

4th edition

Cannabis Hemp Guide

ONLINE MONTHLY

JUNE 2015

Medicinal Cannabis - Prevention is the Safest Cure...

Welcome to the forth edition of The Cannabis-Hemp Guide.



Medicinal Cannabis = Better Quality of Life for Billions worldwide. The sick, the suffering and their loved ones!

Cannabis can assist to bring your body into homeostasis, which means a stable space of rest. Reaching and maintaining this space is imperative for healing. That is why Cannabis assist such a magnitude of conditions.

The current situation is that [#theaustralaingovernment](#) have offered \$21 millions dollars to do trials. There is also \$33.4 million dollars so generously donated to Sydney university. The

only problem with this story is that millions of Australians are suffering now and can not wait for trials, and really don't need to either because the trials have been done successfully in other countries. We need to work together now and show the government where it is already working.

If you know of someone who successfully uses cannabis for better quality of life please share your story here: <http://www.unitedincompassion.com.au/>

\$54 million dollars could play a huge part in setting up industry's to feed every sick person in Australia with Cannabis Medicine, bringing better quality of life to all Australians.

Subscribe to our monthly online magazine for up to date information on research, recipes, facts, testimonies, articles, upcoming events and a growers guide.

Editor/Publisher: Karen Burge

Ph: 0411 483 895

Email: enquiries@churchofubuntu.org

Contact your local member, or follow the links below to express your opinion on legalizing Medicinal Cannabis.

Australian minister for health

Sussan Lay: (02) 6277 7220

Email: Minister.Ley@health.gov.au

Queensland Parliament Members

[https://www.parliament.qld.gov.au/](https://www.parliament.qld.gov.au/members/current)

[members/current](#)

Australian Senators

<http://www.aph.gov.au/>

[Senators and Members/](#)

[Guidelines for Contacting Senators and Members/los](#)

UPCOMING EVENTS

Click on underline words to visit facebook event pages

Fearless Father Music Fest

Saturday 4th July

To raise money for Adam Koessler and his daughter Rumer Rose. [FearlessFather](#)

Rule Family Court Support Crew

Thursday 9th July

Wyong Courthouse

Come along to show your support for the urgent need to change the law to protect users.

[See Little Larisa's story here.](#)

HEMP Queensland Meeting

Saturday 1st of August

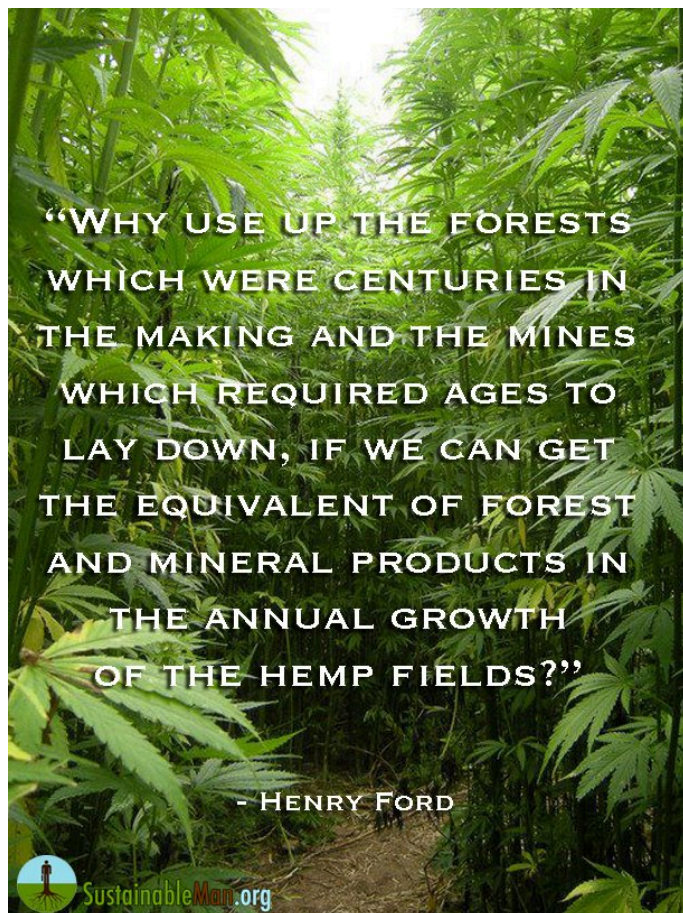
Petitions

Repeal cannabis prohibition

Australia needs fair and consistent drug laws, allowing adult Australians to use cannabis without fear of prosecution. If you feel it is time that our government implement equity, justice and improved health for all Australian citizens please sign and share petition below.

