

AUTUMN 2023

PREMIERE EDITION

# LIFESTYLE BCN

EL PINTXO  
DE PETRIXOL

THE BEHEMOTH  
BIG EAT  
CHALLENGE

M+

FOODIE  
7 DAY MENU

THE WHITE  
PAPERS

CANNACHEF  
GUMMY BEARS

LIVING SOIL &  
COMPOST TEAS

SOCIAL LIFE  
IN THE CITY

EDITION NO 1 - DISPLAY UNTIL MAR 2024



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WHY NOT  
SEND  
ONE TO A  
FRIEND?

A photograph of an astronaut in a white space suit floating in space. The astronaut's helmet is highly reflective, showing a distorted view of the Earth and the other astronaut. The background is a dark, starry space with a bright light source on the right. Overlaid on the image is stylized text in a white, bubbly font with a cyan glow. The text reads "MOON ROCKS" in large letters, "VAPES" in slightly smaller letters below it, and "TASTING IS BELIEVING" in a smaller font at the bottom.

**MOON  
ROCKS  
VAPES**

TASTING IS  
BELIEVING



GALT  
GOLD

WEST COAST USA

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The logo for '420 Lifestyle Bcn' features the number '420' in a large, green, textured font. Below it, the words 'LIFESTYLE' and 'BCN' are written in a smaller, black, sans-serif font.

# 420 LIFESTYLE BCN



It is with great excitement that we welcome you to the premiere edition of 420 Lifestyle Bcn Magazine based in the vibrant city of Barcelona. Our team of writers and editors have worked tirelessly to create a publication dedicated to all things cannabis and lifestyle, tailored specifically to the unique culture and community of Barcelona.

In this first edition, we've packed in a diverse range of lifestyle content, from the local history of the city, to product reviews, food venues and independent reviews, all with a 420 twist. Our goal is to provide you with a view of the cannabis lifestyle, showcasing the many ways it can enhance and enrich your daily life.

But that's not all - We've also included some fantastic guides and instructional material, including; Insider secrets from the industry experts. Various, how-to-guides and information that will transform the way you grow forever. Also you will find an entire data-bank of downloadable content on our website: [420lifestylebcn.com](http://420lifestylebcn.com)

We are immensely proud of this premiere edition, and we hope you enjoy it as much as we've enjoyed putting it together. Our team is committed to bringing you the latest and greatest content in every issue, and we can't wait to see where this journey takes us. Thank you for joining us on this adventure, and we hope you have a fantastic read!

Yours truly,

The Editor  
[420lifestylebcn.com](http://420lifestylebcn.com)





# BARCELONA LAWS & CANNABIS



Barcelona is widely known for its vibrant culture, rich history, stunning architecture, and beautiful beaches. However, the city also has a growing reputation as a cannabis-friendly destination, with many tourists flocking to the city to experience the country's lenient laws on the herb. As we move steadily closer to 2024, let us take a closer look at the current cannabis laws in Barcelona and how they are expected to evolve in the upcoming years.

As of 2021, the possession and consumption of cannabis are legal in Barcelona for personal use in private accommodation or in private social clubs. It is still illegal to possess or consume cannabis in public places.

## **There is no specific amount of cannabis that is legal to carry in Barcelona**

if you do have to carry anything on your person, make sure it is only a small amount for your own personal use and **DO NOT SMOKE IN A PUBLIC PLACE.**

The cultivation of cannabis plants works on a similar law. A small amount can be grown for personal use, as long as it is not done in public spaces. So do not forget: Public consumption of cannabis is strictly prohibited and can lead to fines or arrest.

In Barcelona, there are roughly 300 cannabis clubs, also known as "cannabis social clubs." These clubs are legal establishments where members can consume cannabis together in a private setting. The clubs operate on a membership system, and visitors must be invited to join by an existing member. Members need to be 18 years or older to join and are required to sign up as members with proof of ID.

The laws regarding cannabis in Barcelona are expected to evolve as we approach 2025. Currently, the laws are mainly focused on personal use and prohibit public consumption. However, laws are expected to change to regulate the sale and production of cannabis. In 2021, the Spanish government announced plans to regulate the cannabis market to prevent the sale of low-grade or contaminated cannabis. This move is expected to provide Barcelona's cannabis social clubs with legal and regulatory frameworks to operate.

As a result of this new regulatory framework, it is expected that the cannabis industry in Barcelona will undergo a significant transformation. The legalisation of cannabis in the country will provide the much-needed safeguards for public health, consumer protection, and will help reduce the incidence of illegal activities related to cannabis.

In conclusion, Barcelona has emerged as a cannabis-friendly destination, and its laws will evolve in the upcoming years to regulate the market further. The regulation of cannabis in the country will provide a safer environment for cannabis use, as well as help grow the cannabis industry. However, while the laws on cannabis consumption are lenient, it is advisable to exercise caution and avoid public consumption to avoid any potential legal issues.





## SAFETY TIPS WHILST IN BARCELONA

Barcelona is a vibrant city that offers an endless array of sights, sounds, and experiences for travellers to enjoy. However, it is important to understand that every city has its own unique set of safety concerns. Whether you are travelling solo or with a group, taking a few precautions can go a long way in ensuring your safety during your stay in Barcelona. In this feature, we will outline some important tips to keep in mind when visiting the city.

**1. Pickpocketing** is common in tourist-heavy areas of Barcelona, especially in the summer months. **Stay Alert in Crowded Areas:** Barcelona is known for its busy markets, streets, and tourist attractions. While enjoying these sites, don't forget that tourists are often targets for pickpockets, so be aware of anyone who gets too close to your belongings. Keep your valuables out of sight and be mindful of your surroundings. Consider carrying a cross-body bag instead of a backpack or shoulder bag, and avoid keeping your wallet or phone in your back pocket.

**2. Be cautious with taxis:** Taxis are a popular mode of transportation in Barcelona, but be cautious when choosing a taxi. Make sure to use licensed taxis only, which are usually yellow and black with a visible taxi sign on the roof. Avoid unmarked taxis and individuals offering rides on the street as they may attempt to overcharge or leave you in an unsafe area.

**3. Avoid empty streets or dark alleys at night:** Especially the small winding streets of Gothic Barcelona. There are opportunist thieves and also thieves purposely walking these deserted streets looking for tourists to take advantage of. They particularly like groups of drunken women to snatch handbags and telephones from. So, while Barcelona is generally a safe city, it is always better to be safe than sorry. Plan your route well in advance and stick to well-lit areas with plenty of people around late at night.

**4. Take care with your personal belongings:** Don't leave your personal belongings on tables within easy reach of people that could run past and snatch these items - especially in busy areas or during peak hours. Follow the rule: If I make it available somebody WILL take it.

**4. Beware of scams:** Unfortunately, tourists are often targeted by people trying to scam them out of their money or possessions. Common scams in Barcelona include pickpocketing, fake charity donations, and overpriced "tourist trap" restaurants. Be wary of anyone who approaches you on the street with an unsolicited offer or too-good-to-be-true deal.

**5. Keep your personal documents safe:** When travelling, it's essential to keep your passport and other important documents safe. Avoid carrying them with you all the time and consider keeping them in a hotel safe. It is also a good idea to have digital copies of your important documents on your phone or in the cloud in case of loss or theft.

In summary, Barcelona is a beautiful and vibrant city that is worth every visit. To ensure a safe and enjoyable travel experience, always stay aware of your surroundings, exercise caution, and take steps to protect your personal belongings. By following these safety tips, you can have a wonderful and memorable trip to Barcelona, free from any unfortunate incidents.

## AVOID THE LITTLE STREETS OF GOTHIC BARCELONA IN THE EARLY HOURS OF THE MORNING, AS MANY THIEFS LURK, LOOKING FOR UNWARY VICTIMS.



**IF YOU MAKE IT AVAILABLE, SOMEBODY WILL TAKE IT**

**HAVE YOU GOT  
WHAT IT TAKES?**



**THE BEHEMOTH BURGER**

**EL PINTXOS**

**DE PETRITXOL, 9**

**TEL: +34 631 403 766**

# BARCELONA & CANNABIS

**THE CITIES  
RELATIONSHIP  
WITH CANNABIS  
GOES BACK FURTHER  
THAN YOU MIGHT THINK**



Let's take the worlds fastest journey through the history of cannabis in Barcelona. From its medicinal beginnings to its current status as a cultural phenomenon. So sit back, relax, and let's explore the fascinating history of cannabis in this beautiful city.

The story of cannabis in Barcelona goes back centuries. Cannabis has been used medicinally for a millennia, and was first officially recognized as a therapeutic plant by the Chinese Emperor Shen Nung in 2737 BCE. Spanish travelers who had visited the New World brought hemp with them to the Iberian Peninsula, where it was grown primarily for its fibers to make rope and textiles.

Fast-forward to the 19th century, when cannabis began to be used recreationally in Spain. In Barcelona, smoking clubs known as "fumarolas" emerged, where members would gather to smoke cannabis and socialize. However, cannabis use was

not yet widely accepted by society and was considered a vice by the authorities.

In the early 20th century, Spain, like many other countries, passed laws restricting the sale and use of cannabis. These laws were reinforced during the Franco dictatorship, and cannabis became more associated with the counterculture movements that opposed Franco's regime.

After the death of Franco and the return of democracy in Spain in 1975, attitudes towards cannabis began to shift. In the 1980s, a group of activists founded the first "smoke Mecca" in Barcelona. These were clubs where members could come together to smoke cannabis in a safe and regulated environment. As the law did not prohibit the consumption of cannabis. These clubs were able to operate without legal repercussions. It wasn't until the early 2000s that the first cannabis clubs officially opened in Barcelona.



These clubs were established to provide a safe and controlled environment for cannabis consumers, where members could obtain high-quality products and engage in social activities. The first cannabis social club to open its doors in Barcelona was the Federation of Cannabis Associations (FAC) in 2002. Today, the city has hundreds of cannabis clubs that offer high-quality strains, as well as events and workshops.

The legal status of cannabis is still somewhat unclear in Barcelona. While the consumption of cannabis is legal, the sale and distribution of the plant are technically illegal. However, the culture of cannabis consumption has become so ingrained in the city's identity that the authorities have generally turned a blind eye. In recent years, the city council has taken steps to regulate the industry more closely, in a bid to ensure safety and quality standards for both consumers and producers.

Today, Barcelona is regarded as one of the premier cannabis destinations in the world. The city's combination of liberal drug laws, its thriving cultural scene, and beautiful surroundings have made it a top destination for cannabis enthusiasts from around the globe. Each year, thousands of people flock to Barcelona for various cannabis events, such as the Spannabis trade show, which attracts hundreds of exhibitors from around the world.

In conclusion, the story of cannabis in Barcelona is a reflection of the changing attitudes towards the plant over the centuries. From its early beginnings as a medicinal herb to its current status as a cultural phenomenon, cannabis has had a significant impact on the city's culture and identity. While it still operates within a legal gray area, the growth of the cannabis industry in Barcelona reflects a growing acceptance of the plant as a legitimate part of modern society.



# “CANNABIS IN THE IBERIAN PENINSULA”

## 1000S OF YEARS BEFORE ITS DOMESTICATION

The rich history of cannabis cultivation and usage dates back thousands of years, and the Iberian Peninsula has played a significant role in its early introduction to Europe. Recent archaeological findings and scientific research from the Central Iberian Basin suggest that cannabis had already made its mark on the region well before its domestication. This article explores the ancient origins of cannabis in the Iberian Peninsula, shedding light on its historical significance and cultural impact.

The Iberian Peninsula, home to modern-day Spain and Portugal, has a long history of human settlement, spanning over thousands of years. Recent excavations carried out by researchers at the CSIC Institute of Biogeosciences (IBB) have revealed compelling evidence of cannabis seeds in the Central Iberian Basin dating back to the Bronze Age. These findings suggest that cannabis had reached the region long before its domestication and cultivation. Cannabis held great cultural significance in prehistoric societies, including in the Iberian Peninsula. The presence of cannabis seeds in archaeological sites demonstrates its value, both as a tangible resource and as a cultural symbol. Its potential medicinal properties, textile applications, and, possibly, psychoactive effects would have captured the attention and imagination of ancient peoples, shaping their beliefs and practices.

Archaeological evidence discovered at various sites in the Iberian Peninsula indicates that cannabis was introduced to the region thousands of years ago. The Instituto de Biomedicina de Barcelona (IBB) recently conducted a study, utilizing radiocarbon dating and genetic analysis, to decipher the complex history of cannabis in the region. Their findings challenge the traditional

narrative that cannabis arrived in Iberia only after its domestication. According to the IBB's study, cannabis seeds and pollen dating back to the Neolithic period have been found in archaeological sites, including caves and settlements in the Iberian Peninsula. These discoveries provide compelling evidence of early cannabis cultivation and usage, presenting a paradigm shift in our understanding of the plant's history.

The presence of cannabis in the prehistoric cultures of the Iberian Peninsula raises intriguing questions about its various uses and societal implications. While knowledge of the specific purposes of cannabis in this era is limited, archaeological evidence suggests that it served both practical and ceremonial roles. Seeds discovered at ancient sites provide clues to its potential use in food, textiles, and medicinal preparations.

The simultaneous presence of cannabis in other regions of Africa and Eurasia suggests active trading networks during the Bronze Age. These routes facilitated the exchange of goods, ideas, and, undoubtedly, cannabis seeds. Exploring the interplay between ancient trading routes and the spread of cannabis sheds light on the intricate web of cultural exchange that influenced the Iberian Peninsula at the time.





