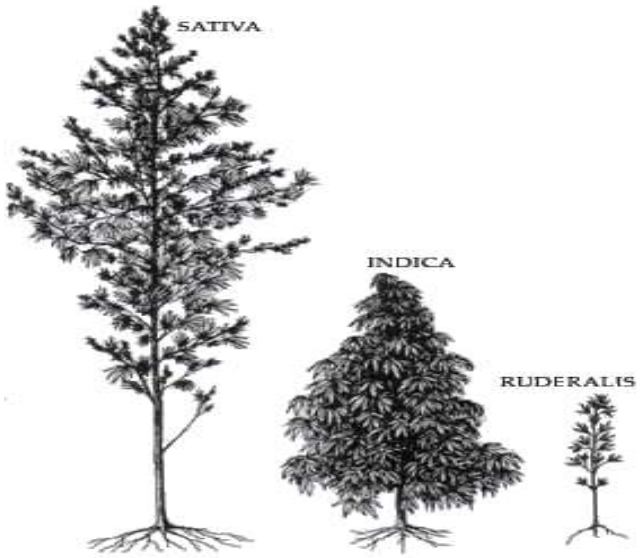



**INDICA**

**Generally speaking indica marijuana types have a sleepy, pain relieving, sedative, and time-slowing effect. These cannabis plants are often short, squat and bushy. Their marijuana buds are fatter and produce large amounts of THC resin.**

**More indica marijuana is available now because indica marijuana plants are presumed to be easier to grow, have a heftier yield, and finish much faster than sativa cannabis strains.**

**SATIVA**

**The sativa cannabis plant is responsible for an uplifting, soaring, spacey, giggly, appetite-inducing marijuana high. Sativa is also a great ganja for relieving clinical depression.**

**The sativa marijuana plant is often vine-like and grows very tall, lanky and nearly twice the size of a typical indica cannabis plant. Another perceived problem is sativa produces light fluffy marijuana buds and these strains take many additional weeks to finish flowering than indica. Sometimes almost twice as long!**

**Back in the hippie era, tasty sativa weed was plentiful in America and the majority of America's weed supply came from tropical South American countries where sativas grew in plenty and law enforcement was lax.**

**These strains had names like Columbia Gold, Panama Red, and Acapulco Gold. The war in Vietnam also created many opportunities to smuggle in another sativa strain, Thai Stick.**

**Recent efforts to cater to select cannabis enthusiasts' desires for a tasty toke and balanced high has created numerous hybrids that offer both the uplifting, spacey cerebral stimulation, while also delivering strong physical effects.**

**An easy Seed Finder search turns up eight different types of OG Kush being offered by cannabis seed breeders. At the very least a dispensary could offer eight different types of OG Kush that were grown from seeds from reputable seed breeders. Crazy, right? It wasn't always this way.**
**Cannabis breeding has grown dramatically in the last few years because marketing has created some strains that are said to be worth millions. Charlotte's Web has garnered plenty of praise for its ability to reduce seizures without making patients feel the typical, cerebral high.**

# CONSTITUENTS OF CANNABIS

## TERPENE: HUMULENE

**Medical Benefits: Anti-inflammatory, Antibacterial, Pain**
**Also Found in: Hops, Coriander**
**Effects: Suppresses Appetite**
**Aromas: Woody, Earthy**
**Boiling point: 198°C (388°F)**
**KEY: Girl Scout Cookies (hybrid); White Widow (hybrid); OG Kush (hybrid); Sour Diesel (Sativa); Headband (hybrid)**

## TERPENE: PINENE

**Medical Benefits: Inflammation, Asthma (bronchodilator)**
**Also Found in: Pine Needles, Conifers, Sage**
**Effects: Memory Retention, Alertness**
**Aromas: Sharp, Sweet, Pine**
**Boiling point: 155°C (311°F)**
**KEY: Jack Herer (sativa); Dutch Treat (hybrid); Romulan (indica); Blue Dream (hybrid); OG Kush (hybrid)**

## TERPENE: LINALOOL

**Medical Benefits: Insomnia, Stress, Depression, Anxiety, Pain, Convulsions**
**Also found in: Lavender, Citrus, Laurel, Birch, Rosewood**
**Effects: Sedating, Calming**
**Aromas: Floral, Citrus, Space**
**Boiling point: 198°C (388°F)**
**KEY: Lavender (indica); Skywalker OG (hybrid); Headband (hybrid); Ingrid (Indica); Pink Kush (hybrid)**