[https://www.change.org/p/federal-minister-for-health-the-hon-sussan-ley-mp-repeal-cannabis-prohibition?](https://www.change.org/p/federal-minister-for-health-the-hon-sussan-ley-mp-repeal-cannabis-prohibition?recruiter=1321260&utm_source=share_petition&utm_medium=facebook&utm_campaign=share_facebook_responsive&utm_term=design-no_src-no_msg&fb_ref=Default)

[recruiter=1321260&utm_source=share_petition&utm_medium=facebook&utm_campaign=share_facebook_responsive&utm_term=design-no_src-no_msg&fb_ref=Default](https://www.change.org/p/federal-minister-for-health-the-hon-sussan-ley-mp-repeal-cannabis-prohibition?recruiter=1321260&utm_source=share_petition&utm_medium=facebook&utm_campaign=share_facebook_responsive&utm_term=design-no_src-no_msg&fb_ref=Default)



MEDICAL CANNABIS USERS ASSOCIATION  **MCUA AUSTRALIA**

MCUA Medicinal Cannabis Users Association
Dedicated to supporting Australians with the choice to use Medicinal Cannabis

Fighting for YOUR right to choose
Join us on facebook
<https://www.facebook.com/groups/644543642281234/>



Church Of UBUNTU



Compassionate Care: supporting the sick, suffering and their loved ones.

Bee Jay Futter: 0425 213 550
Shaun Summut: 0424 681 142
Karen Burge: 0411 483 895
Email: enquiries@churchofubuntu.org



Raw Cannabis for Health

Raw Cannabis & the 2015 Nimbin Mardi-Grass – Raw Cannabis Juice Bar!

What a huge month it's been for the cannabis awareness movement! This year [Raw Cannabis](#) was ever present at the [Nimbin Mardi-Grass](#) with an amazing Raw Cannabis Juice Bar, and it would be fair to say it was a huge success.

This success of the Raw Juice Bar was largely due to the many voluntary hours and people who made it happen and kept it flowing during the Mardi-grass event. In particular Raw Cannabis's very own Ray Man was a key person who ensured the steady stream of cannabis leaves for juicing and not a mouth was dry while people were treated to her amazing juices. Every juice came with lots of helpful, healthy information for those who visited the Juice Bar.

[All of the feedback received about the bar was wonderfully heartening to hear;](#)

["Was GREAT . Thanks"](#)

["Isn't it great to see how far things have come"](#)

["I had no idea you could use the leaves for juice and oh wow how delicious!"](#)

["Beautiful and delicious!!!"](#)

["And those smoothies were worth every cent too"](#)

["The smoothies lasted a while. A meal"](#)

And of course we must thank the [Hemp Bar](#) for supporting the Juice Bar and as Ray highlighted about the event and Raw Cannabis's presence during the event, "What a fantastic success! Much awareness was created. Thanks to the Hemp Bar for giving us the opportunity to spread the word Raw Cannabis for Health!" We are so grateful to all the people involved in making every aspect come together for the success of the Raw Cannabis Juice Bar. It was great to hear all the positive feedback from people trying raw cannabis juices as it confirms what we as a group believe in. Ray also summed the Juice Bar and event up aptly in saying "What a great month in Nimbin!"