The IBB's study also delves into the complex trade networks that facilitated the dissemination of cannabis throughout the Iberian Peninsula. The proximity of the region to North Africa and the Mediterranean, as well as its role as a cultural crossroads, likely contributed to the introduction and spread of cannabis in Iberia. This further highlights its significance in trade and cultural exchange during ancient times.

The new understanding of cannabis in the Iberian Peninsula highlights the

importance of further research and conservation efforts. Study author Dr. María González emphasizes the need for continued investigation into the genetic diversity and cultural significance of ancient cannabis populations. This research has the potential to contribute to our understanding of the plant's historical uses and may shed light on its potential for modern applications.

The IBB's groundbreaking study challenges existing narratives regarding the domestication and spread of cannabis in the Iberian

Peninsula. The presence of cannabis in the region well before its domestication suggests a rich and complex history surrounding the plant's uses and cultural significance. As the research continues to unfold, it is expected to illuminate new aspects of cannabis' role in ancient societies and provide valuable insights into its contemporary applications.

**Disclaimer:** This article is based on the study conducted by the Instituto de Biomedicina de Barcelona (IBB) and aims to provide an overview of their findings.



# A Modernista palace dedicated to cannabis

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& Hemp Museum  
BARCELONA / AMSTERDAM

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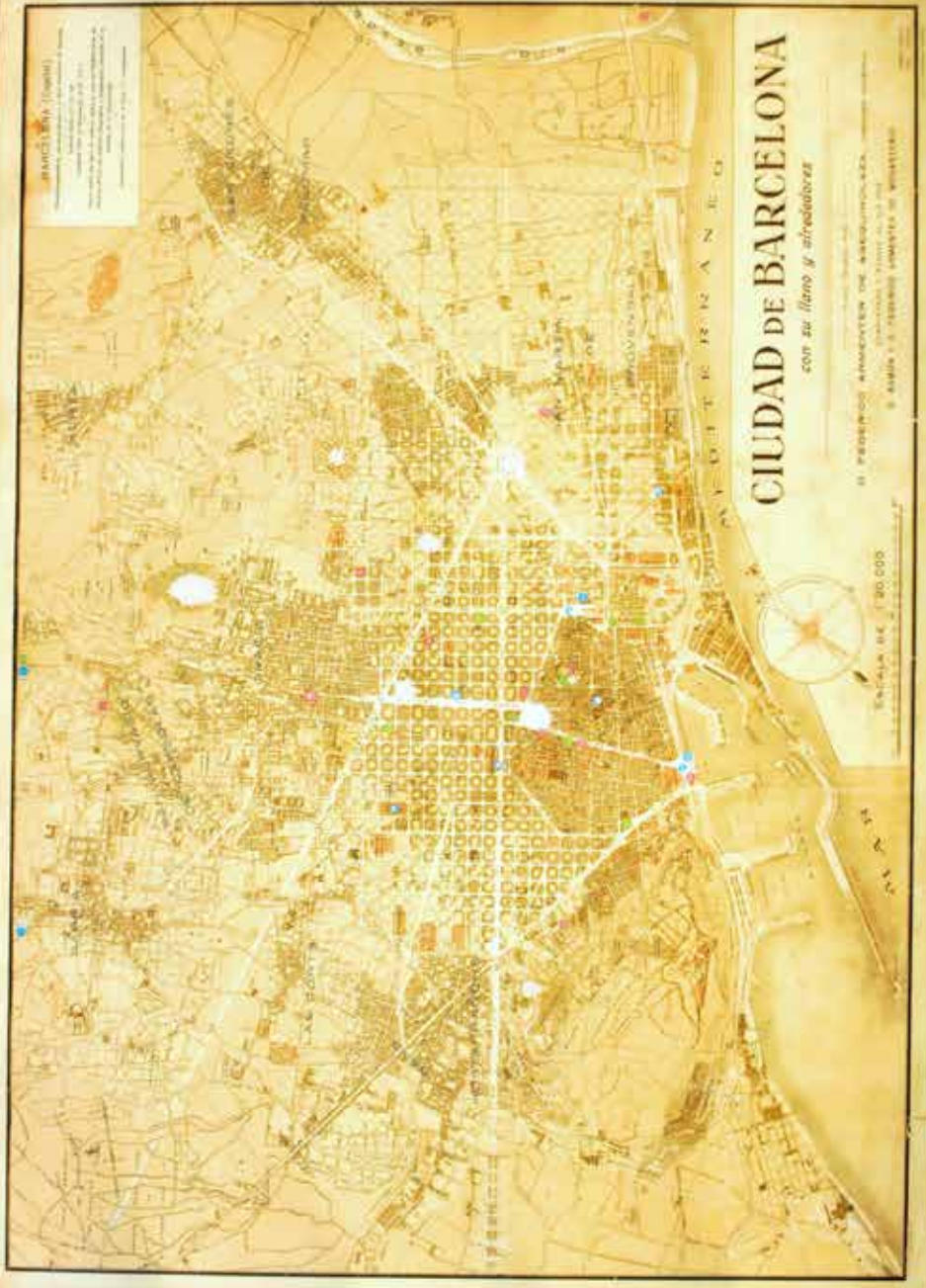


BARCELONA

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SENSISEEDS.COM





UN RETRAT MONUMENTAL DE LA BARCELONA DE 1917  
 UN RETRATO MONUMENTAL DE LA BARCELONA DE 1917  
 A PORTRAIT OF MONUMENTAL BARCELONA IN 1917



# HAVE YOU GOT WHAT IT TAKES?

## FACE THE BEHEMOTH IF YOU DARE

Attention all burger lovers! Get ready to sink your teeth into the largest burger in Barcelona, if not the whole of Spain. El Pintxos de Pertrixol, Barcelona has just announced the most epic food challenge to hit Barcelona:

### **The Behemoth Burger, Big-Eat Challenge!**

The first of its kind , USA style, giant burger, Big-Eat Challenge! However, be warned as this challenge is not for the faint-hearted. The Burger comes in one size, Gigantic! This mouthwatering tower of absolute pleasure has been created by the team to be a 4-person challenge and a unique experience for anybody that hasn't experienced a USA style mega-burger before. Aside from it being an absolute feast for the eyes and senses, it tastes absolutely fantastic.

**If you can finish it in under 20 minutes, you'll not only get a 50% discount on your meal, but you'll also earn a place in gastronomical history on the wall of Kings.**

We were lucky enough to be invited along to try this New Mega Burger. Let me start by saying I have never seen a burger like this in my life and is a true experience to behold. Don't miss out on this one. A great experience and memory for the children, a birthday celebration. Maybe a stag party or just some good old fashioned family time together. It is certainly a burger that will make all other burgers in Barcelona shake in fear. The official 50% off challenge is designed for 4 people, but there is nothing to stop more of you going to eat this crazy creation.





So the challenge is a stacked mega-burger consisting of 3kg of the finest flame-grilled beef patties, crammed with handfuls of sweet crispy bacon, slabs of breaded deep-fried cheese, hash-browns, pickles, mushrooms, lettuce, tomatoes, fried-onions and grilled cheese literally oozing from every layer. As if that weren't enough, it comes with a mountain of golden crispy home cooked chips and onion rings and your first pint of beer or soft drink to wash it all down.

**Simply put, this is the largest and tastiest burger you'll find in Barcelona, and it's available right now at El Pintxos de Petritxol, 9**

Amongst this burger brutality let's not forget the Prize! Finish the challenge in less than 20 minutes and pay only 50% of your bill. Then bask in the glory as you transcend to become part of local legend and stake your claim in gastronomical history amidst the wall of Kings. Even if you don't finish it, take home a magnificent doggy box for later and join the wall of worthy warriors.

**No we didnt finish it. Burger 1 - 0 Man**

Even without the challenge, El Pintxo de Pertrixols Gigantosaur of a Burger is exceptionally delicious, great value for money and a truly spectacular sight and experience.

So what are you waiting for? Call El Pintxos to reserve your Big-Eat Challenge and make sure they are ready for you. Trust us, it's an experience you won't want to miss. You can find them at Carrer De Petritxol, 9, Barcelona. Just off of the famous La Rambla,

**Tel: +34 933 490 054**





## THE HOLI FESTIVAL OF COLOUR IN BARCELONA: ORIGIN, HISTORY & MEANING

Barcelona, widely known for its captivating architecture and vibrant cultural scene, has embraced the exuberant Hindu Festival of Holi with open arms. The Holi Festival of Colour, an ancient Indian tradition, has found a new home in this cosmopolitan city, bringing locals and tourists together to celebrate the triumph of good over evil, love, and the arrival of spring. Join us as we dive into the fascinating origin, rich history, and profound meaning behind Barcelona's Holi Festival.

The roots of the Holi Festival can be traced back to ancient Hindu mythology and folklore. Legend has it that a demon king named Hiranyakashipu grew arrogant and demanded to be worshipped as a god. However, Hiranyakashipu's own son, Prahlada, had unwavering faith in Lord Vishnu and failed to obey his father's command.

Despite numerous attempts to eliminate Prahlada, the demon king's plans were thwarted, mainly

due to the protection of Lord Vishnu. After many endeavors, the evil king's own sister, Holika, was ultimately defeated by Lord Vishnu, signifying the triumph of good over evil.

**The Holi Festival commemorates this divine intervention and serves as a reminder of the power of faith and devotion.**





Over time, the Holi Festival has evolved into a joyous celebration of love, unity, and the arrival of spring. Traditionally, it was celebrated solely in India but has since spread across the globe, with Barcelona being one of the prominent cities embracing this colorful extravaganza.

Set against the stunning backdrop of Barcelona's lively streets and picturesque locations, the Holi Festival of Colour in Barcelona has become an unmissable event for locals and tourists alike. The vibrant party begins with energetic music and dance performances, creating an infectious atmosphere of joy and excitement.

The highlight of the festivities is undoubtedly the throwing of brightly hued powders in the air, coloring participants and the surroundings alike. This seemingly chaotic act represents the breaking down of barriers and the unifying power of color, reminding everyone of their shared humanity.

It is a moment when societal norms and differences melt away, leaving behind a colorful tapestry of unity and love.

Beyond the festive revelry lies a deeper significance to the Holi Festival of Colour. It serves as a symbol of hope, renewal, and the coming of a fertile season, reflecting the cycle of life. For many, Holi signifies the opportunity to express forgiveness, reconcile differences, and start a new.

Additionally, the festival fosters a spirit of community, encouraging individuals to come together and celebrate diversity. It promotes a sense of inclusivity, where people from all walks of life can join in the revelry, regardless of age, gender, or nationality. The Holi Festival of Colour in Barcelona is a fascinating reflection of cultural harmony, where one of India's most beloved festivals has found a vibrant new home.

It showcases the city's open-mindedness and appreciation for diverse traditions, while reminding us all of the universality of love, unity, and the power of celebration. So, next time you find yourself in Barcelona, immerse yourself in the kaleidoscope of colors at the Holi Festival and experience the joy that springs from cultural exchange and shared humanity.



# MJ

## MARRY JANE

### A European Pioneer in the world of CBD

#### Marry Jane Cannabis

#### A Breakthrough in Natural Wellness: Unleashing the Power of CBD for a Balanced Lifestyle

Cannabis and its derivatives have gained popularity across diverse demographics in recent years. From medical benefits to recreational use, the cannabis industry has boomed globally. One significant cannabis derivative, CBD (cannabidiol), has taken center stage.

CBD is a non-psychoactive compound found in cannabis plants, believed to offer various health benefits without the typical "high" associated with cannabis.



The CBD industry has shifted towards wellness and self-care, and leading this movement is Marry Jane. A brand committed to premium CBD products embodying purity and quality.

#### With an exceptional array of CBD products, Marry Jane leads the market, redefining holistic wellbeing.

The journey that ignited Marry Jane began with friends sharing a passion for cannabis. With an entrepreneurial spirit and a common appreciation for plant benefits, the brand Marry Jane was sown and nurtured.

Proud of their talented, socially conscious workforce, Marry Jane values equality, sustainability, and responsibility.

The team is committed to sustainable growth and development, focusing on producing top-quality products.

Marry Jane embodies a deep-rooted passion for excellence and transformative impact. Their team of experts cultivators, scientists, and doctors creates premium CBD products with maximum therapeutic potential, embracing the full spectrum of hemp compounds.



For a good reason, the team prides itself on meticulous CBD selection, sourcing only the finest organic hemp. The entire product range undergoes comprehensive lab testing for consistent quality assurance. Quality and safety remain paramount, ensuring contaminant-free products and the absence of harmful elements.

With diverse CBD products, Marry Jane caters to various preferences and lifestyles. From tinctures to edibles, topicals to vape cartridges, the brand covers all aspects of holistic wellness.

Marry Jane Cannabis adheres to the highest standards. Strains composed of 14-19% CBD offer potential benefits, especially for illnesses where, for example, relaxing muscles can help relieve pain. Pre-rolls provide convenient CBD inhalation on the go.

Behind every growth, dedicated staff strive for excellence.

Visit Marry Jane CBD store in Barcelona, located on the famous La Rambla, to experience their award-winning products and meet their friendly, dedicated staff. They're eager to answer questions and showcase their full range of products.



