

# CC CANNABIS CONNECTIONS

**THE BODY KNOWS:  
THE ART OF AGING  
ON YOUR OWN TERMS**

**CAUTIOUS OPTIMISM**

**MEDICAL IMPACT OF  
THE 2018 FARM BILL**

**LEGAL SECTION BY  
A.J. HARRINGTON**

**FREE**

Locally Owned And  
Published In Maine

## A FUNNER SUMMER



**MarijuanaVille**  
MAINE

MUST BE 18 W/ A MED CARD - CGR#25709

ALFRED - AUGUSTA  
BANGOR - UNITY  
GARDINER - NEWPORT  
READFIELD - WATERTOWN  
WILTON - WINSLOW

**OPEN 7 DAYS A WEEK  
365 DAYS A YEAR**

1G PRE-ROLLS 30 FOR \$100  
1.5G PRE ROLLS 6 FOR \$40  
7G BALLER DAB JARS FOR \$50  
1G DABS FOR ONLY \$10  
\$40 OZ OF FLOWER  
1G CARTS FOR \$15 or 10 for \$100  
400 MG CANDY BARS FOR \$20  
500 MG GUMMIES FOR \$25  
THCA DIAMONDS FOR \$10  
**FREE MED CARDS**  
AND MUCH MUCH MORE!!!!

August | September 2026



# Tastes Like Summer

## THE MAINE LAB



For use only by  
adults twenty-one  
years of age, and older.  
Manufacturing  
License AMF1186

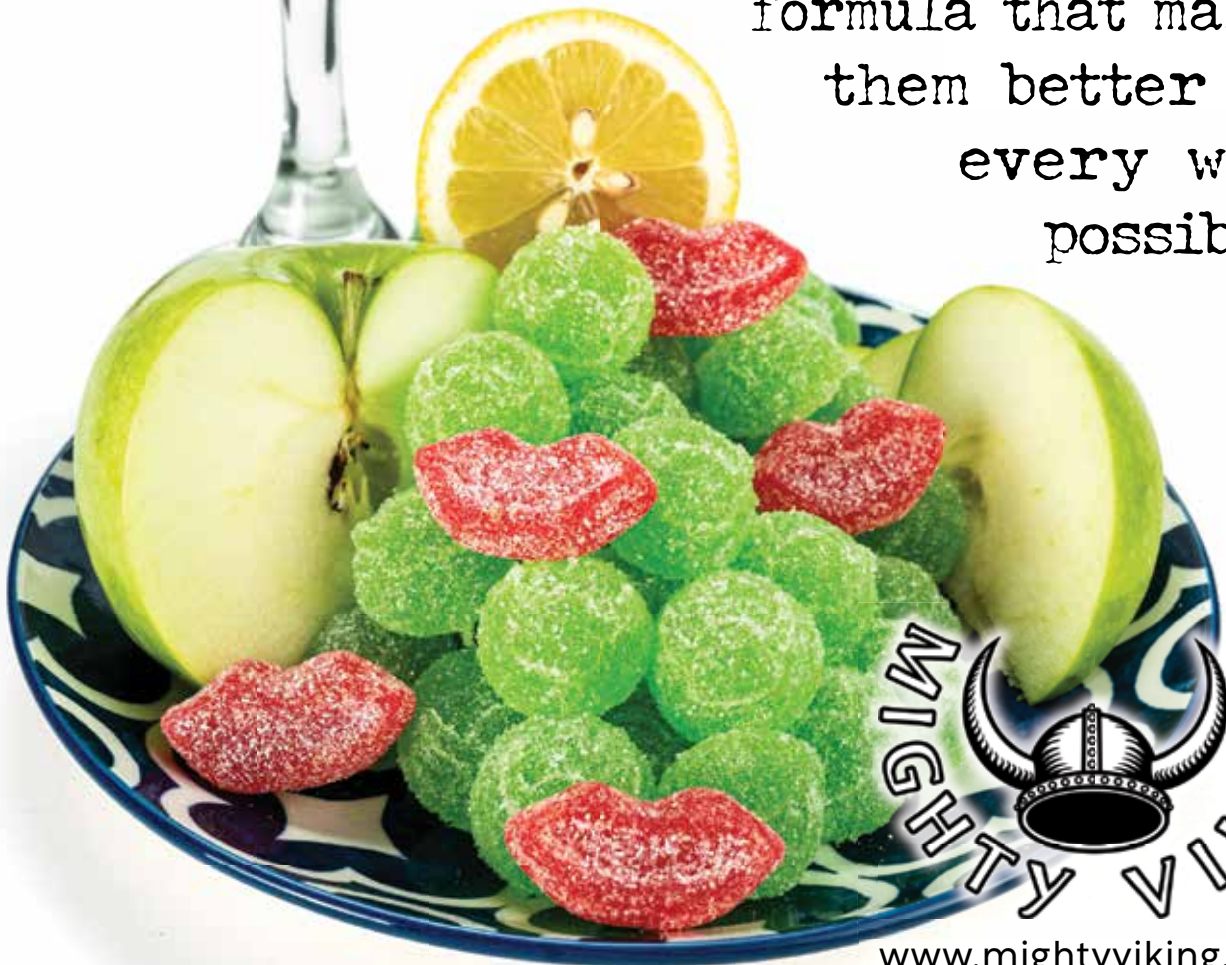
**A clean, refreshing and fast-acting cannabis-infused lemonade in a convenient stick pack—just stir, sip, and enjoy a smooth, discreet experience:**

- Fast Acting Nano Formula
- No Bitter Taste
- Vegan + Dairy Free
- Travel Friendly

**Just add to 16 ounces of water, shake or stir, enjoy.**

# SOUR GREEN APPLE GUMMIES

Now featuring a new  
and improved flavor  
formula that makes  
them better in  
every way  
possible!



[www.mightyviking.com](http://www.mightyviking.com)

# FEATURES

VOLUME 5 - ISSUE 2 - AUGUST | SEPTEMBER 2026

## 7 **A Funner Summer** by Jeff Cutler



## 11 **The Body Knows: Art of Aging On Your Own Terms** by Beverly Ann Soucy

## 25 **Cautious Optimism** by Jonathan Strieff

## 29 **Medical Impact of the 2018 Farm Bill** by Dr. Eric Mitchell

## 36 **Legal Section** by AJ Harrington

*This product is proudly printed in  
Lewiston, Maine at:*

**PENMOR**  
LITHOGRAPHERS

A PRODUCT OF  
**Turner  
Publishing**  
INCORPORATED



**PUBLISHER**  
Turner Publishing

**CONTENT  
COORDINATOR**  
Brett Bannister  
bbannister@turnerpublishing.net

**DESIGNER**  
Brett Bannister  
bbannister@turnerpublishing.net

**SALES**  
Jodi Cornelio  
jcornelio@turnerpublishing.net  
Kathlene Clarke  
kathlene@turnerpublishing.net  
Jessica Mason  
jess@turnerpublishing.net  
Glenn Bechard  
glenn@turnerpublishing.net  
Patrick Riley  
patrick@turnerpublishing.net

## **CONTRIBUTING WRITERS**

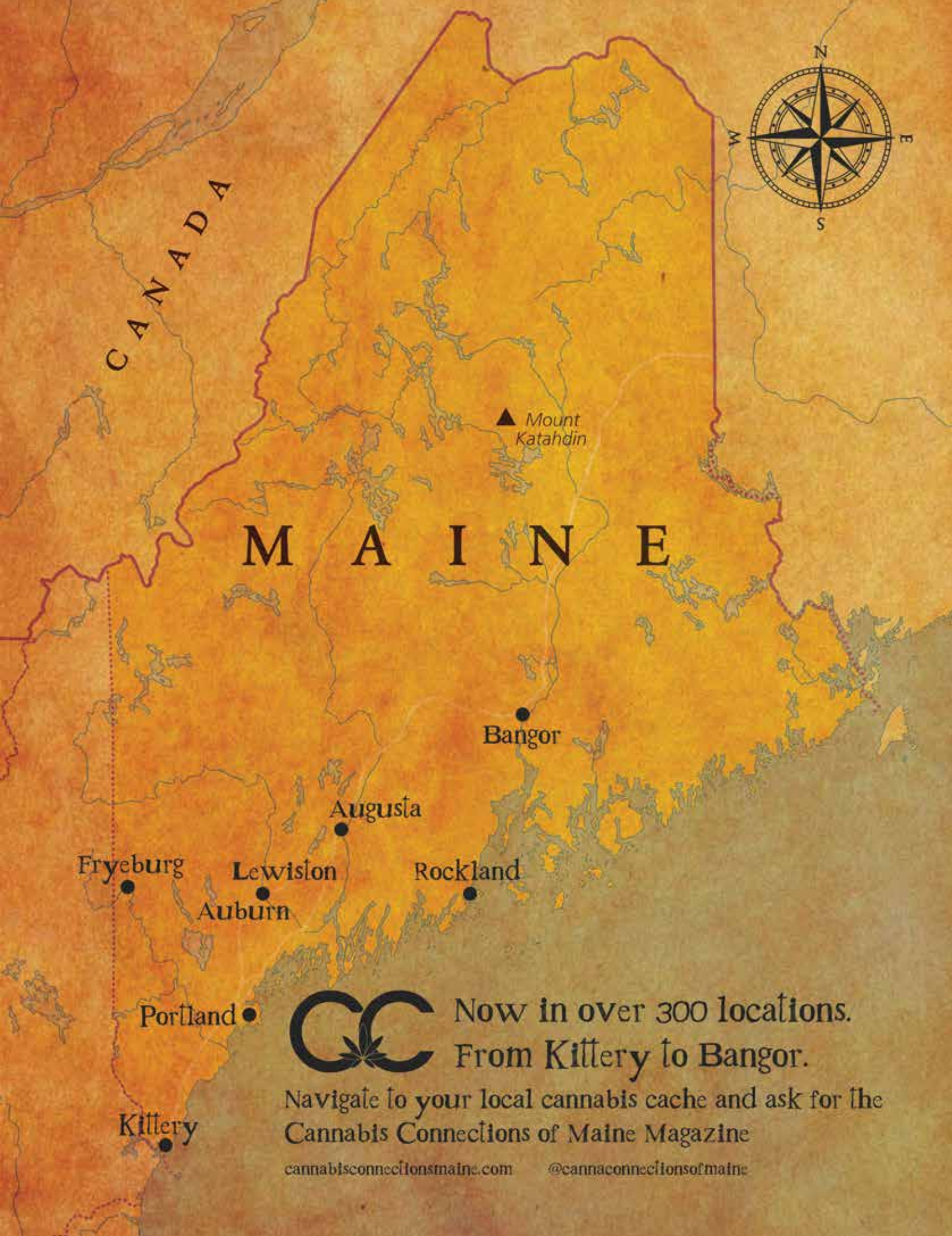
Beverly Ann Soucy  
Jonathan Strieff  
Jeff Cutler  
Eric I. Mitchell  
A.J. Harrington  
Proofreading by Glenn Bechard &  
Robin Robertson

ccme@turnerpublishing.net  
cannabisconnectionsmaine.com  
www.turnerpublishing.net  
@cannaconnectionsofmaine

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher. Unauthorized use, duplication, or reproduction of this publication, in whole or in part, is strictly prohibited.