It was a wonderful event this year, as always and we are sure next year will be even better! Until Next Month have a great Raw Cannabis time! Regards, The Raw Cannabis Team
Some photo's from the Raw Cannabis Juice bar's involvement with the 2015 Mardi-grass;

By Susie J



Join us on facebook: <https://www.facebook.com/groups/rawcanna/>

Watch more here: <https://www.youtube.com/playlist?list=PLmhLrNmIPeCIWB1BcTbf2QtVCZhImIbaY>

NURSES FOR MEDICINAL CANNABIS

The Australian Nurses Therapeutic

Cannabis Awareness Group

is an Australian nurses special interest group and includes non nursing cannabis industry members who share information to educate nurses in preparation of cannabis being legalised for medical purposes in Australia.



It is extremely exciting to see so many nurses supporting the legalization of Medicinal Cannabis. Many of them are seeing the healing benefits of this incredible herb and others are frustrated as they watch the dramatic daily increase of debilitating diseases, some have also watched loved one's suffer.

Human suffering is increasing dramatically with cancer and autoimmune disease alone, and it seems these days every one is being touched by these or many other known and unknown diseases.

I am from a family of 5, 4 out of 5 of us have autoimmune disease and one has chronic back pain.

So you may say I have a vested interest in Medicinal Cannabis. I have seen the possibilities of the potential healing abilities for all 5 of us from one plant. That means better quality of life for the whole 18 members of our family and preventive medicine for all 18.

We are at a turning point in history where the incredible healing benefits of Cannabis are being exposed daily and we are well on our way to legalizing this incredible healing herb.

If you would like to support the Nurses as they charge forward to educated you about the benefits of Medicinal Cannabis, follow them on facebook, youtube or [The Cannabis Hemp Guide](#)

Editor, Karen Burge

Follow us on

Facebook: <https://www.facebook.com/groups/ANCAgroup/>

Youtube: <https://www.youtube.com/playlist?list=PLmhLrNmIPeCJwjoTMBLNKqLYDi0siT9vj>



SPELT HEMP SEED BREAD

INGREDIENTS

7g sachet dry yeast
1 tablespoon organic honey
1 1/2 cups warm water
3 cups organic wholemeal spelt flour
1 teaspoon sea salt
2 tablespoons hemp seeds
1 tablespoon pepita seeds
1 tablespoon sunflower seeds
2 tablespoons traditional rolled oats
1 tablespoon olive oil
2 tablespoons hemp milk
Butter and hemp seeds, to serve

Hemp Seed Milk

Blend 2 tablespoons of hemp seeds with 1 cup of water to make hemp milk



1. Step 1

Place yeast, sugar and warm water in a jug. Whisk with a fork to dissolve yeast. Stand in a warm place for 10 minutes or until frothy.

2. Step 2

Sift flours into a large bowl. Stir in salt, 1 1/2 tablespoons hemp seeds, 1 tablespoon rolled oats, yeast mixture and olive oil. Mix to form a soft dough. Turn out onto a lightly floured surface. Knead for 5 minutes or until smooth and elastic. Place in a large, lightly greased bowl. Cover. Set aside in a warm place for 1 hour or until doubled in size.

3. Step 3

Preheat oven to 200°C/180°C fan-forced. Lightly grease a 6cm-deep, 10cm x 20cm (base) loaf pan. Combine remaining hemp seeds with oats, sunflower and pepita seeds in a bowl. Set aside. Using your fist, punch dough down. Knead until smooth. Shape into a 22cm log. Place in prepared pan. Cover with lightly greased paper. Set aside in a warm place for 30 to 40 minutes or until dough has almost doubled in size.

4. Step 4

Brush top with milk. Sprinkle with hemp seed mixture. Bake for 30 to 35 minutes or until dark golden and hollow-sounding when tapped. Turn onto a wire rack to cool. Serve with butter and hemp seeds.



HEMP SEEDS FOR VIBRANT HEALTH

Hemp Seeds: One of the most nutritious and easily digested foods on the earth is the hemp seed. Hemp seeds contain protein, essential amino acids, and essential fatty acids. Hemp is truly a food that can sustain all of man's dietary needs. Hemp seeds have many health benefits, which can be easily obtained by adding hemp seed to the diet.