**LA RAMBLA, 49,  
08002 BARCELONA  
MON-SUN 11:00 TO 22:00  
TEL: +34936790427**

# SPANNABIS 2023

## The WINNERS

Spannabis Barcelona, the world's largest cannabis fair, attracted visitors from across the globe for its 2023 edition. With hundreds of cannabis strains being judged by some of the most influential and respected names within the cannabis industry.

### Four strains emerged as the clear winners

1<sup>ST</sup>

#### 1. Mandarin Cookies

Mandarin Cookies took home the top prize at the 2023 Spannabis Barcelona competition. This hybrid strain is a combination of Mandarin Sunset and Girl Scout Cookies and is known for its balanced high and sweet citrus flavors. It is produced by the association Club de Fumadores de Maria de Gracia.

2<sup>ND</sup>

#### 2. Pineapple Express

Pineapple Express came in second place in the competition. This strain is a sativa-dominant hybrid that is a cross between two popular strains, Trainwreck and Hawaiian. Pineapple Express is known for its sweet tropical flavors and energizing effects. The club that produces Pineapple Express is called Club Social De Cannabis La Kalada, which is located in Barcelona.

3<sup>RD</sup>

#### 3. Bruce Banner

Bruce Banner took home the bronze medal at the 2023 Spannabis Barcelona competition. This hybrid strain is a cross between OG Kush and Strawberry Diesel and is known for its potent effects and sweet, diesel-like aroma. Bruce Banner is produced by the association Green Hornets.

4<sup>TH</sup>

#### 4. Blue Dream

The fourth winning strain at Spannabis Barcelona 2023 was Blue Dream. This sativa-dominant hybrid is a cross between Blueberry and Haze and is known for its relaxed and uplifting effects. Blue Dream is produced by the association Green & Gold, which is located in Barcelona.



## **Spannabis diary of an American tourist**

### **Day 1 - Arrival in Barcelona**

Hey, y'all, This is Sarah, reporting live from Barcelona, Spain. I'm here with a group of friends. Megan, Rob and myself and we are aged 28 to 35. We have arrived in Barcelona and are ready to attend the 2023 Spannabis!

We arrived yesterday, and let me say, the city is amazingly vibrant. We stayed at a hotel near the Placa de Catalunya. This is not our first time in Barcelona so this time we took the bus from the airport for 5 euros and it dropped us right at Placa de Catalunya in about 20 minutes.

After arriving at the hotel, we checked our bags and after a visit to a nearby social club, we returned to the hotel and got our heads down as even though we slept on the plane we were exhausted.

### **Day 2 - First Day at the Spannabis**

We arrived yesterday, the city is beautiful. We stayed very central just by La Rambla. I was in charge of navigating our travel route to the Spannabis using public transport, but it was a piece of cake! We took the L1 metro line all the way to Fira de Barcelona, where the event is being held. Today was our first day at the Spannabis, and boy was it overwhelming! There were so many vendors and products to check out. Some of the standouts for me were:

1. The Puffco Peak Pro - This vaporizer just might be my new favorite toy. It's perfect for a solo smoking session or passing around with friends. I tested it out at the Puffco booth, and the hits were smooth and flavorful. Check it out at their website: [puffco.com](https://puffco.com).

2. Moon Rocks Vapes - Their booth was definitely one of the most popular, and for good reason. Their sleek vape pens are convenient and discrete. I tried the Blue Zkittles and it tasted like heaven.

3. Native Roots - The team at Native Roots were extremely welcoming and knowledgeable. They had a variety of products on display. [nativeroots.com](https://nativeroots.com).

One of the best things about the event was the live bands playing. We saw amazing bands like Red Eye and Los Growlers on the main stage. The music was great and it was a perfect match with the cannabis culture. El Momo and The Dandies were great, and the entire crowd were jamming along.

As we walked around the different areas of the fair, we were impressed by the wide variety of weed-related products. We saw everything from vaporizers, bongos, edibles, CBD oils, and so much more. One of the coolest things was a booth with a virtual reality headset that took us on a wild trip around the world of psychedelics.

There were also many companies showcasing their latest products, and we had the opportunity to try some of the best ones on the market. I was impressed by the quality and variety of the cannabis seeds on offer. Some other interesting products we saw were:

1. The Pax 3 vaporizer. This was the most popular product at Spannabis, and for good reason. The Pax 3 is sleek, easy to use, and produces an amazing vapor.

2. The Arizer Solo 2 vaporizer. This is another high-quality vaporizer that stood out for its great taste and efficiency.

3. The Apothecary CBD oils. These oils are simply amazing. They are extracted from high-quality hemp plants and have a shop right here in Barcelona.

4. Sensi Seeds. The original and best from Amsterdam F1 strains. Some of the original and the best on the market.

5. Barney's Farm Cannabis Seeds. A very popular, and well respected brand and is easy to see why. They offer an incredibly varied range.

We were given bags containing various samples, stickers, rolling papers and also won some free t-shirts, seeds, and many free product samples from different booths, which was just amazing.

We ate outside for lunch where the bands play and is a great selection of food stalls offering various food and drink. I had moroccan mint-tea and a falafel salad. There were the standard burger-vans, hotdog and such, but i was impressed with the vegetarian options that were super tasty.

**SPANNABIS 2024**  
**15TH, 16TH & 17TH MARCH**



**SCAN QR CODE**  
**FOR FURTHER INFORMATION**



bears



CA

## Spannabis diary Continued...

The amount of different people at this convention is mind blowing. Its vibrant colourful and a real excellent vibe. We must have seen every new cannabis product on the market. What a super cool day. We decided to get a taxi back to the hotel as between 5 of us worked out less than 7 euros each.

We ended the first day in a Club we had seen at the Spannabis and the party continued into the night. We met some amazing people from across the globe and learned a lot of new things. Barcelona is really the most wonderful city in the world.

## Entry 3: Day 3 - Seminars Galore

Today we attended several seminars, which were all amazing and informative. These took up most of the day with a few stops for lunch and smoke breaks in the outdoor area, whilst enjoying some live reggae action. Some of the highlights of the seminars we saw included:

1. Medical Cannabis for Chronic Pain - This was a great seminar with a panel of doctors presenting research on the benefits of using cannabis to manage pain. They also provided tips on safe and effective dosing. The speaker who stood out the most was Dr. Marylyn Huestis, who presented on the importance of understanding the effects of THC and CBD on the body. I learned so much and would definitely recommend attending future seminars by her.

2. Sustainable Cannabis Practices - This was a sobering seminar on the realities of the environmental impact of large-scale cannabis production. The panelists provided solutions such as using renewable energy sources and implementing water conservation practices. It was definitely eye-opening and made me more aware of the importance of supporting sustainable cannabis companies.

Overall, the seminars provided valuable insights and education on the cannabis industry. I feel more empowered and informed as a cannabis consumer.

**SPANNABIS 2024**  
**15TH, 16TH & 17TH MARCH**



## Entry 4: Day 4 - Final Day at the Spannabis

Today was our last day at the Spannabis, and we tried to make the most of it. We revisited some of our favorite vendors and discovered some new ones as well.

One of the highlights for me was definitely the Heady Hat Glass booth. Their glass pieces were stunning and unique. I've always been a fan of functional glass art, and their pieces did not disappoint.

We also stumbled upon the Green Brothers Seeds booth, where we learned about their extensive selection of seed options. They had everything from classic strains to newer hybrids. Plus, the staff were friendly and knowledgeable.

Overall, the Spannabis was an amazing experience. We learned so much and made some great connections in the cannabis industry. Barcelona is a beautiful city with great food and culture, and the Spannabis just added to the already vibrant atmosphere. I hope to come back again soon!

Thanks for the opportunity to write for the premier edition of 420 lifestyle bcn and cannot wait to receive a copy or 10

Yours Sincerely

*Sarah and the U.S 420 Gang x*





# CALIBIS SOCIAL CLUB



A FULLY AIR-CONDITIONED, HIDDEN GEM. SET AMONGST THE WINDING STREETS OF GOTHIC BARCELONA.

I recently had the pleasure of visiting Calibis Social Club, set amongst the winding streets of Gothic Barcelona amidst some beautiful little cafes, art galleries and enroute to the beach. Great spot in a very convenient location.

First off, let's talk about the atmosphere. From the moment you step inside, you can feel the chill vibes exuding from every corner. I was greeted with welcoming smiles from the staff members who made me feel comfortable and at home.

The place was super-cool and i mean literally, due to the new airc-onditioning system that has just been installed. In the smaller clubs the air-conditioning is super effective, which makes Calibis a great spot to get out of the summer heat. The decor is funky and bright with cozy couches and colorful artwork adorning the walls.

I settled into one of the corners with a video game table, Barcelona were playing shortly so sure to be busy. I rolled one up, sat back and soaked in the ambiance, which boasts warm lighting, comfortable seating arrangements and three little monkeys that promise to see no evil, hear no evil and speak no evil.

The place was getting busy as the football was kicking off very soon, but because of the layout, you didnt feel like you were sitting on top of each other. That air-conditioner is certainly worth its weight in gold. Not all clubs are air conditioned here and you know about it. I personally struggle with the heat, especially during summer and this place is super chilled, literally!

Several people had now sat with me, after all it is a Social Club. We sat back and got ready to watch Barcelona play football upon the TV.





Now, onto the good stuff. Calibis has an impressive assortment of products. Whether you're looking for classic strains or more exotic ones, they've got you covered.

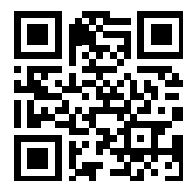
The selection and diversity of products is truly impressive and rivals any other social club in the area. From the fruity and floral to the strong and potent, there was something for everyone. I was particularly impressed with how informed the staff were about their products, making recommendations based on my preferences and tolerances. They even offered me a complimentary rolling tray and some free papers.

In addition to the quality and incredible variety of the products, what impressed me most was the attention to detail and care that went into each stage of the production process. From cultivation to curing and processing, everything is done with the utmost care and precision. It's clear that the folks at Calibis take their craft seriously and are committed to delivering the best possible experience to their members.

I highly recommend checking out Calibis social club. A great range of products, showcased beautifully in their glass fronted counter. The overall atmosphere was modern, relaxed, and made for a great afternoon.

Thank you Team Calibis.

Reviewed by:  
Alfonso Perez, 32  
Barcelonian



Instagram



# GOOD VIBES ONLY



A close-up, low-angle shot of an astronaut in a white space suit floating in space. The astronaut's helmet is prominent, reflecting the bright light of the sun and the dark void of space. The background is a deep blue and black, filled with stars and the faint glow of Earth's atmosphere at the bottom. The overall mood is futuristic and awe-inspiring.

**MOON  
ROCKS  
VAPES**

**TASTING IS  
BELIEVING**



**A culinary  
adventure with  
exceptional  
quality,  
incredible  
portion sizes,  
and great  
prices.**



Explore our extensive menu:



Frenchy Tacos delivers on all fronts. Exceptional quality. Satisfaction guaranteed



Carrer De La Unio, 13  
(Just off of La Rambla)



Instagram



**Delivery  
Available**

**Glovo**

# LIVING SOIL

## THE SCIENCE BEHIND CREATING LIVING SOIL:

### UNLEASHING THE POWER OF NATURE

In modern agriculture, the concept of living soil has gained significant attention as a sustainable alternative to conventional farming practices. Harnessing the power of nature, living soil mimics the natural ecosystem, fostering beneficial interactions between microorganisms, plants, and the environment. Through a deep understanding of the scientific principles behind creating living soil, we can explore the steps necessary to establish and maintain this transformative system.

#### SECTION 1: UNVEILING THE SOIL MICROBIOME

The foundation of living soil lies in recognizing the intricate web of life beneath our feet. Soil harbors an incredibly diverse array of microorganisms, including bacteria, fungi, archaea, and viruses, constituting the soil microbiome. These microscopic beings are essential for nutrient cycling, disease suppression, soil structure improvement, and plant growth promotion.

THE SYMBIOTIC RELATIONSHIPS ESTABLISHED BETWEEN MYCORRHIZAL FUNGI AND PLANT ROOTS, ENHANCE NUTRIENT UPTAKE. LEADING TO IMPROVED CROP NUTRITION AND SUPERIOR FRUIT QUALITY.

#### 1. THE MAGIC OF BACTERIA

Bacteria, a dominant group in the soil microbiome, play multifaceted roles in the soil ecosystem. Nitrogen-fixing bacteria convert atmospheric nitrogen into plant-available forms, facilitating plant growth. Additionally, nutrient mineralization, rhizosphere colonization, and pathogen suppression are just a few of the vital functions bacteria perform.

#### 2. THE ENIGMATIC FUNGI

Fungi, another integral component of the soil microbiome, form intricate networks of mycelium, facilitating nutrient uptake and carbon cycling. Mycorrhizal fungi establish symbiotic associations with plant roots, aiding in the absorption of essential nutrients, particularly phosphorus. Furthermore, these fungi enhance soil structure, water retention, and disease resistance in plants.

#### 3. THE HIDDEN PLAYERS: ARCHAEA AND VIRUSES

Archaea, lesser-known microbes residing in the soil, contribute to soil nitrogen cycling and methane oxidation. Viruses, although often associated with negative connotations, play a crucial role in controlling bacterial populations, maintaining microbial diversity, and transferring genetic information.







