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ISSUE 71

HCM

CANADA'S LEGAL CANNABIS
CULTURE MAGAZINE

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ON BUILDING THE POWER BRAND
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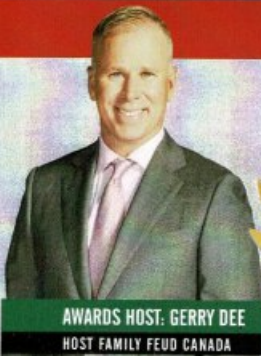
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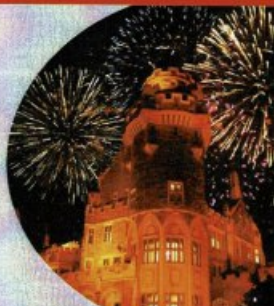
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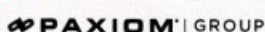


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With the help of these industry authorities, HCM offers fresh timely and accurate information about natural health and wellness as it applies to cannabis. The board members lend their expertise to our process of developing and commissioning or editorial lineup, and they're post-publication review of each issue is an invaluable in maintaining our more than six year reputation as Canada's most trusted cannabis health and wellness resource.

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I S S U E 7 1

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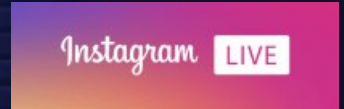
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**THE
CANNABIS
TERPENES**

**CANADA'S LEGAL CANNABIS
CULTURE MAGAZINE**

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CANNABIS EVENT SEASON BEGINS

HOW IMPORTANT IS COMMUNITY TO YOU?

I have found that 420 represents a good time to reconnect after a long winter with cannabis friends and acquaintances. I also find this time of year very charging and I always look forward to the 420 celebration as a kickoff to another events season.

I love how times have changed and how things like even monitoring the industry have changed. Case in point, in a recent email from Adam McPhail, Account Coordinator for Proof Strategies Inc. I was brought up to speed on current Moneris data showing that cannabis retailers are continuing to hit new highs across the board in Canada. Here is what I did not know.

Images from 4/20 celebrations around the world feature a lot of smoke and while it may be assumed to be a big day for cannabis retailers, new spend data from Moneris, Canada's largest payment provider, paints a different story on when and



how the country spends on cannabis.

Moneris spend data found no major spikes in spending on 4/20, but rather noticeable increases for cannabis outlets at the end of August, before Labour Day, and mid-to-end December.

It also found Canadians are making larger purchases online versus in-person. Comparing March 2021 to March 2022, the number of in-person transactions increased 33%, while the average transaction size was \$49.01, down 7% year-over-



year. That is compared to online transactions, which increased 17%, but with an average transaction size of just under \$100, up 15% year-over-year.

Data also shows spending at cannabis retailers grew rapidly through 2020, especially between January 2020 and April 2020 with the online volume growing 45%, and transactions growing 68%. In 2021, spend was still increasing steadily.

I find it fascinating how our industry has gone from operating in a bubble of total secrecy to absolute and all encompassing data on every aspect of the legal cannabis purchasing experience.

With that in mind - Happy 420 and I will see you on the event circuit!

Stay Lifted!
Cy Williams

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For the first time in a couple of years, it looks like 4/20 celebrations are slowly starting to make their way back into our social calendars, and I couldn't be more excited. With the month kicking off several cannabis industry events, you would be hard pressed here in Ontario NOT to find something to do this month!

With that also comes the planning of Summer cannabis events, and for myself, Coordinating the Smoke Signals 5th Annual Indigenous Cannabis Cup (which takes place July 30th & July 31st 2022) is in full swing. Throughout the year I am constantly watching other cannabis cups, events, expos etc., around the globe and always looking for ways to improve all events I have a hand in here.

This year as I was checking out all the excitement for the Emerald Cup (held for the last 18 years in Santa Rosa, California) and I came across an article that the Emerald Cup and partners SC Labs, would be introducing a New Classification System for the judging portion of the Cup this year. Typically, most cannabis cups divide their flower categories based on Indica, Sativa & Hybrids, including the Indigenous Cannabis Cup.