## TERPENE: CARYOPHYLLENE

**Medical Benefits: Antioxidant, Inflammation, Muscle Spasms, Pain, Insomnia**
**Also found in: Pepper, Cloves, Hops, Basil, Oregano**
**Effects: No detectable Physical Effects**
**Aromas: Pepper, Wood, Spice**
**Boiling Points: 160°C (320°F)**
**KEY: Girl Scout Cookies (hybrid); White widow (hybrid); OG Kush (hybrid); Bubba Kush (indica); Chemdawg (hybrid).**

## TERPENE: MYRCENE

**Medical Benefits: Antiseptic, Anti-Bacterial, Anti-fungal, Inflammation**
**Also Found in: Mango, Thyme, Citrus, Lemongrass, Bay leaves**
**Effects: Sedating, Relaxing, Enhances THC; Psychoactivity**
**Aromas: Musk, Cloves, Herbal, Citrus**
**Boiling Points: 168°C (334°F)**
**KEY: Blue Dream (hybrid); Green Crack (sativa); Alien OG (hybrid); Granddaddy Purple (indica); Northern Lights (indica).**

## TERPENE: LIMONENE

**Medical Benefits: Anti-depression, Anti-Anxiety, Gastric Reflux, Anti-fungal**
**Also Found in: Citrus finds, Juniper, Peppermint**
**Effects: Elevated Mood, Stress relief**
**Aromas: Citrus, Lemon, Orange**
**Boiling Points: 176°C (349°F)**
**KEY: OG Kush (hybrid); Sour Diesel (sativa); Super lemon haze (sativa); Trainwreck (hybrid); Bubba Kush (indica)**

## BEST STRAINS TO USE:

**FOR CANCER, ANXIETY, SLEEP: high THC**

**Best strains: OG Kush, Bubba Kush, Pink Kush, Northern Lights/Indica, Critical Mass(brain tumor)**

**Best strains to use for topical use for skin cancer:**

**FOR PAIN, INFLAMMATION: high CBD**

**Best strains: Blueberry, Pink Kush, Kush Berry, King's Kush**

**STRESS, PAIN, DEPRESSION**

**Sour Diesel**

**Critical Mass (also for insomnia)**

**Northern Lights**

**PAIN, DEPRESSION, NAUSEA**

**Blue Dream**

**PAIN, INSOMNIA, DEPRESSION, STRESS**

**Critical Kush**

**SEIZURES:**

**Charlotte's Web**

### CHRONIC INFLAMMATION:

**Blueberry, Chocolope, Gold Leaf**

### Colitis, Crohns, etc.:

**Use CBD heavy indica such as Cheese and Blueberry.**

**SKIN CANCER: As the research has not been done to know what particular strain is best suited to a particular condition or cancer, Rick says to use several suitable Indica dominant or pure Indica strains high in THC ( ideally 20% to 25%+ ) and typically low in CBD ( around 1 % ) to create a blanket effect of cannabinoids to try to cover all the bases. Ideally the oil is applied neat and covered with a bandage or plaster for 3 days, then reapplied until it disappears / shrinks or falls off. A great salve would be.. Using 2mls++ of the cannabis oil with 100 grams of cocoa butter ( absorbs well ), warmed / blended together.. Not forgetting to ingest the oil to get to it from the inside, ingested oil alongside the topical application is best, using neat / pure oil or as neat as possible is best when / where possible. If necessary, take the time to check the thread marked "Attention new members" that is posted on all recent threads on Rick's Facebook page for more basic information. Worth mentioning that.. Although a Sativa salve would work, some people are affected when it comes into contact ( get high ), Sativa makes people feel more energetic and may not be suitable for everyone.. when ingested a Sativa is unbearable: won't allow people to sleep for days, hallucinations etc, not what we recommend as people give up treatment. Most either apply topically / neat if possible & Ingest the full protocol ( 60 MLS / grams over 90 days ) or some only ingest a super tiny daily maintenance / preventative dose as mentioned on the "Attention new members" thread that is posted on all recent threads on Rick's Facebook page.. It's always best to follow the full protocol when possible, 60 grams is usually enough, although no guarantees can be made with any treatments including this one.. Rick says miracles are a common occurrence when using the real home made oil. Ingesting the oil has massive benefit in any amount, if following the full protocol, always follow the dosage instructions to the letter when possible.**