THE CREATION OF LIVING SOIL REPRESENTS A PARADIGM SHIFT IN AGRICULTURAL PRACTICES. BY EMBRACING THE RICH DIVERSITY OF LIFE BENEATH OUR FEET, FARMERS CAN UNLOCK THE POTENTIAL OF A THRIVING ECOSYSTEM CAPABLE OF SUSTAINING VIBRANT AND PRODUCTIVE CROPS. UNDERSTANDING THE SCIENCE BEHIND LIVING SOIL EMPOWERS US TO CREATE A FUTURE IN WHICH SUSTAINABLE AGRICULTURE AND ENVIRONMENTAL STEWARDSHIP ARE INEXTRICABLY LINKED.

## 2. CARBON SEQUESTRATION AND CLIMATE CHANGE MITIGATION

Living soil has the exceptional ability to sequester significant amounts of carbon dioxide from the atmosphere, helping mitigate climate change. Enhanced soil organic matter improves soil health, increases carbon storage, and reduces greenhouse gas emissions.

## 3. ENHANCED CROP NUTRITION AND QUALITY

Living soil encourages vital plant-microorganism interactions, resulting in increased nutrient availability for plants. The symbiotic relationships established between mycorrhizal fungi and plant roots enhance nutrient uptake, leading to improved crop nutrition and superior fruit quality.

## SECTION 2: STEPS TO CREATE A LIVING SOIL

### STEP 1: SOIL ANALYSIS

To establish a thriving living soil system, an initial soil analysis is paramount. This analysis provides valuable information about the soil's pH, nutrient content, and organic matter composition. Armed with this data, farmers can develop a tailored soil management plan.

### STEP 2: ENHANCING SOIL STRUCTURE

Improving soil structure maximizes the soil's ability to retain water and nutrients, promoting optimal plant growth. Techniques such as cover cropping, minimum tillage, and the use of organic amendments like compost and biochar enhance soil aggregation, porosity, and water holding capacity.

### STEP 3: NUTRIENT MANAGEMENT

Maintaining appropriate nutrient levels is crucial for plant health. Applying organic fertilizers, compost, and organic matter amendments ensures consistent nutrient availability. Balancing macronutrients and micronutrients throughout the growing season is essential for plant growth and fungal-bacterial interactions.

### STEP 4: ENCOURAGING MICROORGANISM DEVELOPMENT

Promoting the proliferation of beneficial microorganisms is the crux of living soil. Techniques such as inoculating with beneficial microorganisms, using cover crops, and incorporating diverse plant species foster a rich microbial community. This biodiversity imparts resilience and disease suppression abilities to the system.

### STEP 5: WATER AND IRRIGATION MANAGEMENT

Conserving water and maintaining appropriate hydration levels are critical for the success of living soil. Mulching, low-volume irrigation systems, and monitoring soil moisture levels ensure the adequate supply of water to plant roots and microorganisms without promoting excess moisture or waterlogging.

## SECTION 3: THE BENEFITS OF LIVING SOIL

Embracing the practice of creating living soil offers numerous benefits for both the environment and the farmer.

### 1. SUSTAINABLE AGRICULTURE

Living soil systems reduce reliance on chemical inputs, minimize soil erosion, conserve water, and promote long-term sustainability. By nurturing a balanced ecosystem, farmers can enjoy larger yields, reduced costs, and improved environmental stewardship.

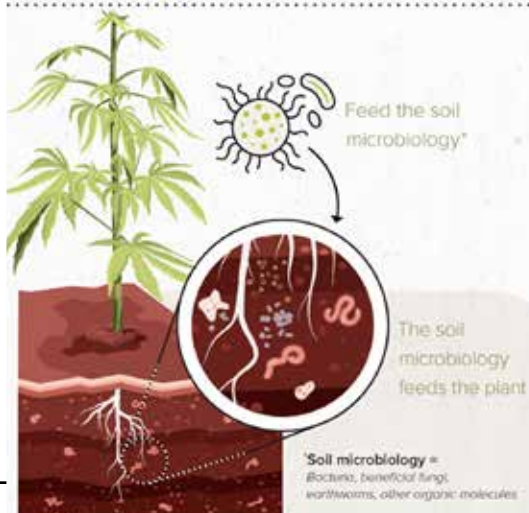
CHECK OUT THE LIVING SOIL FILM ON YOUTUBE

[HTTPS://YOUTU.BE/NTJOUJHLM48](https://youtu.be/NTJOUJHLM48)

## Conventional Soil



## Living Soil



# PULSAR™

## Pulsar SK8Tray

This SK8Tray Metal Rolling Tray & Lid measures 7.25 inches by 19.75 inches (18.41cm x 50.16cm) and rolling area measures 5.5 inches by 13 inches (13.97cm x 33.02cm) and features a heroic spacewoman.

This SK8Tray has rolled edges for strength, safety and containment of your favorite herbaceous product. Features extra wide "dual kick" edges for added rolling surface area and easier maneuverability.

This colorfast tray will never peel, chip or fade and is easy to clean. The under-sides of the trays have the Pulsar SK8Tray logo printed and they are coloured to match the trays graphics.



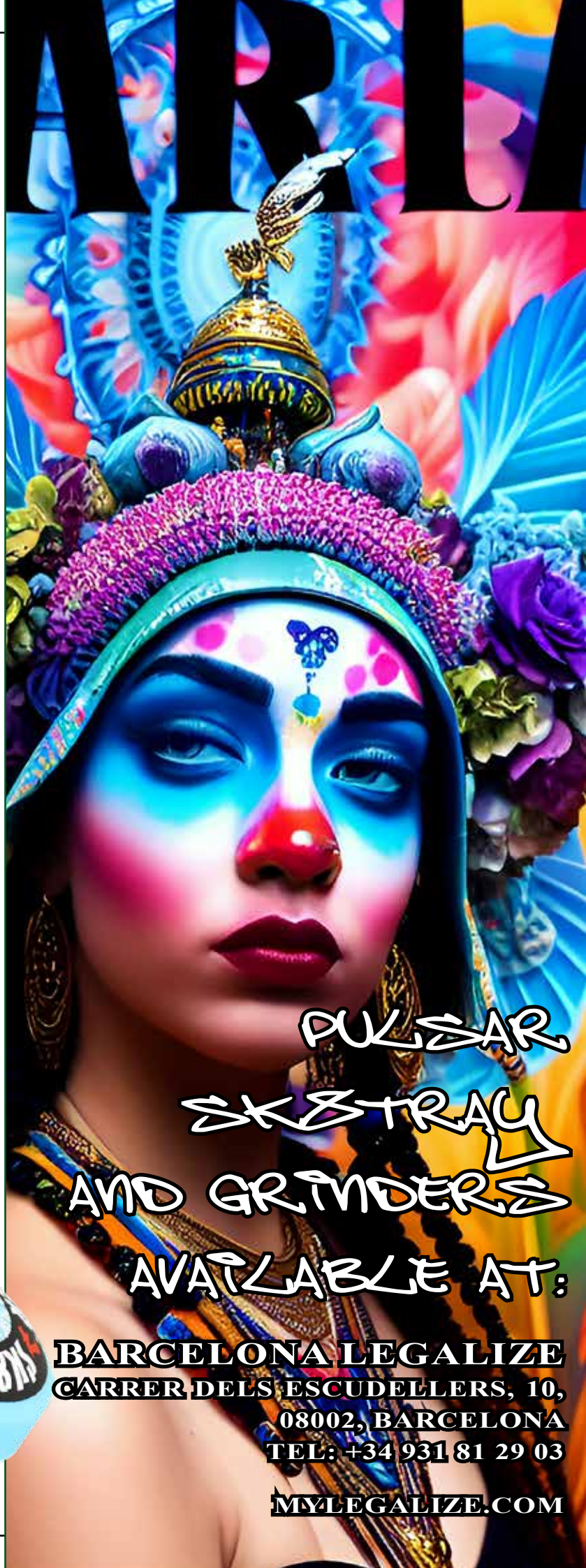
So we managed to get our hands on a limited edition Pulsar SK8Tray. This is the coolest rolling tray I have seen and is the perfect addition to any 420 smokers kit. Extra special for a skater or ex-skater that maybe skated during their younger days, Even though time has now robbed them of their youth, they still possess the skater sprit at heart.

The first thing that drew me was the total eye candy graphics and design. Once I got it in into my hands it feels good, a nice weight and made from durable metal, this tray is built to last, and could withstand even the most rigorous skateboarding activities (nudge nudge, wink wink).

It has a totally bodacious removable magnetic holographic lid. This innovative feature changes from griptape to the graphic on the board when your viewing angle is altered, which is pretty cool and adds to the overall wow factor of this tray.

But wait, there's more. An awesome accessory: The Pulsar SK8 Grinder is the cherry on top of cake. With its sleek, solid, black metal design and use of high-quality materials, this is the perfect complement to the SK8 Tray. Wrapped in limited edition coloured rubber casing, this actually looks and feels like the real deal and immediately took me back to the good old days. Loosening of my independent street trucks to the loosest setting possible for extreme and savage agility. My beloved, Powell Peralta, super-soft ramp wheels, but I used them for street skating. They were literally half a centimeter thicker than my NSK bearings, this was the skate trend at the time. My beloved Grandma, god bless her soul, bought them for me. Natas Kaupas was the king of street skating in the USA and school holidays were long hot summers. We were young, restless and free.

In conclusion, the Pulsar SK8 Tray is an absolute must-have for any old-school skater come 420 enthusiast out there. With its incredible durability, stylish designs, and innovative features, it's simply impossible to go wrong with this pairing.



**PULSAR  
SK8 TRAY  
AND GRINDERS  
AVAILABLE AT:**

**BARCELONA LEGALIZE  
CARRER DELS ESCUDELLERS, 10,  
08002, BARCELONA  
TEL: +34 931 81 29 03**

**MYLEGALIZE.COM**



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El Rey De La Montana

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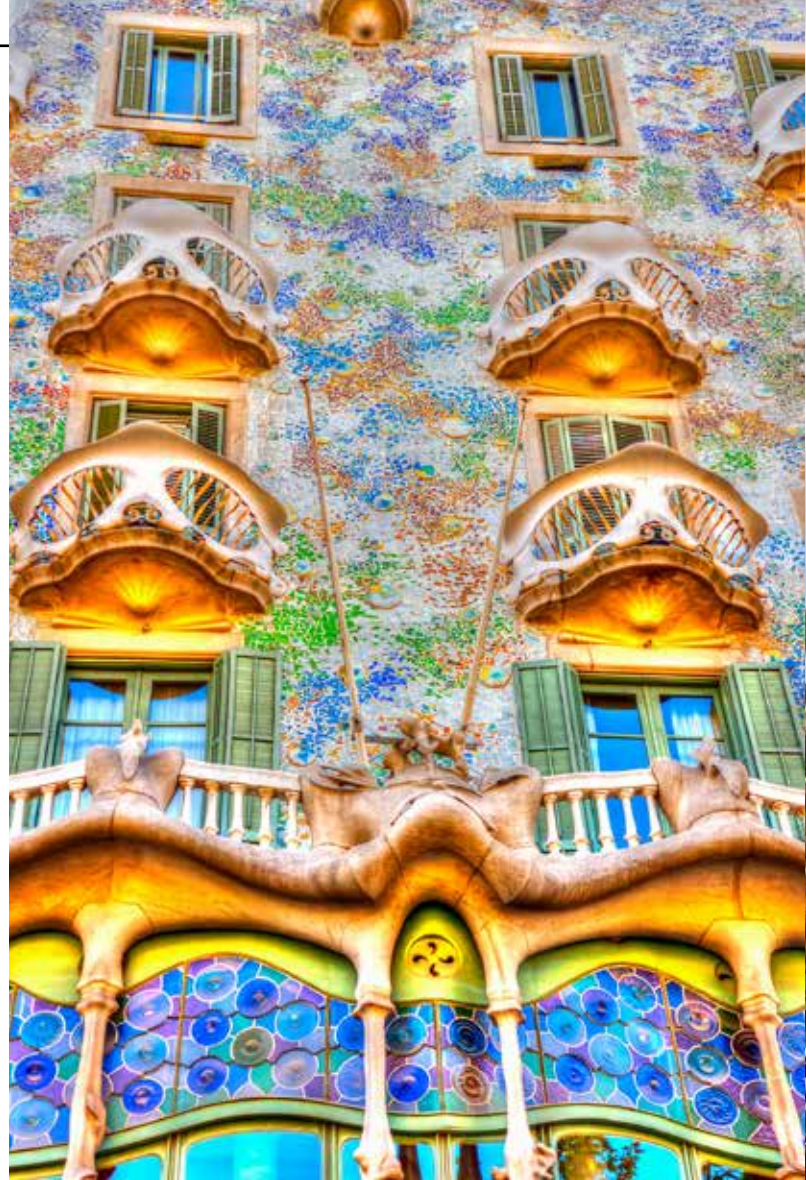
La Casa del Rey

VIVO OPTIMIS VITAE



**GOD IS  
GREAT**





# Was Gaudí Lit?

Gaudí is widely regarded as one of the most extraordinary artists of all time. His architectural wonders have dazzled and inspired generations, and continue to do so today. From the undulating curves of the Casa Batlló to the towering spires of the Sagrada Família, Gaudí's unmistakable style is instantly recognizable.

What many people don't know is that Gaudí was rumored to have been a cannabis user, and some speculate that it played a role in the development of his distinctive style. While there's no concrete evidence to support this claim, let's explore the idea and see if there's anything to it.

First, it's important to understand the cultural context of Gaudí's time. The late 1800s and early 1900s were a time of flux and experimentation in many areas, including art and drugs. The bohemian lifestyle was on the rise, and many artists and intellectuals were experimenting with various substances to expand their minds and new perspectives.







