CBD is a digital magazine and podcast about the legalization of Cannabis and the impact in your community.
Dear Readers!

Take a deep breath in and a deep breath out – because we can breathe again! The smoke has cleared the Pacific Northwest low skies. (I hope our southern and northern neighbors are breaking the haze too!) Summer sun shines on, and harvest season closes in.

This month, I want to give an extra big thanks to the Hempfest Organization. At CBD Magcast, we appreciate your scope and your mission. Y’all put on an incredible, inclusive event in Seattle this weekend; we appreciate every booth and vendor that made it out there, and every person who donated and attended (Aug 17, 18, & 19).

We, the people, have crossed major hurdles in the fight for cannabis legalization. So, we celebrate – and victorious, we burn one down. It is time to reflect on the roots of the cannabis community. Consider your own cannabis story. What brought you here?

For 100 years, revolutionaries all over the world have used cannabis for medication, soothing, and transcendental properties despite persecution or federal law. Pockets of legalization have risen and plateaued. Yes, cannabis is legal in some form in 30 states in the United States. Cannabis is helping chronic patients live, and even recover, but it is not recognized as medically beneficial by the DEA and federal government. The cost for medical patients is still incredibly high. Regulating cannabis is a daunting task. This trial and error period will save lives and take them all the same because this incredible plant has not been validated. The endocannabinoid system remains ignored by medical professionals.

There are no clean breaks from old ways. Change is messy. We’ve seen it before. Established businesses like Hempfest are facing the challenge right now of gaining and maintaining support. Complacency and ignorance have shaped our legislature, indeed, this country’s morals for too long. Make a change in your life, and you might change the city. The world.

Peace and Love,

Nikkie Hanley

Magazine Editor
Content Writer
Podcast Host

Ms Deena
Public Relations Manager
Podcast Host &Producer
Magazine Design

Nikkie Hanley
Magazine Editor
Content Writer
Podcast Host
Bree-z can be heard snoring during the podcast after she fell asleep on Eric’s lap.  
Listen here...

Eric signed our copy of his interview in NW Leaf.

Eric signed our copy of his interview in NW Leaf.

@kush21official
On the back end of a business warehouse complex in Kirkland, Washington – and blocked from view entirely by the moving vans of a neighboring business – is the Tier 3 cannabis grow-house of Dynamic Harvest. Family owned and operated since 2015, the space at Dynamic Harvest is capable of housing comfortable administrative offices and the full 25,000 square foot canopy their license allows. What was once an open warehouse space has been built out to resemble a funhouse. A semi-narrow corridor changes direction at right angles. Each blank door reveals a new world; a lively phase of production.

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Sales manager, Ryan Sheridan – who is no stranger to cannabis-related research – found that gaining traction for Dynamic Harvest in retail stores started with listening to store feedback and getting to know consumers again. Their product labels are spot on with information for the consumer and budtender, and they are transitioning from packaging cannabis in mylar bags to glass jars. “We asked a series of budtenders what they wanted to see on the packaging and we revolved around that,” said Ryan. Their plant goals include three characteristics: high yield, potency, and resilience. Each plant is treated with special care and tenderness, and when her time is up, the team brings in new clones to grow from, or sometimes new parents all together.

The bar for cannabis quality is set tall, and...
I’ve worked a lot of different jobs, most of my time was towards the Grocery industry and sales jobs. I always wanted to be an Entrepreneur growing up.

**Previous Work Experience:**

I’ve worked a lot of different jobs, most of my time was towards the Grocery industry and sales jobs. I always wanted to be an Entrepreneur growing up.

**Favorite Strain(s):**

Three kings / Grandpa’s Breath

**How has Cannabis shaped your perspective?**

I feel like cannabis has helped keep me open minded overall. So it has opened me up to so many positive new things in my life.

**What is your vision of the cannabis industry?**

Continually learning and growing until I get my own thing going. Consulting or starting my own endeavor would be my preference in the near future.

**What impact do you see from the cannabis culture?**

I feel like I’m already seeing it in my circles. People are opening up to each other about it more and more. I think I already see it bring friends, family, and communities more together in a positive way. Also, helping to get people off of using so many different prescription drugs.

**What tools have been most helpful?**

Sharing experiences with people, & listening to others experiences, I believe have helped me the most in helping others. Always reading the new magazines that come out. Staying up on documentaries podcasts, books, & internet sources.

**Cannabis Wisdom or Catch Phrase:**

“Peace be da journey”
- Nick
CANNABIS OIL: A Little Goes a Long Way

In the murky waters of cannabis language is oil. Resinous cannabis flowers yield oil with a simple heat-and-pressure method; others go through solvents in closed-loop machinery. Extraction methods and dry cannabis options (i.e. cured flower, whole plant, wet flower, leaves and small buds) are so vast, the temperature settings and machinery are so vast, cannabis oil takes form in all shapes, colors, and consistencies. Various forms of cannabis oil and their versatility make it difficult to know where to start in finding the kind you are after.

Cannabis oil (sometimes referred as concentrate) sales are on the rise, accounting for over a quarter of all cannabis products in Washington. Sales in Colorado reflect a similar trend (Colorado Department of Revenue); a drastic shift since the retail market opened up five years ago. As the demand has risen, the onslaught of sales and feedback has affected drastic improvement in vape technology, oil production, processing, and packaging. With tinkering comes invention and innovation. Some of the first popular cannabis oils on the legal cannabis market were hemp oil, hash oil, and Rick Simpson’s Oil (RSO). Here, we’ll touch on hash oil and RSO, and what has become of them over the last twenty years.

