THE SACRED PLANT™
HEALING SECRETS EXPOSED

KEY TAKEAWAYS
**Key Takeaways**

**Episode 1**

- The Sacred Plant has been used all through history, but since it was banned by use of negative propaganda during the late 1930’s in the US, a lot of data and research has been lost. There are a lot of efforts to try to bring the light back for research. Education of The Sacred Plant is limited as well, and difficult to get approved due to its legality issues.

- Many have gone through all the other modern treatments and found little to no help, or suffered from many negative side effects. They had a “last resort” mentality, and wish it was the first thing they were taught or had as an option because it helped them the most.

- Patients are using The Sacred Plant to treat their pain, to treat their condition/disease, to treat other symptoms they have such as insomnia, anxiety, etc. This is a huge threat to the pharmaceutical companies because of the vast use of the plant as a whole body healer. Through the use of The Sacred Plant, they are able to reduce or cut out other harmful addictive medicines such as opioids.

- The human body has an endocannabinoid system; it is very similar to the other systems in our bodies. Throughout our body there are cannabinoid receptors, which allow for The Sacred Plant to work in many areas, and treat different diseases. The Sacred Plant works to stimulate and activate the natural systems of healing in the body through a recoding effect from the phytocannabinoids working with the cannabinoids, which are naturally occurring in our bodies. A unique feature of the phytocannabinoids is they help the balance and release of the natural hormones in our body, versus replacing them.
• The Sacred Plant is notorious for giving the user a psychoactive effect, only after thriving in the black market due to it’s being banned. The one component in The Sacred Plant that causes this is only 1 compound out of hundreds in the plant. Through the use of those other compounds, there is no high feeling, and actually reduces the psychoactive effect naturally.

• The Sacred Plant is able to treat a disease/condition instead of treating the symptoms. Through whole plant use, the patient is able to help improve full body health, and stop negative side effects of other modern prescriptions. Patients who use The Sacred Plant as a chronic form of relief say they can drastically feel the difference when they are not consistent with their intake of the plant.

**E P I S O D E 2**

• The discovery of the endocannabinoid system is crucial in how the plant is able to interact with the whole body. The receptor sites are all over the brain, except for the brain stem, which is why you cannot overdose. Cannabinoids mediate in the brain for multiple systems such as pain, appetite, mood, inflammation, etc.

• Whole plant use of Cannabis has what is termed as an Entourage Effect — Cannabinoids (THC and CBD), flavonoids (antioxidants/anti inflammatory), and terpenes (fragrant aroma), in which all these ingredients work in totality as a collection. The plant has hundreds of chemicals in it, most of which are therapeutic. Synergistic use of all the compounds within Cannabis show that by using both THC and CBD together you find that they positively co-operate in the body.

• An awareness needs to be known in regards to the pharmaceutical companies creating prescription drugs, where they advertise as using cannabis/marijuana but in actuality it is synthetic, and only uses 1 cannabinoid in the composition. When extracting 1 part of the plant, you lose the benefits of the whole plant, as well as put yourself at risk of having neg-
ative side effects because it has been molecularly altered instead of in its most natural state.

- Use of different strains allows for optimal benefits of prevention in your body. Flavonoids (taste) and terpenes (smell) allow you to know when it is at its freshest, which in turn binds to your receptors more efficiently.

- The endocannabinoid system modulates other systems of the body, interacting in unison, spanning the whole body allowing for continual effects in multiple areas. For those who suffer from chronic pain, it is usually a symptom or found with another disease/condition. The Sacred Plant is able to help with the pain, while also helping and treating other ailments.

- Finding the correct dosage and levels of THC and CBD allow for different effects. The unique ratios allow for difference in pain management, sleep problems, some work better for others, etc. — without the psychoactive effects and without the additional negative side effects you would get from modern medicines.

- The government has been a huge blockade to the study, medical use, and growth of The Sacred Plant. Pharmaceuticals, which are more detrimental to your health than helpful, are supported by the government due to the financial benefit that these created drugs bring in.

- Opioids are made artificially and isolated to treat 1 symptom. Opioid use and addiction can lead to overdose, cause toxic side effects to your body which lead to more medications to treat other issues, and can cause severe damage in children to the point where some children of opioid users are born addicted. Medications like these are just band-aids to the symptoms. Switching to Cannabis allows for your body to start repairing, and helps stop the reciprocal pain of no longer using these damaging and addictive drugs.
Episode 3

• Consistency is key in using The Sacred Plant as a medicine; not all Cannabis is held equal. Learning ratios and dosage, and what strains work for the patient is an important piece. Many have learned to make their own oil from scratch by doctors and scientists who have research supporting their findings. This allows for patients to know it is pure.

• Improvement is seen in many ways for those who use The Sacred Plant as a form of treatment, ranging from cognition, eating habits, physical aptness, etc. Other forms of medication may treat a specific symptom, but they are risking other side effects and multiple medications to do what 1 dose of The Sacred Plant can do.

• Hemp and Cannabis are the same plant genetically speaking, however medicinally they are not able to treat the same. Hemp is legal in the states, however it does not have the same components as Cannabis, such as THC, which has a major medicinal benefit for certain diseases/conditions.