Cannabis was just one of many substances that were being used at the time. While it wasn't yet illegal, it was still controversial and highly stigmatized, often associated with working-class people and immigrants.

But regardless of the social views surrounding it, there's no denying that cannabis does have certain effects on the mind and body. It's known for inducing a sense of relaxation, heightened creativity, and altered perceptions of time and space. Some people also report experiencing visual and auditory hallucinations, which could explain Gaudi's fantastical and surrealistic approach to architecture.

It's worth noting, however, that not all cannabis strains have these effects. Different strains can produce wildly different experiences, from mellow and introspective to energizing and social. Without knowing the specific strains that Gaudi may have used (assuming he used cannabis at all), it's hard to say exactly what kind of impact it might have had on his artistic process.

But even if he did use cannabis, it's unlikely that it was the sole factor in the creation of his unique style. Gaudi was a deeply spiritual person, and his work often reflects a sense of awe and wonder at the natural world. He was also heavily influenced by Gothic and Mediterranean architecture, which he combined with his own imaginative flair.

It's also worth remembering that Gaudi's work was highly collaborative. He worked closely with other artists, craftsmen, and architects, often delegating tasks and combining different styles and techniques. While Gaudi was certainly the driving force behind his projects, it's likely that his collaborators also played a significant role in the final outcome.

So, while Gaudi's rumored use of cannabis is an interesting footnote in his legacy, it's ultimately impossible to say how much of an influence it may have had on his work. What we do know is that Gaudi was a master of his craft, a visionary artist whose influence can still be felt today. Whether or not he was a cannabis aficionado is ultimately beside the point.

**It is clear to see that Gaudi had a very unique and special connection with nature.**

**A connection intensified by cannabis? What do you think?**



# The White Papers

Welcome to The White Papers, an article dedicated to providing exclusive access to some of the the most fiercely guarded cultivation techniques used for flower and fruit production by professionals around the world. The techniques found within these pages have been perfected following tens of years of governmental research and funding, by some of the highest proclaimed experts in this field. This is an opportunity for serious cultivators to take their production and product quality to whole new levels. Step-by-step instructions on many closely guarded processes and cultivation techniques will be explained. Recipes and how-to guides to help take your personal understanding and production abilities to a whole new level.

You will be granted access to the tools that will help you elevate your craft and achieve success beyond your wildest dreams. Get ready to unlock the secrets of the world's top experts and revolutionize your cultivation practices forever.

## TECHNICAL GUIDANCE DOCUMENT NO. 3

### PLANT NUTRITION 2 - ORGANIC BIO-STIMULANTS

#### THE USE OF ORGANIC BIO-STIMULANTS OVER PESTICIDES AND FUNGICIDES

##### 1. INSECT PROOFING

##### 2. PATHOGEN/MOLD RESISTANCE

**Prepared for: Symbiotic Labs Portugal**

**Prepared by: The White Wabbit.**

**The Use of Organic Bio-Stimulants over Pesticides and Fungicides**

**TGD3**

##### 1.0 SCOPE

This document outlines the use of Bio-stimulants over the use of pesticides or fungicides on medicinal products meant for human consumption (In 2001 Holland banned the use of Fungicides on all food crops as the products produced were no fit for human consumption due to the remaining remnants of the fungicides still present within the final product).

These formulas and techniques will be used in conjunction with the Master Feeding Program as part of the proposed \*Regulatory Strategy Document\*. It should be read in conjunction with TGD documents 1-5.



## 2.0 WHAT IS AN ORGANIC BIO-STIMULANT? AND WHAT DO THEY DO?

Bio-stimulants allow the plant to take up more water and fertiliser, the more efficiently a plant can take up water and fertiliser. The more chemical reactions the plant can achieve, the higher the brix (sap sugar content). This is our main goal to produce high brix plants, full of stored energy, that can be released into bursts of fruit and flowers and be used as energy to fight off pests, diseases and pathogens without the need of pesticides or fungicides.

## 3.0 WHY USE NPK RAW NUTRITION?

NPK nutrients are isolated into their purest form, and is almost a completely organic range, allowing the nutritional needs of the plant to be met with a fully controllable, instantly adjustable, fully water soluble, expert feeding programme. Feeding programs should and will evolve and change as the plants needs and requirements change, usually inline with the different phases during the photoperiod. Nutrient manufacturers provide a baseline guide based upon their set-ups. The feeding programme should be adjusted in line with your plants personal requirements, not necessarily to the exact composition and PPM shown in the manufacturer feed programme. Only the NPK RAW range allows for such a fluid, instantly changeable feeding programme. The plants entire nutritional needs, bio-stimulators, bio-boosts, protection from pests, insects and pathogens such as mold and powdery mildew can be provided by various compositions of the isolated RAW components, triggering complex chemical processes within the plant, allowing it to be primed for, and able to, protect itself against pests and sucking insects and pathogens, exactly as nature intended. Pesticides and Fungicides will not be used at all during this process.

# This really is the new frontier in plant nutrition

Plants are \*Autotrophic - relating to a living thing that can make its own food from simple chemical substances such as carbon dioxide\*. Most autotrophs, such as green plants, certain algae, and photosynthetic bacteria, use light for the production of energy. Plants are able to make their own food, they need 17 essential elements, Carbon, hydrogen, oxygen, water, 14 mineral elements and with these elements they harvest the energy of the sun. They take up water through the roots, Carbon dioxide through the leaves and they make sugars. Some of these sugars are used for energy, to grow and reproduce, Some of the sugars they leak from the roots, to feed the plant growth promoting Rhyzobacteria. in exchange for those sugars, the microbes in the root zones make biologically active molecules. These biologically active molecules are what we call Bio-Stimulants:



## What Do Bio-Stimulants do to the plants exactly?

- Improve Uptake of Water and Minerals
- Open up Ion channels in the root zone
- Stimulate Plants Natural Resistance to Sucking Insects, Pests & Diseases
- Less Fertiliser required with better results - no over fertilisation of plants
- Stimulates Resistance to Powdery Mildew and Grey Mold
- Stimulates and conditions the plant to stress before the stress happens
- Improves the overall quality to \*the best of the best\* and overall yields by 20%

## CASE STUDY, HARLEY SMITH: BIO-STIMULANTS

Harley Smith, is a veteran in the hydroponics and cannabis industry, with over 24 years' experience as a hydroponics consultant and research scientist. In 1995, Harley started his career working with schools, setting up hydroponics labs and tissue culture labs in agriscience programs across the United States. In his home state of Michigan, he eventually built hydroponics labs in 2/3rds of all the horticultural programs in the state and went on to national fame. He became known nationwide for his expertise in hydroponics and advanced plant nutrition, putting on state-wide professional development workshops for teachers in Michigan, Wisconsin, Arkansas, Indiana, Washington and at the National Association of Agriscience Educators. As his career developed, Harley spent less time with educators and more time as a professional hydroponics consultant. His intimate knowledge of plant science, precision fertiliser management and organic bio-stimulants made him a valuable resource for both hobbyists and commercial growers.

In 2005, he was given a management position at Superior Growers Supply in Livonia, Michigan, where he worked as a full-time consultant in the hydroponics and cannabis industry. Meanwhile, he continued to perform research and teach online classes on hydroponics, plant propagation, advanced plant nutrition, microbiology, integrated pest management, organic bio-stimulants and computer environmentally controlled agriculture. Harley Smith is a contributing author for Maximum Yield Magazine, where he published over 14 feature articles.

Harley, now renowned world expert on Bio-Stimulants began his journey into Bio-Stimulants in the Netherlands 20 years ago. In 2001 the Dutch government banned the use of fungicides on all food crops, as research had proven that side effects were possibly created for human beings. They were practically banned overnight. The companies growing, and in particular, those growing under high humidity conditions, were suddenly losing 40% of their crops to powdery mildew, grey mould and other fungi. This was of course unacceptable, so the Dutch government began experimenting with Bio-Stimulants.

Harley was invited to the Netherlands and literally, was able to interview the grower that was doing the trials for the Dutch government. He was able to see the results of the trials before the Dutch government did. The results were both conclusive and spectacular

- They went from losing 40% of their crop, to losing 0%.
- They achieved a 10% increase in yield over any past year.
- Their crop was regarded the best of the best in all of the Netherlands.
- They had the highest sap sugar analysis (brix) in fruit.

Harley was incredibly excited about these results and insisted they needed this also in the USA. What is in it? How does it work?



He even interviewed the German scientist that invented and developed the Bio-Stimulants. However, due to 10 years of research and development to create the recipe, that it was a closely guarded secret and he couldn't just share this information freely.

Harley returned to the USA and began digging into advanced plant nutrition, microbiology, organic-chemistry, bio-chemistry, just looking for clues. Within 4-5 years later the mystery was finally solved. When he returned to the Netherlands several years later and told them of the experiments he was conducting, they informed him that he knew more about their products than they did themselves.

Harley believes knowledge should be freely shared, and discoveries and insights that will impact the world shouldn't be withheld in the name of competition.

**End of case study.**

## **Bio-Stimulants**

We can create our own bio-stimulants using the exact same nutrient components that are used in our nutrition plan. We can prime the plant and make it powdery mildew and Grey Mould proof. We are also able to make the plant unrecognisable as a food source to any pests or foliage eating insect with the same bio-stimulants.

Also by replacing the use of pesticides and fungicides with organic bio-stimulants, we are guaranteeing there will be no negative effects to the quality of the final product and allows a fully organic provenance. The final quality standard shall be a pure, clean, true medicinal cannabis product that stands in a very special league of its own.

So instead of using pesticides and fungicides to treat the plants, we adapt a natural prevention program, for as we all know, prevention is better than a cure. We will use the existing nutrient elements from the Raw NPK range to produce bio-stimulants that will not only prime the plant to be more stress-resistant, increase nutrient and water absorption, build a strong, efficient

vascular system, the bio-stimulants will also act as enzymes and catalysts for complex chemical processes within the plant.

These processes will result in the plants becoming insect and mould/Pathogen resistant. These factors are a major concern, as can wipe out an entire crop and/or cause lab tests failings for final authorisation of release of the medicinal product.

These Bio-Stimulants and Booster-Formulas will work in conjunction with the Master Feed Programme within the Master Plan Cultivation process.

**This document includes project specific data, for the purpose of integrating regulatory and quality strategies, and will form part of the \*Regulatory Strategy Document\*. It should be read in conjunction with Technical Guidance Documents: 1-10.**

The Grow Phase is fully covered in Technical Guidance Documents:

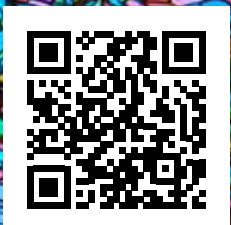
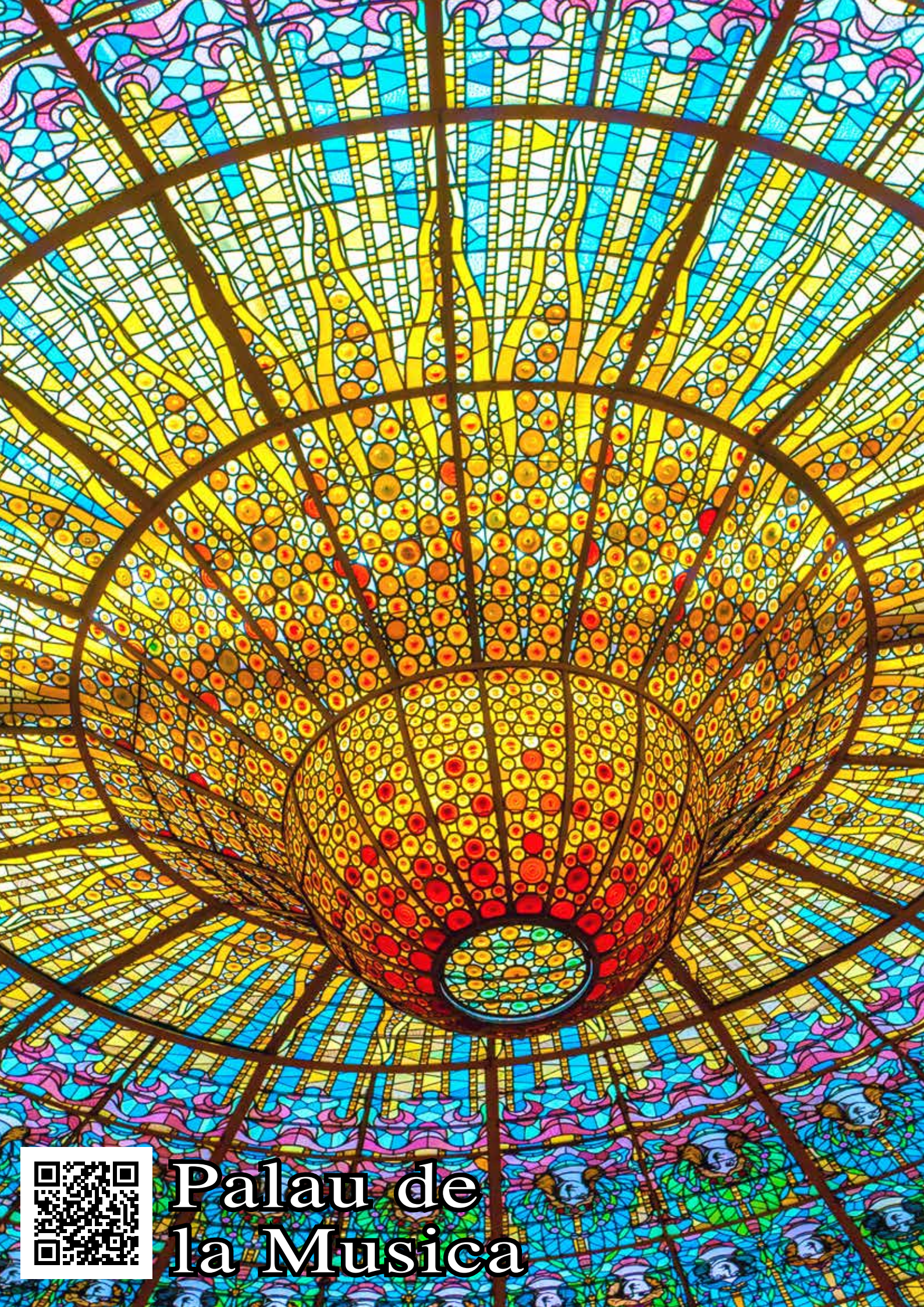
Technical Guidance Document 2 -  
The Master Plan

Technical Guidance Document 3 -  
Bio-Stimulants

Technical Guidance Documents 5 -  
Nutritional Data

**CONTINUED ON PAGE 54...**





**Palau de  
la Música**



**Pont del  
Bisbe**

# 7 DAY FOODIE GUIDE

So the munchies have kicked in? Its no surprise with the endless array of cuisine on offer in Barcelona. How does one even decide where to begin? well if 2 for 1 and 50% off kind of menus float your boat? then today my friend all your birthdays have come at once. We've compiled a list of the best, including some 2 for 1 deals and 50% discounts from Monday to Sunday! So grab your family and friends and enjoy these delicious meals and venues.