Hemp seeds available at
enquiries@churchofubuntu.org

Hemp Seed Nutritional Value

Hulled hemp seed Per 50g serve	Nutritional-amount %RDI (adult male)
Essential fatty acids	18.5g
Omega 3	5.0g
Omega 6	13.5g
Trans fat/cholesterol	0.0g
Protein	16.5g
Carbohydrate	3.5g
Vitamin E	125%
Niacin	25%
Riboflavin	430%
Magnesium	115%
Manganese	145%
Phosphorus	60%
Zinc	45%
Copper	45%
Iron	45%



Please note: Hemp seed consumption is legal everywhere in the world except Australia and New Zealand.

Hemp Seeds are known to heal osteoporosis in animals and are believed to be the best colon cleanse on the planet.



NIMBIN HEMP EMBASSY NEWS

NIMBIN HEMP EMBASSY

The Nimbin HEMP Embassy is a non-profit association incorporated under the name "Nimbin Hemp" and established in 1992. The Embassy's objectives are Cannabis law reform through educating the community about hemp products and cannabis, and promoting a more tolerant and compassionate attitude to people in general.

Website: www.hempembassy.net

Facebook here: <https://www.facebook.com/nimbinhemp>

For more information on Cannabis Hemp News visit the Australian HEMP Party facebook page: <https://www.facebook.com/AustralianHempParty>

NIMBIN MARDI GRASS 2015

The 23rd annual Cannabis Law Reform Nimbin Mardi Grass saw thousands visit the region on the first weekend in May 2015. The weekend was jam packed with live entertainment, workshops, classes. See images below, follow on facebook for upcoming events.

Website: www.NimbinMardiGrass.com

Facebook: <https://www.facebook.com/nimbinmardigrass/timeline>





REASONS TO EAT HEMP SEEDS

INFOGRAPHICS BY: WWW.IONIZEROASIS.COM

Have you tried hulled hemp seeds yet? They are one of nature's most perfect foods because they are high in **omega 3** and **omega 6**, contain essential **amino acids** plus they taste great!
Here are the reasons why you should eat hemp seeds:

1. **TASTE GOOD**
2. **NUTRITIONALLY COMPLETE FOOD**
3. **DIGESTIBLE**
4. **HAVE 2 TYPES of PROTEIN**
5. **MOST BALANCED SOURCES of FATTY ACIDS**
6. **IMPROVES MEMORY and LEARNING**
7. **EXCELLENT for DIGESTIVE SYSTEM**
8. **GOOD for DEALING STRESS**
9. **EXCELLENT SUBSTITUTE for MILK**

2 TYPES of PROTEIN in HEMP SEEDS

65% EDISTINE

35% ALBUMIN


RECIPE FOR HEMP MILK, MAKES 4 CUPS:

- 4 Cups of old ionized water
- 1/2 cup hemp hearts
- 4 dates (remove the seeds)
- 1 teaspoon vanilla extract



Directions:
Put all the ingredients in a high speed blender for a few minutes. Strain it using a nut milk bag or strainer. Keep in fridge for 3 days in air tight container.


NIMBIN HEMP EMBASSY



Cannabis

THE NUMBER ONE PLANT

- FOOD**
better protein than beef
- FUEL**
cleaner than crude oil
- FIBRE**
stronger than cotton
- MEDICINE**
safer than chemicals
- RECREATION**
healthier than alcohol



51 Cullen St. 66891842 hempembassy.net

THE LITTLE GREEN TRAILER



facebook.com/littlegreentrailer

The Little Green Trailer was born out of a need to raise awareness and more importantly re-educate the public regarding the medicinal benefits of cannabis. For over 70 years propaganda has been spewed out by vested interests to maintain the status quo. Now the people are fighting back.

The little green trailer group, was created to follow the adventures and/or misadventures of little green trailer. The Little Green Trailer is currently traveling Qld and coming soon to WA.

It's time for Australia to move into the 21st Century.

