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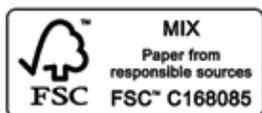
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I'm a Genie in a Bottle, Gotta Smoke Me the Right Way

How to Create and Smoke a Gravity Bong

By Liz Lane

Liz is a writer, podcaster, and weed enthusiast located in Southern Maine. Follow them on Instagram @potluckypodcast.

When catching smoke in a bottle, the name of the game is efficiency—minimal effort with zero waste. Some recycling is involved, but you might not even have to leave your kitchen. Despite the humor in their creation and appearance, gravity bongs are no joke. Creating a safer, more responsible piece is a fun craft project that takes less than an hour and goes even faster with friends, leaving you with cherished memories and a valuable tool to stretch your stash.

Gravity bongs (a.k.a. jeebs, geebs, or gravs) work like your lungs. An airtight seal is required to facilitate a gas exchange, transforming your water-filled glass bottle into a bottle rocket to shoot your brain into space. Safely, of course.

There are hazards to overcome between picking your supplies and picking yourself off the floor. It is PARAMOUNT that neither plastic nor unidentified metal is used. In a pinch, a 10mm socket and two soda bottles of different sizes seem mouth-wateringly tempting for your construction materials, but this is the devil talking. Smoking anything is hazardous to your health, but specific considerations mitigate the risk of severe, preventable harm—especially the undeniable harm of inhaling hot plastic fumes.

Consider the taste of a car water bottle on a hot day. That unpleasant addition comes from the chemicals, like known carcinogen polystyrene, leeching into the thing you reach for relief. Your refusal to interact with contaminants is evident here, and your lungs are no different. Repeated exposure to heated plastic leads to severe consequences: your entire mouth will taste like that lousy water for a very long time afterward. And worse.

Using metal isn't any safer, unfortunately. Lead likes the ride inside you when it catches a lift with smoke. You would be better off finding a rock with a hole in it to use, not that one would necessarily waste such a dope object on getting baked.

Common pitfalls include utilizing household products without considering the side effects of misusing common textiles. Under no circumstances should you use plastic or unfamiliar metals. This experiment recommends using only glass, vegetative material, non-porous and lead-free ceramic, or kitchen-grade silicon unless you can be confident that any material involved is non-toxic. Most wine bottle stoppers are plastic and look like cork. Plastic is poison. Smoking out of aluminum cans leads to Alzheimer's. Inhaling broken glass particles can kill you. You have been advised.



You will need:

- A semi-sober adult
- At least one glass bottle
- A glass, genuine cork, silicon, or vegetable bowl
- Tape
- Scissors
- Water
- A solid metal rod (screwdriver shaft) six inches long and dense
- A larger bucket or basin the jeeb can deeply submerge in
- A lighter or matches
- Goggles
- Sandpaper or nail file
- Ground weed!





1.

1. Gather your materials in one location before you begin. Chances are that those making a gravity bong are looking to take their imbibement to the next level, so try to do this before you do any weed. Empty the bottle before you do this next part.
2. Tape an even layer around the bottom of the bottle about a half to a full inch up. This makes it easier for the container to stay together, especially the shards at the bottom that can be tricky to pick up or see.

3. Place your taped bottle in the bucket or some vessel to contain the shards and catch the bottom if it pops off. using proper safety gear, like gloves and goggles, slam the metal rod down the neck of the wine bottle as hard as possible. You should hear the sound change in quality when the bottom has separated from the top.

For those struggling to put enough force behind your rod in one go, an easy fix is to put your thumb over the mouth of the bottle and shake vigorously up and down away from your face. Check between bouts of shaking to see if the tape is still holding it together.





4. Carefully remove the tape from the bottom of the bottle. you can use this piece as an ashtray if you're desperate, but generally, this part is thrown away. recycling broken glass is difficult for the humans that work there sorting. Let's make their lives easier.
5. Rinse and polish the bottle, removing any excess original fluid, sharp edges, and glass dust.

6. Fill your larger vessel with water. Submerge the wine bottle as deep as it'll go. the higher the volume of water inside, the greater the force ushering in smoke.
7. Pack your bowl. I recommend utilizing a glass bowl found in any bong. To those roughing it, you can make a decent enough bowl out of a potato. suction is essential, and this project won't work without a solid seal. it doesn't have to be airtight, just close enough.

8. Once the bowl is lit, it's go time. There isn't a way to put this down without downing it first. Hold the lighter over the bowl and draw upwards slowly. It helps to tilt it at a 45° angle if that baby doesn't start rolling.
9. Make sure to watch the neat little magic trick you are performing, raise the bottle until 4/5 of it is out of the water. any higher, and you're flying too close to the sun. Practice doing half-raises until you get the hang of it and figure out your limits. After finishing your first round, the bowl may still be rolling, meaning you can do a few of these in a row. Be careful.

10. Practice moderation with your cool new tool. If you need to clear the wine bottle, pushing it up and down again efficiently removes the smoke.

You are now a champion jeeb maker. That power comes with great responsibility. Hitting a gravity bong for the first time is a lot for some people, so make sure to wait ten or so minutes before hitting it again. There are risks involved with smoking weed, but this method is a truly efficient way to get very, very stoned very, very quickly. For chronic pain patients, this is a blessing. However, maybe try borrowing some advice from edibles for everyone else: start with half and go from there. 🌿





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Rollin' Up and Rollin' Out

By Aidan Leavitt

Livermore Falls based Fish Meadows has been making moves establishing itself as a serious contender in the Maine preroll medical market. The father-son duo of Mike and Chris Shea have been working for years along with their main man Tommy Parent who has been rolling everything green under the sun at a pace as furious as it is fastidious. Fish Meadows has been quite popular with the local Livermore area folk since the company's inception three years ago in 2021 and with a new signature line hitting storefronts across the state the brand is making some real headway in the marketplace.

"Our prerolls don't canoe" reads one of the several Fish Meadows graphic tees the guys have on display at their brick and mortar location, and for the trio these are words to roll by. "We take a great deal

of pride in our product, we're big on quality, affordability and getting to our patients the very best of what they need" says Chris. The commitment to quality rolls are what have propelled the brand's sales and allowed the crew to branch further out across Maine.

Before their string of successes in the marijuana industry, the three were working construction in the lakes region and beyond. Giving up that line of work was not a first choice by any means but a string of rather serious injuries led them to consider a different type of industry, one they were already familiar with. It didn't take too much looking around for Chris, although Mike was admittedly a tad hesitant at first. The guys decided on naming the business after the brook right behind the house, on the banks of which they

had once done grows. “If you’re from the area you know it, it’s a great place to relax or good for hunting, fishing... there’s even a four wheeler trail that passes through” notes Tommy. “The name did us a lot of good when it came to taking it to the town meeting and getting everything approved” says Mike “some people were hesitant just due to the nature of the business”. The local angle has certainly helped the trio and they’ve done their part and then some to give back to the community. Having a tip jar at the dispensary is a pretty common practice, what isn’t is giving all that money away to people and organizations that really need it, yet that’s what Fish Meadow have been doing. Since the store opened they’ve given their funds, a number now totaling over ten thousand dollars, to

local organizations like the fire department, putting it towards thanksgiving baskets, the local American Legion, Maine’s Paper & Heritage Museum, the Jake Lord Play it Safe Foundation as well as some local folks who have been battling cancer and are in plain need of a break when it comes to the bills. “We like to give back and people have been receptive,” says Mike.

“We’re also looking toward what’s next, we do wholesale and we want to keep ramping that up, making these sales and connections with customers” adds Mike. Essential to this plan is the Tommy Blunts signature line. Named for the Tommy Hilfiger clad roller, the line offers smokers top notch quality and selection allowing customers to choose from 8+ varieties as well as either a fronto leaf,



Business Profile

hemp, or Backwoods blunt. All blunts are hand rolled, so the product is a deftly handled one. The Fish Meadows team seems to take a real pride in not only the scope of the offerings but also the quality of the materials they use, the processes which they've developed and the quality of the flower they are able to utilize for these blunts.

Prerolls are Fish Meadows' specialty and the Tommy Blunts line contains a lot of the hits but not all of them, one notable preroll that the guys offer is the formidable "Pimp Stick" joint which packs a real punch. The bubble hash infused preroll is coated in hash rosin and rolled in keef. Truly a next level infusion. Mike notes that the brand has transferred from OCB to Zig-Zags for many of their prerolls and the decision was made with the product in mind. Another



notable non-blunt choice is the Mini Moon, which happens to be Mike's personal favorite. This preroll uses shatter instead of distillate as the guys note that not only does it taste better (the flavor is less harsh) but burns more evenly and is significantly lighter which means it won't bleed through the keef and create a sticky mess.