As a 25+ year cannabis user, I have always used my nose to decide which cannabis strains I enjoy the most, since testing wasn't available for 20+ yrs of my consumption. I didn't really know the difference between Indica, Sativa & Hybrid, I only knew what smells and tastes of different weed I liked. The science and testing that we have all learned about over the last 5 years has opened all kinds of research as to why certain strains do certain things for



individuals and we have learned Why we have preferences for specific smells and tastes in cannabis.

In February of this year, the Emerald Cup announced they would be judging this year's flower categories based on "the classes of cannabis cultivars and chemovars that you're able to distinguish primarily by [their] terpenes and major cannabinoids." Says Jeff Gray of SC Labs. Gray also adds, "For so long here, (California) not only have we been using the incorrect terminology, we've been valuing the wrong traits, or overvaluing certain traits in cannabis," Gray said. "The market here is dominated by THC, when really the sophistication of the chemistry within the plant is such that you should be evaluating the quality of your cannabis based on something much broader; based on a broader set of data points that give you a more specific indication of what the effects will be."

Emerald Cup Cannabis
Classification System based on
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Tropical + Floral

OGs + Gas

Sweets + Dreams

Dessert

Exotics



The prospect of this being a system that is implemented around the globe for cannabis events is very exciting and I look forward to seeing how the results play out at this year's Emerald Cup. Alec Dixon, Co-Founder and Director of Client Relations, SC Labs said it best "Together we hope to empower a better way for consumers to understand the range of flavors, aromas and effects within Cannabis, and bridge the gap between what legacy has always known with regards to terpene content defining quality. We need to move away from this fixation that dispensary buyers and consumers have on delta-9 THC, which is currently blurring the lines between craft and corporate cannabis and is homogenizing cannabis genetics and leading to the loss of biological diversity within Cannabis."

As a grower myself and long-time cannabis user I am excited with the possibilities of future cannabis events where we can finally start to focus on the specific qualities that each cannabis strain brings and not just the thc/cbd content! Check out the full articles from Emerald Cup and SC Labs below for a more detailed explanation to the new category breakdowns and what they include.

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“Together we hope to empower a better way for consumers to understand the range of flavors, aromas and effects within Cannabis, and bridge the gap between what legacy has always known with regards to terpene content defining quality. We need to move away from this fixation that dispensary buyers and consumers have on delta-9 THC, which is currently blurring the lines between craft and corporate cannabis and is homogenizing cannabis genetics and leading to the loss of biological diversity within Cannabis.”

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Whether you plan events, attend events, are new to cannabis events, or just consume cannabis, there is always something new to learn and definitely no shortage of information out there to be educated while having a great time!

Happy 4/20
Tammi Stanhope

1
www.analyticalcannabis.com/articles/testing-cannabis-competitively-a-conversation-with-the-emerald-cups-lab-partner-sc-labs-313629

2
www.cannabisaficionado.com/emerald-cup-cannabis-classification-system/

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ERRLECTRIC DAVE HAPPLE

I first met David Ro at a Where Heads Meet annual 420 celebration in Hamilton, ON in 2017 where he was set up doing glass demonstrations with Mastahglass (a very well known glass artist in Canada).

David was taught all of the proper techniques in glassworking through Mastahglass beginning in 2015 and today has added all his own “janky tech” to his creations, and is known in the cannabis industry as Errlectric Dave of Errlectric Canada. In preparations for this years different 4/20 celebrations, I caught up with Dave to see about his latest project the Happle and his plans for this year!

In the last few years Dave has 3 areas of focus with his glasswork.

- 1) Glass Skulls - using skulls as a functional part of the glass device. Turning skulls into components like percolators and drinking vessels are just a couple of examples. Everyone has a skull, and it is universally appealing
- 2) Errlectric Enail – I am the Canadian distributor of the concentration station. UL certified. 3-year warranty and leader in electronic nail technology.
- 3) Toking vessels for consuming hash - “Friends don’t let friends use plastic bottles to burn hash in.” says Dave. “There is too much risk of inhaling plastics when brewing your hash. Glass bottles specifically designed to consume



hash has evolved into Happles. Apple shaped bottle toking bottles made of glass. These also come with a glass holder for your hash eliminating the need for a secondary heat source that contaminated the hash brew (joint or cigarette). The shape of the apple was chosen as a homage to pipes I used to make out of apples to smoke cannabis. “

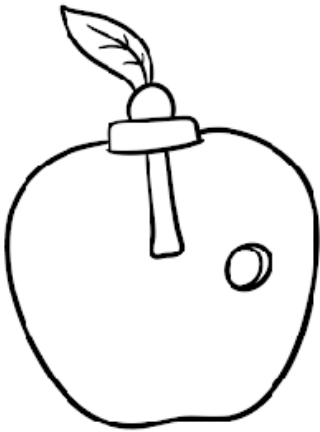
I asked Dave if he had any plans for this year's 4/20 celebrations, and much like the rest of us, he will be hanging out with some friends he hasn't seen in a couple of years!