**Many people are said to be using White Widow for cancer treatment which is a Hybrid. Blue Widow looks good combining White Widow and Blueberry.**

**For PANCREATIC Cancer: Looking for good reasons to grow your own medical marijuana to help you treat pancreatic cancer and the side effects of other cancer treatments. It takes the right amount of**

**THC to effectively combat the pain, nausea, and vomiting caused by chemotherapy, radiation and other treatments used to fight cancer.**
**You also need the right amount of CBD to control the emotions surrounding having cancer, including depression, nervousness, and anxiety. Growing your own cannabis gives you complete control over the strain of marijuana you grow, and how much THC and CBD it contains.**

**Medical cannabis strains that are high in THC are most effective for treating nausea and vomiting. Try growing some THC-heavy strains such as Afghan Kush, Trainwreck and Green Crack to improve appetite and reduce pain.**

**For FIBROMYALGIA: Blue Dream (sativa) really good for stress; Harlequin really good for pain; Cannatonic for pain, stress, clearing mind. Critical Mass for pain, depression, insomnia. Tahoe OG. Granddaddy Purple- stress, pain, insomnia. GSC (girl scout cookies) – stress, depression, pain. Blueberry- stress, pain, insomnia. Bubba Kush for Stress, Pain, Insomnia. Headband is hybrid for Stress, Depression, Pain.**

**FOR INSOMNIA: use indicas. Inhaling is faster, but edibles can help stay asleep longer. Aged cannabis can have sleepier effects than fresh flower.**
**Cannabis sativa, can relieve pain, increase mobility, and help patients sleep better. It's also a natural source of CBD. If you grow your own Cannabis sativa, you can have this relief whenever you need it. Simpson doesn't recommend it medically because it energizes and can keep you awake, and sick people need to sleep and relax. Go easy on the high THC strains if it is anxiety keeping you up. A light dose of these strains can float you to sleep, but larger doses can worsen anxiety in some. Try a strain with some CBD in it if you are sensitive to THC which often eases its anxious side effects.**
**Recommended: Tahoe OG Kush; Granddaddy Purple; Skywalker – use small amount, large doses can exacerbate anxiety; God's Gift; Afghan Kush(also knocks' out pain, anxious thoughts); Northern Lights; uses high THC to annihilate pain and insomnia, pay mind to dose low and slow. Ogre; Querkle; Pound Hammer if the mind can't stop thinking; Big Bud.**
**Higher doses of THC can cause a hangover effect so keep doses small.**

**FOR MENOPAUSE SYMPTOMS (hot flushes, etc)**

1. **Blue Dream - Hybrid**
2. **Girl Scout Cookies, Hybrid**
3. **Sour Diesel – Sativa**
4. **OG Kush - Hybrid**

**FOR DEPRESSION, WOMEN**
**they like high CBD strains, they are uplifting**

1. **Charlotte's Web, Sativa**
2. **Green Crack, Sativa**
3. **Harlequin, Sativa**
4. **Lemon Kush, Hybrid**
5. **Others: Cannatonic, Skywalker, Agent Orange, Jack Herer**

## MAKING CANNABIS OIL by Rick Simpson

**To make Rick Simpson Oil (RSO), start with one ounce of dried herb. One ounce will typically produce 3-4 grams of oil, although the amount of oil produced per ounce will vary strain to strain. A pound of dried material will yield about two ounces of high quality oil.**