Soon to be released are some five hundred milligram gummies the guys have been at work on. These gummies are all vegan, keto and gelatin free. This was done with others in mind as the trio point out that gelatin free was an important aspect for them considering people of other religions can't consume gelatin because of the pork

added in processing. "We want to include everyone who likes to smoke," says Mike. Definitely keep your eyes peeled for these gummies to drop next time you swing by the Fish Meadows location in Livermore Falls or by some of the stores that sell Fish Meadows and Tommy Blunts line prerolls like Git Sum Cannabis in Portland, Maine! Other notable locations include Coastal Remedies in Scarborough, or the Candy Factory in Biddeford. The guys are looking to add many more locations for 2024 so others can enjoy the smooth puffs and pulls of their prerolls. With a lineup as solid as Fish Meadow's, the grass is looking real green. 🌿





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Latest Gallup Poll Shows One in Six Adults Smokes Cannabis

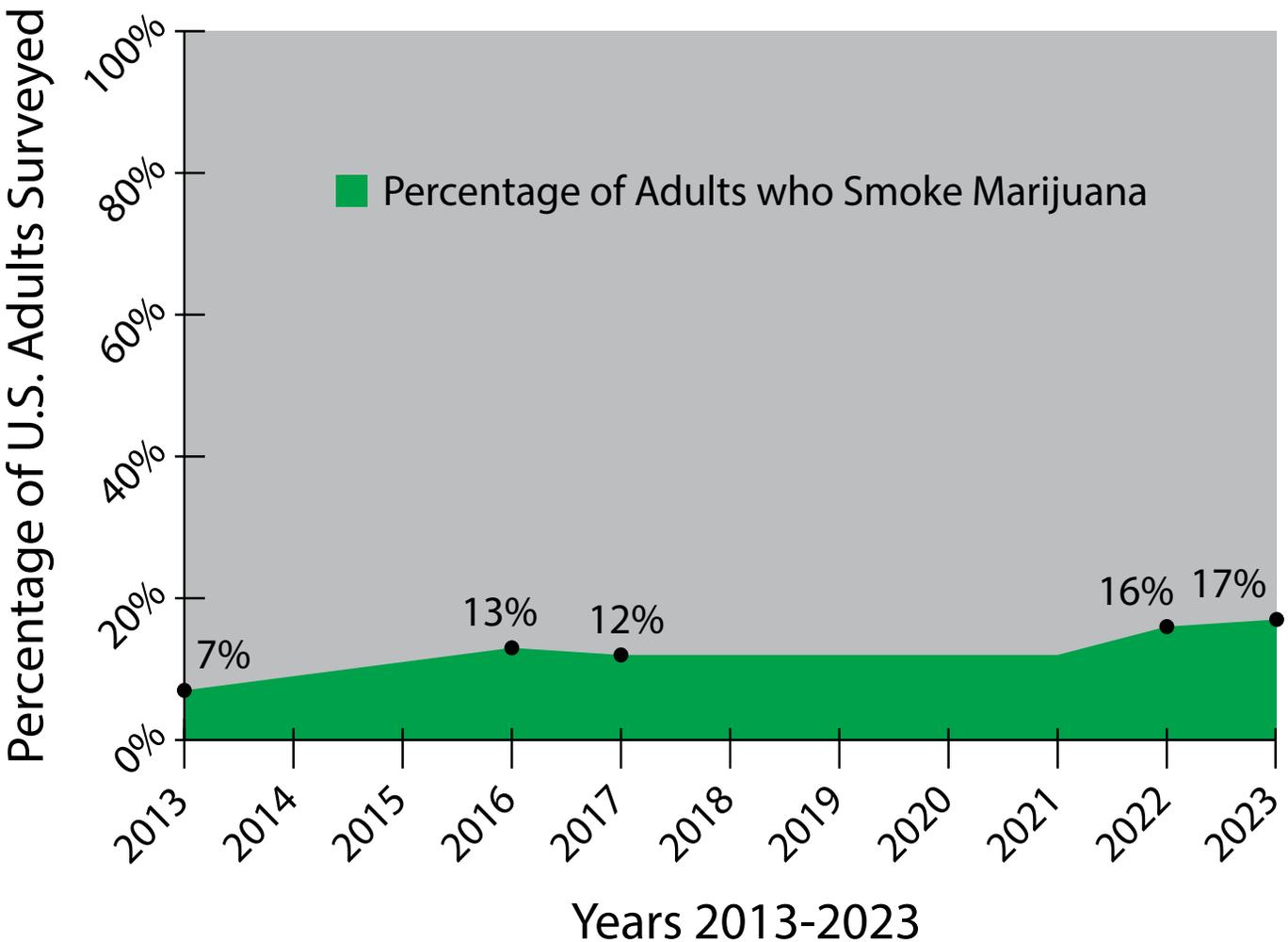
By A.J. Herrington

One out of six adults in the U.S. is a marijuana smoker, according to the latest national survey of cannabis use by Gallup. The latest data on self-reported marijuana smoking found that 17% of American adults said that they smoked marijuana in 2023, just slightly higher than the 16% who said the same a year earlier. “Americans’ reported marijuana smoking has more than doubled since 2013 when Gallup first added the question in

its annual Consumption Habits survey,” the national polling organization wrote in a statement on February 5. “That year, 7% said they did.”

By 2016, 13% of Americans said that they smoked marijuana. Marijuana smoking stayed steady at 12% of adults for the next six years before beginning to rise again in 2022, when 16% of those surveyed said that they smoked cannabis.

Self-Reported Marijuana Smokers (Percentage of U.S. Adults who Smoke Marijuana)

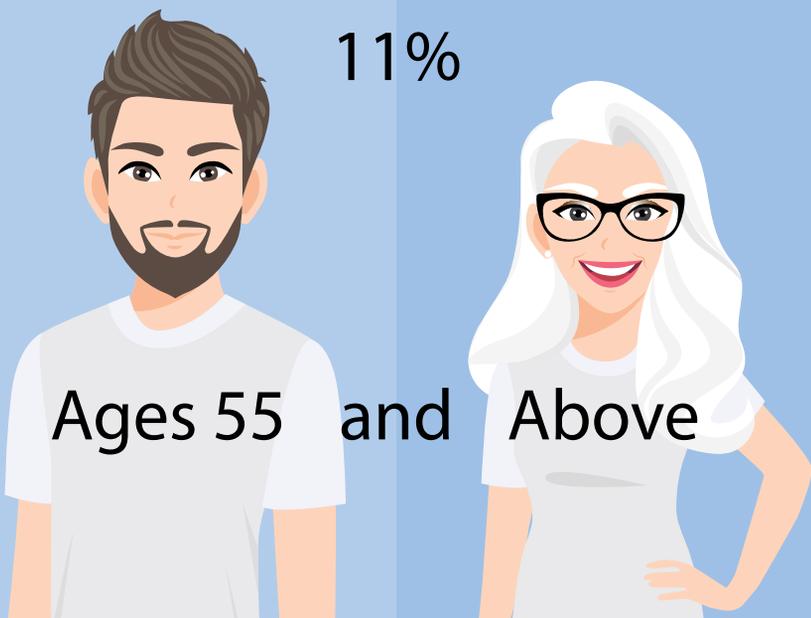
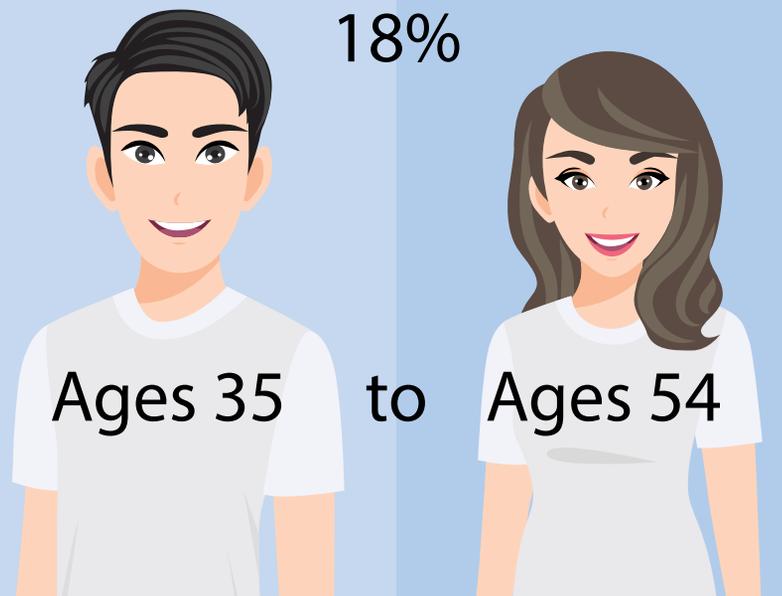
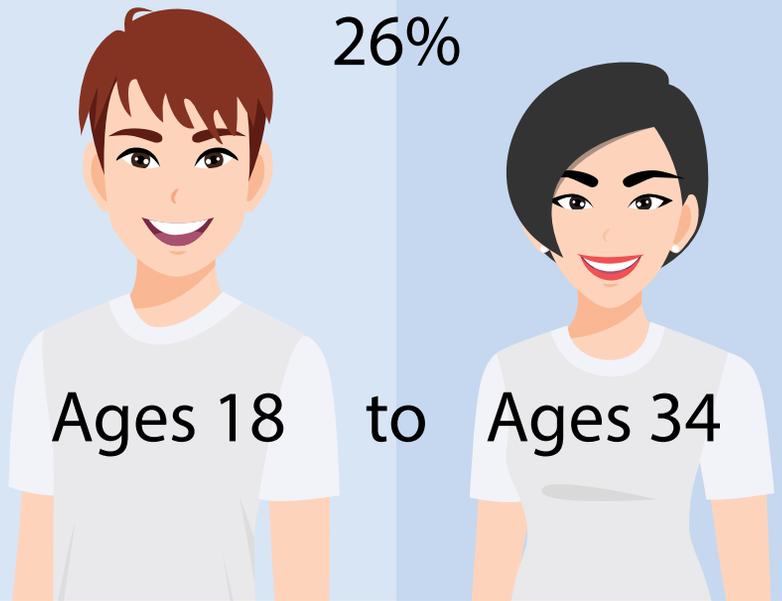


Percentage of each Age Bracket Who Use Marijuana

The survey asked respondents, “Keeping in mind that all of your answers in this survey are confidential, do you, yourself, smoke marijuana?” Gallup reported that age was a significant factor associated with cannabis use, with young adults far more likely to say that they smoked marijuana than older Americans. Just over a quarter (26%) of those aged 18 to 34 said that they smoked cannabis, while 18% of those aged 35 to 54 and only 11% of adults 55 and up said the same.

The incidence of cannabis use also varied among other demographic groups including differences by gender, educational level and political affiliation. About 14% of women said they smoked cannabis, while the incidence of marijuana smoking by men was 19%. More than one in five (21%) of survey respondents without a college degree said they smoke cannabis, a figure that was more than double the 9% of college graduates who said likewise. By political affiliation, nearly a quarter (22%) of Democrats said they smoked marijuana, while 17% of independent voters said they did. Conservative Americans registered the lowest incidence of cannabis use, with only 12% of Republicans saying that they smoked marijuana.

Gallup has also recorded a significant increase in the U.S. public’s support for the legalization of marijuana over the past six decades, rising from 12% in 1969 to 70% in 2023.