Cannabis Connections of Maine is a bi-monthly publication distributed to over 300 locations across southern, central, and western Maine. Please contact one of our sales associates at the email address below or email advertising@turnerpublishing.net or call the Turner Publishing Media office at: 207 225 2076 . Digital copies can be found online at www.turnerpublishing.net

The Publisher assumes no responsibility or liability for the advertisement within this publication. Although, we strive to assure the accuracy of the content within this publication, the Publisher can not be held liable for any consequence which arise due to error or omissions.



CANADA

MAINE

▲ Mount  
Katahdin

Bangor

Augusta

Fryeburg

Lewiston

Auburn

Rockland

Portland

Kittery



Now in over 300 locations.  
From Kittery to Bangor.

Navigate to your local cannabis cache and ask for the  
Cannabis Connections of Maine Magazine

[cannabisconnectionsmaine.com](http://cannabisconnectionsmaine.com)

@cannaconnectionsofmaine



# A Funner Summer

By Jeff Cutler

**S**ummer. If I was making a list of summer characteristics, it would include: cold drinks; hot days; swimming; hiking; fishing; boating; clammin'; biking; camping; fire-pittin'; and much more.

To fully enjoy all these options, you need to be organized, focused and relaxed. Let's address all three using the summer mindset.

First off, summer is synonymous with time off. It means vacation. It says hurry up and get somewhere so you can SLOW DOWN!

For me, summer in Maine presents a bunch of options for adventures and entertainment. When paired with pot, some of these adventures are even more fun. As you would guess, some of these activities do NOT get better with pot.

In no particular order...

I love summer for soccer

There are at least three pick-up matches per week during the summer. You can find a game anywhere, and at practically any level. I just started playing Woccer (walking soccer) in Brunswick. You are not allowed to run at all, but the rest of the rules remain.

When it comes to soccer and pot, it's mostly for the spectators. The players don't indulge during matches because cannabis has been said to affect outlook and reactions. That's not a great combo for controlling a soccer ball and your body simultaneously.

I say that pot is for the viewers based on experience. Since 2016 I have watched more than 50 professional soccer matches in person and on television. That number hasn't changed since we moved to Maine. In fact, that number increased because soccer bars are less prevalent up here and I watch most matches at home.

That said, if you locate a soccer pub in Belfast or Portland or Rangely (ok, not Rangely), you will see a good percentage of the crowd go outside to burn one during halftime. It's not a soccer tradition per se, but it is a tradition when watching sports in Maine.

I love summer for swimming.

I don't swim much anymore. Various reasons keep me out of rivers and oceans, and often even pools. You see, I have an

ileostomy and a vicious fear of having my bag get

ripped off of my body by some poo-eating shark. It doesn't sound rational, you might say. Well, you say potato, I say swimming is great, but just not for me.

That whole diatribe done, I do enjoy dunking my feet and spending time at the river and beach. SOOO, when I say that swimming is better with cannabis, I'm on point. The behavior here is to be done swimming and safely at your destination before you rip.

What I've found is that when you've been chilled by the water and then cooked by the sun, your body has a tough time regulating heat. The post-swim joint fixes that with a whole-body warmth that reinforces the joy of swimming.

Key takeaways for imbibing at the lake, river, ocean or hot tub. Don't overdo it beforehand. Have fun and remember that water is the enemy of combustion. Don't dunk your vape or your joint or any other accoutrement of enjoyment.

That would dampen your entire swimming trip - literally and figuratively.

I love summer for food.

When I first started with cannabis, it was for my health condition. It was phenomenal for treating some of my pain, so that's all I used it for. Then I spoke to my brother. He told me that marijuana was often used recreationally to heighten experiences.

Yeah, that was my first thought too, but a lot of people say it doesn't help in the bedroom. I'm not going to share any personal information here, but every body is different.

Back on track, I found out pretty quickly that food was a treat that was made better in some cases by pot. The flavors would jump more. Hot sauces had heat AND flavor. Sours and sweets jumped into my senses. What a fun discovery.

Better still, summer food is a different variety of cuisine. Summer food is FUN food. Think about hot dogs and cotton candy and fried

clams and burgers and lobster and french fries and funnel cake and beef cones. I mean, summer food means carnival food.

Following that logic, summer IS a carnival of food and you won't want for different flavors and textures anywhere in Maine. True story - this year at Bath Maine's Heritage Days event, there were no fewer than eight places to buy and eat ice cream within a few blocks.

Top foods I would suggest you try with a little cannabis (not edibles so you don't mangle the flavor/texture): sushi - a mental and taste joy when it melts in your mouth; the aforementioned ice cream - the cold and sweet demand attention and pot helps spread your focus; prosecco - the bubbles and the flavors, plus it's a fun summer drink.

I love summer people.

You'll hear it from Tegan Wright - the famous Maine lobsterman and philosopher - that red hots (food from above) are one of the best things about the summer, and the extra amount of people coming up to Maine is less best.

OK, he didn't say it that way, but it's how I think he meant it. My take is that people are just going to be people. Most of the time they just want to get from point A to point B safely. It's a bonus if they get there happily.

And when these people - you and me - arrive at our camp, or the water, or the mountains or our own backyard, we relax. While cannabis can help us do that, I tend to credit the summer sun, the chirping of birds, and the people I have around me.

These are the people you love no matter what the season. These are the people who live for summer and relaxing the same way you do. And when you have the special opportunity to heighten that experience, take advantage.

There's no special recipe for doing summer correctly. But if it's hot out, you've got a drink in one hand and a joint in the other, you might be doing something right. Only you can tell.

Enjoy the ride of summer, see you in the fall

# The Body Knows:

## *Plant Medicine, Cannabis & the Art of Aging on Your Own Terms*

By Beverly Ann Soucy | Fourth-Generation Herbalist, Artist, Writer

*Beverly Ann Soucy is a fourth-generation herbalist, glass artist, and writer based in western Maine. She is the founder of The Artful Apothecary and proudly writes The Herbalist Corner for Cannabis Connection. The statements in the article have not been evaluated by the FDA. Plant medicine and cannabis are not intended to diagnose, treat, cure, or prevent any disease. Always consult your healthcare provider before making changes to your health routine, particularly if you take prescription medications, are pregnant, or are treating a child. Know your plants before you use them, ask about the source for anything you purchase locally. It could quite possibly save a life.*

My grandmother used to say the body talks whether you listen or not. She wasn't being poetic. She meant it the way people mean things when they have lived long enough to stop worrying about how they sound. She was always out and about foraging for plants, she ground her own comfrey root, always kept horehound, honey, and brandy in the medicine cabinet, swore by apple cider vinegar for digestion and kept a crock of fermented cabbage on the counter next to her cast iron skillet and bacon grease, and she didn't call any of it wellness. She called it Tuesday. I have been thinking about her a lot lately. Maybe because I am in the over-fifty crowd and remembering all of the things she knew. The unglamorous and deeply practical things are becoming more relevant to me as every season goes by. My knees talk to me on rainy mornings. My sleep is not what it used to be, and currently, my digestion has formed its own opinions. Add to it all, I have watched enough of my friends and family reach for pharmaceutical solutions to problems that plant medicine has addressed for thousands of years, and I keep thinking there is another way to have this conversation.

So that is what this is. A conversation. Not a lecture, not a protocol, not a list of supplements to buy and not a "quick fix" from a TikTok video. This is me, a fourth-generation herbalist, a proud Mainer, and someone who has been elbow-deep in roots and ointments for her entire life with access to generational knowledge passed on down through several generations of wisdom, talking honestly about what it means to age well, and what cannabis can actually do as part of a real health practice. There is unquestionable evidence in holistic alternatives for wellness and in the plants I grew up with, that can offer the over-fifty body a path to relief from aches and pains, along with a general sense of well-being and as a much-needed preventative measure for aging.

I also need to be honest about something else while I am at it, because I would be doing you a disservice if I did not: plant medicine is having a moment right now, and not all of that moment is good. There is useful knowledge here; old-world and earned, specific knowledge, and then there is a TikTok trend that is packaging it

in pretty glass jars and using it as potions for profit, selling it to people who deserve better, but I will get to that. Because if I am going to talk about the power of these plants, I have to talk about the responsibility that comes with them.

### **The Gut Is Everything (And Nobody Told Us That Enough)**

Let us start where my grandmother started, because she was always right and because science has finally caught up: your gut is running the show. Inflammation, mood, immunity, joint health, and sleep quality. What you put into your body matters. It is an enormous amount of what we experience in midlife and beyond, and it traces back to what is happening in the digestive system. This is not woo-woo hype. This is the microbiome, and it is having its moment in mainstream medicine for very good reason.

Fermented foods were a staple in traditional herbalism once upon a time, long before anyone used the word probiotic. Sauerkraut. Kimchi. Yogurt. Sourdough. Pickles. Kefir. Miso. These are not health food store novelties, they are old-world knowledge, and they belong in your kitchen. A quarter cup of real, unpasteurized sauerkraut every day does more for your gut flora than most supplements. Snack on pickles, add miso to your broth, throw some kimchi alongside your eggs and keep a jar of kefir in the fridge. The good bacteria that line your intestinal wall are doing anti-inflammatory work that ripples out into every other system in your body, including the places where arthritis lives and the brain chemistry that governs sleep and anxiety and future disease. Cannabis fits into this picture in a way that most people do not think about. The endocannabinoid system, the network of receptors that cannabis interacts with throughout your body, plays a documented role in inflammation and the gut-brain axis. This is why so many people find that a small amount of CBD or a low-dose THC edible helps with digestive discomfort, bloating, or the kind of nervous stomach that comes with anxiety. It is not magic; it is biology. The plant and the body were already in conversation. We are only just now learning how to listen.