BRUNCH & CAKE



## WHY EAT JUNK WHEN YOU CAN EAT WORLD CLASS QUALITY?

MONDAY

### MONDAY

1. Exotica Brunch - Ultimate luxury brunch set amidst an avant garde jungle theme. Seeing is believing. Reservations only. Carrer de Calabria, 204, 08029, Barcelona.  
Tel: +34 605 45 05 59 - [www.exoticabcn.es](http://www.exoticabcn.es)
2. Moments - Michelin Star cuisine. impeccable, innovative and very Catalan. If you fancy something extra special then look no further. Featured in Time Out magazine. Reservations only. Passeig de Gracia, 38, 08807, Barcelona.  
Tel: +34 931 51 87 81 - [www.mandarinoriental.com](http://www.mandarinoriental.com)
3. Woki Organic Market & Restarant - This restaurant and organic Bio-market offers a 2-for-1 deal on Mondays for all dishes. Enjoy organic and healthy food choices that are light on the wallet. Ronda de la Universitat, 20, 08007, Barcelona.  
Tel: +34 93302 52 06 - [www.tribuwoiki.com](http://www.tribuwoiki.com)
4. Casa Carmen Diagonal Mar - A contemporary Spanish restaurant, offering classic tapas dishes in an elegant ambiance. situated at Avinguda Diagonal, 3, 3a planta, 08019, Barcelona. Probably wise to reserve a table.  
Tel: +34 934 85 82 09 - [www.casacarmenrestaurant.com](http://www.casacarmenrestaurant.com)



EXOTICA





BRUNCH & CAKE

## TUESDAY

- 5. Sensi Tapas - An original take on modern Mediterranean tapas cuisine in a vibrant setting that takes the traditional tapas bar to the next level. Reservations required. Carrer Ample, 24, 08002, Barcelona. Tel: +34 932 52 88 41 - [www.sensi.es](http://www.sensi.es)
- 6. Brunch & Cake: Globally famous for their iconic locations, beautiful interiors, wholesome dishes and one of a kind experiences. Get a chance to taste some of the city's best brunch dishes at a fantastic price. Carrer de la Diputacio, 329, 08009, Barcelona. Tel: +34 937 15 53 23 - [www.brunchandcake.com](http://www.brunchandcake.com)
- 7. Makamaka: This beach-themed restaurant offers a 2-for-1 deal on burgers every Tuesday. Enjoy juicy and delicious, top-quality burgers in an outdoor seating area. Passeig de Joan de Borbó, 76, 08039, Barcelona. Tel: 93 320 86 92 - [www.makamaka.es](http://www.makamaka.es)
- 8. Lobster Roll - Exquisite Boston style Lobster rolls that you absolutely must try. The pulled pork and pulled beef is also a winner. C/de Muntaner, 22, 08011, Barcelona. Tel: +34 935 10 45 16 - [www.thelobsterrollbcn.com](http://www.thelobsterrollbcn.com)



EL JAPONESIT

## WEDNESDAY

- 9. El Japoneseit: A stunning Japanese dining experience. Enjoy the art of sushi making in an authentic Japanese décor. Passatge de la Concepcio, 5, 08008, Barcelona. Tel: +34 934 87 25 92. [www.grupopotragaluz.com](http://www.grupopotragaluz.com)
- 10. Bombay Sapphire Blue Bar: Situated at Plaça Catalunya 19, enjoy a 50% off on Wednesdays for all cocktails in this beautiful bar with a great view of the city. Telephone: 93 318 28 12.
- 11. El Pinxto de Petritxol - A great selection of fine steaks, various tapas and pintxos, direct from the basque country. Carrer de Petritxol, 9, 08002. Tel: +34 933 49 00 54. [www.elpintxodepetritxol.business](http://www.elpintxodepetritxol.business). They offer a 50% discount every Wednesday.

**“BARCELONA IS THE MOST AMAZING CITY IN THE WORLD. A TRUE GASTRONOMIC PARADISE ”**



## THURSDAY

12. Cera 23 - In the heart of El Raval, this cozy restaurant offers a variety of fresh seafood dishes. They offer 2-for-1 on all their seafood dishes every Friday from 1 pm to 4 pm. Address: Carrer de la Cera, 23, 08001 Barcelona. Tel: +34 934 42 0808

13. Boca Grande - This upscale seafood restaurant in Eixample offers a variety of Mediterranean dishes. They offer 50% off your second main dish every Thursday. Address: Carrer dels Passatges de la Concepció, 12, 08008 Barcelona. Tel: +34 934 67 51 49

14. The Green Spot - If you're a vegetarian looking for some creative cuisine, check out this restaurant in El Raval. They offer 2-for-1 on their menu every Thursday from 7 pm until closing. Address: Carrer de la Reina Cristina, 12, 08003 Barcelona. Tel: +34 935 01 47 65.

“WORLD-CLASS DINING EXPERIENCES AWAIT YOU IN BARCELONA”



## FRIDAY

15. Eat My Trip - Brunch, if it made by Willy Wonka. The food here is both stunning to look at and to eat. No reservations but is 100% worth the short wait. C/ del Consell de Cent, 378, 08009, Barcelona. Tel: +34 635 26 02 86

16. El Principal de l'Eixample - This stylish restaurant in Eixample offers Mediterranean cuisine with a modern twist. They offer 2-for-1 on all their dishes every Friday from 7 pm until closing. Address: Carrer de Provença, 286, 08008 Barcelona. Tel: +34 934 67 02 11.

17. Bar Tomate - Located in the trendy neighborhood of El Born, this restaurant offers a variety of Mediterranean dishes. They offer 2-for-1 on their pizzas every Friday from 7 pm until closing. Address: Carrer de Valencia, 225, 08007 Barcelona. Tel: +34 932 72 39 56



## SATURDAY

18. El Nacional: This famous gourmet market in the heart of the city offers an array of Spanish dishes, all in one place. Address: Passeig de Gràcia, 24 Bis, 08007 Barcelona.

Tel: +34 935 18 50 53

19. Brunch & Cake - Famous for their Instagram-worthy dishes, Brunch & Cake is also a great spot to get 2 for 1 brunch on Saturdays. With a variety of sweet and savory options available, you won't want to miss out on this deal.

Address: Enric Granados, 19, 08007 Barcelona.

Tel: +34 931 38 35 72 - [www.brunchandcake.com](http://www.brunchandcake.com)

20. Caravelle - Located in the trendy Raval neighborhood, Caravelle is the perfect spot for a relaxed brunch or lunch on Saturdays. Offering a 50% discount on their delicious burgers, this spot is a must-visit. Address: Carrer del Pintor Fortuny, 31, 08001 Barcelona - Tel: +34 933 179 892

“BRUNCH IS THE NEW LUNCH,  
IF MADE BY WILLY WONKA”



## SUNDAY

21. Razzmatazz: If you're looking to party hard on a Saturday night and need a boost on Sunday morning, the brunch at Razzmatazz is the perfect pick-me-up. And with a “Two for One” deal on their Sunday brunch. Address: Carrer Almogàvers, 122, 08018 Barcelona. Tel: +34 932 72 09 10

22. Roast Club Cafe: This cozy cafe near Plaça Catalunya offers a “Two for One” deal on their Sunday brunch dishes, making it a popular spot for those who want quality food at a reasonable price. Address: Carrer Valencia, 190 Local 1, 080011, Barcelona. Phone: +34 657 88 14 66

23. Can Dendê - offers 2 for 1 brunch on Sundays. With a menu featuring tasty dishes like shakshuka and eggs Benedict, this spot is a great place to visit with a friend or loved one. Address: Carrer de la Ciutat de Granada, 44, 08005 Barcelona- Tel: +34 930 19 82 97

BARCELONA IS  
NOT GAUGED BY  
ITS LENGTH &  
ITS WIDTH.  
BUT BY THE  
BROADNESS  
OF ITS VISION,





**& THE HEIGHT  
OF ITS DREAMS.**

## 4.0 SECRET 1 - BRIX & INCREASING BRIX LEVELS

### Building up the Brix for Healthier, Insect-Proof, Disease, Pathogen/Mold Resistant, Nutrient-Dense Crops.

Brix is a unit of measurement to assess any dissolved solids in plant (fruit and vegetable) juices. These solids include amino acids, proteins, minerals, vitamins, and the sugars: fructose and sucrose. It is important to know the brix level (°Bx) of fruits and vegetables to determine and plan soil management practices. It also helps gardeners enhance the soil while determining whether they should increase the organic matter and soil nutrient ratios.

#### Brix may also be known as plant sap analysis.

The higher the brix level in fruits and vegetables, the healthier the plant is. Plants with a high brix level tend to taste better and can be stored for longer periods of time. In fact, high-brix fruits and vegetables do not rot as easily. High-brix plants have been known to produce seeds that germinate quicker, while resisting both frost and heat damage. The best organic farmers often boast about growing nutrient-dense, high-brix plants. But brix is still a foreign concept to many indoor growers. Brix is a measurement of the sugar content in the sap, expressed as a percentage. Generally speaking, the higher the brix, the healthier the plant.

Furthermore, there is a direct proportional relationship between brix and the quality of the finished produce. High-brix plants are healthier, tastier and higher in nutrients than low-brix plants, and brix offers an objective measurement of how well your plants are doing. So if you want to consistently grow the best of the best, taking regular brix readings will help you reach your goal.

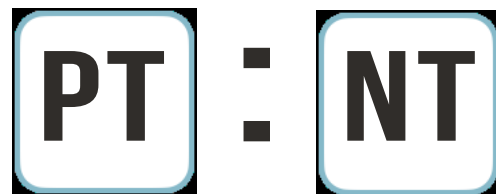
Brix measurements are taken with the aid of a brix refractometer. The more sugars and dissolved solids in a sap sample, the more the mixture bends the light that passes through it. A brix refractometer reads how much the light bends (refracts), and displays the results as a percentage of sugars in the sap. Take a leaf sample, roll it into a ball and squeeze a couple of drops onto the glass slide of the refractometer. Then look through the hand-held device towards a light source, and read the brix number on a graduated scale. If you want an even more accurate measurement, digital refractometers are also available.

### The more efficiently your plants take up water and nutrients, the higher the brix.

Since organic biostimulants improve the uptake of minerals, the judicious use of additives such as amino acids, humic and fulvic acids, and seaweed extracts can help improve brix. The proper balance of minerals in the nutrient solution can also have a positive effect, particularly the potassium-to-nitrate ratio. Here are some suggestions for improving the brix of your favorite crops.

## Increase the Potassium to Nitrate Ratio

Potassium is a catalyst for carbohydrate metabolism, helping to increase brix. A grower has three choices for increasing the potassium-to-nitrate ratio: lower the nitrates, increase the potassium or do a little of both. Once you find the sweet spot, no pun intended, the brix should start to improve. Taking a brix measurement is standard operating procedure for hydroponic crop advisors in Europe. For example, if a leaf sample in a hydroponic tomato greenhouse shows low brix, often the first thing the consultant will recommend is raising the potassium-to-nitrate ratio until the brix reaches the target level. That way, nutrient problems can be avoided before the first signs of deficiency appear. Once visual nutrient deficiencies appear, the plant is already suffering and may not ever be able to reach its true genetic potential. Taking brix readings and making adjustments will help prevent problems before they happen.



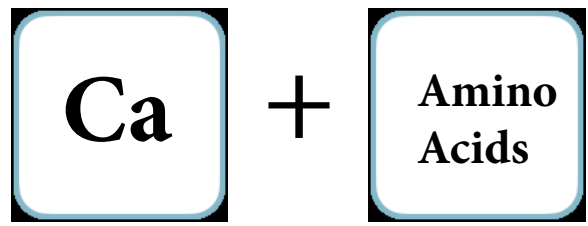
Excessive nitrates burn carbohydrates and reduce brix. In fact, nearly 30% of the energy of photosynthesis is used just to assimilate the nitrates. So to ensure high brix, don't give plants more nitrates than they need. Excessive nitrates produce large cells within cell walls, making them a target for pests and diseases. And since the sugars are burned to produce more top growth, root growth can become restricted and fruit and flower production can be delayed. A brix refractometer can show the signs of excess nitrates before it's too late.