1. **Place the completely dry material in a plastic bucket.**
2. **Dampen the material with the solvent you are using. Many solvents can be used. You can use pure naphtha, ether, butane, 99% isopropyl alcohol, or even water. Two gallons of solvent is required to extract the THC from one pound, and 500 ml is enough for an ounce.**
3. **Crush the plant material using a stick of clean, untreated wood or any other similar device. Although the material will be damp, it will still be relatively easy to crush up because it is so dry.**
4. **Continue to crush the material with the stick, while adding solvent until the plant material is completely covered and soaked. Remain stirring the mixture for about three minutes. As you do this, the THC is dissolved off the material into the solvent.**
5. **Pour the solvent oil mixture off the plant material into another bucket. At this point you have stripped the material of about 80% of its THC.**
6. **Second wash: again add solvent to the mixture and work for another three minutes to extract the remaining THC.**
7. **Pour this solvent oil mix into the bucket containing the first mix that was previously poured out.**
8. **Discard the twice washed plant material.**
9. **Pour the solvent oil mixture through a coffee filter into a clean container.**
10. **Boil the solvent off: a rice cooker will boil the solvent off nicely, and will hold over a half gallon of solvent mixture. CAUTION: avoid stove-tops, red hot elements, sparks, cigarettes, and open flames as the fumes are extremely flammable.**
11. **Add solvent to rice cooker until it is about ¾ full and turn on HIGH heat. Make sure you are in a well-ventilated area and set up a fan to carry the solvent fumes away. Continue to add mixture to cooker as solvent evaporates until you have added it all to the cooker.**
12. **As the level in the rice cooker decreases for the last time, add a few drops of water (about 10 drops of water for a pound of dry material). This will help to release the solvent residue, and protect the oil from too much heat.**
13. **When there is about one inch of solvent-water mixture in the rice cooker, put on your oven mitts and pick the unit up and swirl the contents until the solvent has finished boiling off.**
14. **When the solvent has been boiled off, turn the cooker to LOW heat. At no point should the oil ever reach over 290˚ F or 140˚ C.**
15. **Keep your oven mitts on and remove the pot containing the oil from the rice cooker. Gently pour the oil into a stainless steel container**
16. **Place the stainless steel container in a dehydrator, or put it on a gentle heating device such as a coffee warmer. It may take a few hours but the water and volatile terpenes will be evaporated from the oil. When there is no longer any surface activity on the oil, it is ready for use.**
17. **Suck the oil up in a plastic syringe, or in any other container you see fit. A syringe will make the oil easy to dispense. When the oil cools completely it will have the consistency of thick grease.**

## NOTES ABOUT COOKING CANNABIS:

**At 157c (314f), THC evaporates so you want to always keep the temperature low to preserve the product..**

**If you work with an oven and is says to have the temp. at 240$^{O}$F, put it at 225$^{O}$F and watch the oven thermometer so it doesn't go above 240$^{O}$F.**

**The lower the temperature you use, the longer it takes to cook.**

## MAKING CANNABIS OIL WITHOUT ALCOHOL.

**For every 10 grams of bud, you need 100 ml of oil (olive, coconut, grapeseed etc).**
**Use a rice cooker.**
**Prior to cooking, place the buds in between 2 sheets of parchment paper and bake at 240$^{O}$F for 1 hr.**
**Don't go over 240$^{O}$F or the THC will evaporate.**
**Scrape off the buds and the residue on the parchment paper (sometimes putting a little oil on the parchment helps to remove any residue that you don't want to lose).**
**Place the cooked buds into the crockpot/rice cooker and add the oil.**
**Stir to get everything wet.**
**Put on HIGH for 5 minutes, then turn the crockpot to LOW for 1 hour.**
**Strain and set the oil in a jar for use.**
**The cooked buds you can throw into baked goods.**

**DON'T HAVE A RICE COOKER? No problem. After heating the buds between the parchment paper for an hour at 240$^{O}$F, then scrape everything off into a small pyrex type pot, mix the oil in and cover the pot, then use the OVEN to cook the oil with the buds for an hour. Keep the oven temperature 230$^{O}$F to 266$^{O}$F (110c to 130c).**
**NOTE: The temperature must be minimum of 230$^{O}$F/110c in order for decarboxylation to occur, but if it is too hot, you destroy the properties of the THC which vaporizes above 314$^{O}$F/157c.**
**NOTE: the lower temperature you use, the longer you have to cook it. One lady did 170$^{O}$F for 4-6 hours in her crockpot.**

## MAKING SALVE IF YOU ALREADY HAVE YOUR CANNABIS OIL

**Do a ratio of 1 part cannabis oil to 10 parts oil. Warm coconut oil or olive oil in a clean pot and add a little beeswax to help thicken it. Take off the oil the heat and when it is lukewarm, add the right ratio of cannabis oil to the coconut oil. Store in clean jar and use as needed.**

## SLEEPYTIME CAKE

**2 cups flour**
**2 eggs**
**1/2 cup fancy molasses**
**1/2 cup honey**
**1/2 cup kefir, or yogurt or apple juice, or lemon juice or orange juice (acid to help baking powder work)**
**1/2 cup coconut oil (add herb to this before mixing into batch)**
**1 tsp baking powder**
**1cc cannabis oil (1/4 tsp)**
**1/2 tsp Cinnamon**
**1/4 tsp Cloves**
**1/8 – 1/4 tsp Nutmeg**
**Blueberries**
**1/2 cup shredded coconut**
**1 heaping Tbsp cocoa powder**
**Put into 9" X 9" non-stick pan (or spray a pan or use parchment paper to line). Bake 350$^{O}$F until center is cooked (insert toothpick into center and if it comes out clean it is cooked). Cut into 9 squares. Can eat one at night to help you sleep.**

