behind the elusive, exhilarating "runner's high" they all seek. Pot makes exercise fun. The link between performance enhancement and cannabis has been an open secret for many years, so much so that with the wide-sweeping national legalization of cannabis, combining weed and working out has become the hottest new wellness trend. Why, then, is there still a skewed perception around this leafy substance that it only produces the lazy, red-eyed stoner laid out on a couch somewhere, munching on junk food? In fact, scientists have conducted extensive research that uncovers the power of the "runner's high"--the true holy grail of aerobic activity that was long believed to be caused by endorphins. In an extraordinary reversal, scientists believe marijuana may

actually be the key to getting more Americans off their phones and on to their feet. In *Runner's High*, seasoned investigative journalist Josiah Hesse takes readers on a journey through the secret world of stoned athletes, describing astounding, cannabis-inspired physical and mental transformations, just like he experienced. From the economics of the \$20 billion CBD market to the inherent inequalities in the enforcement of marijuana prohibition; from the mind-body connection behind the "runner's high" to the best way to make your own cannabis-infused power bars; *Runner's High* takes this groundbreaking science out of the lab and onto the trail, court, field, and pitch, fundamentally changing the way we think about exercise, recovery, and cannabis.

Emily Post has gone to pot. As we enter the dawn of a new "post-prohibition" era, the stigma surrounding cannabis use is fading, and the conversation about what it means to get high is changing. When it comes to being a respectful, thoughtful, and responsible consumer of pot, there is a lot you need to know. In *Higher Etiquette*, Lizzie Post--great-great granddaughter of Emily Post and co-president of America's most respected etiquette brand--explores and celebrates the wide world of legalized weed. Combining cannabis culture's long-established norms with the Emily Post Institute's tried-and-true principles, this book covers the social issues surrounding pot today, such as:

- How to bring it to a dinner party or give it as a gift
- Why eating it is different from inhaling it
- How to respectfully use it as a guest
- Why different strains affect you in different ways
- How to behave at a dispensary
- How to tackle pot faux pas such as "canoed" joints and "lawn-mowed" bowls

This handy guide also provides a primer on the diverse array of cannabis products and methods of use, illuminating the many convenient and accessible options available to everyone from experienced users to newbies and the canna-curious. Informative, charming, and stylishly illustrated, this buzzworthy book will make the ultimate lit addition to your stash.

This concise guide to cannabis delves into pot culture and history, from Herodotus To The hippies and beyond. it also covers the essentials of using, cultivating, and cooking with weed; identifying pot varieties; and understanding legal and health issues. Handy and To The point, *The Little Black Book of Marijuana* gives you "the dope" on pot, from possible side effects and risks to medical uses and their efficacy. Learn about cannabis history And The issues around its legalization. Includes full-color photos of marijuana varieties.

This is the most accessible, attractive, and easy-to-use beginners guide to growing marijuana. In only 144 illustrated pages, High Times editor, Danny Danko, covers the basics of successful pot cultivation. This book is a primer that covers: The basics of setting up a grow room Genetics and seeds Germination Sexing Cloning Building buds Harvesting Pest, fungi, molds, and deficiencies Creating your own strain Concentrates, edibles, tinctures, and topicals This is the novice marijuana growers handbook that guides readers through the absolute essentials of cannabis horticulture to produce the most potent buds. From where to buy seeds to sowing, nurturing, and maintaining a crop, this handy Pot Bible is essential for the perfect harvest.

Written for first-time growers, *Marijuana 101* will help those who don't have endless supplies of time and money, but are still looking to find success with a small personal crop. Starting from the very beginning, Professor Lee walks the reader through issues often overlooked in more exhaustive books. He discusses what to think about before even choosing to grow, how to keep it secret and, most usefully, how to keep it cheap.

He then covers what to buy and where, how to make sense of the equipment available, the merits of different grow techniques and basic bud history and theory.

A doctor discovers the surprising truth about marijuana No substance on earth is as hotly debated as marijuana. Opponents claim it's dangerous, addictive, carcinogenic, and a gateway to serious drug abuse. Fans claim it as a wonder drug, treating cancer, anorexia, AIDS, chronic pain, glaucoma, arthritis, migraines, PTSD, and insomnia. Patients suffering from these conditions need—and deserve—hard facts based on medical evidence, not hysteria and superstition. In *Stoned*, palliative care physician Dr. David Casarett sets out to do anything—including experimenting on himself—to find evidence of marijuana's medical potential. He smears mysterious marijuana paste on his legs and samples pot wine. He poses as a patient at a seedy California clinic and takes lessons from an artisanal hash maker. In conversations with researchers, doctors, and patients around the world he learns how marijuana works—and doesn't—in the real world. Dr. Casarett unearths tales of near-miraculous success, such as a child with chronic seizures who finally found relief in cannabidiol oil. In Tel Aviv, he learns of a nursing home that's found success giving marijuana to dementia patients. On the other hand, one patient who believed marijuana cured her lung cancer has clearly been misled. As Casarett sifts the myth and misinformation from the scientific evidence, he explains, among other things:

- Why marijuana might be the best treatment option for some types of pain
- Why there's no significant risk of lung damage from smoking pot
- Why most marijuana-infused beer or wine won't get you high

Often humorous, occasionally heartbreaking, and full of counterintuitive conclusions, *Stoned* offers a compassionate and much-needed medical practitioner's perspective on the potential of this misunderstood plant.

Guides home growers through each stage of the marijuana plant's development, and offers advice on managing all aspects of the growing and harvesting processes, including choosing a strain, pollinating techniques, and troubleshooting.

From "Reefer Madness" to legal purchase at the corner store With long-time legal and social barriers to marijuana falling across much of the United States, the time has come for an accessible and informative look at attitudes toward the dried byproduct of *Cannabis sativa*. *Marijuana: A Short History* profiles the politics and policies concerning the five-leaf plant in the United States and around the world. Millions of Americans have used marijuana at some point in their lives, yet it remains a substance shrouded by myth, misinformation, and mystery. And nearly a century of prohibition has created an enforcement system that is racist, and the continuing effects of racially-targeted over criminalization limit economic and social opportunities in communities of color.

Marijuana: A Short History tells this story, and that of states stepping up to enact change. This book offers an up-to-date, cutting-edge look at how a plant with a tumultuous history has emerged from the shadows of counterculture and illegality. Today, marijuana has become a remarkable social, economic, and even political force—with a surprising range of advocates and opponents. Over the past two decades marijuana policy has transformed dramatically in the United States, as dozens of states have openly defied the federal government. *Marijuana: A Short History* provides a brief yet compelling narrative that discusses the social and cultural history of marijuana but also tells us how a once-vilified plant has been transformed into a serious, even mainstream, public policy issue. Focusing on politics, the media, government, racism,

criminal justice, and education, the book describes why public policy has changed, and what that change might mean for marijuana's future place in society.

Written by the founder and CEO of the world's largest medical cannabis dispensary, *The Cannabis Manifesto* delivers a clear, concise history of cannabis as a medicine, details the unintended consequences of prohibition, and considers its future as a regulated consumer product. Steve DeAngelo draws on his experience serving the sick as the head of the controversial Harborside Health Center and a colorful lifetime of working for social justice to present a compelling call for the legalization of this most controversial of plants. His provocative argument that there is no such thing as recreational cannabis challenges readers to rethink everything they thought they knew about marijuana—and teaches them how to use it responsibly. *The Cannabis Manifesto* answers essential questions about the plant, employing extensive research to fuel a thoughtful discussion around cannabis science and law while at the same time taking readers on a magical tour of a little-known world. DeAngelo explains how cannabis prohibition has warped our most precious institutions—from the family, to the workplace, to the doctor's office and the courtroom. His vivid narrative provides a lively, behind-the-scenes look at Harborside's showdown with the federal government and details the life of a hippie who missed the sixties. In calling for a realistic national policy on a substance that has been used by half of all Americans, this essential primer will forever change the way the world thinks about cannabis, its benefits, and the laws governing its use.

The essential book on CBD as medicine This practical, accessible guide to using CBD-dominant cannabis contains a wealth of information for both first-time explorers and experienced patients who want to know more about safely treating a number of health conditions with remarkable results and low to no psychoactivity or negative side effects. CBD (cannabidiol) is a component of cannabis that can provide relief for conditions such as seizures, pain, inflammation, anxiety, depression, arthritis, and a number of other issues. This book offers guidance on various forms of the medicine such as oil infusions, alcohol-based tinctures, capsules, and CO2 concentrated extracts. The information is organized by health condition and also by recommended CBD-rich strains, which do not produce the "high" associated with THC. With dosage suggestions, potential side effects and contraindications, and the pharmacology of the plant, this is an essential guide for both doctors and patients looking for a nontoxic alternative to opiate-based pain medications and other pharmaceuticals. While cannabis has been used for medicinal and recreational purposes for thousands of years, only in the last fifty years have scientists begun to shed light on the chemistry of the plant and its interactions with the human body. Research has led to the discovery of a whole new system in the body, the endocannabinoid system, which plays a role in mediating functions such as appetite, immunity, mood, pain response, and memory. The authors present case studies, interviews with doctors who prescribe cannabidiol products, and the latest research regarding other active phytocannabinoids and terpenoids present in cannabis that are being studied for medical use. They also address the difference between CBD products derived from industrial hemp or in a lab, versus those made from medical marijuana using the whole plant. In addition to offering the most up-to-date and comprehensive information on CBD-dominant cannabis therapy for humans, this book is the first to offer guidance for using the medicine for