• Israel is a leader in the Cannabis research realm. They operate a federal medical Cannabis program, but through it they have discovered most human diseases circle back to the endocannabinoid system, and that THC mimics the effects of a compound (Anandamide) synthesized in the brain through a receptor.

• In Israel they began using medical Cannabis prior to the research because they had already seen that it was benefitting cancer patients. Once they started researching, they pushed to open a dispensary for the patient’s community. Their first dispensary, Tikun Olam, works to not only provide specialized medical services to optimize patient knowledge and use, and to make sure they are getting the correct strain and dosage, but to also create a comfortable place where they
can get all the accessories and additions they need that are researched and tested. They create a very strong relationship between the doctor and the grower so that with each piece of feedback from their patients, they are able to improve strains based off different elements of diseases and conditions.

• The Sacred Plant as a form of treatment for children who suffer from epilepsy have to fail using upwards of a dozen modern medicines beforehand, including very toxic medicines like morphine. Patients have found instant relief when taking high concentration CBD based oil, and depending on their level of epileptic seizure frequency and severity, they can use other dosages and ways to use too, such as a vaporizer, to quickly activate within the body. While the use of CBD helps greatly, strains with minimal THC levels and use of this whole plant are more beneficial, versus stripping the plant of the CBD and losing some of the healing components in the plant.

• Due to the heavy restrictions on doctors not being able to technically recommend The Sacred Plant until they have failed many other forms of medication, and even then, only being able to mention it as potentially useful and nothing beyond that, the community is relied upon to fill in the gaps. In the epileptic community, and Cannabis registry as a whole, many found information and helpful experiences from other patients, and those patients family members, to help with all the in between information. From there the doctors make note of all their success or changes in hopes that one day, it will be allowed to be public and bring light to the use of The Sacred Plant.

• To be able to use the Cannabis as a form of medication, the patient must “fail” using other medications. Due to the restrictions, there are a lot of clinical trials that are forgotten or unable to be expanded upon.
EPISODE 4

• The Sacred Plant has multiple anti-cancer benefits. It is anti-proliferative, which stops the spreading of cancer cells, anti-angiogenic, which blocks the formation of new blood vessels to a tumor, and pro-apoptotic, which triggers cancer cells to commit suicide.

• Most therapies for cancer destroy your immune system and your bone marrow, which in turn makes you more vulnerable and makes the cancer cells grow stronger. Cannabis has anti-cancer targets, along with other natural plant compounds to naturally help from the spread and development of cancer cells.

• In traditional cancer treatment, chemotherapy or radiation, there is no differentiation of cells. In both these treatments, the cells are all killed off, which causes the patients to be very weak, with loss of appetite, loss of hair, etc. Where as cannabinoids are able to characterize a normal cell from an abnormal cell — cancer.

• Cannabis is also able to stop the main features of cancer that cause the body to slowly deteriorate, such as metastasizing, anti-angiogenesis, nausea and lack of appetite, and issues sleeping.

• The Sacred Plant has been found, by patients’ experiences, to work on many types of cancer. However, there have been zero clinical trials with cancer and Cannabis. To do one of these types of trials requires a great deal of money and time to put into the research, so unfortunately private researchers cannot fund this; the government or large companies would need to put the finances out there, but are not willing nor want to.

• Due to restrictions but the government, patients are not allowed to be told they can use Cannabis as a form of medication. However, doctors have, without prescribing, recommended it to help with symp-
toms of the chemotherapy, and use the two in cohesion. The Cannabis has anti-inflammatory and natural antibiotic properties that help the immune system to withstand the chemo treatments.

• The Sacred Plant works synergistically with the body because the body requires a complex amount of compounds to survive and work in cohesion, and Cannabis is able to provide that.

EPISODE 5
• Patients took to making their own cannabis oils. Collectives began forming around those who were creating these oils, and others who wanted them or wanted to know how to make them properly. They have been able to find the best techniques and methods to create the most concentrated and pure oil, without altering or damaging it during the process.

• High CBD, low THC is good for people with anxiety disorders, back pain, and post traumatic stress. The lower the amount of THC, the less “high” or “psychoactive” the effects are. However, removing THC entirely is not beneficial as it does seem to play a part in the overall curative effects when used in combination.

• Many people are stigmatized by the propaganda that The Sacred Plant is only made to get them high and is damaging. Many collectives are trying not only to help the patients by creating clean, pure Cannabis products, but to also shift the information people are hearing from the negative influences, to the positive research and proof.

• Obtaining Cannabis is difficult due to the legality of it. Using medicinal is only legal in a few states, and over time it has been legalized in many more, but not all.
• In some states, for those who are able to legally obtain it, they have to prove that they sought out all the other possible modern medicine prescriptions and that this is their last chance for treatment. There are some states who only allow the use of The Sacred Plant if you fall into very specific qualifying conditions, such as epileptic children. Therefore adults who have epilepsy would not be able to use it because they just fall short of what is legal.

