

Misson Statement

Our mission is to deliver compassion to the healthy and coverage to the sick. Our goal is to teach the world that healthy people use medicine too, that recreation is a subset of medicine, that there are many herbs that can be used for preventive medicine and performance enhancement and that there is no such thing as an illegitimate cannabis user ... no such thing as the "non-medicinal" use of drugs ... there is only abuse and beneficial use.

The whole human race would benefit medicinally, economically and spiritually from a broader definition of "medicine". As was noted in "Edible and Medicinal Plants of the Rocky Mountains" by Terry Willard PHD, "Medicine, in the Indian sense, connected most things that were good." Anyone can learn what is good and not good about herbs. And you don't need to be a doctor to practice medicine – ok, maybe you need to be a doctor to play with pills, knives and needles, but medicine is so much more than that. To be a herb dealer, you need to know about what you're selling, you need to know what a fair price is and you need to know how to avoid poisoning people – these are skills anyone can learn.

The Stressed and Depressed Association promises to devote 10% of all sales of cannabis that is sold to those with anxiety and depression to go towards providing poor people with more serious and life-threatening ailments with free cannabis.

We must all become the dispensaries we wish to see in the world.

In examinations of 2,480 California patients, Dr. Mikuriya found that 27% reported using cannabis for "mood disorders" and another 5% used cannabis as a substitute for more toxic drugs.

- Gieringer, D. (2002). Medical use of cannabis: Experience in California. In F. Grotenhermen & E. Russo (Eds.), *Cannabis and cannabinoids: Pharmacology, toxicology, and therapeutic potential*

"Some of these women were in dire socioeconomic straits, and they found that smoking ganja helped allay feelings of worry and depression about their financial situation."

- Dr. Dreher, nurse, anthropologist, and current dean of nursing at Rush University Medical Centre

We are open 10am to 10pm daily.

CONTACT

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FREE PARKING



*A Cheerful Heart
is Good Medicine*

Proverbs 17:22

Stressed and Depressed Association

stressedanddepressed.ca



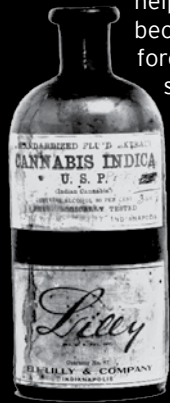
The Real Dope On Cannabis Strains
An Introduction To Terpenes
Dangerous Risks Of Bad Dab Production

The Real Dope On Cannabis Strains

by Marijuana Man, AKA Greg Williams

Sativa

Historically, Sativas originated in tropical regions throughout Africa, India, Southeast Asia, Mexico and Colombia. Growing very tall in humid conditions, the buds produced are a more open structure and will be fluffy and light with long thin leaves. **Look:** Depending on the strain, buds will be a deeper brown colour and have long red hairs, while others will be a lighter lime green. The aromas and flavors can range from fruity citrus to spicy and sour. **Content:** Sativas are high THC, lower CBD, usually producing more of a cerebral and energetic effect known for sparking creativity, diminishing pain and helping with depression. Pure sativas have become quite rare, because prohibition has forced growers indoor, who then needed shorter and faster maturing varieties, so growers have chosen indicas and hybrids for speed and yield. Now, some users may experience elevated levels of anxiety from consuming the Sativa, but that will diminish with tolerance and one should always go easy at first.



Medical: Depression, migraine pain, energy, neuroprotection, stimulating appetite.

Indica

Indicas are a sub-species of the Sativa that come from select, more northerly regions in Afghanistan, Nepal, Northern India, Morocco and Lebanon. In these regions the indica is used for the production of hash. **Look:** Because the conditions there are very hot and dry, the indica develops buds that much tighter and harder. The leaves are broad and darker green to purple. The buds can be a range of colours

from dark green to lime with differing amounts shorter red hairs. Aromas and flavors are skunky/acrid to deep hashy.

Content: Because of a dense bud structure, the trichomes on the inside of the indica have not been hit by light as long so not as much THC is produced, resulting in a higher ratio of CBD to THC. The effects tend to be less cerebral and energetic and more relaxing and body-soothing.

Medical: Body pain, nerve pain, nausea relief, migraines, PMS, chemotherapy, muscle relaxation, insomnia, convulsions and seizure prevention.