You can find Errlectric Dave's creations at your local headshop, dispensary or online through Instagram @errlectric_dave @errlectric_canada and at Errlectric.com

Whatever you're up to this 4/20, be safe, have fun and treat yourself!

Happle 4/20 everyone

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x1



x1

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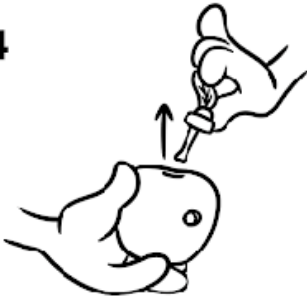
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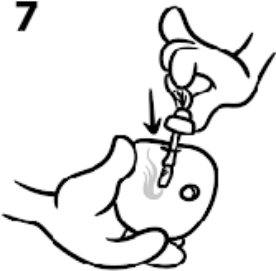
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 **All
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COLLECTIVE

A man with a beard and sunglasses, wearing a blue hairnet and black gloves, is shown in profile, examining a cannabis plant in a grow room. The room is filled with rows of cannabis plants under bright, industrial lighting. The man has a tattoo on his neck and another on his arm. The background shows the structure of the grow room with fans and lights.

PEOPLE TO WATCH:

DYLAN KING
PISTOL AND PARIS
INTERVIEW

BY TAMMI STANKOPE

**RISE OF THE
NEXT GENERATION
OF CANNABIS
VISIONARIES**



where they are going in the Canadian cannabis space.

Tammi - So why don't we start by you telling us about Pistol and Paris and some of the challenges you've faced and overcome in the last year?

Dylan – We officially started in January 2021 in Aggasiz, BC on a 10acre property I own, with the intention of building my own micro-cultivation facility, to distribute my cannabis throughout Canada. However, the town municipal officials weren't so open to the idea at first, but through some more planning, a new presentation, loss of a partner, and 9months later we received unanimous approval in the vote to re-zone. It literally put tears in my eyes because it was just so challenging getting this process passed through the city.

That being said, even though they originally shut us down, I decided to continue to push forward with our brand throughout 2021. I went out to talk to suppliers and let them know I was interested in purchasing their cannabis and putting it under Pistol and Paris. Because we are a high-end brand, only suppliers with the best quality and that meet our criteria, are selected at the end of the day. We

In April of 2021 I was scrolling through Instagram as I usually do several times a day, and I came across a video that opened with a flat black helicopter with the name Pistol and Paris along the side of it. Immediately it caught my attention as I had not seen anything like that in the cannabis posts and videos I was used to scrolling through. A little more digging and I discovered that this company was a Legacy built brand out of British Columbia and right away, I had to know more.

After some further research I decided to reach out to founder Dylan King, (who is also the helicopter pilot) and after a year of admiring this company from a distance, I had the opportunity to speak with him and find out what Pistol and Paris is all about and

have a list of certain strains we want to put out and I match with micro-cultivators that are on the same page with those.

Tammi – Will you continue to add micro-cultivators to your brand once your facility is built, or concentrate on your own grow and processing?

Dylan – We will be taking on more micro-cultivators to help grow Pistol and Paris to become one of the top recognizable brands throughout Canada. In order to do that, I will probably only produce about 10% of the cannabis put out through Pistol and Paris so I can focus on growing the brand and giving smaller micro-cultivators an opportunity to get their product to market.

Tammi – How does a micro-cultivator partner with Pistol and Paris?

Dylan – Most important thing is to meet with the growers and make sure our goals are aligned. I really



LEGACY TO LEGAL





want to feel like I can build a good relationship with whoever comes in under my brand, and we understand each other. It's not just about a paycheque for me, I'm really trying to support the cultivators while hyping up their facility at the same time.

Tammi – Will you be looking to add any other products to the Pistol and Paris brand like extracts, hash etc. in the near future?

