

# **Ehlers-Danlos and Medical Marijuana**

presented by ellen lenox smith

# Overview

- Inspirational letter from a parent
- Why I turned to Marijuana
- Different methods to administer
- DNA drug sensitivity testing
- society's stigma
- resources

# letter from Freda Hallford

- spoke in 2013 in Providence, RI at the EDNF conference
- lives in an illegal state
- why they turned to it despite their state
- results

# Why I Turned to Medical Marijuana

- reactive since birth
- twenty-two surgeries - what do you turn to?
- suggested by pain clinic doctor
- unable to smoke due to sarcoidosis
- live in RI, legal since 2006
- oil taken at night - allows sleep and dignity back

# Different Ways to Administer Cannabis

- oil - bud vs clippings / concentrated oil
- vaporize
- juicing
- pops / candies
- tincture - glycerin or alcohol based
- topical
- edibles/smoking

# Directions to convert product to use

## *Medicinal Oil Directions*

- Heat up 1 cup of extra virgin olive oil; careful to get hot but not boiling
  - Grind up your product in a coffee bean grinder; careful that all seeds are removed first
  - Measure out 10 TBS of the ground product
  - Spread the ground medicine over the heating oil and turn the heat off. You will hear the properties being released into the oil!
  - Allow the mixture to cool

# using oil - continued

**To take for your medicine:**

**Remember, that ingesting the medicine, you have to allow time for it to be absorbed before you will get relief from your pain. When first taken this way, it may take up to a full hour to feel the changes. Eventually, it will take less time. So, it's important to figure out when the relief is needed by, so you are sure to get it into your system before this time. Dosage to start with:**

**I started with  $\frac{1}{2}$  tsp and now am up to 1 tsp per evening. I am 5'2" and weigh around 98 lbs. You need to slowly adjust your dose for your size and needs. Increase slowly with  $\frac{1}{4}$ - $\frac{1}{2}$  more until you reach the goal of good sleep and not waking up groggy.**

# **oil method - continued**

**Advantages this way:**

- **This is much safer for your lungs to not be smoking the medicine.**
- **This is easier to store and travel with.**



# Juicing Leaves

## Juicing Cannabis Leaves

Select 10 or more large fan leaves

Clean leaves, even if organically grown

Place leaves into pot of cold water and soak for five minutes

Juice the leaves using a LEXEN Juicer

Place juice in a glass container and mix with other juice to improve the flavor

Sip the juice throughout the day.

Store it in the refrigerator.

# ***Ellen's Cannabis Candies***

## **Ingredients:**

2 cups sugar

1 cup light corn syrup

1 cup water

2 ounces marijuana tincture\* (directions below if you on how to make)

lollipop molds

¼ tsp your choice of food coloring

¼ tsp of flavor

spray for molds to prevent sticking

lollipop sticks, bags and ties

# Instructions for *Cannabis Candies*

- Add sugar, syrup and water to a pot on the stove over medium-heat.

Stir until all ingredients have dissolved and bring to a boil.

- Bring to 300 degrees (F) and slowly stir in color and flavorings.

- Turn off heat and as quickly as possible, stir in the marijuana tincture.

- Pour in molds that have been sprayed to prevent sticking

- Put sticks into the mold

- Place pops into the refrigerator until candy is hardened

- Place pops into small plastic bag and close with a tie.

# Tincture - made with alcohol

## Two month method

- Place one ounce of product into a canning jar.
- Cover the product with schnapps or alcohol of choice
- For the next two months, shake the jar twice a day
- After two months, strain the liquid, remembering to squeeze the product to get as much out as you can.

# 24 Hour Method - made with 190% proof

- Put one ounce of product into canning jar
- Pour 190% Proof alcohol over it enough to cover it all.
- Put jar in freezer for the night
- In the morning, pour mixture into a blender and puree
- Throughout the day, shake the jar
- After 24 hours, squeeze the product and strain the liquid
- Store in a glass container away from light.

# Glycerin Tincture – made in 2 hours!

- For each cup of glycerin, add ten tablespoons of ground up product.
- Remember to pay attention to which type – sativa makes a day time relief, indica makes a nighttime relief.
- Put the product and liquid into the crock pot and cover and set at warm if your has that and if not, set it at low.
- Stir occasionally for two hours
- Cool and strain – try using either cheesecloth or even an old, clean stocking. This will easily squeeze out. If it gets too thick, slightly heat the liquid up for it to pass through more quickly.
- Store in a cool, dark place

# Tincture - how to administer

- Use 1 tsp. – place under the tongue or in the side of the cheeks, hold for 20 seconds and then swallow.
- Repeat as needed every 20 – 30 minutes until the desired level of pain relief is found.