Half Of Americans Have Tried Cannabis

In a separate question, Gallup asked survey respondents if they “ever happened to try marijuana?” Fully half (50%) said that they had tried cannabis, up slightly from the 48% that answered affirmatively in 2023. When the question was first asked in 1969, only 4% of American adults said they had tried cannabis in their lifetimes.

“Gallup’s much longer trend on ever having tried marijuana shows that experimentation increased sharply in the first decade after the initial measure. Between 1969 and 1977, it jumped 20 percentage points, from 4% to 24%,” Gallup wrote. “It rose another nine points by 1985, to 33%, but thereafter stalled at under 40% until 2015, when it ticked up to 44%. It remained at about that level through 2019 but then rose to 49% in 2021, roughly where it is today.”

Gallup measures Americans' use of marijuana and tobacco as part of its annual Consumption Habits poll, one of 12 surveys that make up the Gallup Poll Social Series. More information about the survey is available online. 🌿

Cannabis use based on Different Demographics

14% of Women



19% of Men



21% of those without a degree



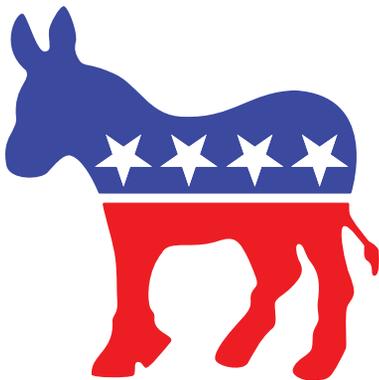
9% of Graduates



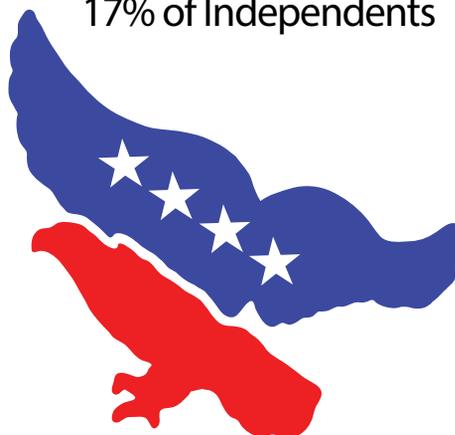
“Americans' reported marijuana smoking has more than doubled since 2013 when Gallup first added the question in its annual Consumption Habits survey,”

– Gallup

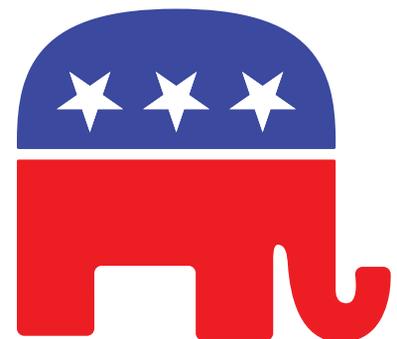
22% of Democrats



17% of Independents



12% of Republicans



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Spring Time Rituals and Celebrations

By Beverly Ann Soucy

Soucy is a writer, herbalist, and artist with a background in photography living in the mountains of western Maine living the dream surrounded by her wine collection, guitars, paints and books.

Can we just have a moment of pure and utter joy about the arrival of Springtime this year?!

For most of us who grew up in New England, Spring isn't just a season, it's a movement and an intangible feeling that brings with it a change in the air that inevitably lifts your spirits and brings with it all a renewed sense of purpose after those long darker months of winter.

And while I don't mind the winter months forcing us just to slow down, I do love the changes and anticipation of starting fresh that the Spring season brings.

The signs of migratory birds coming home, earlier morning sunshine, longer days, a world of hope and possibilities and a chance to rid ourselves of those extra pounds from winter's heartier meals.

If you happened to grow up in a New England town where Spring is always celebrated, with Maine maple Sundays and Daffodil festivals, you also inherently know and understand the rituals of many generations past in sweeping out the literal and figurative cobwebs of Spring with a little thing we call "spring cleaning." A time-honored tradition dating back two hundred years for ridding your house of bad spirits, old and outdated items, and to clear out the stagnant air of wintertime.

This is the time when all the corners of your home are wiped, cleaned and polished, from closets to cupboards. They are emptied out, wiped clean of crumbs and spills, and restocked for the season ahead, with no corner left unturned. Things that no longer serve a purpose are put in the donation box, with the rest off to the recycling center or in the trash for Spring pickup, in its place a fresh clean space and less useless stuff.

Winter boots and winter clothing are cleaned and neatly put away in their own totes and tucked back in their resting places for next winter's season. Mattresses are flipped and heavy blankets

are removed. The heavier curtains are taken down, cleaned, and replaced with lighter, breezier ones, rugs are moved and shampooed, and all floors are washed. And in true New England fashion, all walls are wiped down taking particular care to clear out any evidence of wintertime.

And while this event more than likely started with your great-grandparents who maybe sat down to a hearty breakfast with an extra cup or two of coffee beforehand, this generation, if they enter into this process at all, do so with a little extra motivation in the form of a little cannabis and perhaps a little sweet tea for a boost of energy to get it all done.

In my experience, a good Sativa strain is always pretty uplifting for change-of-the-season projects or for that matter any project that requires focus and movement. As we know, Sativa will boost your energy. Not only that, but it can also alleviate your stress, keep you focused on the task at hand, and provide relief through it all. Especially the strains that contain a bit of CBD in them for those aches and pains that inevitably come with all the lifting and bending, wiping, and washing. The likes of a good Grapefruit Diesel, a Super Silver Haze or a Super Lemon Haze will give you just the kick you need to get it all done before dinner. That, comfortable clothing, and some good music and you will be ready to get it done. And a piece of advice? This project is always best tackled with friends and family for lighter work.

While this is what springtime looks like here in Maine, celebrating Spring and Springtime-rituals are far and wide all over the world. And while here in America some of us clean closets and cupboards and walls, around the world, Spring celebrations differ in each region and have been happening for hundreds of years. All with one thing in common, to celebrate and encourage new possibilities for the coming year.





In England, a very well-known and time-honored tradition dating back 600 years celebrates Spring with a little cheese rolling contest that is quite hilarious and more than slightly dangerous with the prize being a wheel of cheese, only after that wheel has rolled down a very steep hill.

The “Cooper’s Hill Cheese Rolling Competition” involves rolling a 9-pound wheel of cheese down a very steep hill in a footrace where people then proceed to chase after it in hopes of catching it before it lands at the bottom of this 200-yard hill in a race to the finish. Despite the injuries to both participants and spectators, this celebration continues on where people journey from all over the world to be a part of it and at one time was recognized as a sport. I am fairly certain that there is cannabis involved in this activity however it should be noted that Cannabis is only legal if prescribed medically in England and will result in a serious warning if you are caught with it for recreation. But considering the injuries, it is more than likely to be the end remedy. This crazy event is their kickoff to Springtime.



In Thailand, they hold an annual festival shortly after the spring equinox called SongKran. The festivities involve going to a Buddhist monastery to pay homage to their elders, and then the rest of the day is spent throwing water at others in a celebration that lasts for almost a week, with locals and tourists in the streets, equipped with water guns, buckets, water balloons, pressure hoses, and anything that holds water, ready to soak anyone in front of them in celebration of the Spring season. All week there is dancing in the streets and all generations take part in this celebration.

In Northern India, one of the most colorful festivals in the entire world is called HOLI. This celebration involves throwing colored powder at each other as a way to pay tribute to the many colors that the spring season brings. It usually lasts one full day and night and is the celebration for the end of winter and the spring growing season and is considered one of the most colorful celebrations in the world. And if you have never been to a color party I highly recommend wearing a mask for this one.



In Bosnia, they hold a “festival of scrambled eggs”, called Cimburijada, which celebrates the first day of spring in a small town, called Zeneca. When the sun rises at the crack of dawn, the visitors and residents gather by the banks of the river to share a communal meal of scrambled eggs all together as a community. Hundreds of eggs are prepared in giant cast iron pans over a fire as participants feast with friends, family and visitors in this time-honored tradition for the arrival of spring, listening to live music and drinking the day away, with an annual regatta right there on the river.





In Bulgaria, they have a tradition before the vernal equinox called Baba Marta Day, which symbolizes the end of winter every March 1. Translated, Baba Marta means the “Grandmother March,” and “Bulgaria”. She personifies the month of March. There are legends that speak to the fact that she arrives in March, early spring, to get rid of her miserable brothers January and February, because they drank all her wine during winter!

During this festival, friends, family and visitors exchange red and white bracelets the symbols of the colors that celebrate starting over and rebirth. Red symbolizes life and white represents newness. They exchange bracelets with each other made out of a red and white

string, that are worn during the day, and then placed onto a flowering tree, or hidden under a rock when you notice the first sign of spring for yourself. It is quite a sight to behold when the festival is done to look around and see all of the bracelets hanging from the trees in the community.



In Japan, one of the most beautiful and shortest celebrations in the world is The Cherry Blossom Festival. Being the shortest, because cherry blossom trees only bloom for about two weeks. In the Springtime the excitement builds as the entire country pays close attention to those trees waiting for the first blooms and as soon as the blooms become full the citizens of Japan, come out of their houses to party in the streets. There is no set day to this festival as it is all dependent on when that cherry blossom blooms and can occur anywhere between March and May at which time citizens come out of their houses to drink and eat and enjoy each other in the streets of Japan. Unfortunately, cannabis is not legal in Japan with strict laws against it but there is no shortage of saki for Springtime celebrations.

Here on the East Coast, the early arrival of Spring is the literal kick-off to the growing season where the ground thaws and warms, and seeds are ready to be planted. If you are anything like me, your seed catalogs are already dogeared from many evenings of planning the perfect gardens.

Whether it is vegetables or flowers, smoke, tea or medicinals, as soon as that ground starts to thaw, there is that moment that takes hold, that smell in the air that tells your inner spirit to get the potting soil ready and to just get it all started.