Dylan – I'm in the talks right now with a brand to bring some carts and live to market maybe in the summer, but with the pace of the legal cannabis space it's hard to say exactly when. That being said, you will definitely see a Pistol and Paris hash come out once the facility is built in Agassiz.



Tammi – I noticed you also launched Pistol and Paris Apparel, which caught my attention right away as I LOVE the branding of black clothing, motorcycles, tattoos, and of course the helicopter. How did that come about?

Dylan – Pistol and Paris is a lifestyle brand. Most people when they see the helicopter and hockey bags kind of just know what that means for our company and it's not an





image we had to create, it kind of just is. Brand awareness is number 1 and my wife Brittany is a big part of this company, and she is great at implementing our overall vision, so the clothing and accessories kind of went hand in hand with our overall branding and marketing plans.

Tammi -Anything new coming this year you can tell us about?

Dylan – I have partnered with a really awesome company who has a store in Toronto, and you will definitely see a retail Pistol and Paris store open up there in the near future. As well our Orange Tingz, originally bred by Mother Labs and grown by JBuds in Summerland, has just hit the OCS in the last couple of months but has been on the shelves for about a year here in BC. Its such a unique flavour profile and



terpenes that customers really seem to love it and it has kind of become my staple strain with the brand in the last year.

Tammi – Legacy to Legal, how are you liking it?

Dylan – I do miss “the good old days” but I have Never been more excited about any space I've ever been in like I am in the cannabis industry. There's always something new to learn and so much potential for what the future could have in store for those with the right vision and plan. I am looking forward to seeing what's in store for Pistol and Paris and building a strong team and brand that is top in Canada.

For a list of retailers in BC and Ontario check out

<https://pistolandparis.com/where-to-buy/> for a retailer near you!

For apparel and other awesome merch check out <https://pistolandparis.com/product-category/apparel/> and grab yourself some of the coolest gear in the market. Black goes with everything

You can find Pistol and Paris <https://pistolandparis.com/product-category/apparel/> and grab yourself some of the coolest gear in the market.

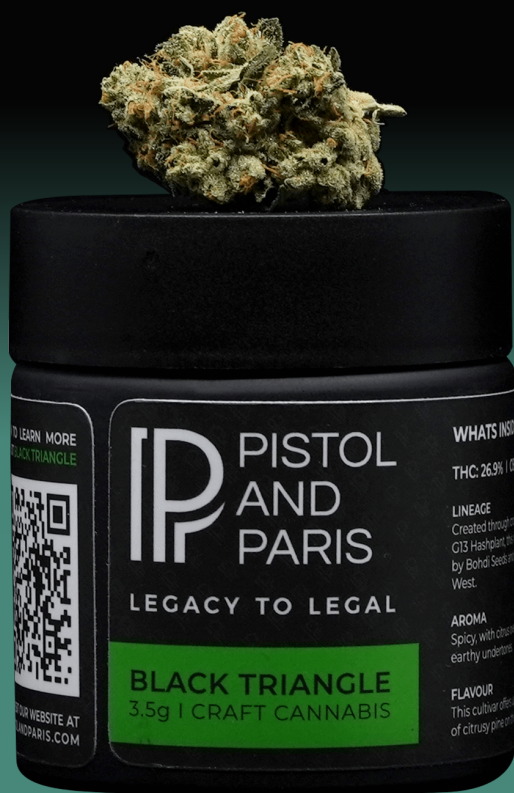
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Orange Tingz – Premium AAAA

Indica leaning Hybrid is a cross between Slurricane and TMAC bred by Sacred Cut Genetics and grown by JBuds in Summerland. Expect the buds to be heavily frosted and sticky to the touch while the flavour leans sweet with subtle grape and berry undertones.



Black Triangle – Premium AAAA

Created through crossing the infamous Triangle Kush x '88 G13 Hashplant. This Indica leaning Hybrid was originally bred by Bohdi Seeds and grown on Vancouver Island by Verte West. Long lasting effects are the name of the game with Black Triangle, hitting both mind and body with a deeply peaceful potency.