animals, with suggestions for dosage and delivery and useful forms and strains for common health issues in pets. Finally, the authors take a look at the future of cannabis medicine, charting trends in the legalization movement and suggesting how CBD might be used to fight the opioid epidemic.

Marijuana seeds are legal to buy and—with some soil, water, and light—can grow into one of humanity's favorite pastimes. Call it pot, bud, cannabis, ganja, dope—if you have the seeds, you can grow the weeds. Here are step-by-step directions to growing and managing your own marijuana plants. The author discusses both in-door and outdoor growing, including information on: • Choosing the right plants for your needs • Where to buy seeds • How to germinate the seeds • How to nurture the plants • How to prepare the final product • Problems to avoid • And more! In addition to more than 100 full-color, step-by-step photographs, the book features an extensive list of resources, making it the essential guide you need to grow your own weed.

A cannabis revolution is taking place. As people embrace it like never before, *The Cannabis Dictionary* looks at every aspect of this special plant. Hundreds of entries cover the key information from the cannabis world, from health effects, CBD oil and varieties of the plant, to legalization, big business and psychological impact. Renowned cannabis journalist Alex Halperin is your guide through the many facts and falsehood surrounding the subject, giving an intelligent, in-depth but accessible overview of a fascinating, ever-changing topic. Entries include: 420 Big Weed Budtenders Cannabidiol (CBD) Cannatech Dabbing Green Out Green Rush Hash Medical Marijuana Microdose Paranoia Strains THC ... and many more.

A beautifully photographed primer on growing your own cannabis, with guidance on which strains to choose for your USDA growing zone, tips on harvesting flowers, and recipes for salves, tinctures, and edibles. "A phenomenal resource for anyone looking to grow cannabis. Perfectly tailored to guide all growers--from the first-timer to the experienced gardener."--Dan Grace, president and cofounder of Dark Heart Nursery Cannabis is as easy to grow as a tomato plant. If you live in a suitable climate and provide sun, water, and good soil, you can grow vigorous, beautiful cannabis in pots, raised beds, or your own yard. Not only is cannabis an easy addition to your garden, it can also provide health and mood-lifting benefits. *The Cannabis Gardener* teaches you how to choose which strains are right for you and how to cultivate the plants from seed to finished flower. Gorgeous full-color photographs capture each stage of the growing process and show how cannabis plants can be incorporated into your garden design as well as raised beds and containers. After you establish your plants in the garden and monitor them through the flowering stage, you'll find tips on how to harvest, dry, cure, and store your "grow." Also included are recipes for savoring your harvest, from salves, tisanes, and tinctures to cannabutter for baking and cooking delicious treats such as CBD gummies flavored with vanilla beans, cheddar crackers, and even cannabis chocolate sauce. *The Cannabis Gardener* is an accessible and practical guide for any level of gardener interested in growing their own attractive cannabis plants.

"Andrew Ward spills the beans on how to obtain a job or full-blown career in the cannabis industry. Brooklyn-based freelance cannabis writer Ward should know, as he has covered the industry for over a decade for Benzinga and Merry Jane, among other media outlets." —Forbes As of 2019, eleven states (and Washington, DC) have legalized recreational marijuana use with another twenty-two having legalized medical

marijuana, and those numbers will only continue to rise. Cannabis career opportunities are beginning to take off across the country and beyond. In fact, Forbes noted the industry is projected to create more jobs than manufacturing by 2020. With the rise in legalization, virtually any job in the American market can be replicated in the cannabis industry. From working in a dispensary to social media, IT to HR, marketing to quality assurance, millions of future professionals are looking at cannabis as a future career path. Andrew Ward, who has been covering the growing cannabis industry for over a decade, shares the vast stretch of potential careers. In addition to job opportunities, Ward supplies career growth, salaries, and first-hand knowledge from professionals who have made a career in the field. But as with any industry, there are pros and cons. While the market is expanding, every profession has growing pains, and Ward explains them in detail. In addition to potential jobs, Ward explores other options, such as freelancing and starting your own business. For those either looking to find a new career or preparing to join the workforce, Cannabis Jobs offers the most in-depth information available.