# MOON ROCKS VAPES

TASTING IS  
BELIEVING

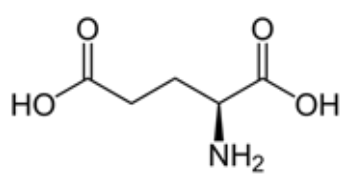
5.0 SECRET INGREDIENTS 1 - DISEASE , MOLD & PATHOGEN RESISTANCE



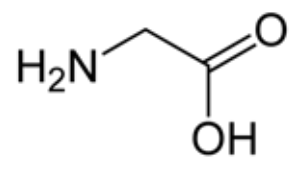
**Use Amino Acid Blends**

**1. Amino Acids immobilise the Calcium into the plant cells to react with pectin acid and produce pectin. Mold spores are unable to assimilate and become systemic.**

**Natural Disease, Pathogen & Mold Resistance** - Amino acids are intermediate chelators, improving the uptake of minerals. In particular, amino acids immobilise and improve the uptake of calcium by the plant. Two particular Amino Acids: \*Glutamic acid and \*Glycine, stimulate root cells to open up calcium ion channels, allowing calcium to be taken up 1000x faster than simple osmosis.



Glutamic Acid



Glycine

The calcium ions are taken up and react with Pectic Acid in the plant cells to make Pectin; the glue that cements the cell walls together. So now instead of water in the interstitial space (when getting more calcium uptake) we now have Pectin.

Now, when a mold spore lands on the leaf, it wants to send out a germination tube (especially powdery mildew), the water on the surface of the leaf do not allow the germination of the mold, it needs to access the internal water content in the interstitial space, then it germinates, becomes systemic and starts to spread throughout the plants. If more calcium uptake is achieved, by the time the germination tube penetrates the cells and gets to the water, the mold cell has dehydrated and died.



**It doesn't kill the fungus, it is not a fungicide. It prevents the fungus from getting established, becoming systemic, spreading throughout and destroying the crop.**





**2. Amino Acids strengthen the stems and vascular system of the plant, allowing water and minerals to be taken up more efficiently. The more efficiently water and minerals are taken up, the higher the quality of the plant, its fruits, and flowers.**

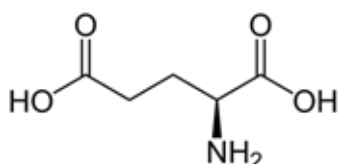
The Amino Acids we will use are created in nature's kitchen, and are called L-Amino Acids, they have a left handed orientation and are produced through Enzymatic Hydrolysis of Proteins. They are digestive enzymes that break down proteins into their building blocks - the Amino Acids. They then keep their left handed orientation which is the biologically active form of Amino Acids. Right handed Amino Acids are not biologically active

Amino acids are intermediate Chelators; Chela means; Claw. A Chelate is an organic molecule that attaches to a mineral ion like a claw, it holds it tightly enough so it doesn't get locked-up with other minerals, but loosely enough that it is available to the plant on demand. This is one of the keys to the Bio-Stimulant programme, they make the nutrient more available to the plant.

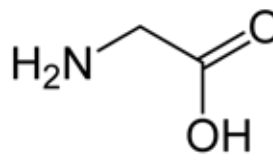
**3. Amino Acids prevent Limescale**

Hard water is very high in Calcium Carbonate and Magnesium Carbonate, in hydroponic systems, when using Phosphoric acid to lower PH, the Phosphoric Acid burns off the bicarbonates as carbon dioxide and water, and reacts with the calcium to create Calcium Phosphate (limescale). Literally crystals can be seen forming and falling like snowflakes to create a white blanket that will block your feeding systems and is practically impossible to even scrape off.

The 2 Aminos; Glutamic Acid and Glycine not only Chelate the calcium and keep it soluble (no more limescale) they stimulate Calcium Ion channels in the roots and allow the plant to take up the Calcium 1000x faster than simple osmosis.



Glutamic Acid



Glycine

The Amino Acids as part of this bio-stimulant became a plant protection agent. In fact the Dutch government actually approved this Bio-Stimulant product as a Plant Protection Agent.

The increase in mineral uptake, resulting in more chemical reactions in the plant (Calcium Ion uptake operation 1000x faster for example), also increases the Brix levels in the plant.

**To measure Brix objectively as a buyer, it would be measured in low, medium, high brix. The higher the brix, the higher the quality.**

CONTINUED ON PAGE 78...



# CALLING ALL ADVENTURERS, EXPLORERS AND TACTICAL EXPERTS

Welcome to the heart-pounding world of escape room challenges, where adventure and excitement await! Barcelona offers some of the most thrilling and mind-bending experiences that have received rave reviews from enthusiasts and escape room fanatics.

Prepare to enter a realm of captivating puzzles, heart-racing suspense, and unforgettable moments of triumph. Whether you're a seasoned escape room enthusiast or a curious newcomer, Barcelona has something special to offer.

## READY TO FIND PIRATE TREASURE OR PLAN A HEIST & CRACK THE SAFE? ENTER A HAUNTED HOUSE OR COULD YOU ESCAPE AN ASYLUM?



Dollo im re,

Step into the shoes of renowned archaeologists and embark on an unforgettable expedition to uncover the secrets of an ancient civilization. Put your cunning skills to the test as you join a team of master thieves aiming to carry out the greatest heist of the century. Prepare for a spine-tingling journey into the supernatural. Uncover the mystery behind a haunted mansion filled with paranormal activity. Strikingly realistic special effects, chilling soundscapes, and mind-bending riddles, escape rooms will put your bravery and problem-solving skills to the ultimate test. Be plunged into the world of pirates, where you must uncover hidden treasures and navigate treacherous waters. As you solve intricate puzzles and outsmart the cunning pirate captain, you'll need to collaborate with your team to reclaim your freedom. For those seeking a more physical and immersive escape room experience, there are escape rooms that transport you deep into the heart of an uncharted jungle, and will test your wilderness survival skills. Uncover hidden treasures, conquer obstacles, and solve puzzles to find your way out.

Something a little more intense? How about being kidnapped at gun-point from the street and bundled into the back of a vehicle. Then taken and held as hostages, you must then use your cunning and skills to outsmart your kidnappers and escape. Imagine the first look on your friends or families face that know nothing about what you have arranged, until of course moments later they realise it isn't an actual real-life kidnapping.



Escape rooms are a captivating adventure that will transport you to a forgotten realm, and you can bet your bottom dollar that Barcelona has its fair share, of some of the best in the world. Escape room experiences guarantee an adrenaline-filled adventure that will keep you engaged from start to finish.

Prepare yourself for the ultimate tests of wits and bravery as you delve into Barcelona's best Escape Room challenges. Whether you're seeking ancient mysteries, supernatural encounters, or thrilling adventures, these meticulously crafted experiences guarantee a pulse-pounding adventure you won't soon forget. Gather your team, unlock your inner detective, and let the games begin!

## “ESCAPE ROOMS TRANSPORT YOU TO DIFFERENT WORLDS”

Barcelona has so many wonderful and varied escape room challenges, also, it is important to remember that some of these escape room challenges are themselves time-limited. Also the themes and stories of these rooms can change, usually in line with seasonal and traditional requirements. This being the case, when it came down to deciding which experiences to share with you guys. It led to many a heated discussion between our team because of the different interests of each individual.

This led to the unanimous decision to allow you to make-up your own mind, whilst also being current with the most recommended escape room experiences here in Barcelona, as according to the people that have been and lived the adventures in real time.

So here are the current top 30 escape room experiences in Barcelona, as rated upon Tripadvisor.

May we wish you a safe and enjoyable expedition into the world of Escape Room experiences. Travel well my friends.

SCAN THE QR  
CODE FOR THE TOP  
30 ESCAPE ROOM  
EXPERIENCES IN  
BARCELONA



## “INTREPID EXPLORERS. YOUR ADVENTURES AWAIT”



Marry Jane CBD Shop is situated directly on the renowned La Rambla, making locating the shop incredibly convenient. And Marry Jane CBD Shop has firmly established itself as a distinguished hub for CBD enthusiasts. Showcasing an impressive array of CBD products, the shop seamlessly combines quality, diversity, and a warm ambiance to provide an unparalleled experience for its customers. This review aims to delve into the nuances that position Marry Jane CBD Shop as a premier choice for CBD enthusiasts in Barcelona.

**Award-Winning Cannabis:** One of the standout attributes of Marry Jane CBD shop is its dedication to offering an award-winning cannabis flower. With a strong belief in the therapeutic advantages of CBD, the shop cultivates and manufactures all its products in Switzerland, prioritizing organic cultivation techniques and sustainable practices.

An array of flowers encompassing the entire spectrum from invigorating sativas to soothing indicas, Marry Jane CBD Shop offers a wide range of strains catering

to diverse preferences. Rigorous quality testing is applied to each product to ensure it adheres to the highest standards of purity, potency, and consistency. Reassuringly, the shop has garnered recognition and accolades for its unwavering commitment to excellence. Numerous awards bestowed upon the shop validate its dedication to delivering only the finest CBD cannabis products to its customers, further cementing its reputation as a trustworthy and reputable establishment.

Stepping into Marry Jane CBD Shop Bcn, you'll sense an environment dedicated to the exploration of CBD. And indeed, that's the case. The store's layout is meticulously designed with customer comfort and convenience as top priorities. Clean lines, white walls, elegant glass display cabinets showcasing a diverse selection of top-tier products, combined with a soothing color palette, create a modern yet calming atmosphere.

**SWISS  
QUALITY  
GUARANTEED**

# MARRY JANE CANNABIS HAS ACCUMULATED GLOBAL AWARD FOR BEST FLOWER

Just when you thought the extensive product variety in-store was sufficient, the knowledgeable and amiable staff play a pivotal role in elevating the overall experience. Possessing a profound comprehension of CBD and its benefits, they provide personalized guidance and recommendations, ensuring customers discover products tailored to their needs. The team's commitment to educating customers about CBD fosters an atmosphere of trust and transparency.

CBD flower cultivated by Marry Jane has already garnered an award within the CBD community: They secured second place in 2022 for the best CBD crop globally. All their products are devoid of the intoxicating effects associated with THC, with each strain containing less than 0.2% of this psychoactive component. This THC absence renders it fully legal in most parts of the world, including Europe. Purchase with confidence, knowing that Marry Jane CBD products adhere to the highest quality criteria. This ensures customers receive standardized products consistently of the highest quality.

Feel free to visit the store and explore the CBD collection, along with our range of CBD-derived topicals, seeds, attire, merchandise, and a diverse array of smoking accessories sourced from around the world.

Furthermore, the store's meticulous attention to detail extends to its online presence.

The official website, [www.Marryjane.com](http://www.Marryjane.com)

Delivers a seamless browsing experience, enabling customers to peruse the product range



and stay updated on the latest additions and promotions. Online ordering options further enhance accessibility, enabling customers to conveniently obtain their preferred CBD products.

At the core of the Swiss-brand Marry Jane AG Cannabis lies an ingrained passion for excellence and a mission to transform lives. Through a team of adept cultivators, scientists, and medical professionals, Marry Jane has succeeded in crafting a range of premium CBD products that consistently exceed customer expectations. By utilizing cutting-edge extraction methods, Marry Jane ensures its CBD products retain the complete spectrum of cannabinoids, terpenes, and beneficial compounds inherent in the hemp plant. This distinctive approach not only maximizes the therapeutic potential of CBD but also delivers a profound impact on overall well-being.