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Smoke Signals
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July 30th & 31st, 2022

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CLEVER LEAVES SUED FOR \$10 MILLION IN DAMAGES
Multi-national Clever Leaves allegedly breached supply agreement to Canadian pharmaceutical Cannabis company, acting in bad faith

By: Sarah Clark



It seems yet another lawsuit against the alleged inappropriate behaviour that is starting to seem commonplace in the Cannabis industry has dropped and this time the recipient is Clever Leaves, a North American, multi-national Cannabis corporation. The allegations include breach of contract and negotiating in bad faith. This gives Clever Leaves the option of either delivering on the contractual obligations or paying out \$10 million dollars in damages.

It may not seem like it, but this type of behaviour is not unheard of in the Cannabis Industry. This strikes at the heart of everything: the little guy, the innovative people and companies truly committed to making a difference over making a buck, patients, the health care system, and Canadians in need of work. That is why the Clever Leaves allegations are much more than a lawsuit. This case is about a US-based Cannabis multinational allegedly cutting off an innovative Canadian Cannabis start-up from the market it was licensed to sell in with a life-threatening breach of supply agreement. Focussing on Cannabinoid-based formulations, Verdemed is a Toronto-based pharmaceutical drug development company founded in 2018 by CEO Jose Bacellar. They also happen to be the

plaintiff in this case. As per the Statement of Claim, Verdemed is asking to court to enforce the legally binding contract they entered into with Clever Leaves. In the event Clever Leaves refuses to fulfill its agreement, Verdemed is asking for \$10 million in losses and damages.

Having read the Statement of Claim, what Verdemed is alleging is more than just bad business or bad behaviour. It is alleging Clever Leaves acted and bargained in bad faith, which is a direct violation of the law and Cannabis legislation. The main points of the Statement are that Verdemed entered into a legally binding agreement with Clever Leaves in March 2021, which has not yet been fulfilled. Purportedly, and after refusing up to six different purchase orders, Clever Leaves informed Verdemed it had signed a deal with a large Brazilian pharmaceutical company who had demanded Clever Leaves immediately end its contract with Verdemed. However, the pre-existing contract with Verdemed is still a legal obligation.

If Clever Leaves won't uphold its end of the contract, Verdemed cannot move



CLEVER LEAVES

forward with releasing its products for sale via pharmacies for patients who are suffering. This means Verdemed cannot operate, loses the market edge it was poised to grab, and cannot create much needed jobs in Canada, where it produces its products for shipment to Brazil.



VerdeMed

Verdemed is a company with tremendous potential and if its allegations are proven true, they deserve the contract to be honoured or financial compensation for

their losses and damages as this would be a significant set back.

Verdemed feels it has been placed in the situation where is has no other option but to take legal action to enforce the agreement or recover damages if that becomes the only choice.

Understand though that Verdemed isn't in this fight for its survival, it is fighting for innovative, small Canadian businesses country wide. It's fighting for Canadians and jobs in Canada.

It's fighting for the little guy, the patient in need of the products Verdemed produces in Canada, has approval to sell, and, according to the Statement of Claim, acted in good faith to bring to market.

That's why this suit and Verdemed matter. This isn't just a lawsuit, it's the future of small businesses, Canadian Cannabis start-ups, and the industry as a whole.

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SURREALIST MASTER SALVADOR DALI NEVER PUBLICLY ADMITTED TO SMOKING CANNABIS, BUT MANY ART FANS BELIEVE HIS BODY OF WORK SUGGESTS THE PRESENCE OF A PSYCHOTROPIC INFLUENCE IN HIS PROCESS. AT THE VERY LEAST, HE IS LARGELY RESPONSIBLE FOR THE NUMBER OF STONED PATRONS HANGING OUT IN MUSEUMS THAT HOST HIS WORKS.

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pine, rosemary



MYRCENE
mango, hops



TERPINOLENE
sage, nutmeg



CARYOPHYLENE
cloves, pepper

THE CANNABIS TERPENES

WHAT ARE THEY AND WHAT DIFFERENCE DO THEY MAKE?

By Dr. Rupert Holmes-Smith

Terpenes are a class of natural products comprising over 30,000 compounds. Terpenes play an important role in a wide range of biological functions and interactions, including:

- Defence against insects and animals
- Resistance to Microbial Diseases
- Resistance to Viral Diseases
- Communications to attract beneficial insects and animals
- Cell growth modulation
- Photoprotection
- Cross Membrane Transportation
- Fluid control
- Plus many more...