• There are varying ways to use the Cannabis as medication — smoking, extract pills, vaporizer, and oils. The biggest hurdle is “not feeling high” or incapacitated in any way. There are also ways of using the Cannabis without ingestion of any kind, such as topicals.

• Finding a properly cultivated creation of products that do not use any form of synthetic or toxic solvents is important in using The Sacred Plant, because that is when you have negative effects on your body, from those additives.

• Many have gone above and beyond to do their best to adhere to as much of the legal bounds as they can to obtain The Sacred Plant. There have been patients who go to legal states and risked crossing back into their own illegal state just so that they, or their family member have the treatment they need. In many instances people do not have the means or the finances to back up doing this act, and therefore are left in a state of terminal disease and lifelong suffering from not only their condition, but the side effects of the medication that are allowed to take.

• Some patients/patient’s families have gone to the extreme of completely moving their life to another state that is legal so they have the ability to take care of themselves/family member. They are deemed as a medical refugees, risking their livelihood to put themselves in a place that will allow them to safely obtain and use The Sacred Plant, no matter the financial burden, change of life, or other strain it may cause.
• Due to the Conant Law, doctors can tell their patients about Cannabis being a treatment, but not how to get it, what strain, how to use it, etc. This hinders the patients to get the plant medicine that is suitable to their needs. Some end up growing their own, which can be compromising their health further if not done correctly and organically. DEA licenses are what bind physicians to the federal law, and they must abide by that, versus the state’s individual law, or they would lose their ability to practice.

EPISODE 6
• Cannabis has overall anti-aging and anti-inflammatory properties. The brain begins to stop retaining new memories as you get older. Due to the anti-inflammatory properties Cannabis shows in the brain, it helps the elderly in being more cognitively clear.

• In the brain there is a process called neurogenesis, which is birth of new neurons. When you get older that goes away, causes depression, memory loss, etc. The Sacred Plant stops that deterioration of the process, and can even restart it.

• Geriatrics patients have found that using Cannabis helps with their pain, loss of appetite, agitations, and muscle spasticity. It is used as a means to improve their quality of life as a whole.

• CBD, one of the components of Cannabis, works as an anti-inflammatory, which ultimately helps with autoimmune diseases. Many diseases are developed from chronic inflammation.

• “Cannabis isn’t just one medicine. It’s not just like a one size fits all. You’re going to use Cannabis and you’re going to get better. Within this plant there’s so many different compounds…. effective dosing range is incredibly broad and safe.” Dosing is important in treatment, but at any level Cannabis is non-toxic, you may experience side effects for a day or two, but nothing that is going to cause harm to your body.
• Cannabis is non-toxic at any dose. Even if a pediatric patient accidentally took a thousand times the recommended dose. No brain damage. No organ damage. No toxicity. Maybe some mild to moderate side effects for a day or two, but maybe not.

• There are several ways to intake The Sacred Plant without smoking it, which can cause issues in your lungs in some instances. You can drastically reduce the amount you use, and need to use, by having it in some form of liquid or vaporizer, and in some cases it works very well as a suppository especially for those who struggle with ingestion.

• Within the first 7-10 days under the correct medical information, you can find a dosage and potency that is best for you. You want to start at low dosing, and very gradually you can work your way up. Many have found that the lower dosages work well for them.

• Over 80 phytocannabinoids are in the Cannabis plant, each with varying effects, such as an aid to good digestion or antibacterial. They act on different receptors and when using together, as whole plant medicine, work synergistically to have an overall more positive effect.

• Not all of Cannabis medicine is tested. It should be required. It should be a very rigorous level that these companies should be held to. Lab testing is not always up to date, and you could be buying the wrong ratios, or be ingesting an unknown ratio and be unable to replicate its effects with a new supply.

• The state restrictions about how many milligrams of cannabinoids are allowed in each dose can be limiting and cost-prohibited for patients. Patients need to be able to take a therapeutic dose just as they would with any other medication.

• From our perspective, Cannabis has much more medicinal applications to offer than hemp does. People gravitate towards hemp because it’s
legal in all 50 states, although the FDA did put out a letter stating that CBD is still a Schedule 1 substance, but there are many patients who would thrive with a tad of THC, for instance, the seizure patients. If you take hemp CBD, there’s dramatic reduction in seizures. Some patients, if you add a tad of THC, they’ll have much more reduction in their seizure activity, but you don’t know that until you try it with each patient.

• Hemp CBD versus Cannabis CBD are genetically the same, however, in Cannabis there are other components that work with the CBD and improve its effects within the body, and have a much greater medicinal application. Medicinally speaking, they have different applications. Hemp CBD is a great health and wellness product, anti-inflammatory, and anti-seizure on some levels. Cannabis has anti-cancer, anti-seizure, and anti-inflammatory components.

**EPISODE 7**

• THC-A is the acid form of cannabinoids. You get it from juicing the raw plant, not from a dried source. As the plant dries or is heated up, THCa is converted to THC. It also helps with cancer, as it helps with autoimmune diseases. It’s an incredible anti-inflammatory, and it is not psychoactive.

• Preliminary research and anecdotal evidence suggest that THC-A will play a pivotal role in treating arthritis, cancer, neurodegenerative diseases, appetite loss, insomnia, and pain.