Watch More Here: <https://www.youtube.com/playlist?list=PLmhLrNmIPeCJwjoTMBLNKgLYDi0sjT9vj>

Gofundme: <http://www.gofundme.com/littlegreentrailer>

Follow us on facebook: <https://www.facebook.com/groups/littlegreentrailer/>

CannaMEDS AUSTRALIA

Is an education and information site with a key focus on how medical cannabis can work with the human endocannabinoid system.

Follow us on facebook: <https://www.facebook.com/groups/Cannameds/>



LEGALIZE THE BEST MEDICINE!

- 1. THC INHIBITS TUMOR GROWTH**
STUDY BY UNIVERSITY OF MADRID IN BRITISH JOURNAL OF CANCER
- 2. THC REDUCES BREAST CANCER GROWTH**
STUDY IN JOURNAL OF PHARMACOLOGY AND EXPERIMENTAL THERAPEUTICS
- 3. THC INHIBITS LUNG CANCER CELL MIGRATION**
STUDY IN ONCOGENE BY HARVARD MEDICAL SCHOOL
- 4. CBDs INDUCE APOPTOSIS IN LEUKEMIA CELLS**
STUDY IN US NATIONAL LIBRARY OF MEDICINE
- 5. CANNABIS IS EFFECTIVE ON PROSTATE CANCER**
STUDY IN US NATIONAL LIBRARY OF MEDICINE

NORML

CC(=O)OC1=CC=C2C3=CC=CC=C3OC2=C1 **THC** CC1=CC=C2C3=CC=CC=C3OC2=C1 **CBD**

CANNABIS HEMP GUIDE DIRECTORY

Watch us on youtube

The Cannabis Hemp Guide

[https://www.youtube.com/playlist?](https://www.youtube.com/playlist?list=PLmhLrNmIPeCJwjoTMLNKgLYDi0sjT9vj)

[list=PLmhLrNmIPeCJwjoTMLNKgLYDi0sjT9vj](https://www.youtube.com/playlist?list=PLmhLrNmIPeCJwjoTMLNKgLYDi0sjT9vj)

Raw Cannabis for health

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[list=PLmhLrNmIPeCIWB1BcTbf2QtVCZhImIbaY](https://www.youtube.com/playlist?list=PLmhLrNmIPeCIWB1BcTbf2QtVCZhImIbaY)

Cannabis for Health

[https://www.youtube.com/playlist?](https://www.youtube.com/playlist?list=PLmhLrNmIPeCK0JtarmkrPJhh8xfxR-OY)

[list=PLmhLrNmIPeCK0JtarmkrPJhh8xfxR-OY](https://www.youtube.com/playlist?list=PLmhLrNmIPeCK0JtarmkrPJhh8xfxR-OY)

Cannafact Documentary's

[https://www.youtube.com/playlist?](https://www.youtube.com/playlist?list=PLmhLrNmIPeCIgrw775wc66QRBPVU6xKvO)

[list=PLmhLrNmIPeCIgrw775wc66QRBPVU6xKvO](https://www.youtube.com/playlist?list=PLmhLrNmIPeCIgrw775wc66QRBPVU6xKvO)

Follow on facebook

Cannabis Hemp Guide: <https://www.facebook.com/pages/Cannabis-Hemp-Guide/611014545666448?ref=settings>

CannaMeds: <https://www.facebook.com/groups/Cannameds/>

Raw Cannabis for Health:

<https://www.facebook.com/groups/rawcanna/>

Medicinal Cannabis Users Association: <https://www.facebook.com/groups/mcuua/>

Nurses for Medicinal Cannabis: <https://www.facebook.com/groups/ANCAgroup/>

Cannakids the next generation: <https://www.facebook.com/pages/Cannakids-the-next-generation/622634451203506>

Cannabis unlimited: Medicine and more: <https://www.facebook.com/groups/MedicineAndMore/>

Nimbin Hemp Bar: <https://www.facebook.com/NimbinHempBar?fref=ts>

Nimbin Hemp Embassy: <https://www.facebook.com/nimbinhemp?fref=ts>

Fearless Father: <https://www.facebook.com/>

www.hempembassy.net