## Cannabis and the Over-Fifty Body: What's Actually Happening

I want to be honest about cannabis the way I'm honest about every plant I work with, which means acknowledging what it does brilliantly, what it doesn't do, and what matters about how you use it, because at the end of the day, cannabis is good clean medicine and we are living in extraordinary times for having access legally to it all. That kind of medicine deserves respect, not hype or the old way of thinking that somehow cannabis leads to something nefarious. For the aging body, this powerful plant is playing a very active role in health and well-being. The most compelling research and the most compelling anecdotal evidence converge around a few areas: sleep, anxiety, chronic pain, and inflammation. These are also, not coincidentally, the four things I hear about most from people my age when they come to me for herbal advice. The nights where your thoughts are on a loop and just won't shut down, the sore hips that ache from no apparent reason, the low-grade dread that parks itself somewhere in your chest and just will not leave and those joints that swell and stiffen and make you feel twenty years older than you are for simply getting out of bed.

Edibles, and specifically gummies, because they are precise, easy to carry around, and very easy to dose have become the delivery method of choice for a lot of people in the over-fifty crowd who are curious about cannabis but not interested in smoking. For sleep and anxiety especially, edibles make sense because the onset is slower and the effect is longer-lasting than inhaled cannabis, which matters when you need something that will carry you through the night. For sleep, a low-dose THC gummy somewhere in the 2.5 to 5 milligram range, taken about an hour before bed, can help quiet the mind, ease physical discomfort, and allow your body to drop into deeper sleep cycles. Some people do better with a CBD-dominant gummy, particularly if they are sensitive to THC or dealing primarily with anxiety rather than pain. The key word here is "low." Microdosing is the approach that works for most people new to cannabis, and the over-fifty body often needs even less than you would expect. If you are worried about this and want to try it, start small and go slow. Pay attention to what you are feeling and document it all for reference. This plant will tell you what you need.

And before you start, please share your medication list with someone who knows about plant medicine intimately and not from social media. I mean that. Blood thinners, antidepressants, seizure medications, and blood pressure drugs, all of it. All medicinal plants including cannabis interact with all of those medicines through the same liver enzyme pathways that process many pharmaceuticals. This is not a reason to avoid cannabis or any medicinal plant, what it is, is a reason to be smart about it. A knowledgeable herbalist, a cannabis-informed pharmacist, a holistic healthcare provider or an integrative physician can look at your medications and tell you

what to watch for. That conversation should happen before the first gummy, not after.

Valerian & Chamomile: The Sleep Stack That Actually Works and one of my go-to's.

Before cannabis was on my radar, I learned about sleep from valerian root growing out in the field behind my maternal grandmother's home. That plant flowers into tall delicate bunches that smell like vanilla and jasmine. The roots on the other hand? Ewww. My grandmother kept it in the pantry, often hanging it to dry from a rack on the ceiling. Those roots smells terrible, I will not lie to you, like dirty gym socks fermenting in a barn that has stepped in old cheese which is how you know it is real. Valerian (*Valeriana officinalis*) works on GABA receptors in the brain, the same pathway that pharmaceutical sleep-aids target, but without the dependency risk or the morning fog. It takes a week or two of consistent use to really feel it working, which is how most herbal medicine operates. We are not looking for a knockout punch, but instead we are looking to restore your natural rhythm. With that being said, you are going to want to mix this one with something sweet to mute the taste. Personally, I like molasses.

## Sleep Tea Blend

- **2 parts dried chamomile flowers**
  - **1 part valerian root (dried, cut & sifted)**
  - **1 part lemon balm leaf**
  - **1 or 2 buds of cannabis with an Indica dominance.**
- 1. Combine herbs and store in a sealed glass jar away from light and heat.**
  - 2. Use 1 heaping tablespoon per cup, steep covered for 10–15 minutes in just-boiled water.**
  - 3. Drink 30–45 minutes before bed. If you are not adding the cannabis bud this pairs beautifully with a 2.5–5mg THC or CBD gummy**
  - 4. Take it at the same time.**

**Note: Valerian intensifies with consistent use; give it two to three weeks before judging results.**

**\*Caution: Valerian is not recommended during pregnancy. When in doubt, consult a practitioner.**



Chamomile (*Matricaria chamomilla*) is valerian's gentle partner. It is one you can drink every night, that does not stink, and one that is safe for almost everyone that layers beautifully with cannabis. Chamomile calms the nervous system, eases muscle tension, and has anti-inflammatory properties that are underappreciated. A cup of strong chamomile tea with a small amount of honey, taken alongside a low-dose sleep gummy, is one of the kindest things you can do for yourself before bed. It signals the body: we are winding down now, and we are safe, and this is the time for rest. One important note on chamomile: if you have a ragweed allergy, proceed carefully. Chamomile belongs to the same plant family, and some people with ragweed sensitivities react to it. It is uncommon, but it is real, and you deserve to know it. This is exactly the kind of detail that gets lost when someone buys a tea-blend from a stranger who is throwing together plants to make a profit who learned everything they know from a thirty-second video.

### **Comfrey and Castor Oil: The Joint Health You're Not Hearing About**

Here is something I say to people all the time and watch them look at me like I have three heads: you may not need that knee surgery. Not definitely and not everyone. But surgery for osteoarthritis and joint deterioration has become so reflexive in this country in a way that concerns me, especially when there are approaches that reduce inflammation, support tissue and joint healing, and restore mobility that most people never even try before they go under the knife. You only have to turn on YouTube and search for the videos that speak to strengthen the muscles around that injury for potential healing. And while it needs to be consistent and over time, you just may find you are able to avoid that surgery. It is surely worth the research and effort. And when you add plant medicine to that routine, your odds are even better.

Comfrey (*Symphytum officinale*) is one of the most powerful vulnerary plants we have (vulnerary meaning "it heals tissue.") It contains allantoin, a compound that actively stimulates cell regeneration, and rosmarinic acid, which is anti-inflammatory. Comfrey oil or salve applied topically to arthritic joints, broken bones, bruises, damaged knees, or areas of chronic inflammation can make a real difference over time. It is also valuable for healing broken bones and tissue much faster than most doctors would lead you to believe. This is for topical use only. Comfrey contains pyrrolizidine alkaloids that make internal use unsafe if used in large quantities. That is a real contraindication, not a paranoid one. On the skin, where it belongs, comfrey is extraordinary. Taken internally, it is something to be used only by someone who is very knowledgeable about that use and could potentially be dangerous to someone who has no knowledge of this plant. Full stop.

Castor oil applied directly to an inflamed joint or area of chronic pain, covered with flannel and gentle heat, is called a "castor oil pack" and it has legitimate anti-inflammatory and lymphatic-stimulating effects. It improves circulation, pulls inflammation out of the tissue, and yes, it feels wonderful. I use it on my knees after an especially long day in the garden and it has never failed to disappoint. This is old medicine from multiple traditions, and it works, simply that.

### **Cayenne, Cannabis & Mustard Warming Ointment for Arthritis Pain**

- **¼ cup infused comfrey oil**
  - **½ cup of cannabis oil**
  - **2-3 tablespoons beeswax pellets**
  - **1 teaspoon cayenne powder**
  - **½ teaspoon dried mustard powder**
  - **10 drops peppermint essential oil (optional, for cooling contrast)**
- 1. Melt beeswax into the oil over a double boiler until smooth. Remove from heat.**
  - 2. Stir in cayenne and mustard powder thoroughly. Add peppermint oil if using.**
  - 3. Pour into small tins or glass jars and allow to set at room temperature.**
  - 4. Apply a small amount to affected joints and massage gently.**
  - 5. Wash hands thoroughly after applying. Mustard stains so be mindful of your bedding. Do not touch eyes or mucous membranes.**
  - 6. Start with a small test area to gauge heat sensitivity.**

**\*Not for use on broken or irritated skin! Believe me when I tell you, this will sting loudly \*Not for children under 12.**

**\*The cayenne and mustard create thermogenic action that increases blood flow and reduce pain signals. This is a real physiological action, not a placebo.**

Cannabis topicals, the likes of balms, ointments, salves, and oils containing CBD or a combination of CBD and THC add another layer to this approach. The cannabinoids penetrate the skin and interact with local CB2 receptors in the joint tissue, reducing inflammation and pain without any psychoactive effect.

Combining a cannabis topical with a comfrey salve gives you two anti-inflammatory mechanisms working together. I call that smart medicine.

When you combine this combination of herbs, you have a powerful remedy.

### **Movement Is the Medicine Nobody Wants to Hear About**

I know, I know. You have already heard it on more than one occasion; Move more, exercise, go for a walk, stay active, do not be a couch potato. It sounds like a repetitive lecture from your parents no matter what age you are at until your body starts to prove it to you, which believe me, it will, because the research on movement and aging is overwhelming and unambiguous. It is important to be consistent with gentle daily movement, and it is one of the most powerful things you can do for joint health, cognitive function, mood, sleep quality, and longevity and so much more. Not intense exercise necessarily or training for anything, just get up and get moving. Simply walking and stretching or swimming if you can, or yoga if it calls you, can make a world of difference. Getting up from the chair and going outside. A simple 30 minutes a day will do wonders for your aches and pains, not to mention your peace of mind. Pair with single-ingredient food, eliminate all processed foods and white sugar, and you have a recipe for wellness.

Here is what plant medicine and cannabis offer in this context: they can make movement possible again when pain has been the barrier. A person who applies a warming ointment to their arthritic hips before a morning walk and takes a low-dose CBD tincture daily for inflammation is not cheating. What they are doing is removing the obstacle. They are making the medicine of movement accessible to themselves again, and that is exactly what these tools are for.

Turmeric deserves a mention here. For me, I love fresh turmeric root and try and incorporate it into my daily regimen. You can order it online and it does not have to be the fresh root, that is just my personal preference, it can be any turmeric. Just look for organic and certified food. I actually prefer to order fresh root from Hawaii. No good reason, then for me, Hawaii conjures up health and wellness when it comes to all plant medicine but specifically for these types of roots that grow their best in hot tropical weather. Curcumin, the active compound in turmeric, is one of the most studied natural anti-inflammatories we have, and it works synergistically with CBD, both acting on inflammatory pathways in a way that compounds the benefit. I take turmeric daily in golden milk (turmeric, black pepper, ginger, coconut milk, a little honey, the pepper helps to activate the turmeric properties) and I consider it maintenance, the same way I consider my fermented foods maintenance and my chamomile tea maintenance. Not

dramatic interventions. Just daily tending and mindfulness.

### **Five Plants for the Over-Fifty Medicine Cabinet**

I want to give you a working list. Not an exhaustive list or protocol. Just five plants I recommend for you that I always have on hand and advise any novice to keep as a start-up for beginners. This small list touches on the most relevant concerns to this stage of life.

