

If you are interested in reading books on cannabis here are some I am familiar with along with my comments:

Books on Cannabis

A New Leaf - Alyson Martin & Nushin Rashidian - 2014. *In this book the authors focus on the cities who have decriminalized cannabis & the trials & errors in how they manage it.*

"The Steep Hill Laboratory deals mostly with dispensary owners, but Grastein (a lab staff) said testing would be more efficient if they could go straight to the source - the growers. This would prevent the redundancy that occurs when dispensaries individually bring product they all obtained from the same grower."

There is a guy in Calif. who does that, Chris Van Hook's traveling office & home in a utility-size van. He travels up and down the coast inspecting cannabis gardens using the same criteria as the USDA does for organic grows. p 113

Brave New Weed - Joe Dolce - 2016 - Journalist. Boy, do I like this book. It is just chock full of good information as you can see below.

- *Travels the world, to Amsterdam, to interview those prominent in the cannabis industry;*
- *To a San Francisco Bay Area collective called Aunt Zelda's. Owner Mara Gordon, a process engineer. Her website is auntzeldas.org & has products to sell. She states:*
 - ✓ *Cannabis is not a "single bullet" approach to illness, and because strains vary widely from location to location, education is crucial.*
 - ✓ *Training needs to be done with cannabis patients on which strains and which forms - baked goods, joints, oils, or tinctures - best treat their condition before starting regular use*
- *When Dr. Donald Tashkin, professor emeritus of medicine at the David Geffen School of Medicine at UCLA, began studying **how cannabis smoke affects lung function** in the 1990s, he presumed that it would lead to diseases similar to those elicited by tobacco, as both plants emit many of the same gases and tars when burned. In fact, cannabis actually contains 50 percent more benzopyrene - a cancer-causing agent - than tobacco does. But after three decades of NIDA-funded studies, Tashkin, now in his seventies, concluded that marijuana smoke doesn't contribute to COPD; it has the opposite effect, at least in the short*

term, drastically opening the airways to allow more air into the lungs. "The effect is comparable to a classical dose of an inhaled bronchodilator," Tashkin told me. "We also found that cannabis inhibited experimentally induced asthma."

P 140

- ✓ *Another report published in the International Journal of Cancer in 2014 came to a similar conclusion. "Results from our pooled analyses provide little evidence for an increased risk of lung cancer among habitual or long-term cannabis smokers," the authors wrote. And a 2009 Brown University study concluded that those who had a history of smoking weed possessed a much lower risk of head and neck cancers compared with subjects who did not.*
- ✓ *Make no mistake: smoking pot won't prevent lung, head, or neck diseases. But some element of the smoke appears to protect the lungs from damage. "THC is anti-inflammatory, and inflammation is necessary for COPD to progress, Tashkin hypothesizes.*
- ✓ *Marijuana contains the same carcinogens as tobacco smoke, so it should be a risk factor for lung cancer - but it isn't," Tashkin reiterated. "Studies in cell cultures and animal models have shown that THC inhibits the growth of glioma, thyroid, prostate, breast, and lung cancer - you name it. It causes cells to die off before malignancies develop, and there's less sprouting of new blood vessels that metastases need."*
- *Mentions videos:*
 - *Sanjay Gupta's documentary Weed - 2015, which I found on YouTube*
 - *Prescribed Grass - 2010, which is not on YouTube*
- *The Plenty Vaporizer made by Storz & Bickel, a German company that also made The Volcano. The author, Joe Dolce often vomits when he uses cannabis & this vaporizer did not result in that. "It unleashes a generous draw, a full aromatic burst of flavor, and a sunny high with far less face-punching cognitive disturbance than you'll get from a joint." p 206*
 - *The Plenty blends conduction with convection to deliver a higher quality of satisfaction.*
 - *Conduction is created by a small heating element (an internal oven, as it were); convection moves the hot air away from the heat source.*
- *Dolce uses cannabis to get creative, interesting highs that crack open doors of insight and emotional connection.*
- *Mentions a book, High: Insights on Marijuana, by Sebastian Marincolo as a brilliant book that examines the benefits of pot as opposed to the detriments. Unable to obtain at library; it is a German book/author.*

Cannabiz - John Geluardi, 2010 - *A focus on California's management of medical cannabis, citing Oakland as a leader in implementing an effective system in bringing this new industry into mainstream. A good reference book for cities grappling with newly legalized cannabis. 3/2/18 Rereading book since I went to city council meeting this week. The book tells of California cities setting up cannabis shops. Since our Mayor wants to cap the number of cannabis stores I looked up Oakland, Ca. in book as they did such a good job of managing cannabis sales.*

Oakland capped the number of stores to 4 in beginning but checking online today I find Oakland has 12 Cannabis dispensaries and 20 delivery services in a population of 412,040. Whereas Fairbanks with city population of 31,535, metro 100,605, and we have 9 shops now.

Cannabis A History by Martin Booth was a Christmas gift in 2017, which I attempted to read, but it covers areas I am already familiar with so put it on the book shelf.