The terpenes found in cannabis, combined with the cannabinoid acids, provide these same functions for the cannabis plant; and features that make

them biochemically important for the plant are the features that make terpenes important compounds from our perspective, and arguably just as important as the cannabinoids, in terms of both the recreational and therapeutic consumption of cannabis products.

For recreational consumption of cannabis, the importance of the terpenoid profile cannot be overstated. Not only do the terpenes add 'flavour' to the experience, but they contribute dramatically to the psychoactive effects of the cannabinoids and the terpenes are responsible for the secondary effects, such as the difference between 'traditional sativa' and a 'traditional indica'. Looking past the psychoactivity of the cannabinoids to their other potential benefits and it makes sense

THERAPEUTIC PROPERTIES	TERPENE
Anti-inflammatory	Myrcene, Humulene, Eucalyptol, and many others
Pain relief	B-Caryophyllene, A-Bisabolol, A-Phellandrene...
Memory retention	D-3 carene, A-pinene, B-Ppinene, P Cymene...
Anti fungal	Camphene, Terpinolene, Geraniol,
Anti viral	Eugenol, Ocimene,
Anti bacterial	Phytol, humulene, Farnesene,
Drying agent	D-3 carene

that the terpenes should have a significant impact on other benefits associated with cannabis.

The therapeutic properties of terpenes are extensive, and they are at the root of most traditional medicines. The following table shows some selected terpenes and their known therapeutic properties:

THE CHEMISTRY OF TERPENES

Terpenes are made up of 5-carbon building blocks. Monoterpenes are C-10 (2 units), sesquiterpenes are C-15 (3 units), and diterpenes are C-20 (4 units). Terpenes are also the building blocks for other natural products such as steroids.

We are very familiar with monoterpenes as they are the main constituents in essential oils and essential oils have been an integral part of traditional medicines dating back thousands of years. Terpenes are one of several groups of natural

compounds that have formed the mainstay of traditional medicines. The reason is these compounds are bioactive and serve a purpose, which for the plants that make them, is often associated with defence and communications. In the case of the cannabis plant, it has gone further and uses both terpenes and cannabinoids in abundance to achieve its purposes.

So, if we are serious about our cannabinoids, we should be serious about our terpenes too. The challenge is that there are so many, even in the cannabis plant alone. We can; however, make some sense of them by grouping them.

MONOTERPENES

“Aliphatic monoterpenes” can be described as the basic terpenes; they are simple unsaturated hydrocarbons, and they have the formula C₁₀H₁₆. Because there are many ways to put 10 carbon atoms together, there is an interesting

range of terpenes in this group and a lot of them are familiar. Of these, α -pinene, β -pinene, β -myrcene, α -phellandrene, terpinene, ocimene, limonene, sabinene and 3-carene are common in most strains of cannabis. Other aliphatic terpenes that are of interest but typically found elsewhere include camphene. Note the 'ene' at the end means unsaturated hydrocarbon.

Each of these terpenes has its own unique set of properties; however, as a group they are all good solvents and their use ranges from industrial cleaning to electronics and manufacturing.

Their solvent-like properties also make aliphatic terpenes useful in other areas because they aid in transdermal transportation of active compounds, and they are also able to cross the blood brain barrier, both of which are interesting features when we start looking at their pharmacology.

They are also known to be good anti-bacterial and anti-viral compounds, and this may be a large part of their function in the plant kingdom.

"Monoterpenoids" can be described as the group of terpenes that contain additional functional groups, usually containing an oxygen atom, and these can be further grouped into alcohols, aldehydes and ketones.

Monoterpene Alcohols include Linalool, geraniol, phytol, nerolidol, bisabolol, borneol, terpineol, 1,8-cineole (eucalyptol), terpinene-4-ol, menthol, and carvacrol. Note the "ol" at the end means alcohol. These terpenes are typically present in lesser quantities than the aliphatic



terpenes; however, they bring a range of additional features.

Monoterpene aldehydes include citral, etc. Note the "al" at the end means aldehyde.

Monoterpene /ketones include fenchone, pulegone, thujone, etc. Note the "one" at the end means ketone.

Para-cymene is a unique compound and is often included as a terpene; however, it is actually an aromatic compound and has quite distinct and unique chemistry that distinguishes it from the monoterpenes.