Valerian root for sleep. Not a sedative in the knockout sense, but a nervous system regulator that, taken consistently, restores the ability to fall and stay asleep. Take in tincture or capsule form about an hour before bed.

Comfrey for topical joint and tissue healing. Infused oil or salve, applied to areas of chronic pain and inflammation. Consistent use over weeks is where the results live.

Ginger for digestion, inflammation, and circulation. Fresh ginger tea is one of the most underrated medicines in any kitchen. It moves stagnation, warms the gut, and reduces systemic inflammation. I eat it, drink it, candy it and cook with it constantly.

Chamomile for daily nervous system support and anti-inflammatory benefits. Tea, ideally. A strong cup counts as medicine, and you can drink it iced or hot. Add a bit of local honey for its antibacterial properties.

## **Daily Digestive & Anti-Inflammatory Tonic Tea**

- **2 teaspoon fresh grated ginger (or ½ tsp dried)**
  - **1 teaspoon turmeric powder**
  - **Pinch of black pepper (essential ingredient as it activates curcumin absorption)**
  - **2 teaspoon lemon balm leaf (dried)**
  - **Juice of ½ lemon**
  - **1 Tbls. raw honey**
- 1. Steep the ginger, turmeric, black pepper, and lemon balm in 16 oz just-boiled water,**
  - 2. Cover, for 8–10 minutes. Strain, add the lemon juice and honey. Drink in the morning before food. This tonic supports digestion, reduces systemic inflammation, supports your mood and tastes like something your body recognizes as good.**

Lemon balm (*Melissa officinalis*) for anxiety, mood, and sleep and so much more. This medicinal is so darn easy to grow and is a gentle nervine that works beautifully in combination with chamomile and valerian, with preliminary evidence suggesting cognitive support, which matters for those of us paying attention to what we want our brains doing in the decades ahead.

### **Potions for Profit: Why I am Saying This Out Loud**

Here is where I have to get real with you, because my conscience, as a fourth-generation herbalist, will not allow me to stay quiet about what is happening with herbal plant medicine right now. There is a trend sweeping social media, TikTok especially, but Instagram isn't far behind, where people with a ring light, a good aesthetic, and access to Amazon's bulk herb section are positioning themselves as herbalists, blending teas and tinctures and botanical cocktail salts and sugars and selling them to the general public with no licensing or insurance or general knowledge of the plant's vital compounds. They call themselves tea-makers and kitchen witches and wellness creators. Some of them are well-intentioned people who got excited about plants and ran straight past the part where you spend years actually learning them. The rest seek simple profit, in it for the money and hype, with no regard to the hazards or the actual medicinal compounds. That is the part that keeps me up at night and leaves me shaking my head for the sheer irresponsibility of it. Because here is what people do not understand when they buy a brightly colored, hand-labeled tea blend from someone whose entire botanical education came from a TikTok video. Plants are not neutral, nor are they decorative when it comes to ingesting them. They are bioactive. They have pharmacological actions that interact with medications, health conditions, pregnancy and age. To blindly mix them for profit has the potential to do real damage.

Yarrow, which I adore and will talk about in a moment, can interfere with blood-thinning medications and may trigger reactions in people with ragweed allergies. Hibiscus can drop your blood pressure fast, resulting in a very serious moment. Valerian can potentiate sedative drugs. Licorice root, which shows up in a lot of commercial blends as a sweetener, raises blood pressure and should not be used by anyone taking corticosteroids or certain blood pressure medications. Comfrey, as I already mentioned, is not for internal use for someone who has never worked with it, but it shows up in products being sold for internal use because the person making them didn't take the time to learn the actual compounds and didn't think it mattered.

I have over 108 medicinal plants in my own apothecary. Over forty years of working with them, plus a childhood on both sides of my family where plant medicine was just how things were done. And I still do not blend anything for anyone without first sitting

down with them and having a real conversation. Not a form or a questionnaire, but a real in-depth conversation. I need to know what medications you are taking. I need to know about your health history, not because I am nosy, but because that information determines what is safe for you specifically. I need to know if you are pregnant, if you have kidney disease, if you are on a blood thinner, if you have a history of hormone-sensitive conditions or heart issues. And lastly, I want to learn what you are hoping to get for relief. These things matter. They matter in ways that could genuinely hurt you if I do not account for them. Plant medicine is not like taking an aspirin for a headache; it is a protocol for wellness, over time. And I know as Americans that we have been programmed to grab a pill for all the things, for immediate relief and yet no one addresses the long-term when it comes to a general feeling of daily well-being and for the many side effects for not addressing the root issue in favor of a quick fix.

That is the core of herbalism for me. I do not care about the sale. I have never cared about the sale. If someone comes to me and cannot afford what they need, I will give it to them. I have been known to trade for a chicken pie, cookies, or a piece of art or a meal. I have traded plant medicine for firewood and for help in the garden and for a loaf of sourdough bread. For me, being a fourth-generation herbalist is not a business model, it is a lineage obligation. The knowledge and wisdom were handed down to me from the many generations of my family after lifetimes of working with plants. My gift is to pass it on, along with all of that deep generational knowledge and to do my best to protect the people in front of me while I do it.

If you are buying tea blends, tinctures, or botanical additions to food and drink from someone you don't personally know, or someone that you do know, it doesn't necessarily mean that they have any knowledge of what they are mixing up. I cannot stress this enough. If someone cannot tell you where those plants were sourced, how they were processed, what their interactions are, how they actually help, what their contraindications are, and what your specific health situation means for your use of them, please stop them in their tracks. This is a serious red light. Or at least, please do your own research before you consume them. The prettiest packaging in the world and the friend "suddenly in business" does not make a plant safe for you.

And to those of you imbibing in herbal extracts added to cocktail salts and mocktail mixes being sold to bars and restaurants that come from someone who can't show you the proper licensing, and when asked, have zero understanding of who is consuming your product or what their medical history is: this is a genuine public safety issue. Issues will happen if a person on lithium orders a lavender elderflower spritz and ends up in the emergency room or a woman with blood pressure issues orders the margarita with

hibiscus sugar. You do not know, and you cannot know. That is why there are regulations around this, and that is why those regulations exist for a reason beyond bureaucracy. I say this not to shame anyone but because the plants deserve better representatives, and the people buying these products deserve the truth.

### **Foraging in Western Maine: What's Growing Right Outside Your Door**

Now let me tell you some good news. If you live in western Maine, in the River Valley, in Oxford Hills, in the western mountains, anywhere in this green, wet, impossible, magnificent corner of the world, you are surrounded by medicinal plants, roots, and barks. They are growing in your ditches, your wood edges, your forgotten fence lines and your back field, and you have more than likely been mowing them down for years without knowing what they were. A perfect example of that is dandelion and its roots.

Well, the majority of people who do not understand plant medicine call it weeds; the reality is dandelion is a great simple medicine. It is so good for your liver and gallbladder. It's a pretty great remedy for digestion, it's great for blood pressure as a diuretic the leaves can be eaten and it's good for controlling blood pressure however, on the other side of that if you're using lithium, you want to check with your doctor about using dandelion and if you happen to have actual gallbladder issues, you probably don't want to use this before checking on it.

Yarrow (*Achillea millefolium*) is one of the most common roadside plants in Maine and one of the most useful herbs in any emergency kit. Its primary traditional use is staunching bleeding. The leaves, crushed and applied directly to a wound, have real hemostatic action. It is also a diaphoretic, meaning it promotes sweating, which makes it useful at the onset of a fever or a cold when you want to move the sickness out. My grandmother used it both ways. I have used leaves like chewing tobacco to get rid of a headache.

Mugwort (*Artemisia vulgaris*) grows along streams and roadsides throughout our region. It is a nervine and a digestive bitter, and it has a long history of use for promoting vivid dreams and supporting the digestive system. I burn it when dried to clear toxins from the air, I make it into a simple tea, I craft it into a lovely bitters for adding to club soda and I use it in sleep blends with discretion. Note: mugwort should not be used during pregnancy. This is not negotiable.

Wild Oregano growing in our disturbed soils is antimicrobial and antifungal in ways that the dried stuff in your spice cabinet has long since given up. If you can find it, harvest it, dry it, and infuse it into olive oil. That infused oil has legitimate therapeutic applications

for respiratory infections and topical fungal issues. The same goes for wild thyme, which grows in our sandy gravelly soils and is a powerhouse for respiratory health.

Wild Sarsaparilla (*Aralia nudicaulis*) not the commercial sarsaparilla, but our native Maine root, has a long history of use as a tonic and blood purifier in traditional Northeastern herbalism. The roots, carefully harvested, can be made into a decoction. This is slow, patient medicine and most definitely not for the person in a hurry.

Birch, both yellow and white birch, are common here, offering medicinal bark and sap. Birch bark tea has anti-inflammatory and analgesic properties from the betulin and betulinic acid compounds it contains. Birch sap, (birch water) harvested in early spring before the leaves emerge, can be drunk immediately off the tree. It is a mineral-rich tonic that has been used across Northern Europe and the Northeast for centuries as a spring cleanse. And birch oil, distilled from the bark, is one of the traditional remedies for skin conditions and joint pain.

Mullein (*Verbascum Thapsus*) grows in our gravelly roadsides and open disturbed areas, and it is one of the plants I feel most strongly about having in a home medicine cabinet. The large, soft leaves, when dried and burned slowly, have a history of use for clearing lungs and supporting respiratory health, particularly for conditions like bronchitis and asthma. The smoke is inhaled gently. This is one of the oldest forms of respiratory medicine we have in North American herbalism. My ancestors burned it, and I burn it still.

Rose hips from our wild roses are an extraordinary source of vitamin C and bioflavonoids, far more potent than any supplement you will buy in a bottle. Harvested after the first frost when the hips are fully red and slightly soft, dried carefully, and made into tea or syrup, they are immune-building medicine at its most elemental. Combined with elderberry and horehound and local raw honey, you have the cold and flu protocol I grew up with the one that kept us out of the pediatrician's office more often than not, the one I still reach for the moment I feel something coming on and one that I keep in my own apothecary for gifting.

It should also be noted that once upon a time, not that long ago, Cannabis/wild hemp grew wild along the roadside, in drainage ditches and on old farmsteads here in New England. These plants were very hardy, extremely adaptable, put nutrients back into the soil and grew everywhere and were perfectly capable of reseeding themselves year after year.

A word about essential oils before I go further: the bottles lining the shelves of big box stores are not the same thing as plant medicine.