Whether you are planting seeds early for the start of your own gardens, or taking a leisurely drive to the coast, or perhaps, you are on an adventure headed to the southern part of the state, to sit on the concrete benches that line the Saco River. There on the grounds of Laurel Hill Cemetery, just off Beach Street is a sight to behold in bearing witness to the arrival of Spring in true Maine

fashion: sitting among the thousands and thousands of daffodils that bloom every year along the hillside.

Even if you are one of those people who are at home dusting the cobwebs of winter away, spring arrives without you doing anything at all...life is cyclical like that and the marking of the seasons changing is entirely up to you.

Every year a fresh new opportunity to start over with something new and a world of possible ties. No matter how you celebrate the changing of the seasons, who you choose to share your own scrambled eggs with, or what you do to mark the day for yourself, it is indeed one that should be observed and reveled in. From a small-town Maine girl, I will be over here not washing walls but instead sharing breakfast with friends, and maybe having a little puff with my coffee.

Happy Spring! 🌱



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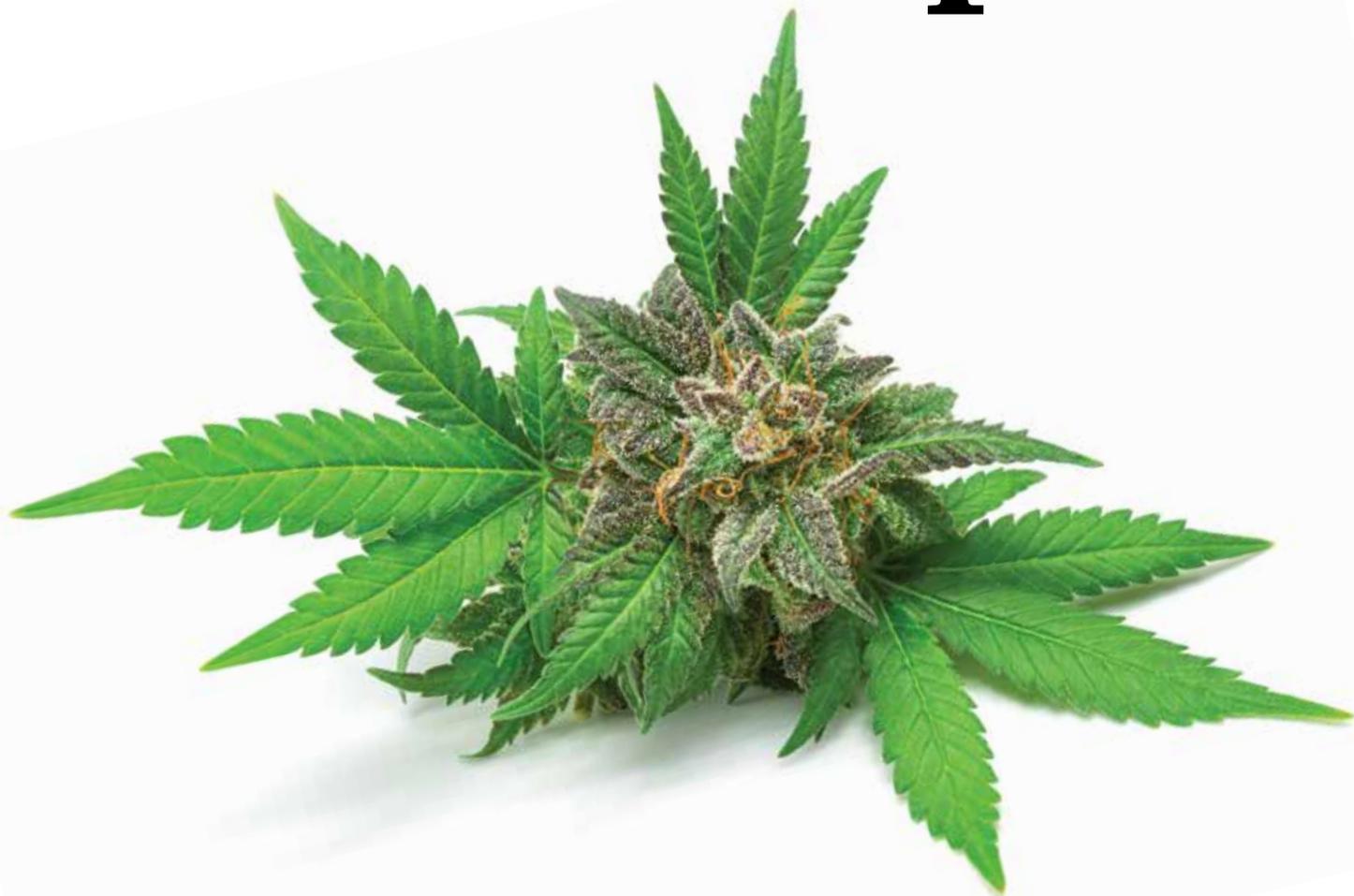
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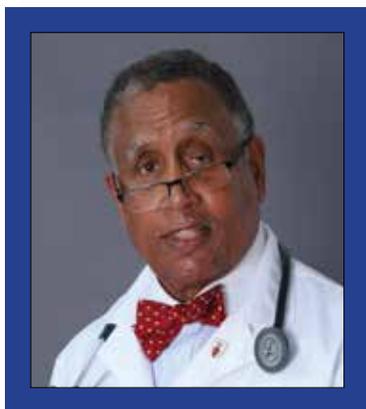
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Ask an Expert



The Silent Killer: Chronic Inflammation



Written by Eric I. Mitchell
Eric I. Mitchell, MD MA FACPE CPE
is president and medical director of
Hemp Commodity Industries, LLC.

The ECS to the Rescue

Many times, when we turn on the television or the radio nowadays, we are given a blurb of information with a bunch of words that can be foreign to our normal television viewers or radio ears. Words like oxidative stress, antioxidants, free radicals, and ECS can leave the audience in a state of confusion. There is more alarming news when we see the current news stating that colorectal cancer is occurring in a much younger population. Colorectal cancer is designated as the number one cause of death for men and the number two cause of death for women under age 50. Current medical research states that three out of five deaths around the world are related to inflammation. Let's find out how this fruit salad of words is related to aging and diseases.

Inflammation

To reduce these words to an everyday term called inflammation lends itself to a better understanding of this commonly used everyday term. What is the definition of inflammation? Inflammation is a biological response of the body to injury, infection, or irritation. We are all familiar with the characteristics of acute inflammation as it is characterized by redness, swelling, heat, and pain in the affected area.

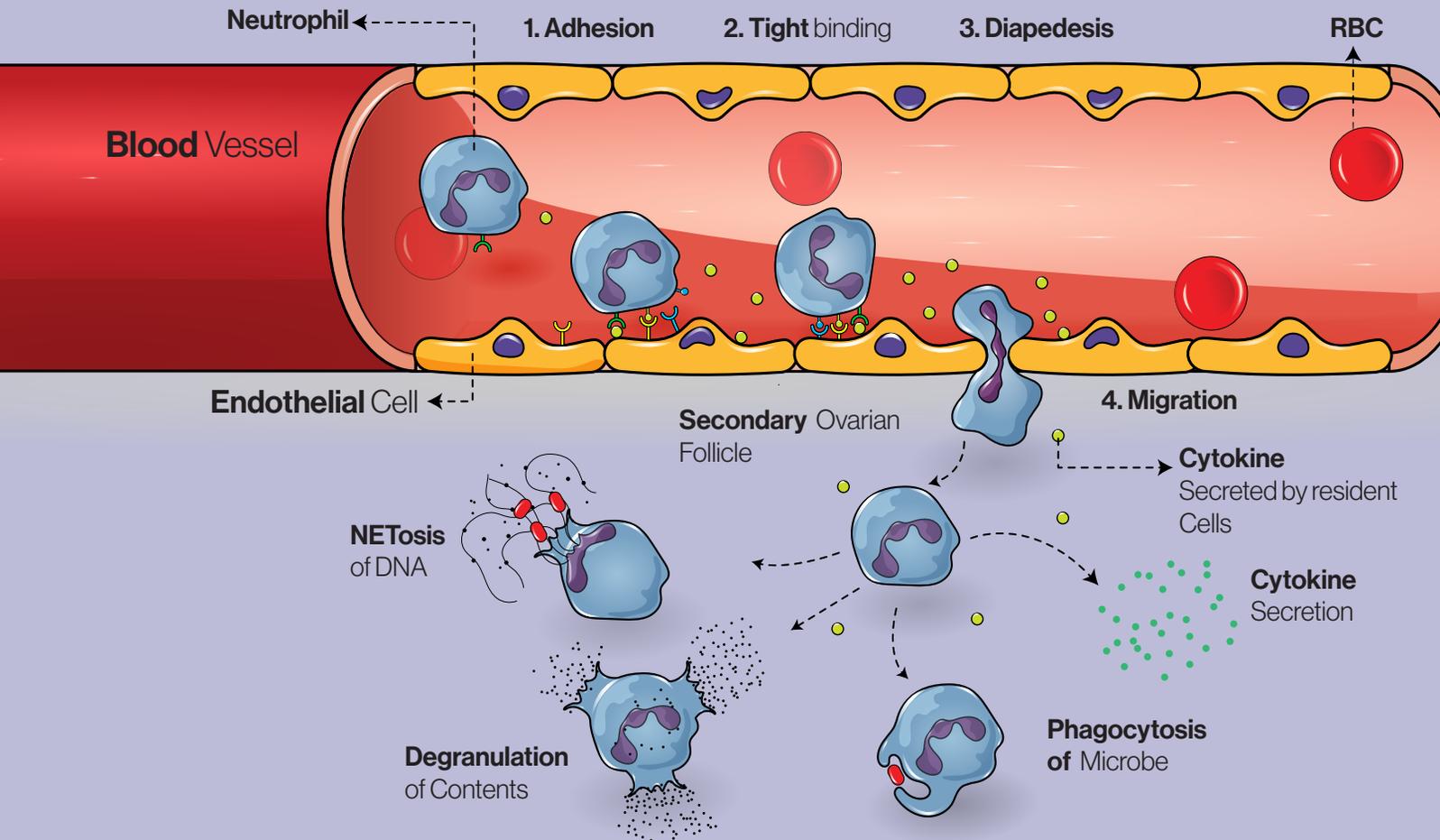
To understand inflammation, we must understand the reason why. Inflammation removes harmful stimuli and initiates the healing process. The inflammatory process involves the release of various chemicals and the immune cells, i.e. neutrophils and cytokines, that help to eliminate the source of damage and repair the tissues.