• The bud is stronger than the leaf, it has a higher cannabinoid content, and the longer you let it age, the more it can start to decarboxylate and it might start to make you high. So with the bud, you want to just make sure you use it up quickly.

• You could get the same effect using 50 or more leaves, as you could with half an ounce of bud. Other people like to eat the plant raw; they’ll put it in a pesto or a salsa.
• There is compelling research for using cannabidiol, or CBD, in bone marrow transplants, type I diabetes, and rheumatoid arthritis. These scientist see so much potential in their findings, but still aren’t being followed up with clinical trials.

• It is important for us to come together because there is power in numbers. If people are educated on this plant, and they come together, we can force our representatives to change these laws. The problem is that there is this propaganda campaign still going on, to make you think that this is an evil plant.

• I’m here to say that this plant is medicinal; there’s numerous medicinal properties. This mischaracterization of this plant has been a disservice to the people who need it — to the people who are suffering, who are in pain, who are gravely ill or chronically ill. And it’s a travesty that in one zip code a patient can have it, and in other zip code a patient has to die.

• Our future with Cannabis is a very bright future. If we have the wisdom and the courage to embrace this sacred plant, then it will make our futures brighter. We will have less pain and less suffering. We can have lower healthcare costs. We can have reduced rates of disease. We need to have hospitals and doctors prescribing Cannabis, and Cannabis extracts, with different levels of different cannabinoids, for different conditions.

• If we are willing to embrace that future, it can be a very bright future for all of us, with less suffering and less disease. I want a future where we all have access to medicine. Medicine that the drug companies cannot intellectually patent. We can’t do this alone, whether we are scientists, or journalists, or bloggers, or customers. We can’t do it alone.

• The Sacred Plant addresses many of the solutions that we need in society today, such as prescription prices bankrupting people, or minds
being destroyed by the toxic and damaging side effects of pharmaceuticals. It has the ability to be vastly available and an open source.

• Over the next decade awareness on The Sacred Plant is likely to grow, bringing the right information to people, and causing a unity within communities to use this medicinal plant.

• There are conferences, seminars, etc., more openly discussing the research and experiences that are happening to keep the progression for The Sacred Plant moving forward. It is also keeping in light that there is an overall agreement that there needs to be more information on the strains, their cultivation, testing, understanding dosage, more of all of this through more clinical trials and patient experiences.

• A topic of conversation that is being brought to light at an increasing level is the discovery and understanding of THCa. It has a non-psychoactive form prior to exposure to heating or drying of THC, and it is the acid form of cannabinoids usually ingested through juicing of the plants. This can be problematic for many, due to the need to have constant access to the raw plant and/or flower. THCa is being further studied as a treatment for arthritis, cancer, neurodegenerative diseases, appetite loss, insomnia, and pain.

• There has been a lot of work within animals with The Sacred Plant and autoimmune diseases. The autoimmune disease makes the body start to attack itself. When a study gave a dosage of CBD, they found the symptoms decreased by 50%. In some cases, animals have been treated with The Sacred Plant for Rheumatoid arthritis, which showed decrease to elimination of inflammation of the joints, reduction of pain, and in some instances where the mice were no longer mobile, they were up and moving regularly. Unfortunately, clinical trials are not being held, and the researchers and doctors are pushing for them because they are interested in the similarities of their findings from animal studies to human studies.
• CBD and THC have been shown in studies in Israel to help those who suffer from brain trauma, where there are no drugs available that help in this condition. The addition of The Sacred Plant activates the brain to produce its own endocannabinoids to protect the neurons and reduce inflammation.

• Modern medicine steers away from plant based medicine, such as Cannabis. We need to take in consideration that plants have grown with humans, and they are in direct relation. Only when the propaganda made Cannabis go under ground was when the psychoactive properties began to be expanded upon. Clinical trials and further selective breeding could restore the Cannabis plant, for some strains, back to their original medical properties.

• The research is expanding continuously, by those who advocate from patient or personal experience, so they can begin to further understand all the compounds in the Cannabis plant. They continue to explore their positive effects in people depending on strain, dosage, and method of intake has on different disease and conditions, however they still fight to get clinical trials allowed.

• The research continues on other diseases and conditions, but is hindered by lack of funding or ability to do so. Education is also is not available to everyone, and the government and pharmaceutical companies try to keep it under the rug.

Ty Bollinger
• The researchers at the Virginia Medical School found out that cannabis was effective at either preventing or reversing three different types of cancer. The Drug Enforcement Agency had funded the study along with the National Institutes of Health, but they didn’t release the findings. They buried the study.
• The sacred plant was banned on the basis of ignorance and propaganda, and the US government seems to have hypocritical ties to it.

• There’s a large negative stigma on using cannabis, yet prescribing medications that are much more dangerous and with risks of overdoses, and even drinking alcohol, is all legal and mainstream despite their obvious fallacies.

• Cannabis will trigger cancer cells to commit apoptosis, which is programmed cell death.

• It is important for us to come together because there is power in numbers. If people are educated on The Sacred Plant, and they come together, we can force our representatives to change these laws. The problem is that there is this propaganda campaign still going on, to make you think that this is an evil plant.