# ***Cannabis Topical - Pain Cream***

ingredients:

- 1 oz beeswax
- 2 oz cannabis or 4 oz trim or 1 1/2 cups pre made cannabis oil
- Original Blue-Emu super strength (or go to site: <http://www.starkskincare.com/pages/about-ingredients> to learn about other healthy ingredients that can be added to aid your medical issues) You do not need to add this for success but some love it included.
- Essential oil - if desired - to lesson the cannabis odor; try especially peppermint, lavender or lemon.
- fine filter
- glass jar
- pan availability



# ***Cannabis Topical - Pain Cream - continued***

If using pre made cannabis oil:

- heat beeswax in pan; melt on medium
- add 1 1/2 cups of pre made cannabis oil
- quickly stir
- place in glass bowl and put into refrigerator to cool
- Immediately clean the pan - wipe it out for the bees wax will harden very rapidly!
- remove and check consistency - add more wax if more thickness needed  
mix small dab of blue emu to help with spreading and penetrating the pores
- store in a container with a top at room temperature

# ***Cannabis Topical - Pain Cream - continued***

If making cannabis oil first:

Place either 4 oz of trim or two oz of cannabis in pain with water

Add 1 1/2 cups of extra virgin olive oil or peanut oil

heat up to 180-200, not to boiling

leave product in the pan for two hours to allow the release into the oil.

After two hours, pour cooled mixture into a jar, pouring it through a fine filter. The oil will rise to the top. Then take a glass syringe and siphon the oil off the top.

heat beeswax in pan; melt on medium

add 1 1/2 cups of pre made cannabis oil

quickly stir

place in glass bowl and put into refrigerator to cool

Immediately clean the pan - wipe it out for the bees wax will harden very rapidly!

remove and check consistency - add more wax if more thickness needed

mix small dab of blue emu to help with spreading and penetrating the pores

store in a container with a top at room temperature (or other ingredient that you want to add)

\* Please note, if you do not add an essential oil to your batch, when you first open the container and also when you apply the cream, there will be an initial smell of the cannabis. This does dissipate shortly after.

# ***DNA DRUG SENSITIVITY TESTING - GENELEX***

What you need to know about personalized prescribing  
800-TEST-DNA ; 800-837-8362 or visit online at [www.HealthandDNA.com](http://www.HealthandDNA.com)  
for more information.

GeneMedRX can help you minimize the risk of adverse drug reactions (ADRS). ADRS are the fourth to sixth greatest killer in the U.S. with more than 100,000 deaths per year. These are not errors; they occur within the FDA-approved dosage and labeling recommendations. Many may be preventable if potential drug-drug and drug-gene interaction risks are better considered.

# Society's Stigma - is it still there?

- reaction of family and friends
- education
- advocating for other states

Rhode Island's wording to consider

## Approved Qualifying Debilitating Medical Conditions

- Cancer or the treatment of this condition
- Glaucoma or the treatment of this condition
- Positive status for Human Immunodeficiency Virus (HIV) or the treatment of this condition

# Rhode Island's wording - continued

- Hepatitis C or the treatment of this condition
- **A chronic or debilitating disease or medical condition or its treatment that produces one or more of the following:**
  - **Cachexia or wasting syndrome**
  - **Severe, debilitating, chronic pain**
  - **Severe nausea**
  - Seizures, including but not limited to those characteristic of epilepsy

# **Society's Stigma - is it still there?- continued**

- less invasive, no organ damage, no deaths
- addictive?













SEABRIGHT LABORATORIES  
BIO-RESEARCH DIVISION

- Effective
- Non Poisonous
- Easy to Use
- Grid for Precision Monitoring



# STICKY APHID WHITEFLY TRAP



Great for Flowers  
and Vegetables

SEABRIGHT LABORATORIES  
BIO-RESEARCH DIVISION



USE INSTRUCTIONS  
1. Hang the trap in the area where the insects are most likely to be found.  
2. The trap will attract and catch the insects.  
3. The trap will last for several weeks.  
4. The trap can be used for many different types of insects.  
5. The trap is easy to use and does not require any special equipment.  
6. The trap is non-toxic and safe for use around children and pets.  
7. The trap is a great way to monitor and control insect populations.  
8. The trap is a great way to protect your plants and vegetables from damage.  
9. The trap is a great way to keep your garden healthy and productive.  
10. The trap is a great way to keep your home clean and free of insects.













# Resources

- <https://ellenandstuartsmith.squarespace.com/chronicpain-1/>
- <http://blog.mpp.org/video/the-next-states-to-legalize-marijuana/08082014/> Find out where your state stands
- <http://www.painnewsnetwork.org/stories/>