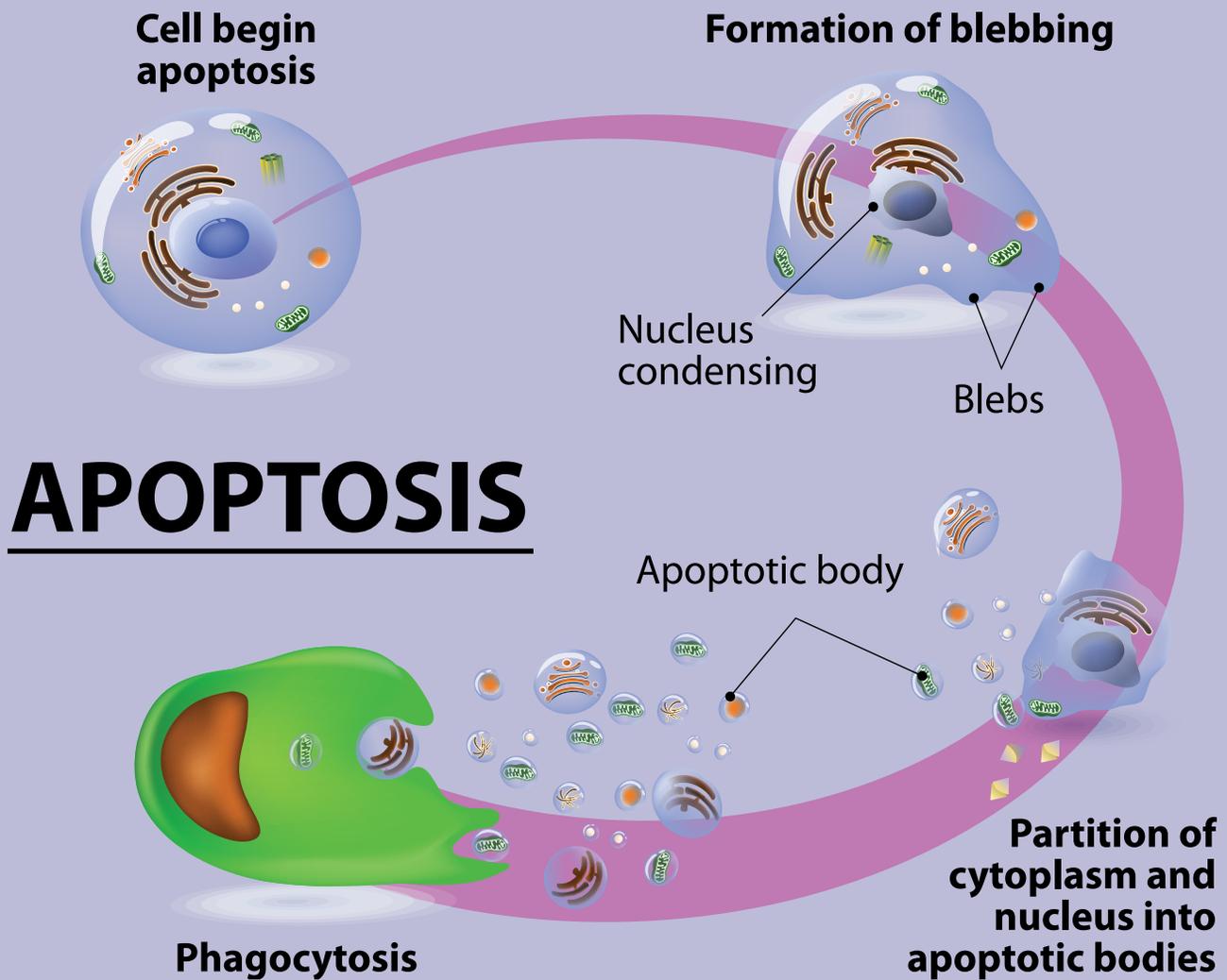
While inflammation is a natural defense mechanism, chronic inflammation is a “Silent Killer” and can be harmful and

contribute to various diseases that we shall discuss below. Science has proven that chronic low-grade inflammation can turn into a Silent Killer that contributes to cardiovascular disease, cancer, Type II diabetes, and other conditions. The fact that three out of five people around the world die from a disease linked to inflammation raises “red flags”. How do we fight against this killer?

Chronic inflammation is now considered in the pathophysiology (the reason why) of many different disease states. This single word, inflammation, has a new emphasis on disease prevalence and clinical management. We shall try to keep it simple. We must try to understand the deleterious effects of inflammation when it comes in a chronic longstanding form, like inflammatory bowel disease. What happens to the human cell when it faces long-term inflammation?

Neutrophil in Action





Cell Life Expectancy

Each cell in our body has a natural life expectancy which goes through a process from the beginning with the birth of that cell to the eventual death of that cell, which is called apoptosis, which is mother nature's normal course for all living species, i.e. one-third of our blood cells turn over every 120 days. Please do not let this word scare you. We shall explain it in detail.

Apoptosis is the process of eventual programmed cell death. It is used during early development to eliminate unwanted and damaged cells. In adults, apoptosis is used to rid the body of cells that have been damaged beyond repair. Apoptosis also plays a role in preventing cancer. If apoptosis is for some reason prevented, it can lead to the lingering of this aged or damaged cell, leading to uncontrolled cell division and the subsequent development of a tumor or some form of cancer.

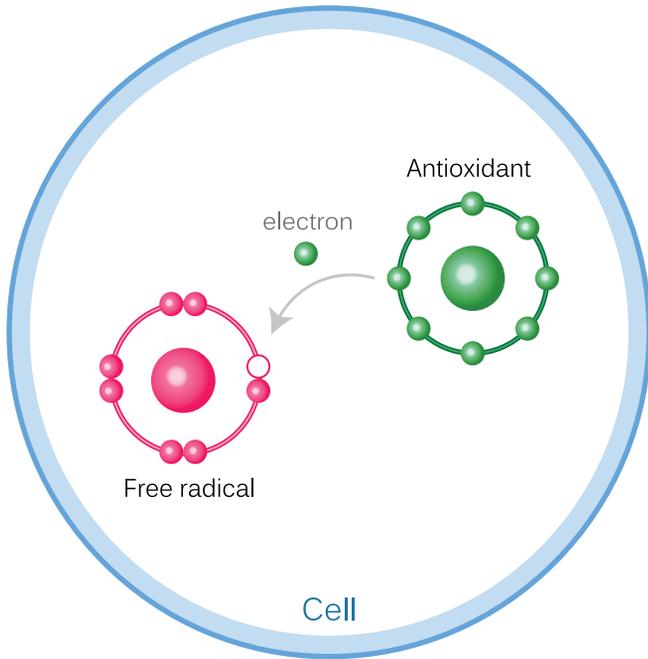
In chronic inflammation, tissue destruction occurs faster than cellular regeneration, causing pathological fibrosis to replace physiological apoptotic cells. Eventually, the tissue function will be reduced or even lost, and clinically, inflamed tissue, the stimulus for the immune system is persistent.

There is current research that is drawn from a recent article aimed at determining the biomarker levels of several inflammation

indicators in people. The study looks at a common practice that the public believes and uses to fight inflammation by taking supplements like fish oil, vitamin D, and omega-3 fatty acids for the purpose of reducing inflammation. However, the study did not show any reduction in the biomarkers of inflammation when taking these supplements. However, the study did give science a measuring stick to follow low-grade inflammation.

As a doctor, I know about inflammation and its different types. I have been trained to detect and treat acute inflammation commonly known as infection. Sometimes it is even necessary for me, as a doctor, to write prescriptions and treat people with antibiotics, rest, elevation, ice and/or heat, or many other modalities like surgery for these acute episodes of inflammation.

Here is the new spin—low-grade chronic inflammation is a key sign of life-threatening and disabling conditions, especially those associated with aging and obesity. We talked in our introduction about those fancy words that do not have much meaning to the public at large. What is a free radical and what is oxidative stress, what is the ECS? How do we fight these free radicals, and the oxidative stress of our damaged and aging cells? The answer, our body uses our Endocannabinoid System (ECS). More on the ECS coming up.



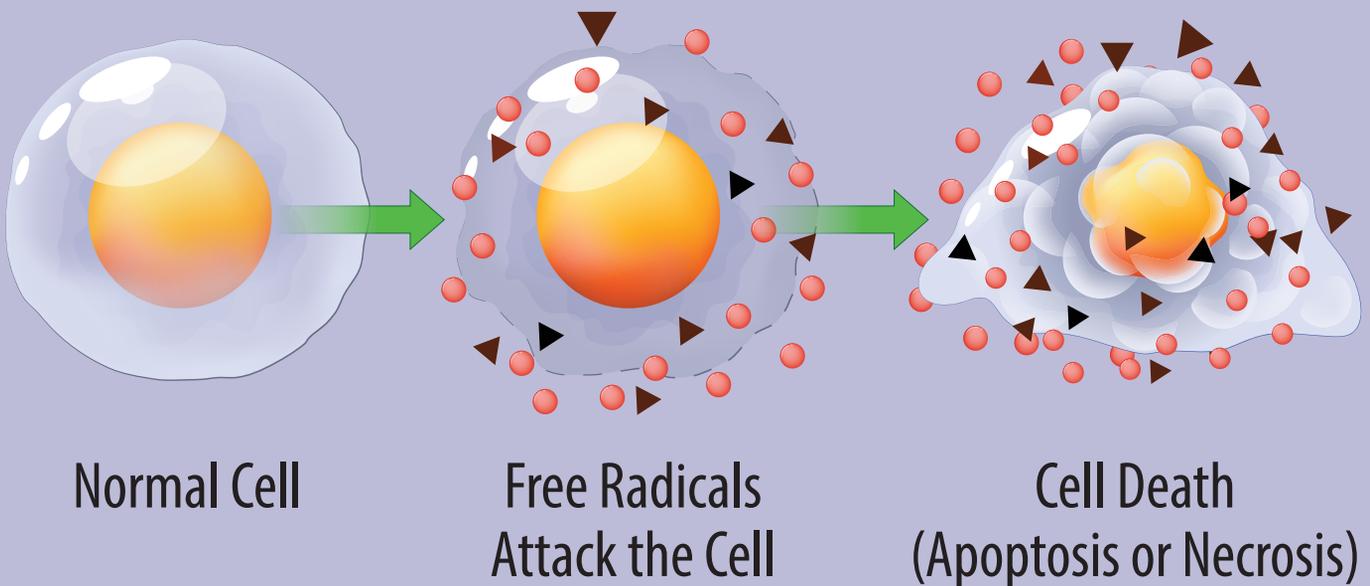
Free Radicals and Oxidative Stress

A free radical is an atom, molecule, or ion that has an unpaired electron, making it highly reactive. Free radicals can be formed naturally in the body as a byproduct of normal metabolism. “For every action, there is an equal and opposite reaction”. When we make energy for our body, with the heart and brain using most of that energy, a byproduct of that energy creation is an unpaired electron denoted as a free radical which makes oxidative stressors.