• The human body has an endocannabinoid system. This system is like any other system in our bodies, and it is made up of cannabinoid receptors. These cannabinoid receptors are found all over the body, and help explain why cannabis medicine can address so many different disease states in the body.

• Cannabis is extremely anti-inflammatory. Here’s why that’s beneficial. Inflammation in the joints, arthritis, most diseases, including cancer, are a result of chronic inflammation. If we can ingest a substance like cannabis on a regular basis that helps to squelch inflammation, then we can really improve our chances of not ever being diagnosed with a life-threatening form of cancer or other diseases.

David Bearman
• These receptor sites are in the brain, and they’re everywhere except the brainstem, which is why no one has ever died from an overdose
of cannabis. The use of this medicine is so safe, it’s ridiculous that it is so smeared across the media.

- Dronabinol or Marinol is considered prescription cannabis, but considering it only has one cannabinoid in it, and doesn’t have all the other therapeutic chemicals cannabis has, it has been found to not work as well, be more expensive, and have more side effects. All the terpenes, cannabinoids and flavonoids, and other alkaloids, they all have medicinal value that is not being included in synthetic medicines mimicking cannabis.

- False research is not helping the movement. There’s one study that people like to use: there was an anti-marijuana guy who did research with monkeys. These monkeys smoked marijuana, and they had brain damage. Ah, the marijuana caused the brain damage. No. What happened was, he put a gas mask on them and the lack of oxygen created brain damage. We know that lack of oxygen creates brain damage.

- Marijuana is neuroprotective. If you take a mouse and do research with him, and you decrease the blood supply to the brain, if you pre-treat the mouse with cannabis, they will have less brain damage than if you don’t pretreat the mouse with cannabis.

**Chris Wark**

- Plant medicine and diet has proven in several studies to improve or stop chronic disease. Chris is proof himself by overcoming cancer, and has now been cancer free for over 13 years. Chris chose nutrition, natural therapies, and plant medicine to heal his body instead of chemotherapy.

- A couple of the anti-cancer benefits of cannabis are: it’s antiproliferative, which means cannabinoids can stop cancer cells from spreading. It’s antiangiogenic, which means it can block the formation of new
blood vessels to a cancer tumor. It is also a pro-apoptotic, which means it can trigger cancer cells to commit suicide which is normal program cell death.

- Diseases, like cancer and many others, arise from deficiency in your body. By nourishing your body to the cellular level, you improve detoxification and inflammation, and with The Sacred Plant, you can actually target cancer cells to stop them in their path of destruction.

- The Sacred Plant was so demonized in so many forms of media, that it deters many from the research that provides information on how it has incredible nutritional value, and is a great textile, and in recent years more information on how it is a source of medical aid.

- Plant medicine, nutrition, and natural non-toxic therapies are a major threat to the pharmaceutical companies. Evidence based medicines are patent based, profit based medicines. Natural therapies, based off plants, are not profitable like these created medications.

- Cannabis is an example of an anticancer. Some compounds boost your immune functions. Some compounds target cancer cells directly, and so cannabis is one example of a compound which does this, along with ginger, turmeric, and oregano, and ellagic acid, and blueberries, and catechins in green tea.

- All of these plant compounds prevent cancer cells from spreading. They prevent cancer from forming. They protect against DNA damage. They can block the formation of cancer tumor blood vessels too.

- The more people who are empowered to heal themselves, the less money will be generated for these big pharma companies. That is why you see a lot of activity against those who have had an experience in their life that was natural based, in attempts to disprove these holistic lifestyles.
• Cannabis has tremendous therapeutic value. The only way that people are going to be able to get access to it is by educating themselves, and empowering not only themselves, but the people around them. Taking this knowledge and then putting pressure on the industry to change.

• We need to remove the stigma surrounding cannabis. It’s not an evil drug. It’s a plant that comes from the earth. Yes, you could smoke it and get high, but that’s not what we care about. What we care about is helping people get well.

**SAYER JI**

• The Sacred Plant has been hardwired into our bodies through receptors, and can uniquely access many parts of our bodies as a therapeutic. It interacts with the endocannabinoid system through the cannabinoids from the Sacred Plant. There is no other example in the history of plant medicine that is as essential in the human body, in aspects such as our mood, appetite, pain, etc.

• 250+ diseases have been discovered that The Sacred Plant has worked with in some type of positive effect, from healing to helping the patient in other ways. It works as a healing ally within the body.

• There is an epidemic today due to mass chronic inflammation. The Sacred Plant is able to safely and effectively ease, and in many cases heal this condition, and many diseases. The Sacred Plant does not negatively impact the patient, like its legal opponent, Opioids, which have been seen in many cases to cause other negative symptoms, addiction, and only mask the inflammation rather than heal it.

• Cancer cells are rogue cells that do not follow the normal processing of cell death, and continue to spread and infect other cells. The Sacred Plant is able to target these particular cells and force them back into their normal sequence, allowing cell death to occur, and keeping them from spreading to other cells.
• The Sacred Plant, specifically the cannabinoids, are able to interact with the microglial activation, which in turn regulates and decreases the inflammation of the neurons, and stimulates the repair of these neurons.