Cannabis Pharmacy - Michael Backes - 2014 - Revised edition 2017. *This is a good reference for the strains effective for relieving ailments prevalent in California. Michael remarks on the terms "indica" and "sativa" as unreliable for indicating whether a strain will bring you up or down. The best indicator is the terpene profile.*

Goes into endocannabinoid system & interaction with cannabis. Also gives in depth explanations on methods of ingesting cannabis. I bought the revised edition.

Cannabis Revealed - Bonnie Goldstein, 2017 - *This is an excellent read, full of details of an active L.A. practice. I watched an interview of Dr. Goldstein on The Sacred Plant and was very impressed with her knowledge & experience in treating patients with cannabis.*

Chasing The Scream - Johann Hari, 2015 - Reading today, 3/3/18. *This is a hard-to-read book because it gives an up-close look at addicted drug users living on the street around the world. Johann is a British author who traveled the world researching The War on Drugs. His discovery reveals a hard look at addiction, crime related to drugs & the motives of those who benefit from The War on Drugs. He sees a pattern develop:*

- Prohibition is put into place
- Gangs take over the forbidden
- Murder rate always goes up

- *Crime rate goes up*

Really good background on Anslinger in here, revealed how Anslinger protected Senator Joe McCarthy when he discovered he was a heroin addict.

The Encyclopedia of Marijuana - Jorge Cervantes - *Comprehensive guide to the history of and how to grow cannabis. Well organized and photographed, with names and places to find plants & equipment needed to raise your own plants. Not a book to read from cover to cover but an excellent reference book for growers.*

Marijuana Manifesto - Jessie Ventura, 2016 - *Another excellent read, with Jessie's very entertaining style. A New York Times best seller in 2016. Argues for legalizing marijuana, decriminalizing drugs & how the current system of War on Drugs serves Big Pharma & Corporations who make money on cheap labor supplied by prisons. He does a good job of citing his references. YouTube also has many video clips of Jessie.*

Marijuana Nation - Roger Roffman 2014. Roger is a University of Washington Professor of Social Work, former lobbyist for Norml, and longtime activist for the decriminalization of cannabis. *He tackles the issue of dependence on cannabis & admits he struggled with and overcame that dependence, then went on to develop a counseling program for those who also wanted to break that dependence.*

Refers people to the National Institute on Drug Abuse, N.I.D.A., for free information booklets about cannabis for parents & teens.
www.drugabuse.gov/publications

The New Jim Crow - Michelle Alexander, 2010. *A look behind the scenes at the war on drugs & it's devastatingly punitive impact on poor, dark-skinned people. A very disturbing read, as Alexander reveals how law enforcement is granted Federal money when they do a certain number of drug arrests. The laws that have been changed to protect the police so that they are not held responsible for using undue force and arresting innocent, non-violent people.*

The Pot Book - Julie Holland - 2010

"Irrational questioning the credentials of non-elite herb distributors or the quality of their merchandise is a recurring theme in drug prohibition and drug monopoly history. The theft of brown-skinned people's herbal medicines by white-skinned people in the form of "labeled" medications and patented formulas is another." P 29

"In the period from 1988 to 2006, more than one hundred peer-reviewed scientific articles on cannabis and MS were published. Yet on April 20, 2006, the FDA said that "no sound scientific studies" supported the medical use of marijuana. This was despite the overwhelming body of peer-reviewed research in support of the therapeutic effects of marijuana in conditions such as chemotherapy-induced nausea and vomiting, AIDS wasting, neuropathic pain, and spasticity." p 320

When asked by Julie Holland how he felt cannabis has helped or hurt him, a well known philanthropist, Peter B. Lewis, answered: *"It helped me a lot. Running a business turns out to be a pretty lonely thing to do. Marijuana would help me commune with myself. It would turn my daily collection of information into some kind of understanding of what was really going on - what the key components were, what the emotional components were. It made me better at my job. Except for activities that require physical dexterity like playing tennis, I think it basically helped me be better at almost anything I ever did"*

". . . marijuana relaxes, lessens anxiety, connects feelings to thoughts, enhances sensuality, stimulates appetites, and makes me enjoy being by myself. Smoking marijuana has helped me accomplish what I set out to do, made me easier to be with and easier on myself. It allows me to be more accepting of, and caring for other people.

Pot Inc. - Greg Campbell - 2012 - *Greg, a journalist, examines how Colorado opened their laws to allow medical marijuana. He also decides to grow his own cannabis even tho' he is not interested in smoking it, as a part of his research for this book. Reviews Pres. Carter trying to lessen restrictions on cannabis while president.*

Stoned - Dr. David Casarett, 2015 - *Dr. Casarett, a palliative care physician, starts his search of cannabis from a skeptical view of all the claims about medical cannabis and ends up convinced that indeed, this plant does heal. David travels around the world in his quest, goes underground to get a feel for procuring medical cannabis and keeps the reader interested as he learns & witnesses surprising healing effects of this plant. He has a Ted Talk on YouTube:
<https://www.youtube.com/watch?v=OygtX2nyexo>*

Weed the People - Bruce Barcott, 2015. Bruce is currently the deputy editor of Leafly. Very good read. Good writer who travels where the cannabis is making the news & reports what is happening. He tells the story of new companies opening after legalization & their experience in Colorado, California & Washington State, where this author lives.