Commercial essential oils are often adulterated, diluted, improperly extracted, or grown under conditions that degrade the very compounds you are paying for. If you want the real thing, make your own. Infused oils, herbs steeped in a carrier oil like olive, almond, avocado, castor, or jojoba over low heat or in a sunny window over several weeks, will retain the whole-plant chemistry in a form that is safe to use, highly effective, and made by your own hands from plants you know. That integrity matters. It matters medicinally and it matters ethically.

### **Every Home Needs a Small Apothecary: A Starter Kit That Actually Makes Sense**

I am not suggesting you build a full practice. I am suggesting that every home, especially a home with children, elderly people, or anyone managing chronic health issues, should have a small, intentional collection of well-understood remedies and the knowledge to use them properly.

**Yarrow:** for bleeding and the onset of fever and cold.

**Comfrey salve:** for bruises, sprains, broken bones, joint pain, and skin healing.

**Ginger:** fresh or dried, for digestive upset, nausea, and inflammation.

**Chamomile:** for anxiety, sleeplessness, and stomach upset in adults and children alike.

**Elderberry syrup:** for immune support and the early stages of illness.

**Mullein:** dried leaves for respiratory support.

**Horehound with honey:** for cough and cold, a remedy as old as recorded history.

Raw local honey: antimicrobial, soothing, and a delivery mechanism for almost everything as well as for healing cuts.

Know what each of these does and learn when not to use them and do not forget to label them and for who in your household should not use which one. That last part is not optional.

### **Children, Babies, and the Plants That Are Not for Them**

This section is important, and I need you to actually read it. Children are not small adults. Their bodies process plants differently; their doses are completely different, and some plants

that are safe and beneficial for adults can cause real harm in children, particularly babies and children under twelve. This is not a maybe, this is a physiological fact.

Fennel is a beautiful example. Fennel seed tea has been used for generations to ease colic in infants, and it works but in moderate doses, made carefully, and not as a substitute for medical care when an infant is truly unwell. Too much fennel can be neurotoxic to very young infants. The line between therapeutic and harmful is narrow for tiny bodies. Chamomile tea, very diluted, is generally considered safe for babies and can help with colic and fussiness, but even chamomile should be introduced carefully, and the ragweed-allergy connection applies here too.

Peppermint and spearmint should not be given to babies or very young children as menthol can cause respiratory distress in infants. Echinacea should not be used in children under twelve without guidance. Valerian is not appropriate for children. Neither is passionflower in therapeutic doses. Herbs containing pyrrolizidine alkaloids, such as comfrey, as I have mentioned, and borage among others, should never be given internally to children. Cannabis, in any form that is not specifically pediatric and medically supervised, is not appropriate for children. Please. Before you give a child any herbal remedy, research it specifically for pediatric use and ask a practitioner. Do not assume that because it is a plant it is safe for everyone. These plants are powerful. That is the whole point. And that power applies to the smallest people in our lives as much as anyone else.

### **The Old Ways: What My Family Knew and How We Used It**

I grew up with both sides of my family keeping plant medicine in the medicine cabinet. Not alongside pharmaceutical medicine but instead of it, more often than not, because that was the economics of rural Maine in those decades and also because it was simply what people knew. My grandparents and Aunts and Uncles, on both sides had remedies that they had learned from their own grandparents, and those remedies worked, and still work to this day. When we were sick with a cold, the first thing that happened was a pot of broth went on the stove that included whole chicken, bones and all, roasted first to draw out the collagen, simmered for hours with onion, garlic, a whole head of it, celery, and whatever herbs were on hand. Garlic and onion are both genuinely antimicrobial. The slow-cooked bones release minerals and gelatin that support the gut lining, which in turn supports immune function. This was not a folk superstition. This was practical nutrition that happened to be delivered in something warm and comforting, which has its own medicinal value that we tend to underestimate. We were taught to sweat out a cold. Hot tea with yarrow or elderflower, tucked under



heavy blankets, with sliced onions in our socks for drawing out sickness. Add a little blackberry brandy to that tea and let the fever do its job for sweating it out, rather than suppressing it immediately. A small amount of whiskey in warm water with honey and lemon was used to induce sweat in adults. Not to intoxicate but to move the sickness out. This is a diaphoretic medicine, and it is sound.

Horehound (*Marrubium vulgare*) mixed with elderberry, rose hips and raw honey was our cold syrup, and is still a recipe I make today. You can buy horehound candy at old-fashioned general stores, and it will tell you something, this plant has been used for respiratory health and cough so long that it made it into American candy culture. The bitter compounds in horehound loosen mucus and stimulate the respiratory tract. Combined with the antiviral action of elderberry and the vitamin C density of rose hips and the antimicrobial properties of local honey, this is a cold remedy that my family trusted across generations and that I still make every fall.

Oregano, Rosemary, and Thyme in the form of infused oils and steam inhalations were standard respiratory medicines. With a bowl of hot water, a few drops of thyme oil, or a handful of dried thyme, a towel over your head for ten minutes to contain that steam, and your sinuses would clear; your lungs would open, and you'd feel like yourself again. I recommend it to this day.

Lemon balm was always around for nerves and for sleep and for anyone who could not settle down as it was calm, easy, and gentle medicine, the kind you can use every day. My grandmother grew it right outside the back door because, of course, she did. It is a very easy plant to grow and you can never have too much of it

I never recommend a plant I have not used myself. I never carry something in my apothecary that has not presented itself to me through personal experience for my own body, my own practice, and for years of watching what works and what does not and why. That is the standard I hold myself to. It should be the standard anyone working with plant medicine holds themselves to because those plants are real gifts from nature, and they want to help. But they require you to show up for them the way they are showing up for you, with complete attention, with absolute respect, and with the

willingness to learn before you act On any Of it. And let me tell you that the learning part is a lifelong journey.

### A Word About Integration

What I am describing here is not a replacement for your doctor. I want to be clear about that, because I have been doing this long enough to know that plant medicine works best in partnership with good medical care, not in opposition to it. What I am describing is a fuller toolkit. A way of bringing the body's own intelligence back into the conversation about how you age. The generation moving into their fifties, sixties, and beyond right now is the first generation with access to legal cannabis alongside traditional herbal medicine and alongside a genuine cultural willingness to question and to ask whether pharmaceutical dependency has to be the default answer to the inevitable discomforts of aging. That is an extraordinary position to be in. And it comes with the responsibility to be thoughtful about it, to share your medication list, to ask the hard questions, to choose your sources carefully, and to learn the plants you are using the way they deserve to be learned. Start with one thing. Start with a sleep tea that you blend yourself. The cannabis tincture. The castor oil pack. A small-dose gummy before bed. A daily cup of ginger, turmeric, black pepper and lemon balm. Let it work before you layer the next thing in. Pay attention to what your body does. It will tell you what it needs, the way my grandmother's body told her, the way her mother's body told her. The conversation between the human body and the plants that support it is very, very old-world medicine, and thankfully, we are coming back to it all for everyday wellness.

*Beverly Ann Soucy is a fourth-generation herbalist, glass artist, and writer based in western Maine. She is the founder of The Artful Apothecary and proudly writes The Herbalist Corner for Cannabis Connection. The statements in the article have not been evaluated by the FDA. Plant medicine and cannabis are not intended to diagnose, treat, cure, or prevent any disease. Always consult your healthcare provider before making changes to your health routine, particularly if you take prescription medications, are pregnant, or are treating a child. Know your plants before you use them, ask about the source for anything you purchase locally. It could quite possibly save a life.*



# MAINE CANNABIS EXPO



## '26 SUMMER SESSION

SATURDAY, AUGUST 8TH  
& SUNDAY AUGUST 9TH

### JOIN US!

The MMCM Network meetings are held on the second Wednesday of every month at the MMCM Office located at the Orzy Building,  
**11 Parkwood Drive Suite 114, Augusta, ME 04330 at 6:00-8:00pm.**  
Also available via ZOOM. Call 207-596-3501 for the link and more information!

**AUGUSTA CIVIC CENTER**  
Community Drive,  
Augusta, ME

**[mcmaine@gmail.com](mailto:mcmaine@gmail.com)**

**207-596-3501**

**[www.mmcm-online.org](http://www.mmcm-online.org)**



**Become a member of  
MMCM,  
We need your Support!**



**CREATIVES**  
**CANNABIS**  
**BY JONATHAN STRIEFF**

# Cautious Optimism

By Jonathan Strieff

---

If there's one thing the Maine medical cannabis industry has learned over the last twenty-five years, it's that certainty is usually the first casualty of any conversation involving federal cannabis policy.

The latest example? Cannabis may finally be leaving Schedule I for Schedule III under the federal Controlled Substances Act. Depending on who you ask, this is either the most significant policy shift in modern cannabis history or simply another chapter in Washington's long-running tradition of almost fixing things.

For Maine's caregivers, dispensaries, manufacturers, and cultivators, the honest answer probably falls somewhere in the middle.

The proposal is undeniably important. It represents a federal acknowledgment that cannabis has accepted medical uses—something patients, physicians, researchers, and state medical programs have been saying for decades. That's no small milestone.

At the same time, nobody should mistake rescheduling for legalization.

Cannabis would remain federally controlled. Federal criminal statutes wouldn't disappear overnight. Interstate commerce wouldn't suddenly become a free-for-all. Most of the legal questions that have defined the industry for years wouldn't evaporate simply because the number attached to marijuana changes from a Roman numeral I to a Roman numeral III.

That's why conversations throughout Maine's cannabis community tend to begin with excitement before quickly drifting into a familiar refrain:

"Yeah...but what does it actually mean?"

It's a fair question.

The biggest potential change isn't necessarily the one that generates the headlines. It isn't symbolism. It isn't politics. It's taxes.

Anyone who has operated a cannabis business for more than five minutes has developed a healthy dislike for Internal Revenue Code Section 280E. The provision prevents businesses dealing

in Schedule I and Schedule II substances from deducting most ordinary operating expenses.

Outside cannabis, the rule sounds almost absurd.

Imagine opening a hardware store and discovering you could deduct inventory but not payroll, rent, insurance, utilities, office supplies, professional services, or the cost of keeping the lights on. Most businesses would never survive under those conditions.

Cannabis operators have survived because they've never had another option.

If rescheduling ultimately removes cannabis from 280E, many businesses could see dramatic changes in their tax obligations. Money currently disappearing into federal taxes could instead be directed toward hiring employees, upgrading facilities, investing in cultivation, expanding manufacturing capacity, improving patient services, or simply building healthier businesses.

Notice the repeated qualifier, though.

"If."

That's become the industry's favorite four-letter word.

The administrative process isn't complete. Questions remain about implementation. Additional legal challenges are possible. Tax professionals are optimistic, but optimism isn't the same thing as finalized federal guidance.