Leading experts on the science, history, politics, medicine, and potential of America's most popular recreational drug • With contributions by Andrew Weil, Michael Pollan, Lester Grinspoon, Allen St. Pierre (NORML), Tommy Chong, and others • Covers marijuana's physiological and psychological effects, its medicinal uses, the complex politics of cannabis law, pot and parenting, its role in creativity, business, and spirituality, and much more Exploring the role of cannabis in medicine, politics, history, and society, The Pot Book offers a compendium of the most up-to-date information and scientific research on marijuana from leading experts, including Lester Grinspoon, M.D., Rick Doblin, Ph.D., Allen St. Pierre (NORML), and Raphael Mechoulam. Also included are interviews with Michael Pollan, Andrew Weil, M.D., and Tommy Chong as well as a pot dealer and a farmer who grows for the U.S. Government. Encompassing the broad spectrum of marijuana knowledge from stoner customs to scientific research, this book investigates the top ten myths of marijuana; its physiological and psychological effects; its risks; why joints are better than water pipes and other harm-reduction tips for users; how humanity and cannabis have co-evolved for millennia; the brain's cannabis-based neurochemistry; the complex politics of cannabis law; its potential medicinal uses for cancer, AIDS, Alzheimer's, multiple sclerosis, and other illnesses; its role in creativity, business, and spirituality; and the complicated world of pot and parenting. As legalization becomes a reality, this book candidly offers necessary facts and authoritative opinions in a society full of marijuana myths, misconceptions, and stereotypes.

Cannabis consumption, commerce, and control in global history, from the nineteenth century to the present day. This book gathers together authors from the new wave of cannabis histories that has emerged in recent decades. It offers case studies from Africa, Asia, the Americas, Europe, and the Middle East. It does so to trace a global history of the plant and its preparations, arguing that Western colonialism shaped and disseminated ideas in the nineteenth century that came to drive the international control regimes of the twentieth. More recently, the emergence of commercial interests in cannabis has been central to the challenges that have undermined that cannabis consensus. Throughout, the determination of people around the world to consume substances made from the plant has defied efforts to stamp them out and often

transformed the politics and cultures of using them. These texts also suggest that globalization might have a cannabis history. The migration of consumers, the clandestine networks established to supply them, and international cooperation on control may have driven much of the interconnectedness that is a key feature of the contemporary world.

If You Simply Want to Know the Basics of Today's Cannabis Landscape... One of the most popular topics of discussion and debate today is the use of cannabis. In recent years we have seen the expansion of the availability of both medical and recreational cannabis across the United States and, like many adults, you are probably curious about what cannabis is and isn't. Is cannabis the same thing as marijuana? Are marijuana and hemp the same plant? Can you really use cannabis and not get high? What are the possible health benefits of cannabis? How is it responsibly consumed? What should I tell my kids about cannabis? What's fact, what's fiction, and what's simply a cliché? These and other questions are addressed in *Cannabis Essentials: A Field Guide for the Curious*. In a clear, brief, and objective format, author Rob Mejia will help you to learn the basics needed to navigate this ever changing landscape. Mejia has spent the last five years listening to and learning from the many diverse voices involved in the world of cannabis--from dispensary owners and budtenders to medical patients, growers who happen to be nuns, cannabis chefs, hemp oil producers, journalists, and more. Their personal and illuminating stories, featured throughout the book, bring the discussion about cannabis to life-- and you will never again think of cannabis in the same way. *Cannabis Essentials: A Field Guide for the Curious* is your own personal cannabis concierge to help you explore this new world of opportunity and possibility. Among the many topics covered, it will guide you through: Why cannabis was vilified and became essentially illegal in the US in 1937 when it had been accepted medicine for centuries How other parts of the world are embracing cannabis Why the use of cannabis is a social justice/racial justice issue and what we can do about it What medical conditions respond best to cannabis and why cannabis medical research in the US is severely hampered How to visit a dispensary and how to find the cannabis strain that works best for you What are the many ways that cannabis can be responsibly consumed and what are the advantages and drawbacks of each type of use How to cook with cannabis Recipes that work well with cannabis infusions Lists of helpful websites, references, and revealing cannabis factoids Challenges and opportunities in the cannabis world going forward If you are ready to start your cannabis journey, or understand the landscape before heading out, *Cannabis Essentials: A Field Guide for the Curious* will keep you secure, knowledgeable, and prepared to embrace your cannabis curiosity.