• The Sacred Plant was driven underground, due to it not being allowed to be used due to illegalization. When that occurred, that is really when they started breeding high THC plants, which is what created that recreational use and deterred people from understanding or wanting to understand its medicinal aspects.

• Alteration of the molecular structure of The Sacred Plant for pharmaceutical use destroys the healing components of the plant, and actually causes it to become toxic to the body.

**Ruth Gallily**

• Inflammation is a very primitive part of the responses of the body. Cannabidiol has been seen in the brain as a neuroprotectant to the inflammation that occurs in the brain and, in many conditions, decreased the inflammation.

• During a study with mice, they found after treating them with Cannabidiol they had a decrease in their joint pain. They were able to walk in instances they were not before because of the pain, and many components of inflammation had begun to disappear.

• In a study about Diabetes type 1, when the disease is active, it would destroy the cells that are producing insulin in the pancreas. When they gave them Cannabinoid it stopped the progress of the disease, and kept the glucose in the bloodstream from getting too high. Reduction of having to take medication of insulin in the body is greatly seen when giving the CBD, and has a clean non-toxic effect, and stimulates the proper process versus replacing the normal bodies’ process.
• Unfortunately many studies have been completely stopped due to lack of funding, and the resistance and difficulty in getting funding. It is an overwhelming process.

• CBD alone has a bell shape response in dosage. At low amounts it is not effective, and at high amounts it is not effective. There is a small range of where it is most effective, in oral intake. The Sacred Plant extract enriched with CBD does not have the bell shape of effect. There needs to be more studies on dosage to really know what the effective levels are.

• Daily intake of CBD in the older community can increase overall regulation of inflammation, which is normal in the body as it ages, versus daily intake of aspirin.

**Corinne Malanca**

• There are many who are misinformed on what The Sacred Plant is here for — a recreational use that is an abusing of the plant, versus the true characterization as a medicinal healing agent.

• State laws are difficult to understand, and continue to be ever changing even after implementation. There are some states that have medical legalization for various diseases. Each state has different lists of what is qualified as a disease/condition to be allowed to use The Sacred Plant. Some have CBD only laws. Even further, in some states, CBD is only allowed for epileptic children, whereas some states are “all illegal” states. In some circumstances where the state becomes legal, it can take a couple years to get up and running, and cause even more delay in patients getting the medical source they need.

• Due to the restrictions put on the medicinal laws, there are people who struggle with either having to attain it illegally for their condition, in certain circumstances transferring it into a legal state, or the
extreme situations to move themselves and their family so that they can have continual access to The Sacred Plant.

- In certain circumstances where doctors are allowed to recommend the patient to use The Sacred Plant, they cannot do more that — the general recommendation. They are not allowed to discuss how to get it, what dosage, or how to use it. There are organizations, collectives, and dispensaries in some cases, who can help these patients once they have the recommendation, to seek out proper use and dosage, and quality of substance.

- Patients are all different — from diseases and conditions, to metabolic rates, sizes, previous medication histories, drug to drug interactions — and therefore each potency and dosage quantity is going to be slightly different, and unique to the patient. There are misconceptions in usage, in instances with edibles or things that are associated with recreational use, that the dosages are too high and can actually cause adverse effects, which can last a day or two, until the body can regulate the intake. Micro dosage is the key to starting treatments, and very slowly gradually increase if necessary.

- Limitations of potency in certain states are also an issue in certain cases, such as those who have cancer, where they need a higher potency and more of it to help in combating the disease.

- THCa is THC prior to heat activation, which causes the psychoactive effect. It is popular in juicing the plant, and can be utilized as an anti-cancer component, along with being an anti-inflammatory and an AI in autoimmune diseases. Juicing the plant is beneficial, however it is more difficult to do because you have to have continual access to the raw plant.

- Hemp vs Cannabis are genetically the same, however they are medicinally different. They both carry the cannabinoid CBD, and work in the
body mostly the same, but medicinally speaking, the CBD in cannabis is also interacting with other cannabis compounds, which allow for the CBD to offer the body more in healing components.

- All cannabis is not tested, as it should be. They need to be up to date, and have the percentage of each cannabinoid in it so you know how much you need in dosage. Ingestion of the plant in the form of vaporization, for example, can have additional chemicals in it and go into your lungs, and can be greatly toxic. Testing is key in use, because other synthetic additives can cause dangerous side effects. There needs to be a raise in the bar of cannabis testing, and held to that standard.

- Conventional treatments in combination with The Sacred Plant have shown great synergistic effects. For example, those who are in chemotherapy thrive during the process and after the fact due to the addition of cannabis in their treatment regimen.

- Taking the time to educate the “nay-sayers” allows for a more proactive approach to the medicinal cannabis progression. By communicating and helping those in the political world, creation of medicinal laws can be more understanding of what the true needs are, and less changes will be needed in the long term. The ultimate end goal is to alleviate the pain and suffering of patients who need The Sacred Plant.