For business owners trying to make decisions today, "eventually" isn't always a useful timeline.

The uncertainty extends well beyond taxes.

Banking has always occupied an uncomfortable middle ground for cannabis businesses. Many financial institutions have cautiously entered the space, while others continue treating cannabis accounts like they're radioactive.

Rescheduling may encourage additional participation from lenders and banks. It may also prompt many institutions to continue waiting for clearer direction from federal regulators before changing



their policies.

Banks, after all, aren't known for making bold decisions based on incomplete information.

Insurance companies tend to feel the same way.

Investors aren't much different.

The result is an industry that spends an enormous amount of time planning around possibilities rather than certainties.

Should a cultivation facility expand now or wait?

Should a caregiver invest in new equipment before tax rules change—or after?

Should a manufacturer prepare for increased competition from larger operators if investment capital becomes easier to obtain?

Reasonable people can reach completely different conclusions using the exact same information.

That's because the information itself remains incomplete.

Maine presents its own unique considerations.

Unlike markets dominated by publicly traded multi-state operators, Maine's medical program remains deeply rooted in independent businesses. Family-owned cultivation facilities, caregiver operations, small manufacturers, and locally operated dispensaries continue to define much of the state's cannabis landscape.

That entrepreneurial culture has become one of Maine's greatest strengths.

It's also what makes uncertainty particularly challenging.

Large corporations can spread regulatory risk across multiple markets while employing teams of attorneys, accountants, compliance specialists, and policy consultants.

Many Maine operators wear most of those hats themselves.

The owner might also be the cultivator, purchasing manager,

compliance officer, maintenance department, and occasionally the person shoveling snow before opening the storefront.

Federal ambiguity isn't an interesting policy discussion when you're the one signing payroll checks.

Patients, meanwhile, are asking much simpler questions.

Will products remain affordable?

Will businesses stay open?

Will access improve?

Will research finally catch up to years of real-world patient experience?

That last question may prove especially significant.

Schedule III status could reduce barriers that have long complicated legitimate cannabis research. More clinical studies could provide physicians with better information while giving policymakers stronger evidence as future reforms are considered.

For an industry that has frequently found itself ahead of the available science, additional research isn't just welcome—it's overdue.

None of this means the industry expects smooth sailing.

If anything, cannabis businesses have become remarkably pragmatic.

They've watched political winds change.

They've adapted to evolving regulations.

They've navigated shifting municipal policies, new testing requirements, revised packaging standards, changing licensing systems, and more legislative sessions than most people care to count.

Adaptation has become part of the business model.

That's why the mood across Maine isn't exactly celebratory.

It's attentive.

Owners are reading proposed regulations. Accountants are reviewing tax scenarios. Attorneys are offering carefully qualified opinions. Industry organizations are preparing educational

seminars. Everyone is watching the same process unfold, even if nobody agrees on precisely where it ends.

There is, however, a noticeable difference from previous years.

For perhaps the first time in a generation, federal cannabis policy appears to be moving in a direction that acknowledges the reality already experienced by millions of medical cannabis patients nationwide.

That doesn't solve every problem.

It doesn't answer every legal question.

It doesn't eliminate every business challenge.

But it does represent movement.

And in cannabis policy, movement has often been measured in inches rather than miles.

So Maine's medical cannabis businesses continue doing what they've always done.

They cultivate.

They manufacture.

They educate.

They serve patients.

They adapt.

If federal rescheduling ultimately delivers meaningful tax reform, broader research opportunities, and a more stable operating environment, the industry will gladly welcome those changes.

If the process takes longer than expected, they'll adjust to that too.

Nobody in Maine's cannabis community would have chosen uncertainty as a business strategy.

After all these years, though, they've become remarkably good at managing it.

That may not be the future they were hoping for.

But until Washington finishes deciding exactly what cannabis is, it remains the reality they're prepared to navigate.



# Medical Impact of the 2018 Farm Bill:

## *Cannabis in 2026 and What It Means for the Future Industry*

By Eric I. Mitchell MD



*Eric I. Mitchell, MD MA FACP AAPL is president and medical director of Hemp Commodity Industries, LLC.*

On December 20, 2018, President Trump signed the Agriculture Improvement Act—better known as the 2018 Farm Bill—into law. In one stroke, it fundamentally changed how the United States treats cannabis. The old “two-plant theory,” which treated hemp and marijuana as entirely separate species under federal law, effectively disappeared. Hemp, defined as cannabis containing no more than 0.3% delta-9 THC on a dry-weight

basis, was reclassified and brought in line with other agricultural crops like corn or soybeans. This simple redefinition opened floodgates for research, commerce, and medical exploration that had been largely blocked for decades.

The impact on medical research was immediate and profound. Prior to 2018, studying most cannabis compounds required navigating strict Schedule I restrictions, including sourcing from a single DEA-approved supplier at the University of Mississippi. The Farm Bill removed hemp from the Controlled Substances Act’s definition of marijuana, making it far easier for researchers to access and study CBD and other low-THC cannabinoids without the full weight of federal drug-war bureaucracy.

This shift accelerated work on both THC and CBD. While CBD had already been gaining attention—with Epidiolex, a purified CBD drug, approved earlier in 2018 for rare seizure disorders, the Farm Bill supercharged broader cannabinoid research. Scientists could now more readily explore how these compounds interact with the body’s endocannabinoid system, which regulates pain, inflammation, appetite, mood, and immune response.

### **The Rise of Minor Cannabinoids**

One of the most exciting developments has been the growing focus on “minor” cannabinoids—compounds present in smaller quantities than THC or CBD, such as cannabigerol (CBG), cannabinol (CBN), cannabichromene (CBC), and tetrahydrocannabivarin (THCV). These were previously difficult to study in meaningful quantities. Post-Farm Bill, improved

cultivation, extraction techniques, and legal access allowed researchers to isolate and test them.

Early findings suggest these compounds have unique therapeutic profiles. CBG shows promise as an appetite stimulant and anti-inflammatory, potentially helpful for cancer patients dealing with cachexia. CBC has demonstrated anti-inflammatory and antidepressant-like effects in preclinical models. CBN is being studied for sleep support and neuroprotective qualities. The “entourage effect”—the idea that cannabinoids work better together than in isolation—has gained credibility as researchers examine whole-plant or broad-spectrum formulations. This has pushed the industry toward more sophisticated, targeted products rather than CBD-only isolates.

### **Cancer Research Gains**

Cancer research stands out as one of the clearest beneficiaries. While cannabis is not approved as a cancer treatment, its role in symptom management has strong real-world support. A large 2024 survey of over 13,000 cancer patients across NCI-designated centers found that about one-third had used cannabis since diagnosis. Among users, 90% reported benefits: 75% for pain relief, 67% for better sleep, 65% for nausea reduction, and 56% for improved appetite.

Specific clinical examples highlight the progress:

- Randomized trials have tested hemp-derived CBD for chemotherapy-induced peripheral neuropathy, a painful nerve condition common after certain cancer treatments.
- Studies on nabiximols (a THC:CBD oral spray approved in other countries) have shown benefits for opioid-refractory cancer pain and improved sleep.
- Observational data and smaller trials suggest cannabinoids can reduce nausea and vomiting more effectively than some standard antiemetics in certain patients.

Preclinical research has also explored potential anti-tumor effects. Compounds like CBG and CBC have shown the ability to inhibit cancer cell growth or induce apoptosis in cell lines and animal models for cancers including colon, breast, and leukemia. While these findings are far from clinical application, the Farm Bill created space for this basic science to advance without as many regulatory hurdles.

**Three standout examples of gains from the post-2018 research environment include:**

1. Expanded access to hemp-derived CBD for symptom trials, allowing researchers to run double-blind studies on neuropathy and anxiety without needing full Schedule I clearances.
2. Increased investigation of minor cannabinoids, moving them from laboratory curiosities to candidates for targeted therapies in inflammation, appetite loss, and neuroprotection.
3. Real-world evidence collection, with large patient surveys and state-level data providing practical insights into how cannabis helps people living with cancer—information that was much harder to gather under the old restrictive framework.

**Looking Toward 2026 and Beyond**

We're now in 2026, and the landscape continues to evolve. Recent federal actions have moved certain FDA-approved and state-regulated medical marijuana products into Schedule III, with expedited hearings underway to potentially reschedule marijuana more broadly. This could further ease research barriers and improve insurance and provider acceptance.

However, the hemp sector faces new pressures. Updated regulations tightening the definition of hemp and targeting intoxicating hemp-derived products like delta-8 THC aim to close loopholes that led to unregulated, high-potency items reaching consumers—sometimes with safety concerns, especially for younger users.

For the legitimate medical cannabis industry, this creates both challenges and opportunities. The future likely belongs to evidence-based, precisely formulated products that combine cannabinoids with clear labeling, third-party testing, and physician guidance. Maine, with its established medical program and patient advocacy community, is well-positioned to lead in patient-focused, safety-first approaches. The 2018 Farm Bill didn't legalize recreational cannabis federally, nor did it instantly solve every research barrier. What it did was break a decades-long logjam. It treated hemp as agriculture instead of contraband, enabled legitimate businesses to grow, and gave scientists tools to ask better questions about how cannabis affects human health.

As we move further into 2026, the most important question isn't whether cannabis has medical value—patients have been answering that for years. The real question is how we build systems that deliver consistent, safe, effective products while continuing to expand rigorous research. The Farm Bill gave us the starting point. Now it's up to researchers, clinicians, regulators, and advocates to finish the job.





## **DISTRIBUTED TO OVER 300 LOCATIONS FROM KITTERY TO BANGOR**

TURNER PUBLISHING IS A MAINE PUBLISHING COMPANY WITH OVER 30 YEARS OF PUBLISHING EXPERIENCE AND OVER 20 CURRENT PUBLICATIONS. CANNABIS CONNECTIONS OF MAINE MAGAZINE IS A DEDICATED, EDUCATIONAL RESOURCE FOR MAINE'S CANNABIS INDUSTRY. WE FEATURE THE INFORMATION YOU WANT TO KNOW AND THE BUSINESSES YOU WANT TO SEE. INTRIGUING INTERVIEWS, EDUCATION, TIPS FROM THE EXPERTS, BUSINESS PROFILES AND SO MUCH MORE!