Navigate the worlds of cannabis and parenting with this essential guide for women interested in learning more about THC, dispensaries, micro-dosing, edibles, and how to incorporate it all into a healthy family life. With national marijuana legalization on the horizon, more and more mothers are looking for information about how to safely and responsibly use cannabis. Known as "weed moms," these trailblazers are breaking down the social stigma surrounding cannabis and parenting, creating a modern culture all their own. *Weed Mom* is the first and only book for these mothers, celebrating how weed can be a safe and healthy way to relax, destress, and improve their social lives and relationships. As mothers find themselves on the frontline of a societal shift, this

book is more timely than ever. Packed with information for both the seasoned and first-time user, this book offers friendly and practical advice including: the basics of THC and CBD what to look for at the dispensary tips and tricks for various intake methods micro-dosing cannabis-friendly talking points for family and friends how to use cannabis to improve your romantic relationships and much more!

Marijuana 101 Professor Lee's Introduction to Growing Grade a Bud Ultimate

For more than 25 years, the renowned Amen Clinics has been a front line resource for brain health . . . NOW they TACKLE all your questions about how marijuana affects your brain—and the brain of your child. Since marijuana became legal in many states, people of all ages are using it for pain relief and treatment of a variety of illnesses and ailments. But is it safe? In this comprehensive book, renowned psychiatrist and licensed prescriber of medical marijuana Dr. Rebecca Siegel delivers the most complete guide yet about the benefits and risks of using marijuana today. Based on the latest scientific research, this easy-to-read book busts all the myths and helps you navigate the sometimes confusing and often-changing world of marijuana. Within these pages you'll discover a wealth of invaluable information, including:

- Why medical marijuana is vastly different than CBD and recreational marijuana—especially when it comes to children and teenagers
- Evidence-based information on how cannabis is being used to treat an array of ailments and conditions
- The difference between various marijuana delivery systems, including edibles
- Why marijuana-induced psychosis has risen 450% among current pot users, resulting in increases of depression and suicide
- How to talk to teens or young adults about recreational marijuana use in a way that brings you closer
- How marijuana affects mood, productivity, and overall brain health
- Long-term vs. short-term risks for teens, adults, and older adults

With a foreword by renowned psychiatrist and brain health expert Dr. Daniel Amen, *The Brain on Cannabis* reveals everything you ever wanted to know about marijuana so you can make informed decisions for yourself—and your loved ones. Legalization of marijuana is becoming increasingly prominent in the United States and around the world. While there is some discussion of the relationship between marijuana and overall health, a comprehensive resource that outlines the medical literature for several organ systems, as well as non-medical societal effects, has yet to be seen. While all physicians strive to practice evidence-based medicine, many clinicians aren't aware of the facts surrounding cannabis and are guided by public opinion. This first of its kind book is a comprehensive compilation of multiple facets of cannabis recommendation, use and effects from a variety of different perspectives. Comprised of chapters dedicated to separate fields of medicine, this evidence-based guide outlines the current data, or lack thereof, as well as the need for further study. The book begins with a general overview of the neurobiology and pharmacology of THC and hemp. It then delves into various medical concerns that plague specific disciplines of medicine such as psychiatry, cardiology, gastrointestinal and neurology, among others. The end of the book focuses on non-medical concerns such as public health and safety, driving impairment and legal implications. Comprised of case studies and meta-analyses, *Cannabis in Medicine: An Evidence-Based Approach* provides clinicians with a concise, evidence-based guide to various health concerns related to the use of marijuana. By addressing non-medical concerns, this book is also a useful resource for professionals working in the public health and legal fields.

Should we legalize marijuana? If we legalize, what in particular should be legal? Just possessing marijuana and growing your own? Selling and advertising? If selling becomes legal, who gets to sell? Corporations? Co-ops? The government? What regulations should apply? How high should taxes be? Different forms of legalization could bring very different results. This second edition of *Marijuana Legalization: What Everyone Needs to Know®* discusses what is happening with marijuana policy, describing both the risks and the benefits of using marijuana, without taking sides in the legalization debate. The book details the potential gains and losses from legalization, explores the "middle ground" options between prohibition and commercialized production, and considers the likely impacts of legal marijuana on occasional users, daily users, patients, parents, and employers - and even on drug traffickers. Legendary grower Ed Rosenthal shares his knowledge and experience on every portion of the marijuana plant's life cycle, giving advice from seed selection to harvesting. Includes information on growth rate, lighting, CO2, temperature, nutrients, water and sexing plants. With a colour photo section, index, bibliography, tables and charts.

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