- The endocannabinoid system was discovered and proven, and yet it’s not being formally taught and spoken about in medical schools. There is a conversation and push to get universities to offer this information as a course, vs a 30 minute brief conversation that gets passed over.

**Mike Adams**

- The Sacred Plant has one of the most healing molecules — different arrangements of Carbon, Oxygen, and Hydrogen — what most of the body is made out of.
• Modern Medicine operates as a corporate monopoly. It is controlled by property control and greed, opioids and pain killers, and as a whole, chemically based medicines. The medical establishment decided that they could not maximize their profit if people could find access to a few natural healing plants, versus their many created prescriptions, which overall create a lower quality of life and increase the need for a new medication for each new ailment.

• The Sacred Plant has co-evolved with humans by being used through: medicine, rituals, food source, etc. Through prohibition on The Sacred Plant, the mentality of its positive uses were negated and stigmatized as this illegal substance. The suppression of the plant has contradicted research, and the knowledge of plant medicine and the whole body.

• Opioids are deemed as a legal and suitable medication for different ailments, and The Sacred Plant is looked upon in disdain. Opioids are artificially constructed in a chemical lab, and contain toxins and additives that are dangerous to the body, disconnecting you from your true self and body by blocking receptors, and masking the symptoms.

• The Sacred Plant works as an integrated healing component working synergistically with your body, to whole body positive effects. When using the full spectrum of the plant, it is difficult to impossible to overdose, and the spectrum of safety is much greater.

• Isolated, concentrated single chemicals are not aligned with the evolution of the body, which is what modern medicines are. Your body is a complex system, and cannabis has many working components that work in cohesion with the body’s natural systems.

• There needs to be a priority for patient healing over corporate profits.

• Trusted sources is key in using cannabis. The process of cultivation and production methods need to be free of synthetic ingredients and
solvents to extract the natural constituents of The Sacred Plant. Along with creation of the medication, also a trusted source that lab tests their product is important to make sure it is free of additives.

**Jahan Marcu**

- Cancer cells were found to react most efficiently to THC and CBD, some more sensitive than others. Some brain cancers found a reduction of proliferative effects, which is the spreading of the cancerous cells, in their studies.

- Dosage is a key aspect of treatment of cancer with The Sacred Plant. Unfortunately, clinical trials have not been done, or allowed, to test how much of the cannabis is actually being absorbed into the bloodstream. Luckily, no matter the dosage, cannabinoids are non-toxic.

- A study of patients who were refractory to all other forms of treatment were injected with THC, and were found to have a smaller tumor mass in the brain. This is a start to many more refined clinical trials that need to be done.

- The endocannabinoid system was discovered by attaching a radioactive component to THC, and when doing so they could trace the substance within the body, and through this saw a span of receptors throughout the brain that the THC interacted with. There are many more cannabinoid receptors through many other systems within the body.

- Discussions have been had by the researchers who are tired of the politics associated with the stigma of cannabis, to the point of some organizations changing their names to eliminate the use of cannabis, and shifting to cannabinoids in their name.

- There has not been a chance at many PTSD clinical trials in humans, where as there has been research conducted with animals. They were able to show when blocking the cannabinoid receptor chemically, the
mice kept responding to the bright light or the loud noise, as where the mice with functioning cannabinoid systems were able to adapt.

- The endocannabinoid system interacts with different aspects of life. In some cases, diet can be seen affecting the endocannabinoid system. For some cases CBD or THC may not be the best choice for every person, but there are many other cannabinoids in the cannabis plant. The more that is learned and understood about the cannabinoid system and the receptors, the better they can use the system to treat the diseases.

- The natural functioning of the cannabinoid system in the brain does retrograde signaling. When certain people suffer from overactive brain activity, which is damaging to the neurons, the endocannabinoid system can sense this information overload, and the last receptor will reach out to the first receptor and tell it to stop or slow down. Cannabinoids can be seen as neuroprotectants because of this process, which resists from those neurons exciting themselves to death.

- The Sacred Plant is a pharmacological treasure trove. Out of hundreds of cannabinoids in the plant, only about 6 have been tested thoroughly, yet they are effective and non-toxic.

- Cannabinoids and the effects plants have on this system are still in a vastly steep learning curve. They have proven the interaction of some other plants and foods on the endocannabinoid receptors.

**GREGORY GERDEMAN PHD**

- The Endocannabinoid receptors, the signaling pathways, are a system regulated by homeostasis and well-being. This system helps to regulate the neuronal system working in an optimal range. Resilience to stress, modes of learning and memory, and other neuroprotection, involve the release of endocannabinoids and interaction on the endo-
cannabinoid receptors. Cannabis, through use of phytocannabinoids, interact with these receptors to help restore balance.

• The immune system widely expresses CB2 receptors, when activated by the endocannabinoids, and regulates the release of pro inflammatory mediators. Endocannabinoid signals (or phytocannabinoid) that are neuroprotective, in the CB2 receptors, initiate the natural cell process of cell death in cancer cells.

• The Sacred Plant as a use of medicine is seen throughout history, however as a modern science it is lagging behind. Even through the bias of cannabis being this negative or addictive drug, they were able to discover the endocannabinoid system.