Rick Simpson’s Oil is a thick, semi-dark ingestible made from dry, raw cannabis plants washed in high proof alcohol or other solvent. The cannabinoids dissolve from the plant matter into a more liquid form, and are then processed again for activation and residual solvent removal. This oil is often dosed via a syringe-like applicator with a rounded top, and the oil is extracted today using high proof alcohol or similar. In his own recipe, Rick Simpson preferred to use naphtha or ether, and noted that alcohol dissolves more chlorophyll from the plants than ether or naphtha, which results in a darker color oil.

Mainstream cannabis websites and most cannabis enthusiasts today use and discuss RSO referring to an alcohol-made version. Thus, Rick Simpson Oil and Full-Extract Cannabis Oil (FECO) are sometimes used interchangeably. You can find Rick Simpson’s own RSO recipe here: https://www.alchimiaweb.com/blog/en/rick-simpsons-cannabis-oil/.

Despite robust claims of the effectiveness of RSO since its creation, solvent safety and availability has lead cannabis companies to pursue other forms of full-plant and full-activation cannabis oil extraction. Distillate is clear in color and less complex in cannabinoids than RSO or FECO. Its viscosity and mild taste make it a popular option for vaping, and distillate boasts high potency numbers.

A new cannabis oil available is Full Spectrum Oil (FSO), which is processed through more than one phase, and includes combining a juiced cannabinoid mix and solvent-derived oil for strength and absorption potential. This product might also be called FECO. Neither RSO or FECO are often recommended for smoking or vaporizing, as they retain the most plant matter and have already been activated.

Non-active cannabis oil or hash oil seems to have gone by the common term shatter through most of the cannabis community until the late 2000s. Shatter refers to a brittle, sheet-of-glass consistency at the oil can take. However, hash oil takes on various forms, and it extracted using various methods and solvents. Butane hash oil (BHO), Ethanol hash oil (EHO), propane hash oil (PHD), and Co2 oils are some common cannabis oil forms; and they are hardly discernable by sight. Light goldens to translucent amber color oils vary in consistency from shatter to honey to sugar and crystals. Hash oil is most often inhaled through vaporizing methods, and it can be used like kief or hash to enhance dry cannabis flower. Like flower, this oil must be decarboxylated to trigger the release of the potent cannabinoids it holds.

FECO and distillate are the most commonly found oil forms in cartridges for hand-held vaporizers. Sometimes, producers use a mix of the two. Cannabis oil in all forms can be found in CBD and THC varieties, and they are often used to infused edibles and topical products. Sometimes, cannabis oil can be said to mean cannabis tincture form, as these often use a food-grade oil base.) When ingested, cannabis oil is potent, so start with a grain of rice size, and increase slowly if needed.

These products are changing the cannabis market and image in more ways than one. The increase in available potency is drastic, and each new 90% cannabinoid product seems stronger than the next. Burned cannabis oil aroma dissipates more quickly than burned cannabis; topicals and vapes are discreet, effective, and often scent-free. The cannabis community finally medicates with little work, clean up, or fear.

Nikkie Hanley
Debbie Caddell owns and operates the leading laser treatment clinic in the Greater Puget Sound area. Since 1982 she has made it her passion to help clients Enhance Their Beauty.

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BONG APPÉTIT
A television show shot in LA all about infusing Cannabis into a great meal

BONG APPÉTIT

Having just watched a few moments of the show, I was lucky enough to land on the pantry full of every variety of Cannabis that you can imagine. Flower, concentrates in every conceivable form at the ready to create gastronomy at a level yet to be attained.

Check out the shows linked to the left and enjoy infusion techniques from a variety of chefs.

Be careful when infusing recipes to ensure a safe dosage is consumed so you can enjoy your experience. It is very easy to ingest too much and have a bad physical time.

WARNING:
Edibles can take up to 1-2 hours before taking effect. Start slow and remember, drinks and DH infused oil will hit harder than a store bought 5 mg cookie. Do your research. Be educated. Be safe. Have fun!
If you are a pet owner, chances are your companion has gotten into a thing or two that left you, well, less than pleased. It is hard to get mad at our furry best friends. They live in a delicate state of life: regular training and enforcement teaches our pals what not to do. But the moment we turn our heads, it is back to curious George.

These curiosities are not heightened by blowing smoke in your companions ears, nose, or general direction. In fact, their already heightened sense of smell casually relates to sensitivity to cannabis in the air. Their permanent state of aloof does not benefit from an unexpected, mind-altering substance. (And if you think your dog likes to get high, please be careful!)

Sometimes, pups imbibe without permission. They are nosy. They find your stash or your edibles and scarf them up like delicious treats. My own pup has quite the nose for edibles, so we keep them in the tallest cabinet now. Research shows that since cannabis legalization, the amount of animal hospital visits for cannabis overconsumption has risen over 200%. Our pets are experiencing the most harm our of any demographic since legal cannabis. The blame rests on the dog owner community, not cannabis.

So, your doggy doesn’t need help getting high. If we assume that pups remain at the cognitive level of a three-year-old for life, it is probably safe to say that they are “high on life” for life. However, he or she might benefit incredibly from oral or topical CBD treats or tinctures for conditions like anxiety, hyper-activity, strained and sore joints, cancer, change in appetite, and more.

Ask your veterinarian, your local pet store, or dispensary how CBD might benefit your pet.
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