- **Dispensaries**
- **Vape Shops**
- **Grow Supply Stores**
- **Smoke Shops**

### **D E A D L I N E S**

|                              |             |
|------------------------------|-------------|
| <b>FEBRUARY/MARCH.....</b>   | <b>1/1</b>  |
| <b>APRIL/MAY.....</b>        | <b>3/1</b>  |
| <b>JUNE/JULY.....</b>        | <b>5/1</b>  |
| <b>AUGUST/SEPTEMBER.....</b> | <b>7/1</b>  |
| <b>OCTOBER/NOVEMBER.....</b> | <b>9/1</b>  |
| <b>DECEMBER/JANUARY.....</b> | <b>11/1</b> |



# Supreme Court Delivers Major Second Amendment Win for Cannabis Consumers

By AJ Harrington

The U.S. Supreme Court ruled in June that a Texas cannabis consumer cannot be prosecuted for possessing a firearm in a decision that affirms the Second Amendment rights of most cannabis users.

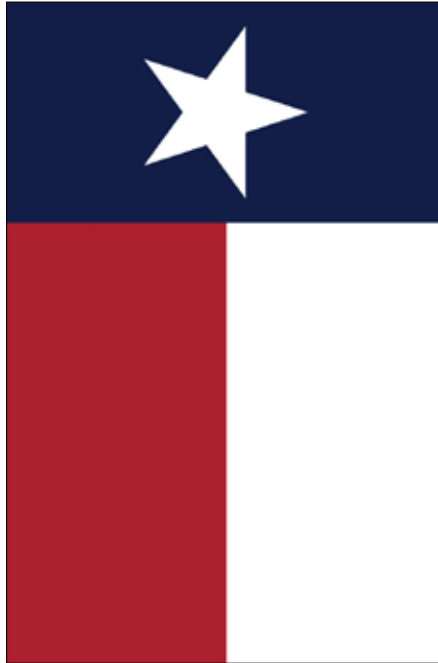
The ruling bars the federal government from prosecuting Ali Hemani, a Texas man whose home was raided by federal law enforcement officers in 2022. A search of the home yielded a handgun and about 60 grams of cannabis, which Hemani acknowledged he used “about every other day,” according to a report from the Washington Post.

Federal prosecutors subsequently charged Hemani under provisions of the Gun Control Act of 1968, which prohibit “unlawful users” of controlled substances from possessing firearms. Lower courts dismissed the criminal charges, ruling that they violated Hemani’s Second Amendment right to bear arms. Federal prosecutors appealed those rulings, sending the case to the Supreme Court.

## Unanimous Decision Preserves Cannabis Consumers’ Constitutional Rights

In a unanimous decision, Justice Neil M. Gorsuch wrote that the law as applied in the case violated Hemani’s constitutional right to bear arms.

“We appreciate that drugs and guns can sometimes make for a dangerous mix,” Gorsuch wrote. But he noted the prosecution of Hemani was not consistent with the court’s standard that restrictions on firearms must be based on the nation’s “tradition.”



“And, apart from pointing to habitual drunkard laws, the government has not even attempted to prove that any other specific historical principle might justify its prosecution in this case,” Gorsuch wrote.

“[The federal government] asks us to conclude that anyone who regularly uses marijuana is categorically violent and dangerous without any further showing,” the majority opinion cited by NORML maintains, adding, “the government maintains that it may automatically strip Mr. Hemani of his Second Amendment right to possess a firearm because he uses marijuana a few times a week. More than that, because he possessed a gun despite this prohibition, the government insists it may imprison him for up to 15 years and disarm him for life. ... All based on little more than its current say-so, one at odds with its own regulatory actions. Affording the government that kind of ‘broad power to designate any group as dangerous and

thereby disqualify its members from having a gun’ would risk allowing it to ‘quickly swallow’ the Second Amendment.”

Attorneys for the Justice Department argued that the law is consistent with a 2022 Supreme Court decision that ruled that restrictions on firearms must be consistent with the “nation’s historical tradition.” The government cited laws that date back to the founding of the country that barred “habitual drunkards” from possessing guns.

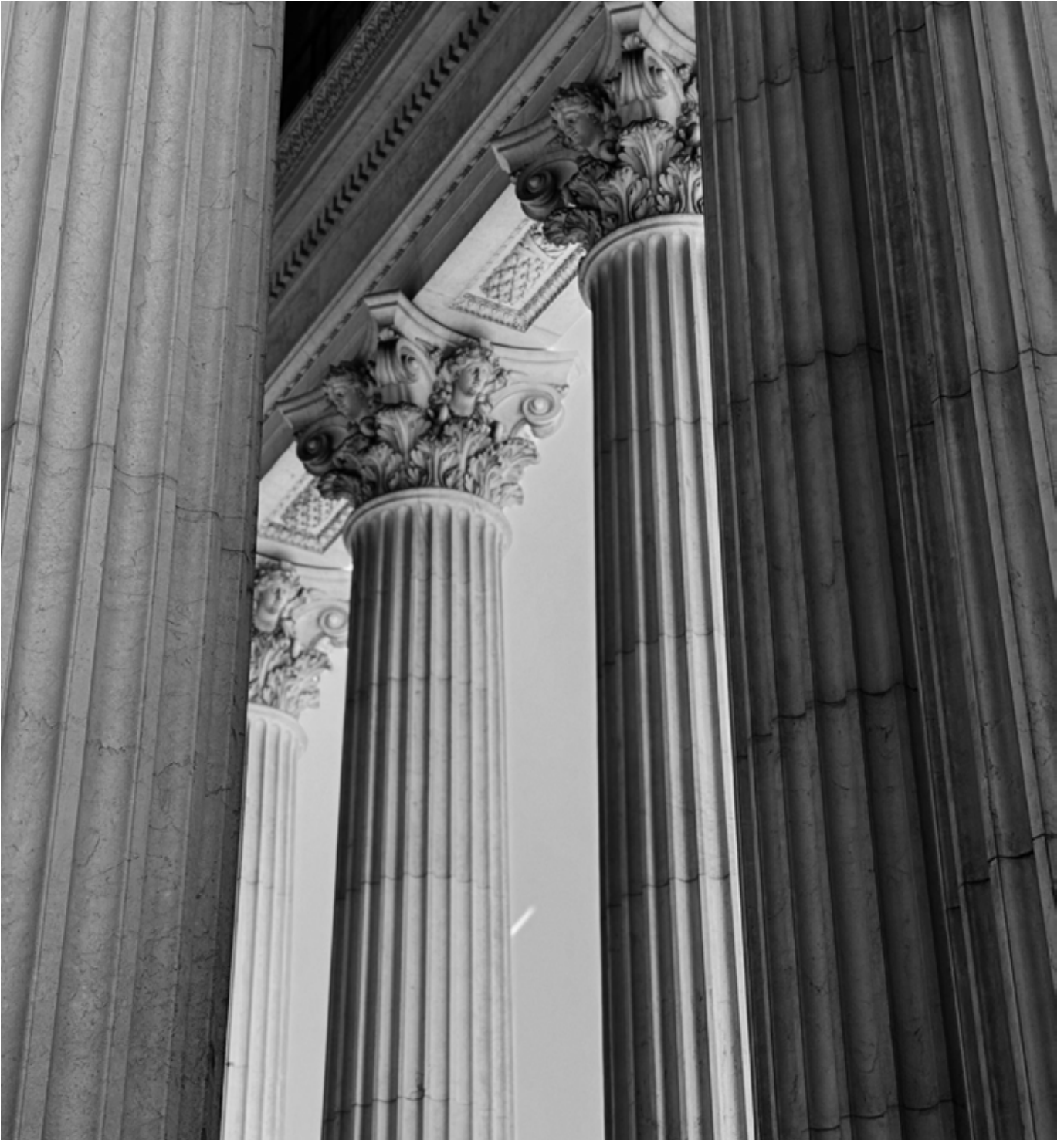
The court disagreed, writing that the government’s argument “misapprehends” the purpose of those laws, which “targeted different kinds of people, did so for different reasons, and operated in different ways.”

“By their own terms, laws like these did not seek to protect the public from violence so much as to protect habitual drunkards from themselves and their families from financial devastation,” the decision reads.

Gorsuch noted that the court’s decision does not preclude the government from banning drug “addicts” or “those presently intoxicated” from possessing firearms. Prosecutors would be free to file charges if they had “proof that the defendant’s use of marijuana (or any other drug) renders him a danger to himself or others.”

## Advocates Cheer Supreme Court’s Decision

The Supreme Court’s decision was swiftly hailed by cannabis policy reform advocates and civil rights activists. Joseph A. Bondy, board chair of the National Organization for the Reform of Marijuana Laws and co-counsel of record for NORML’s amicus filing in the case, applauded the court’s ruling.



“Today’s decision is a measured but important vindication of personal freedom and constitutional principle,” he said. “The Court recognized what NORML urged: that responsible adults do not forfeit their Second Amendment rights merely because they consume cannabis, absent any individualized showing of dangerousness. Our Constitution protects people, not stereotypes, and it does not permit the government to convert cannabis use alone

into a categorical mark of civic unworthiness.”

“The court has sent a strong message that the government cannot criminalize the conduct of large numbers of people by making categorical and unfounded assumptions about whether they are dangerous,” said Cecillia Wang, legal director at the ACLU, according to a report from the Associated Press.

# FDA and DEA Testify That Cannabis is Safer Than Opioids and Alcohol

**L**awyers for the Drug Enforcement Administration and the Food and Drug Administration made their case for reclassifying cannabis under federal drug laws at a recent hearing before a DEA administrative law judge. The hearing was called to consider a Trump administration proposal to move cannabis from Schedule I of the federal Controlled Substances Act to Schedule III, a move that would ease cannabis research and provide economic benefits to the regulated cannabis industry.

The hearing put the DEA, the agency that has spearheaded the federal war on cannabis for decades, in the unfamiliar position of advocating for the plant and its safety. Because the proposed rule change originated with the DEA, it acted as the proponent for rescheduling, giving the agency the responsibility of defending the reform throughout the proceedings.

Despite the Trump administration's April rescheduling of state-legal medical cannabis and FDA-approved cannabis medications, DEA attorney James J. Schwartz said during the hearing that the proceeding is "not about recreational use of marijuana" and is about "regulation, not legalization," Marijuana Moment reported.

"The government is not putting forth any evidence to suggest marijuana is not dangerous. All controlled substances are dangerous," said Schwartz. "However, controlled substances must be evaluated by risks they pose, balanced by medical benefits they provide."

On the first day of the hearing, government attorneys previewed their case by saying drug experts would testify that cannabis is safer than alcohol and opioids. Dominic Chiapperino, the head of the controlled substance staff with the Food and Drug Administration's Center for Drug Evaluation and Research, explained how federal health officials decided that cannabis should be rescheduled, saying they had used a new two-part test to determine that cannabis has a currently accepted medical use. The DEA had previously relied on a five-part test which, when applied to cannabis in 2015, determined that the plant did not have a currently accepted medical use.