Hybrids

The creation of what we call hybrids is an attempt to bring the attributes of the sativa and the indica together. Whether or not this has been achieved would be a matter of conjecture, but today the vast majority of strains are hybrids made by crossing the two together in varying degrees. Terpenes, the component that contains aroma and flavor do seem to transfer easily in hybrids, creating a wide array of new and unique strains. **Look:** This can vary a great deal ranging through both the structure of the sativa and the indica. If the bud is dense it will more likely have the effect of the indica and similarly for a bud with the structure of the sativa, but this is not always the case. **Content:** Hybrids offer a wide range of cannabinoid percentages and ratios depending on the strain and the conditions under which they were grown. **Medical:** The medicinal qualities of any hybrid may not always be known ahead of time. The consumer should try a small amount to find the hybrid that may work for you and your condition or desired result.

- notes from Michael Tripper

CANNABIN BELL

(COMPOUND)

A Nerve Tonic and Stimulant for the treatment of Mental and Physical Exhaustion, Depression, Insomnia, Neuralgia, etc.

DOSE. One tablet after each meal and at bed time. Gradually increase dose to two, four times a day, as directed by the physician.

Dangerous Dabs

THE HIDDEN HEALTH RISKS OF IMPROPER PRODUCTION

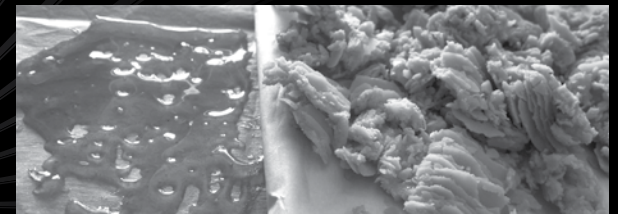
Butane is different from 1- and 2-butanol, chemically and toxicologically. In a perfect world, butane hash oil would use pure butane, but it's not very available. Lighter-fluid brands are what is commonly used, and that stuff has a risk of contaminants. There is also a real risk of explosions during production - it happens all too often.

"Naphtha" - or petroleum ether - has no purity guarantees. Cancer and problems with the liver or other organs may be some of the risks involved with using this as a solvent.

Denatured ethanol, rubbing alcohol or isopropyl alcohol should never, ever be used for making extracts under any circumstances, as these things are definitely toxic, and are not for internal use.

Pure ethanol is one of the safer choices of solvents. Everclear - a brand of 190 proof rectified spirit - is sold in 35 US States and at least one Canadian Province. Barring this, pure ethanol or food grade ethanol will do. When evaporating these materials one should take care to do so outside or under an industrial hood. Alcohol and ethanol are not as volatile or explosive as butane, but care should be taken none-the-less.

Carbon dioxide, as a supercritical liquid, is the best choice of all, but very expensive in terms of equipment. It must be done with the proper equipment and by someone who is properly trained to do so. When used professionally, it leaves zero residue. The one drawback is that there are reports of lower terpenoid extraction.



Introduction To Cannabis Terpenes

Terpenes are much more than just the smells and flavours people love in cannabis. They are crucial building blocks of other active compounds but also interact with cannabinoids like THC, CBD and others to produce even greater effects.

Linalool has been used for several thousands of years as a sleep aid and in the treatment of psychosis, anxiety, an anti-epileptic agent, relief from pain and an analgesic. Its vapors have been shown to be an effective insecticide against fruit flies, fleas and cockroaches.

β -Caryophyllene known to be anti-septic, anti-bacterial, antifungal, anti-tumor and anti-inflammatory.

β -Myrcene is a very important terpene. Anti-tumor, anti-inflammatory, antispasmodic, helps insomnia, and pain.

Special properties include lowering the resistance across the blood to brain barrier; lets cannabinoids take effect more quickly; increases the maximum saturation level of the CB1 receptor for greater psychoactive effect. Eating fresh mango which has β -Myrcene, 45 minutes before inhaling will result in faster onset and greater intensity. Produces couch-lock with larger amounts in indicas, less in sativas.

D-Limonene used for gastric reflux, as an anti-fungal agent, anti-tumor and immunostimulant and useful in treating depression and anxiety.

Humulene anti-tumor, anti-bacterial, anti-inflammatory, and anorectic (suppresses appetite). It has commonly been blended with β -caryophyllene and used as a major remedy for in-

flammation, and is well known to Chinese medicine.

α -Pinene used for centuries as a bronchodilator in the treatment of asthma and known to be anti-inflammatory.

- **Cannabinoid and Terpenoid Reference Guide**

Steep Hill Labs, Inc. goo.gl/maemkG

See also:

Taming THC: potential cannabis synergy and phyto-cannabinoid-terpenoid entourage effects,

Ethan B. Russo goo.gl/prMzfy

British Journal of Pharmacology Special Issue: Cannabinoids in Biology and Medicine, Part I. Volume 163, Issue 7, pages 1344-1364, August 2011 goo.gl/oczj6p