These free radicals and oxidative stress seek to stabilize themselves by reacting with other molecules, which can cause potential damage to cells, DNA/RNA, proteins, and other cellular components. These free radicals as a result of energy production create oxidative stress. This oxidative stress must be eliminated, or these stressors become a toxic element within the body, as stated above. These stressors help to perpetuate a negative feedback mechanism that increases inflammation into a chronic long-standing status which becomes “The Silent Killer” of our body’s building blocks.

OXIDATIVE STRESS

(Imbalance Between the Production of Free Radicals and Antioxidants)



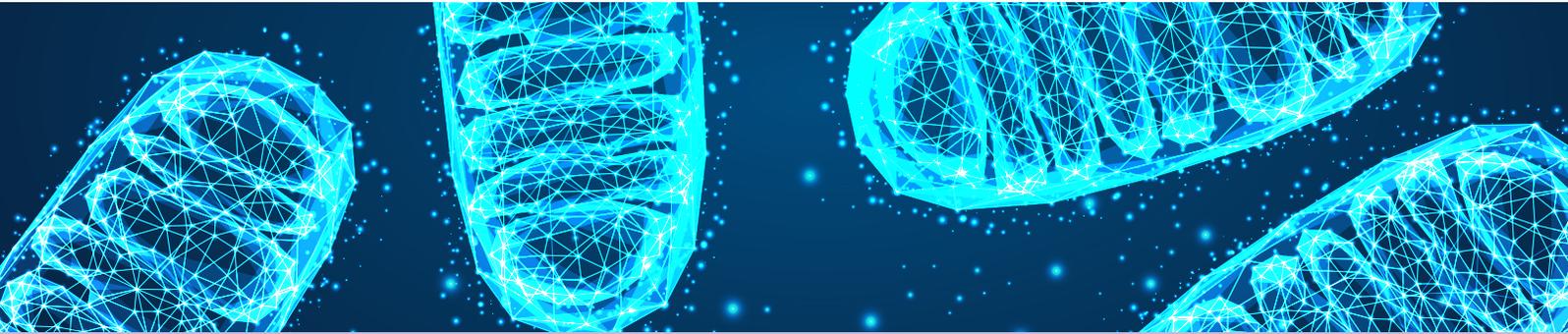
The Inner Workings of Inflammation

The research says the power plant of our bodies, the mitochondria, does not work as well with age and the cleaning of our organ system falters and builds up a chronic low-grade inflammation causing cellular disruption, damage, and cell death. Now, we have to change our thinking about chronic low-grade inflammation also as a cause of aging.

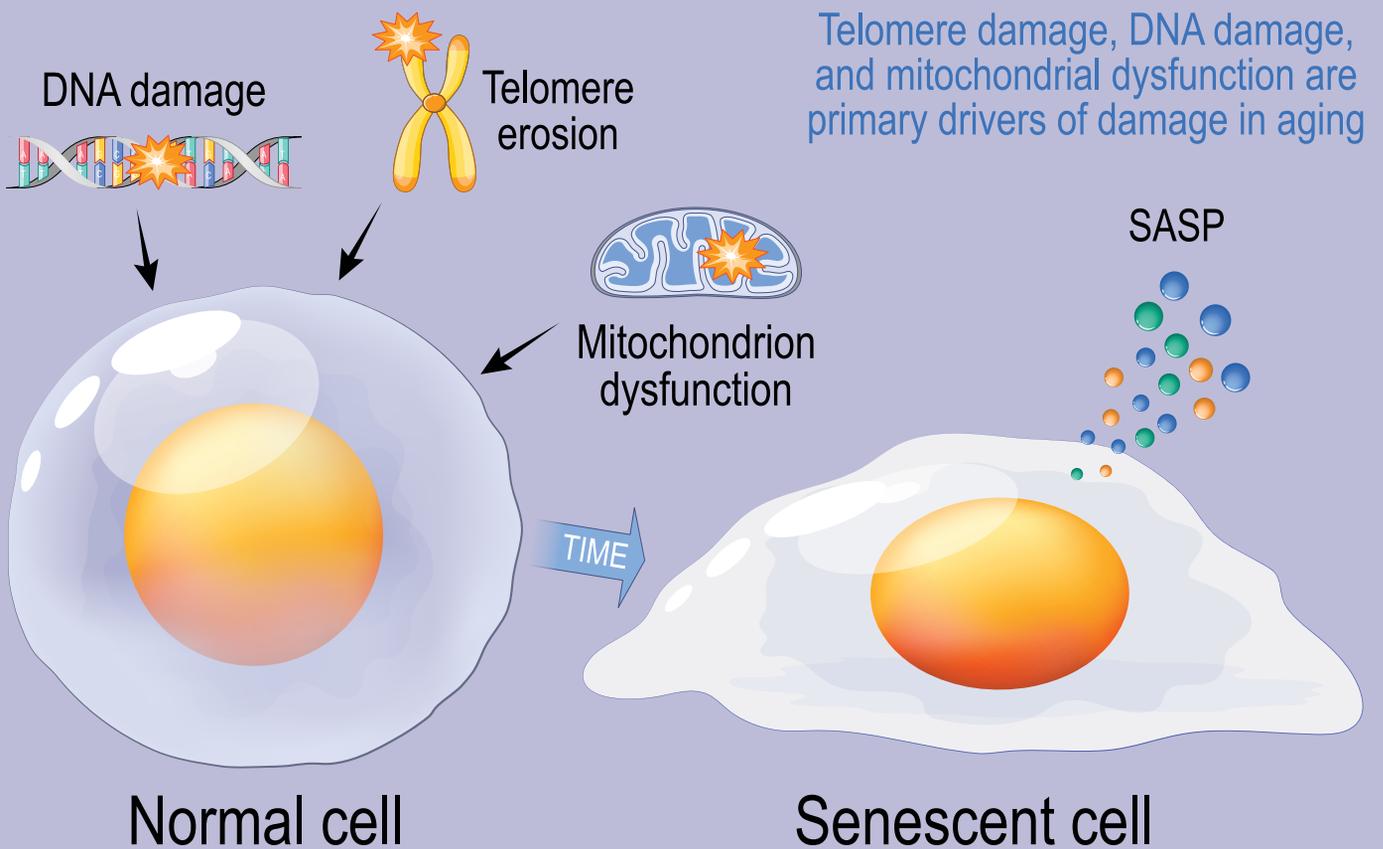
Obesity, diabetes mellitus, dementia and more are all considered a low-grade chronic inflammatory disease that will and can lead

to the same endgame of tissue disease, aging and death, the “Silent Killer”. Chronic inflammation can also impact cardiovascular disease, heart failure, osteoporosis, some neurodegenerative conditions (including Alzheimer's disease), diabetes, and some cancers. Wow!!!!!!!

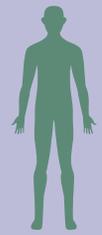
This new thinking must be on how we fight these aging diseases by understanding the Endocannabinoid System (ECS) and how it works, making our body's endocannabinoid balancing system more important than ever.



CELLULAR SENESCENCE



Endocannabinoids



The endocannabinoid system (ECS) is a biological system composed of endocannabinoids, which are endogenous lipid-based retrograde neurotransmitters that bind to cannabinoid receptors, and cannabinoid receptor proteins that are expressed throughout the vertebrate central nervous system (including the brain) and peripheral nervous system. The endocannabinoid system remains under preliminary research, but may be involved in regulating physiological and cognitive processes, including fertility, pregnancy, during pre- and postnatal development, appetite, pain-sensation, mood, and memory, and in mediating the pharmacological effects of cannabis.

Two primary endocannabinoid receptors have been identified CB1 and CB2, CB1 receptors are found predominantly in the brain and nervous system, as well as in peripheral organs and tissues, and are the main molecular target of the endocannabinoid ligand (binding molecule), anandamide, as well as its mimetic phytocannabinoid, THC. One other main endocannabinoid is 2-arachidonoylglycerol (2-AG) which is active at both cannabinoid receptors, along with its own mimetic phytocannabinoid, CBD. 2-AG and CBD are involved in the regulation of appetite, immune system functions and pain management.