• Other botanical products have been seen to interact with the endocannabinoid systems, however cannabis can be seen through its interaction in our bodies to have evolved around and with the human body.

• There has never been a solid scientific founding of The Sacred Plant having serious negative effects on the brain. The notion that long term cannabis use shows, in the worst cases, slight changes to the brain at levels of high THC, can outweigh the natural benefits of its life saving attributes, such as in cancer.

**DR. ALLAN FRANKEL**

• The Sacred Plant is a matter of adding a new tool to the panel of modern medicine, and excluding the harmful and damaging pain meds and tranquilizers. Past protocol to dosage of treatment is transforming continuously, with experience and further research.

• Levels of the cannabinoids within the strain are important, more than anything in terms of whether it is a sativa or indica, or what the strain is supposed to be due to crossing of plants over extended periods of time.

• THCa and CBDa are the acid form of the cannabinoids THC and CBD. There are unfortunately not enough studies in the past, or being
conducted in the present, of these acid forms on different diseases of having a great enough effect. The study can only be done by having controlled experiments, controlled/consistent plants, and controlled dosage and intake.

- The entourage effect is the combination of all the molecules in the plants working together to create a whole body healing. The whole plant is ideal, and is very powerful all together in the positive effects it has within the body. Many of the most valuable components of the plant are within the terpenes, and many productions “cook it” out.

- The Sacred Plant has shown in many patients experiences that this plant is very active in hindering the growth of cancer, and in some cases, tumors have disappeared where previously scanned masses existed.

- Endocannabinoids are natural within our bodies, and phytocannabinoids are natural to The Sacred Plant. There are two critical cannabinoids within the brain — 2AG functions similarly to CBD, and anandamide functions similarly to THC. A new discovery has shown that CBD increases the release and production of internal 2AG and anandamide, which is key in comparison to other medications where they replace and hinder the natural process in the body to produce particular hormones or chemical releases, and CBD and THC do the exact opposite, and actually activate the process.

- Finding a reputable source that has been cultivated properly, and produced without additives or toxic solvents, then tested with clear results, is difficult.

**Dr. Dustin Sulak**

- Communication in the research and among physicians is key to keeping the progression with The Sacred Plant, and sharing as much experience and information as possible. Conferences are a key to the cannabis community so that people can continue to work together.
Development in an asynchronized software allows for one doctor at any point in the US to post a case, and other doctors who have been added and approved in the system are allowed to aid in treatment suggestions, and discuss further their findings to help one another.

• The endocannabinoid system is a real physiologic system, discovered over 20 years ago, and is comparable to the endorphin system. A lot of these “good feelings” that come after exercise, sex, social interaction, etc., are actually endocannabinoid effects being produced by the brain. There are more endocannabinoid receptors over the brain and certain parts of the body that are more plentiful than other systems, such as the opioid receptors.

• The endocannabinoid system modulates the other systems of the body, and spans the whole body to allow for a mind-body wholeness interaction and coordination. Many drugs that are being used, such as Tylenol, are being found to have cannabinoid effects where they were not fully understood how they worked prior.

• In the last 5-10 years, there has been an increasing amount of research in regards to endocannabinoid deficiency. Such as those who suffer from chronic migraines have lower levels of cannabinoids in their cerebrospinal fluid, or women who suffer from severe premenstrual or menstrual conditions have lower cannabinoids during that portion of the month.

• The Sacred Plant has been interacting with humanity for thousands of years. Prohibition drove growers to make cannabis plants that were highly psychoactive because that was what the black market was able to sell. There is a drive to restore the medical properties to their original strain states by selective breeding, and it is the hope and expectation that over time the strain development will create much more medicinally healing components over time.
DR. SUNIL AGGARWAL

• The endocannabinoid system is part of our bodies’ way to tamp down on overactivity. It’s a feedback system that helps to say, “You should reduce the firing of this other chemical.” It helps calm you down.

• The DEA is saying there is no currently accepted medical use and treatment in the United States, and no standard for safety. That’s a lie. We’re neglecting, and causing harm, because there is so much data out there to the contrary.

• THC on its own isn’t exactly the best drug. It has some side effects; it’s hard to tolerate. It’s nice to have CBD or other compounds in it. It’ll mitigate its angiogenic dysphoric effects.

• Basically, CBD is THC’s yin to the yang. The two compounds are kind of complementary in cannabis. CBD has a lot of very impressive therapeutic applications. It’s so structurally similar to THC.

• Lower dosages of THC don’t work for everybody. Sometimes high THC is what’s needed.

• We’ve sequenced the genome of cannabis! The entire chemical. The molecular genetic DNA. We know the differences between hemp strains and traditional medicinal strains. They are all related to each other.

• Cannabis has seeds that you can eat. People have survived starvation and famines from just eating cannabis seeds. It has all essential amino acids.

• Cannabis can help with so many chronic diseases, so many problems, including cancer... Slowing MS. Maybe slowing Lou Gehrig’s Disease. Maybe preventing tumors. Maybe killing prions from Mad Cow Disease. All of these things have been suggested in laboratories, and it’s very exciting.