SESQUITERPENES

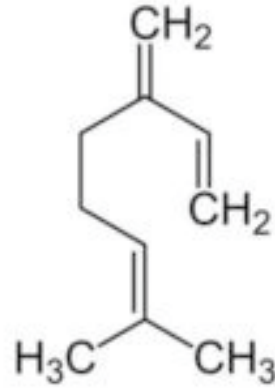
Aliphatic sesquiterpenes have a C₁₅ structure and include β -caryophyllene, α -humulene, β -farnesene, and germacrene D.

Sesquiterpene alcohols include farnesol, nerolidol, and guaiaol.

COOL STUFF ON SOME COOL TERPENES

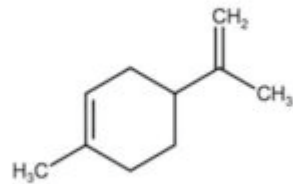
MYRCENE

- Myrcene is the most prevalent terpene in cannabis and can be up to 50% of the total terpenes in cannabis.
- Myrcene is also found in juniper, hops, and mangos.
- Myrcene is believed to contribute significantly to the effects of cannabinoids
- Myrcene has a citrus-woody aroma that can be a bit spicy or peppery, and it gets its name from *Myrcia sphaerocarpa*, a plant native to Brazil that has been used medicinally for hundreds of years.
- Myrcene has been used in traditional medicines to treat discomfort related to hypertension, dysentery, diarrhea, and diabetes.
- Myrcene has shown antibiotic, antimutagenic, analgesic, anti-inflammatory and sedative properties.
- Myrcene can change the permeability of cell membranes, modifying the ability to absorb cannabinoids and other active ingredients.
- Myrcene is thought to be the major contributor to the distinctions between indica and sativa strains with higher concentrations of myrcene contributing to the couch-lock effect typical of the indica strains.
- Myrcene is an antioxidant and may protect against peroxides and UV light.
- Myrcene has shown anti-tumor behavior in some studies



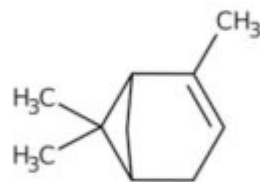
LIMONENE

- Limonene is the second most prevalent terpene in cannabis
- Limonene has a recognizable zesty citrus fragrance typical of lemon but also in oranges, limes and grapefruit.
- Limonene has a broad range of uses in industry such as cleaning, perfumes, personal care products and medicines.
- One of the most studied terpenes, limonene has been established as an antimicrobial, antibacterial, antioxidant, and anti-inflammatory agent, and potentially contains numerous other health benefits.
- Limonene has been studied for a range of benefits including weight loss, an aid in digestion, preventing gastric stress, treating bronchitis, heartburn and gallstones.



ALPHA-PINENE

- Alpha-pinene (α -pinene) is one of the most notable and familiar terpenes that people are in contact with regularly. Because it is most popularly used in ordinary household products, cleaners, and even turpentine (a solvent commonly used as a paint thinner) the average person may use it without appreciating that, as a terpene, it also has a variety of therapeutic properties.
- α -pinene is the primary terpene found in pine trees which gives them their characteristic “piney fresh” scent. While α -pinene is the most familiar and commonly found terpene in nature and is found in pine and conifer trees, rosemary, and orange peels, β -pinene is responsible for the more earthy aromas such as those found in basil, dill, parsley, and hops.
- Although both α -pinene and β -pinene often exist in the same plant, it is the isolated extraction of α -pinene that allows for the harnessing of the terpenes therapeutic and medicinal properties. α -pinene is also a critical component in priming the human body to receive the healing benefits of CBD1 through the endocannabinoid system. So when α -pinene is used in tandem with high-quality CBD products, the “entourage effect” indicates some highly powerful medicinal uses.
- Because α -pinene can cross the blood-brain barrier -- the mechanism that protects the brain from most substances that disturb neural function and brain composition -- α -pinene has been found to improve cognitive function and memory, increase focus and alertness, and reduce anxiety. It also has many promising uses in patients with Alzheimer's and other neurodegenerative disease (Parkinson's disease, Huntington's disease, multiple sclerosis, etc.).
- α -pinene has also been shown to manage pain, act as a systematic anti-inflammatory, fight cancer cells while slowing the growth of human cancer, combat bacteria and infection, work as an antioxidant, and open the airways in the lungs for people with asthma (as an alternative to a steroid inhaler).