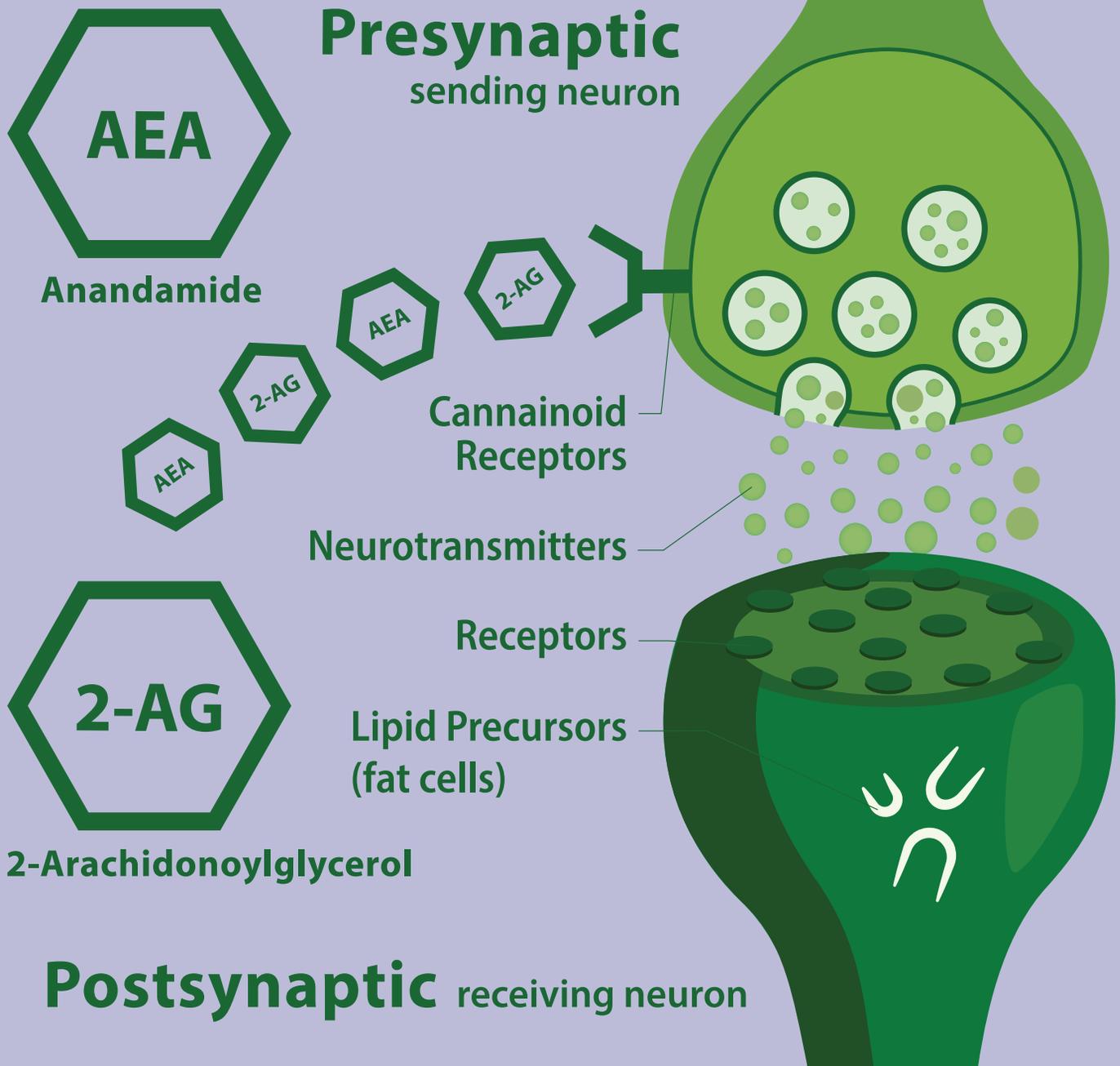
Endocannabinoid System (ECS)

We have a bodily balancing system that Americans are just starting to learn about and pay attention to called the Endocannabinoid System (ECS), which helps to eradicate those free radicals and oxidative stress. This is a balancing and regulatory system within our bodies.

The Endocannabinoid System (ECS) helps to regulate and reduce inflammation by modulating immune cell activity, inhibiting the release of pro-inflammatory molecules, and influencing pain receptors. The ECS is composed of cannabinoid receptors (CB1 and CB2), which are found throughout the body and help to regulate the autoimmune system through a neurotransmission system that keeps us in balance. It is the endogenous (made by the

body) and exogenous cannabinoid (plant-based), which helps to support this ECS, that is so very important for stasis.

We need to have external phytocannabinoids added to our diet when our bodies do not or cannot make enough endogenous (made by the body) cannabinoids to be in homeostasis. Unbeknownst to most people we, the public, have been dependent on getting these phytocannabinoids, an exogenous source (from outside the body). It was from our foods in the past, but our nutrient soil has been degraded to dirt, and genetically modified organisms (GMO) products cannot supply these much-needed cannabinoids via our normal daily diet. Historically, hemp was one of the major sources of cannabinoids until taxation and vilification, which criminalized hemp from 1937 to 2018.



From Surgeon to Farmer

After nearly 40 years in the operating room, I transitioned from a career as an orthopaedic surgeon to being a hemp farmer in 2018. I was searching for a root cause to reduce

inflammation and spur on bone stimulation which was part of my research subject as a Research Fellow very early on in my orthopaedic career. My research on the ECS says that this is a homeostatic balancing neurotransmission system and is responsible for hundreds of synaptic regulations throughout our body. Stay with me, I will explain.

Under a special provision in the 2014 Farm Bill, hemp, a major source of Cannabinoids, once again, was allowed to be grown for research purposes only under the duration of that Farm Bill. So, retired from surgery, this type A personality needed another mountain to climb. So, I grew organic hemp in early 2018, just prior

to the passage of the Farm Bill of 2018, making hemp legal for the first time in 50 years.

However, no one told me how hard growing 10 acres of hemp would be. I wanted to learn every step from planting to cultivating, to harvesting, to bucking, to processing, and to formulation. These are the steps required in extracting the resin from the unfertilized female hemp plant to get to a compound known as Cannabidiol (CBD).

Of note, it should be understood that hemp was a major agricultural component in our dietary consumption when the Pilgrims landed on Plymouth Rock and long before. However, this hemp crop was vilified and eliminated from our agricultural ethos approximately 80 years ago, which is another discussion for another time. However, I believe today we are having some deleterious effects on our health as a result of diseases linked to cannabinoid deficiencies.

Why the Hemp Renaissance

The renaissance of the plant *Cannabis sativa* L can supply many of these essential cannabinoids that help fight this chronic low-grade inflammation in our bodies. This little fact from this little plant was proven by science in 1999 by four researchers at the National Institutes of Health (NIH) and patented in 2003 for its neuroprotective, neuroproliferative, and anti-inflammatory attributes which makes it a great inflammatory fighter which is known as an antioxidant.

As the public pushes to have this essential plant re-entered into our food chain, beware of where the source of your Can-

nabinoids originates from, and you want them to be organic. Organic Full-Spectrum Cannabinoids are what you want. Many vendors are fractionating this full spectrum oil, taking out the components like THC stripping out the entourage effect and presenting the public with an isolate which is not the answer for the ECS and the fight against low-grade chronic inflammation.

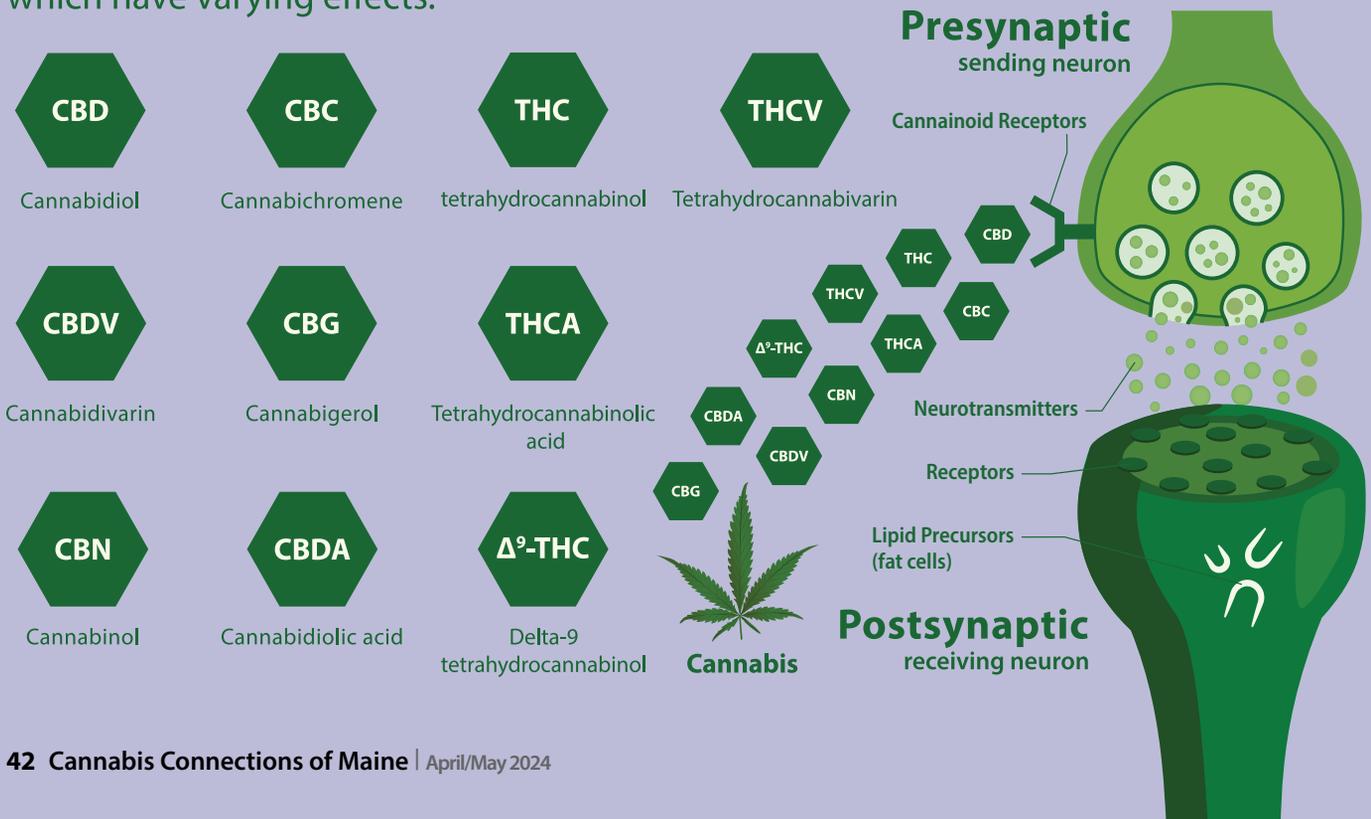
As a doctor for five decades, I went out and grew our product from seed to shelf. I know what I know and suggest you read more and learn more at: www.dailyvitaminCBD.com. www.dailyvitaminCBD.com 🌿

Phytocannabinoids



The cannabis plant and other plants produce cannabinoids, which interact with our body's receptors. These plant cannabinoids are known as phyto-cannabinoids. Phyto is a prefix that means "pertaining to derived from plants". They are categorized as any plant-derived natural product with the capability to directly interact with the body's cannabinoid receptors or share chemical similarity with cannabinoids.