## Witnesses Testify About Cannabis' Safety and Benefits

Chiapperino also compared withdrawal experienced by regular substance users, saying that symptoms of cannabis withdrawal, which can include irritability, are similar to those of tobacco withdrawal. Alcohol, on the other hand, has a "more several

withdrawal syndrome" that can lead to seizures or even death.

During the first day of the hearing, a DEA attorney told the administrative law court that New Hampshire physician Corey Burchman would offer testimony on how "medical marijuana provides a medical benefit to pain patients." He added that the medical doctor would "describe real-world impacts of treatment of pain with marijuana instead of opioids" based on his experience with both substances.

Burchman also planned to discuss how he has "personally transitioned patients from opioids to marijuana for their pain," the DEA lawyer said.

When he took the stand to testify on Tuesday, Burchman described how he and other physicians reacted to the legalization of medical cannabis, saying that once the alternative was available, they would "avidly use that ability to limit opioids." He also noted that some patients were able to end their use of opioids entirely and characterized medical cannabis as a "positive" alternative that "benefitted patients."

"It is extremely helpful in chronic pain patients as a means of analgesia," Burchman testified, according to a report from Marijuana Moment.

The hearing also included testimony from several "interested persons" who maintain they will be harmed by the rescheduling proposal, including attorneys for the states of Idaho, Indiana, and Nebraska and the prohibitionist group Smart Approaches to Marijuana. DEA Administrator Terrance Cole declined to invite cannabis reform advocates, saying they are not "adversely affected or aggrieved" by the proposal.

The rescheduling hearing wrapped up on July 15. No results of the proceedings had been released at press time.



# Congress Revives SAFE Banking Bill for Cannabis Businesses

A bipartisan group of federal lawmakers have refiled legislation to ease banking restrictions on regulated cannabis businesses. Known as the Secure and Fair Enforcement (SAFE) Banking Act of 2026, the legislation was filed in both the U.S. Senate and the House of Representatives on June 25, Marijuana Moment reported.

The SAFE Banking Act is intended to ease access to banking services for cannabis businesses operating legally under state and tribal law. Many banks have been reluctant to serve such businesses because of the continued prohibition of cannabis at the federal level, leaving many operators to conduct most transactions with cash. The Senate version of the legislation, S.4942, is sponsored by Democratic Sen. Jeff Merkley of Oregon and cosponsored by fellow Democrat Sen. Elizabeth Warren of Massachusetts and Republicans Sen. Lisa Murkowski of Alaska and Sen. Dave Daines of Montana.

“Legal cannabis businesses operating in all-cash is dangerous for our communities—encouraging criminal activity like robberies, money laundering, and organized crime. It’s past time we ensure legal businesses can access the financial services they need to help keep their employees, their businesses, and their communities safe,” Merkley said in a June 25 press release. “The SAFE Banking Act is a common-sense, bipartisan solution, and I’ll keep working with both Republicans and Democrats to advance this reform.” Previous versions of the SAFE Banking Act have been introduced in Congress, with the House of Representatives voting to pass the legislation seven times. The Senate, however, has so far declined to approve the reform.

## Companion Measure Filed In The House

Ohio Republican Rep. Dave Joyce reintroduced the measure in the House (H.R.9471), with co-sponsorship from Democrats Rep. Lou Correa of California, Connecticut Rep. Jim Himes, Rep. Dina Titus of Nevada, and Rep. Nydia Velázquez of New York. GOP cosponsors include Rep. Warren Davidson of Ohio, and Rep. Guy Reschenthaler of Pennsylvania.

“This legislation would provide access to capital and the necessary financial services to operate a successful business and keep communities safe,” Joyce said in a statement. “By introducing the SAFE Banking Act, Congress is showing its commitment to supporting small businesses and implementing commonsense

cannabis policies that respect states’ rights to regulate the industry. I want to thank my colleagues for their hard work on this bicameral, bipartisan piece of legislation.”

## Financial Industry Supports The SAFE Banking Act

The SAFE Banking Act is supported by cannabis industry operators, who would gain easier access to capital and traditional banking services. The financial services industry also backs the legislation, which would offer banks safe harbor and regulatory clarity to offer banking products and services to marijuana operators.

Michael Cooper, policy chair for the National Cannabis Industry Association, said that the current financial infrastructure forces operators, particularly small businesses, to accept and manage unnecessary risk.

“Due to continued conflicts between state and federal cannabis laws, access to financial services remains severely limited for a highly regulated industry that is operating in the vast majority of the United States,” Cooper said in an emailed statement from the trade group. “The current lack of access to the same financial resources that all other legal industries utilize most adversely affects small and minority-owned businesses and only serves to fuel an unregulated illicit market. This bipartisan, common-sense bill would protect those financial institutions who choose to service our regulated industry, lowering risks for banks and expanding access to operators to enhance public safety.”

“For years, the conflict between state and federal cannabis laws has left many cannabis businesses operating in cash, creating significant public safety risks in states where it’s been legalized,” said Rob Nichols, American Bankers Association president and CEO. “The SAFE Banking Act would provide banks with a clear federal safe harbor, allowing them to serve state-legal businesses while increasing transparency for law enforcement and reducing risks to the public.”

The House version of the SAFE Banking Act of 2026 has been referred to the Committee on Financial Services, the Committees on the Judiciary, and the Veterans’ Affairs. The Senate Banking, Housing, and Urban Affairs Committee will consider the legislation in the upper chamber of Congress.

# Trulieve Makes History With First NYSE Cannabis Listing

**M**ultistate operator Trulieve, one of the nation's largest cannabis companies, announced on June 5 that the company's subordinate voting shares have been approved for uplisting to the New York Stock Exchange next week. The impending uplisting comes following the Trump administration's recent reclassification of medical marijuana under federal drug laws, the most significant change in federal cannabis policy in more than half a century.

The subordinate voting shares announced it would begin trading on the NYSE under the symbol "TRLV" at the opening of trading on June 10, 2026, the company said in a statement.

"As the first U.S. cannabis company to list on a major U.S. exchange, we are excited for the opportunity to expand our shareholder base, increase liquidity, and raise awareness for the benefits of medical marijuana. Common sense action by President Trump to reclassify medical marijuana to Schedule III paved the way for this historic milestone," Kim Rivers, founder and CEO of Trulieve, said in a statement from the company. "Uplisting to the NYSE is a major advancement for Trulieve and the industry."

## Feds Announced Cannabis Rescheduling In April

After Acting Attorney General Todd Blanche announced in April that state-licensed medical marijuana and FDA-approved cannabis drugs would be reclassified to Schedule III of the Controlled Substances Act, Trulieve initiated a corporate restructuring that included an investment from a third party. The move resulted in a deconsolidation of the company's operations in markets serving both medical and adult use customers.

Trulieve's remaining consolidated operations consist only of state licensed medical marijuana facilities and include 206 medical marijuana dispensaries and 3.5 million square feet of production capacity registered with the Drug Enforcement Administration.

"Since inception, Trulieve has focused on serving medical patients with compassion, care, and high quality products," said Rivers. "With robust cash generation and meaningful catalysts ahead including expansion in Georgia and Texas, Trulieve is well positioned to deliver on our promise to increase access to medical cannabis for U.S. patients."



**Trulieve®**

Trulieve expects its subordinate voting shares will still be listed on the Canadian Securities Exchange under the symbol "TRUL" and the OTCQX under the symbol "TCNNF" until the close of market on June 9, 2026. The company also noted that current share holders do not need to take any actions prior to Trulieve's uplisting to the NYSE next week.

## Wall Street Hasn't 'Opened Its Arms To Cannabis'

Adam Stettner, founder and CEO, of cannabis industry investment and financial firm FundCanna, says that "Trulieve's uplisting to the NYSE is a genuine milestone for the cannabis industry and the company, but it's important to read it for what it is."

"This didn't happen because Wall Street opened its arms to cannabis, it happened because Trulieve surgically separated its medical operations to meet an existing NYSE threshold," Stettner wrote in an email. "That's sophisticated financial engineering, but it signals something real. Institutional capital is willing to engage with this industry when the structure is clean and the regulatory footing is defensible."

"The Schedule III reclassification gave large, sophisticated operators the hook they needed to have those conversations," he



continues. “The DEA hearing on June 29th is the next critical test, and if adult use follows, we’re talking about a fundamentally different capital markets landscape for the entire industry. Until then, what we’re seeing is selective institutional appetite, not a flood. Operators and investors who understand that distinction will be best positioned for what comes next.”

Terry Mendez, CEO of cannabis-exclusive financial platform Safe Harbor Financial, believes that “Trulieve listing on the NYSE is a meaningful milestone for the entire cannabis industry, not just one company.”

“Major exchanges have long been the line of demarcation between industries that Wall Street takes seriously and those it doesn’t,” he

wrote in an email. “When a U.S. cannabis operator crosses that line, it changes the conversation for every financial institution, every institutional investor and every operator trying to build a legitimate business in this space. Combined with the federal rescheduling action in April, we are watching the structural barriers that have defined this industry for a decade begin to come down.”

The Trump administration’s rescheduling of medical cannabis has also led other companies in the industry take steps in preparation for potential uplisting to major U.S. stock exchanges. The moves have included stock consolidation to meet minimum share price requirements, with Curaleaf announcing a 1-for-3 reverse stock split on May 26, followed by an announcement from Verano Holdings of a 1-for-5 reverse stock split.



# MarijuanaVille MAINE

ALFRED - AUGUSTA - BANGOR - WINSLOW  
GARDINER - NEWPORT - READFIELD - UNITY  
WATERVILLE - WILTON - LEWISTON - ORLAND  
& BOSS LADY GENETICS IN ELLSWORTH

**LEWISTON #2 & PORTLAND  
COMING SOON!!**

**1G PRE-ROLLS 30 FOR \$100**

**1.5G PRE ROLLS 25 FOR \$100**

**7G BALLER DAB JARS FOR \$50**

**1G DABS FOR ONLY \$10**

**\$40 OZ OF FLOWER**

**1G CARTS FOR \$15 or 10 for \$100**

**400MG CANDY BARS FOR \$20**

**500MG GUMMIES \$25 OR 5 FOR \$100**

**THCA DIAMONDS FOR \$10**

**FREE MED CARDS**

**AND MUCH MUCH MORE!!!!**

**OPEN 7 DAYS A WEEK  
365 DAYS A YEAR**

MUST BE 18 W/ A MED CARD - CGR#25709