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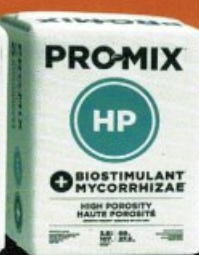


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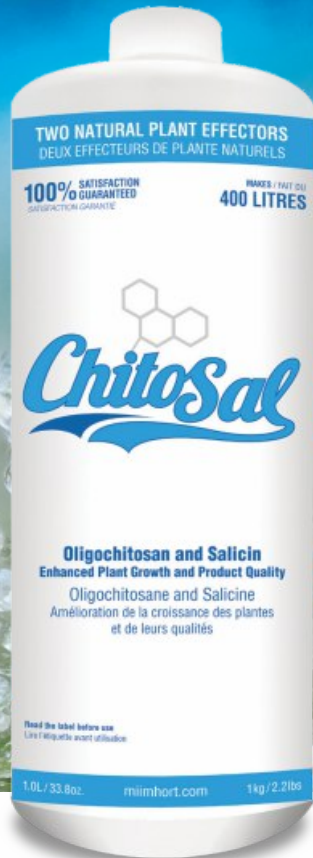
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HOMEGROWN: AN OUTPOST OF COMMON SENSE

BY @TFPRUDENTHEWRITER

Hello neighbor, and welcome.

The musty scent of early spring, the real thing, not the false one, rides the warming breeze at Pajama Flats as I write to you this month. Happy four-two-oh to you. With the first snow-free showers of April now upon us, outdoor growers are champing at the bit in these parts. Or, at least, many are popping seeds and growing seedlings. Because up here, if growing outside, in only a few short weeks, it will be time to get the cannabis crop planted. For the growing season is not long up here on the high prairie.

Meanwhile, for those of us tending our own indoors, the beat of summer harvests calls.

In these parts, it's six of the one, or four of the other. Because in much of Canada, even beyond these western prairies, the growing season amounts to just long enough to allow one full cycle of four cannabis plants. While for those growing indoors, the same four plants can be turned over a half dozen times in a calendar year.

Those extra harvests allowed by the smaller indoor-grown plants can easily result in yields that surpass the output of their larger outdoor-grown cousins.

When annual returns are compared, that is. To a medical cannabis patient, it can be a big deal.



Because with the world of legal weed awash in suspect quality, growing enough meds to get through a year is job one. For many, only constant indoor growing nets enough cannabis to supply their needs.

As noted here before, the useful products taken from even the largest and most potent plant amounts to only about twenty percent of its gross weight at harvest.

With many patients using RSO, or other derivatives of the plant, the amount is further decreased, by half, or more, by concentration. As a result, the need for constant indoor growing, among medical cannabis patients is quite real.

Because, as anyone without a health plan offering coverage beyond the basics knows, in Canada, the cost of pills, and the drugs in them, can be high. Growing your own herb saves a pile, if compared to Big Pharma meds. Of course, as gardeners worldwide have long known, it's also a pleasant and rewarding hobby.

From here, there seems almost no limit to the benefits of responsibly, and legally, growing your own medical weed. If you have wondered about it, the best time to find out more is now. Here, in this magazine, lives much info useful to your purpose. From op/ed features to gear designed for it, plus news about the rapidly changing legal status of cannabis, you will find plenty of stuff worth knowing. Some is meant for enthusiasts, and other stuff is for advocates. Just as for some, cannabis is the answer to a health issue, while to others, the flower is about politics.

There is room for all in the worldwide cannabis tent.

And though we may share little beyond our interest in it, the herb can also serve as a bridge spanning the many differences between us. As, when it comes to weed, political stripes rarely stand in the way of either relief or fun.

Because most people in the field either want to have a good time or help those who need it.

Making cannabis legal, for medical purposes, helped a lot of people across Canada.

The early returns also show that making the herb legal for recreation has led to few, if any, problems to date. And, in some places, legal weed seems to have lowered the rates of crimes against people and property.



At least, those are the latest facts shared by Canada's governments.

So, while I cannot speak for anyone but me, the advent of legal weed seems quite a boon to the people of the great white north. Because, as well as lowering crime rates, tax dollars raised by the sale of legal cannabis already amounts to hundreds of millions per year.

For the politicians, those tax dollars, and the program funding made possible by them, means as much as the relief given to Canada's medical users.

From here, that looks a lot like progress.

Until next time, smoke 'em if you got 'em, and happy growing.

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