Furthermore, phytocannabinoids from cannabis have significantly influenced research on the endocannabinoid system. So far, they have become widely known for their medicinal properties in recent years. In particular, the cannabis plant contains over 400 chemical entities, and more than 60 of them are cannabinoid compounds, which have varying effects.



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Congressional Report Predicts DEA ‘Likely’ to Approve Marijuana Reclassification

By A.J. Herrington

The Drug Enforcement Administration is “likely” to approve a recommendation from the Biden administration to reclassify marijuana under the nation’s drug laws, according to a report issued by congressional researchers. The report, which was released by the Congressional Research Service (CRS) in January, comes after a recommendation from the Department of Health and Human Services last month that calls for cannabis to be rescheduled under the federal Controlled Substances Act (CSA). If approved by the DEA, rescheduling marijuana would have sweeping implications for federal policy regarding cannabis, including housing, immigration, gun rights, taxation of marijuana businesses and more.

Last summer, HHS Assistant Secretary for Health Rachel Levine wrote a letter to DEA head Anne Milgram recommending that cannabis be removed from Schedule I of the CSA. The recommendation comes after an executive order from President Joseph Biden in October 2022 directed the heads of the Department of Justice and HHS to review the classification of marijuana under federal law. Under the HHS recommendation, which was issued after a review of the available medical and scientific evidence, cannabis would be rescheduled under Schedule III of the CSA, a less restrictive classification than Schedule I that would ease research into cannabis.

The HHS recommendation to relax the federal restrictions on cannabis is not binding and must first be approved by the DEA, which has confirmed it is bound by the health agency’s scientific and medical findings, according to a report from Marijuana Moment. However, noting that the DEA followed an HHS recommendation to reschedule the synthetic THC drug Marinol in 1999, the CRS wrote that “if past is prologue it could be likely that DEA will reschedule marijuana according to HHS’s recommendation.”

The Effect Of Rescheduling Cannabis On Federal Policy

If the agency follows the recommendation to reschedule marijuana to Schedule III, cannabis would be classified alongside other drugs including ketamine, anabolic steroids, testosterone and products containing less than 90 milligrams of codeine per dose.

Rescheduling cannabis would also remove some barriers faced by the regulated marijuana industry, according to congressional researchers. “If marijuana is rescheduled to Schedule III, it would have broad implications for federal policy,” CRS wrote in the report. “Also, this move would have significant implications for state medical marijuana programs and users of medical marijuana, but fewer implications for state recreational marijuana programs and those who use marijuana recreationally.”

In its analysis, the CRS summarized the scheduling review undertaken by the Biden administration and assessed the impact of rescheduling marijuana from Schedule I to Schedule III of the CSA. The report maintains that such a move would make it legal to “manufacture, distribute, dispense, and possess medical marijuana,” although Marijuana Moment reports that some have said that cannabis products would require approval from the Food and Drug Administration and manufacturers would need a license from the DEA.

The CRS report continues by reporting that state medical marijuana programs “may now be able to comply with the CSA, and will still be subject to CSA/DEA criminal and regulatory control, federal public health laws such as the Federal Food, Drug, and Cosmetic Act, and agricultural laws such as the Agricultural Marketing Act of 1946.”

“The scope of and demand for FDA oversight for medical marijuana and related products may grow considerably. In the short term, FDA may need to generate or update a substantial amount of technical information to clarify its regulatory approach to marijuana for relevant stakeholders,” the CRS report reads. “Given that marijuana is a complex substance containing various pharmaceutical components and is available to consumers in numerous formats, FDA may also need to consider long-term resource allocation to ensure that marijuana products consistently meet applicable regulatory standards.”

The CRS report also holds that rescheduling cannabis to Schedule III would allow medical marijuana patients to “purchase and possess firearms” and make them eligible for immigrant and non-immigrant visas. The analysis adds that patients “who use

“If marijuana is rescheduled to Schedule III, it would have broad implications for federal policy,”

– CRS



medical marijuana lawfully may contend with fewer barriers to federal employment and eligibility to serve in the military.” However, such rights would not be extended to recreational marijuana users.

Tax Implications Of Rescheduling Marijuana

Perhaps most importantly to the cannabis industry, rescheduling cannabis to Schedule III would allow marijuana businesses to take tax deductions for which they are currently ineligible. Under Section 280 E of the Internal Revenue Code, businesses “trafficking” in Schedule I or Schedule II substances are not allowed tax deductions such as rent, utilities, payroll and marketing expenses that are permitted for companies in other industries. As a result, cannabis enterprises operating legally under state law face tax burdens that threaten the viability of some businesses. With rescheduling, “marijuana producers and retailers would be able to deduct the costs of selling their product (e.g., payroll, rent, advertising)

for the purposes of federal income tax filings,” according to the CRS report. While the DEA is now tasked with deciding whether to approve the HHS recommendation, the law enforcement agency will not necessarily have the final say on the matter. The CRS report concludes by noting that Congress could “choose to address any number of issues related to the potential rescheduling of marijuana,” including by independently reclassifying cannabis in a different or new schedule.

“If the administrative scheduling process moves forward, Congress may consider whether to devote additional resources to FDA and the U.S. Department of Agriculture (USDA) to ensure the safety and quality of the many different products already available in many state markets,” the report adds.

As the agency’s review of the HHS recommendation continues, members of Congress opposed to easing restrictions are calling on the DEA to maintain the status quo. In a letter sent to the agency, 14 GOP lawmakers urged the DEA to reject the rescheduling recommendation and maintain cannabis in Schedule I of the CSA. 📌

“The scope of and demand for FDA oversight for medical marijuana and related products may grow considerably.”

– CRS

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Schedule A for instructions and the latest information.

Attachment
Sequence No. 07

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1
2
3
5a
5b
5c
5d
5e
6

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Department of the Treasury—Internal Revenue Service
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Last name

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City, town, or post office. If you have a foreign address, see instructions
Foreign country name

Filing Status

Check only one box

Profit or Loss From Business

(Sole Proprietorship)

Attach to Form 1040, 1040-SR, 1040-SS, 1040-NR, or 1041; partnerships must generally file Schedule C for instructions and the latest information.

SCHEDULE C (Form 1040)

Department of the Treasury
Internal Revenue Service

Name of proprietor

A Principal business or profession, including product or service (see instructions)

C Business name. If no separate business name, leave blank.

E Business address (including suite or room no.)
City, town or post office, state, and ZIP code

F Accounting method: (1) Cash (2) Accrual (3) Other (specify) _____

G Did you "materially participate" in the operation of this business during 2023? If "No," see instructions

H If you started or acquired this business during 2023, check here

I Did you make any payments in 2023 that would require you to file Form(s) 1099? See instructions

J If "Yes," did you or will you file required Form(s) 1099? _____

Part I Income

1 Gross receipts or sales. See instructions for line 1 and check the box if this income was from Form W-2 and the "Statutory employee" box on that form was checked

2 Returns and allowances

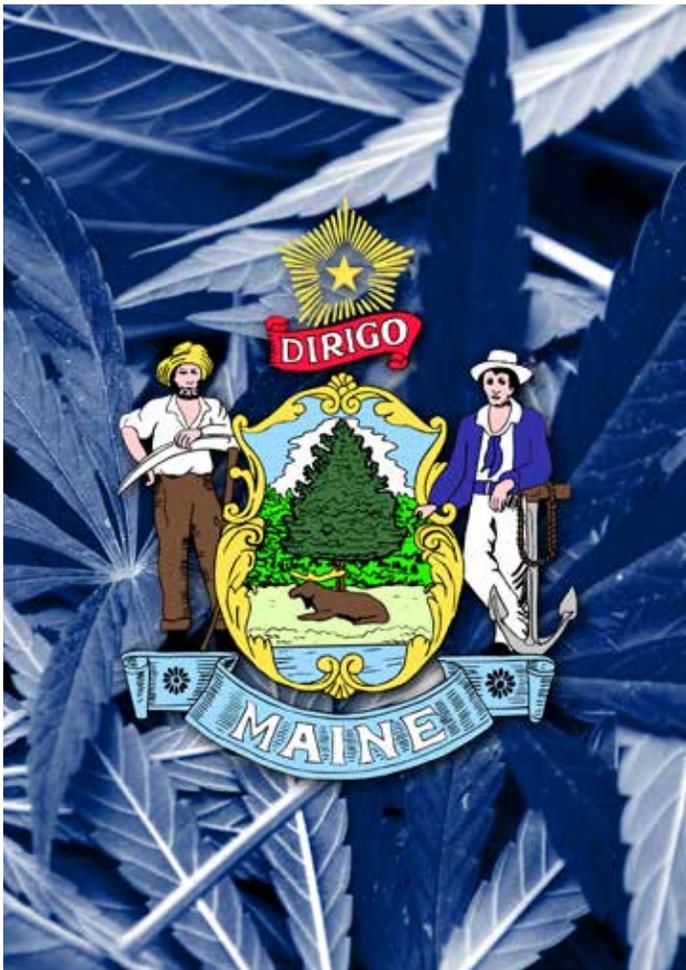
3 Subtract line 2 from line 1

4 Subtract line 3 from line 2

5 Add line 4 from line 3

"Marijuana producers and retailers would be able to deduct the costs of selling their product (e.g., payroll, rent, advertising) for the purposes of federal income tax filings,"

– CRS



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