## HEALTHY FUDGE

**1 cup dates, halved and mixed with ¼ cup water. Cook in covered saucepan over medium-low heat until soft, then stir in:**
**1 ½ cup semi-sweet chocolate chips (or Krisda)**
**1/3 cup tahini**
**1/3 cup maple syrup**
**Transfer to food processor and add:**
**2 cups oatmeal**
**½ cup sunflower seeds**
**¼ cup cocoa**
**½ cup walnut pieces**
**½ cup coconut**
**Mix in the cannabis to the strength you desire.**
**Process to mix well. It should be very thick.**
**Transfer mixture to lightly oiled loaf pan and press in firmly and evenly. Chill and then cut into pieces.**
**Store in airtight container in fridge or freeze.**
**Variations: use pecans, hazelnuts or peanuts instead of walnuts.**

# CANNABIS INFUSED COCONUT OIL-INFUSED

**This needs to be monitored for 12-18 hours.**
**1 pd (16oz) Coconut Oil (unrefined is best)**
**1-3 oz dried marijuana buds**
**Water**
**Crockpot with adjustable dial**
**Fine Metal Strainer**
**Cheese Cloth**
**Thermometer**
**If you want less 'weed' taste, soak the buds overnight in water, and dry before grinding. This removes much of the chlorophyll that causes the herbal taste.**

1. **Grind cannabis very fine, you can use coffee grinder, make sure not too powdery or you will have trouble straining it in the final process.**
2. **Put coconut oil in crockpot and enough water to float the oil in the pot. Set on HIGH and allow oil to liquify.**
3. **Slowly start stirring in bud until mixture is all saturated. If needed, add more water.**
4. **Stick thermometer in pot with lid closed on top and monitor it until it reaches close to 250$^{O}$F. Turn crockpot heat setting to LOW, and stir.**
   **NOTE: oil continues to rise in temperature after removing from heat and takes longer to start cooling. A pre-emptive heat switch will help keep a more accurate temperature.**
5. **Periodically stir mixture and check that temperature stays around 250-270$^{O}$F. An occasional flip from LOW to WARM setting may be needed to regulate the temperature. The mixtures needs to stay below 320$^{O}$F to avoid burning off the active ingredient. The water in the pot stops this from happening because it will evaporate first. Periodically add water throughout the process to keep the cannabis submerged.**
6. **After 12-18 hours, turn off crockpot and allow to cool for a while. Get cheesecloth and double wrap it over your strainer. Place over a large container to catch the warm liquid. SLOWLY pour the mixture into the cheesecloth and allow to drip. If it is not too hot, wrap the plant material and squeeze out the hot oil. Continue until all mixture has been squeezes out of the cheesecloth. The remaining plant material can be saved to use for a topical compress. Although most of the medicinal properties lie within the oil still trapped in the spent but.**
7. **Put container of hot oil/water in fridge overnight and allow oil to rise to top. Water that was added during the process catches all the extra plant material and brown carcinogens from the mixture. This allows for a much cleaner tasting product.**
8. **Pop the hardened green coconut oil off the top of the water that sunk to the bottom and discard the water. You are now left with a green chunk of coconut oil that is ready to use for the recipe you want. Store in fridge until ready to use. Allow to warm before adding to recipes.**
9. **This recipe also works if you want to use butter instead of coconut oil. Butter has less saturated fat and can't absorb as much THC. Most people use a ratio of 1-2 oz of bud per pound of butter.**

# CANNABIS PASTE

**use for skin cancer, lung cancer.**
**For skin cancer, apply 3 times a day for 10 weeks. If stuff oozes out, let it cleanse and keep going.**

**<u>For lung cancer etc:</u>**
**Keep paste in freezer. Scoop out a little and put on tongue, then swallow right away.**
**Start with 1/8 tsp four times a day. Then keep increasing to 1 tsp four times a day. When you arrive at that place, you do 7 tsp a day in divided doses until you are done.**
**Do for 12 weeks.**