LA RAMBLA, 49,  
08002 BARCELONA  
MON-SUN 11:00 TO 22:00  
TEL: +34936790427



“5 AWARD WINNING STRAINS”

BABUSHKA KUSH

SIMBAS PARADISE

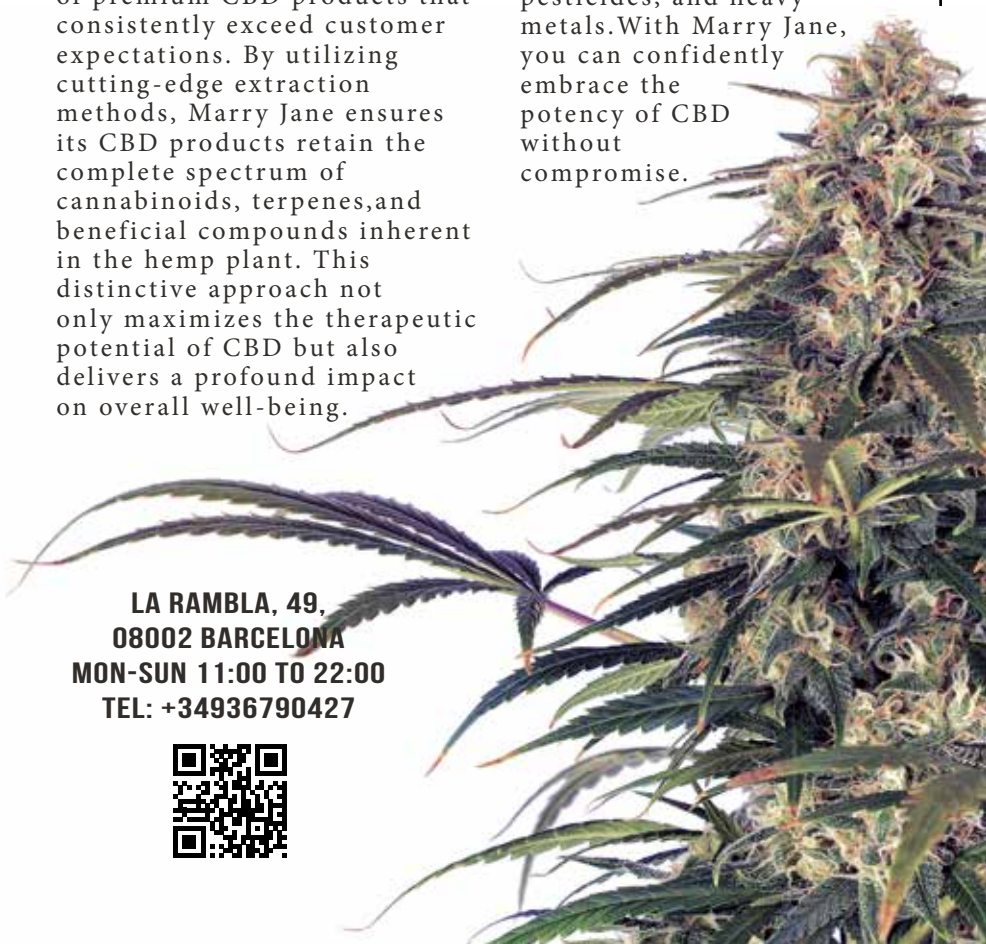
JACKS HAZE

MOMO SKUNK

JANES SKUNK

MJ BUBBLE

Every single Marry Jane CBD product undergoes stringent testing procedures to meet the highest industry benchmarks before reaching the market. Prioritizing quality and safety, the brand ensures each product remains free from contaminants, pesticides, and heavy metals. With Marry Jane, you can confidently embrace the potency of CBD without compromise.





# AWARD WINNING CBD FLOWER

LA RAMBLA, 49,  
08002 BARCELONA  
MON-SUN 11:00 TO 22:00  
TEL: +34 936 79 04 27

Scan QR code for full details



## BABUSHKA KUSH

Babushka Kush has a great creamy flavour with a fresh taste with a gentle hint of orange, which was carefully selected over several years.



## SIMBAS PARADISE

It is paradise in a box and we are so here for it. Join the perfect feeling of not-so-dark paradise after you close your eyes with that sweet mango puff of dense smoke, with an earthy aftertaste



## JANES SKUNK

A perfect mixture of sweetness and fruit will let you go on a very relaxing journey after a long day, at a sports bar or just at a small friendly gathering, the choice is yours.



## MJ BUBBLE

Perfect bubble CBD with extra gentle citrus flavor and earthy odour was developed for you to experience heavenly relaxation and bring some inner peace into your daily routine.



## JACKS HAZE

If you like Amnesia haze then this is the CBD version of it. Rich and fabulous smoke, added by delicate sweet undertones and an overall musky taste.



## MOMO SKUNK

Beautiful and playful, nearly God-like taste of natural and indoor grown CBD is made for you to have it all. Bubblegum taste in a mix with fruit and floral aromas are here to deliver you the best emotions and that perfect relaxation you desire.





## **“WE CATCH UP WITH SHOP OWNER GERARD MALPESA UPON THE STORES FIRST ANNIVERSARY”**



### **You are celebrating your 1-year anniversary: what makes the local community so unique for the shop?**

We are consolidating more local customers. Many customers use the different CBD oils that we provide, as they work very well for various ailments. We have customers who are tired of taking medicines and are looking for a natural alternative. They are very satisfied with CBD, as there is indication that it can have relaxing effects and antipsychotic characteristics. In Barcelona there is a very strong cannabis movement, there are quite a lot of cannabis “fans” who often come here to look for pipes or gadgets that are not found elsewhere, as our store is exclusively dedicated to the cannabis sector. At the moment we have a regulation that allows us to sell products with CBD and 0.2% THC.

### **How would you rate today, one year later, the adoption of your store?**

Very happy with this project, as we are located in one of the busiest streets in Europe, La Rambla. The store is taking shape and we are reaching more customers, both locals and tourists. From the very beginning, it was important to us that our products appeal to both locals and visitors to the city who are looking for quality products. And we have achieved this with our diverse portfolio of products and the excellent advice we offer. We are very proud of that.

### **What makes Marry Jane flower so unique?**

Marry Jane has one of the largest and most advanced crops in Europe. For us it is very important to play with the quality factor, we are always looking for the best genetics and combined with very well structured growing methods, we have the possibility to create high quality flowers for the satisfaction of our customers and consumers.

### **What are the new products and local favorites?**

Our customers are very satisfied with the CBD (cannabidiol) flowers, which is due to the exceptionally good quality of the Marry Jane flower. They provide the consumers with a deep relaxation, as CBD is not psychoactive. We are also selling many CBD vaporizers and CBD oils.

### **How big is the demand for education and advice - in other words, are the customers rather uninformed and curious, or already well educated?**

It is a good mix of both types. Many customers know exactly what products they are looking for or have a pretty good idea what they are looking for. Customers often tell me that they suffer from conditions like insomnia or MS and prefer natural products for muscle relaxation. Others come from the pharmaceutical industry and are curious to educate themselves on the use of CBD, and still other customers come from the sports scene and use CBD products to recover their muscles. Another proportion of our customers are uninformed and really appreciate the education they receive in our store. They see the shop as a contact point for information and education about CBD products.

### **How do you expect the local market to develop?**

CBD is getting more and more acceptance, as people in Barcelona are learning more and more about the benefits and effects of CBD. In Barcelona, cannabis and the knowledge of CBD is already widespread, establishing itself throughout Europe, along with the countries of Switzerland, Italy and Germany. There are different types of consumers who use the oils, for example, for application on the skin. We are not just talking about cannabis smokers here, as is often mistakenly assumed to be the main target group of cannabis products.





GO

ORALI

D

nano







Produced in California  
to the highest possible  
standards under  
exclusive license by  
Appointment of His  
Royal Dankness

El Rey De La Montana

Juan Carlos Miguel Sanchez III

La Casa del Rey

VIVO OPTIMIS VITAE

# CARRER DE PETRITXOL

## SINCE THE 15TH CENTURY

When it comes to experiencing the heart and soul of Barcelona, there's no better place than Carrer de Petritxol. This charming, narrow street tucked away in the Gothic quarter is one of the city's oldest and most iconic areas,

Barcelona was actually founded by the Romans at the end of the first century BC, and the Gothic Quarter is where the original Roman city of "Barcino" was established. Carrer Petritxol was created because, while under Muslim rule, Christians in the area wanted a shortcut to the only church available to them at the time, a small church on the outskirts of town dedicated to the Blessed Lady of the Pine Tree. This church, though having undergone several restorations due to an earthquake, bombings, pillaging of its bells and ornaments, and ultimately it was set on fire! Still stands.

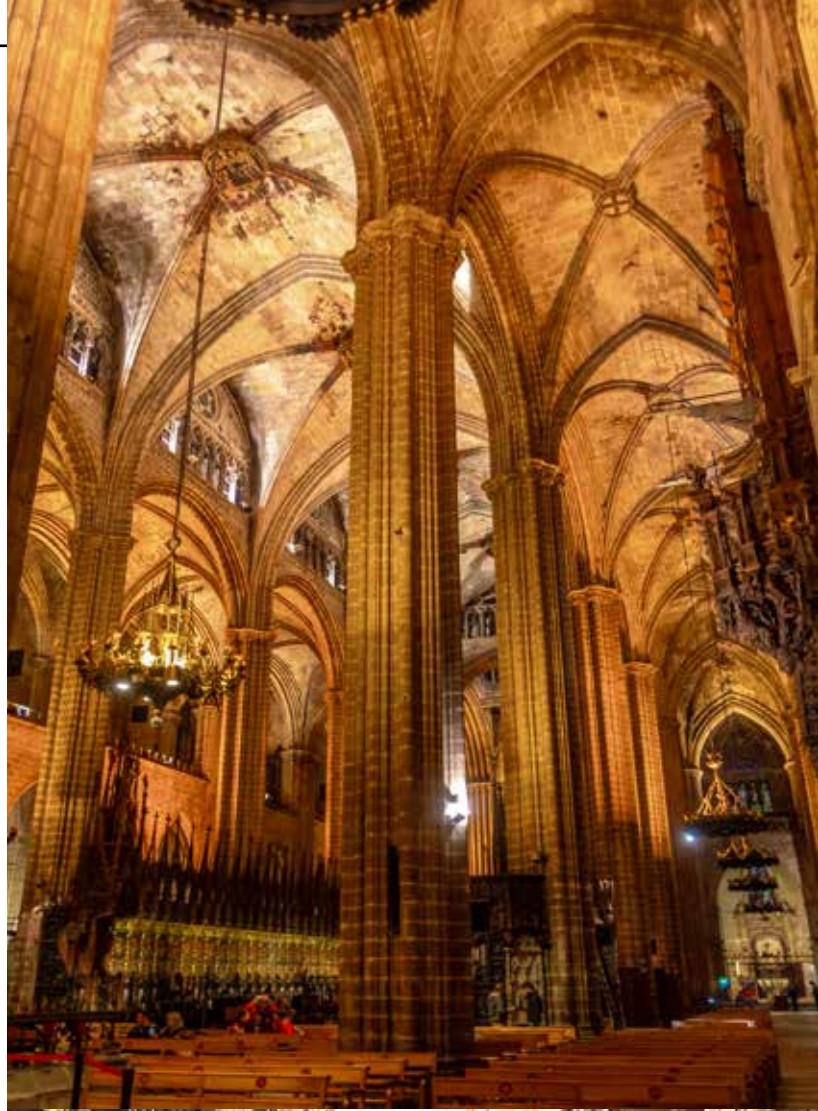
Many famous artists and personalities have either lived, worked or visited Petritxol, and these are depicted in fantastic ceramic tiles along the walls. The street is a now a hub for artists and artisans. Carrer de Petritxol is famous for being a place where poets, artists, and writers used to gather and share ideas. Among them was Joan Miró, who used to visit the street to buy papers and frequently visited El Quatre Gats, a famous cafe still in operation today.

But its rich history dates back much farther than the bohemian scene that has taken root here in recent years. Carrer de Petritxol in Barcelona, has existed for centuries and played a crucial role in the city's cultural scene. If you love exploring new places and experiencing rich cultural diversity, then Carrer de Petritxol is a must-visit destination for you.

This small street is not only famous for its artistic scene, but it also plays a significant role in the city's culinary scene. It is home to some of the finest chocolatiers in the city, who offer a vast array of delicious chocolates that will satisfy your sweet tooth.

Carrer de Petritxol traces its origin back to medieval times when the street connected the city's Jewish and Christian quarters. During the 17th century, the narrow alley was the site of El Gran Café, which eventually became the gathering place for some of Barcelona's best writers and intellectuals. Today, if you pause and sit on one of the terraces you can imagine some of the discussions that may have taken place here.

The street's name itself is derived from the "Petrixol" family, who were some of the most successful merchants in the area during the fourteenth century. Throughout the centuries, this street has been the site of many important events and happenings. During the Spanish Civil War, Carrer de Petritxol was a hub of resistance and rebellion against fascism, with many of its residents joining the fight against oppression and tyranny.





Today, Carrer de Petritxol remains a symbol of Barcelona's rich history, vibrant culture, and unwavering spirit. It's a place that's not just steeped in tradition, but also alive with new ideas and creativity. One of the most notable features of Carrer de Petritxol is its vibrant arts scene. As you stroll down the street, you'll be surrounded by a stunning collection of art galleries, exhibition spaces, and street performers. This lively atmosphere has drawn in artists and creatives from all over the world for generations.

The historical importance of Petritxol is reflected in the architecture of the street, with buildings dating as far back as the 15th century. Along the street you'll encounter iconic shops, patisseries, and art galleries. And now, the street has become famous for its chocolate and pastries, particularly the traditional Catalan sweet bun with rolled edges known as 'xuixos'. Locals know it as the street of chocolate

It is said that the artist Pablo Picasso has a connection to Carrer Petritxol. the gallery Sala Parés is where Picasso presented his first commercial gallery exhibition in 1901 at the age of 20. One of the oldest art galleries in the world, Sala Parés has been located at number 5 since 1884. Many of the shops on petritxol are the original shops that were opened here and not much has changed since day one. Amongst the hidden gems are

**Llibreria Quera** - This 100-year bookstore is a landmark of the Carrer Petritxol. It's much visited and much loved by locals and tourists alike. From the onset it has always focused on mountain-climbing, travel and expedition books and in recent years, it has started a new venture with a restaurant space. The restaurant is delightfully quaint and offers activities such as tastings, book presentations and editorial news events. You'll probably need a reservation to eat here, though.

**Ganiveteria Roca** - Since 1911, this store specializing in cutting tools, shaving products and kitchenware has occupied its space as Carrer Petritxol and it is one of those great speciality places. It was run by the same family until 2000, with the new owners continuing the legacy of high-end precision cutting tools using both traditional and modern techniques. The shop features a mind boggling collection of professional and collector knives, scissors, and razors, articles for personal care, domestic use, adventure and sewing, along with a full workshop for sharpening and repair.

**Granja La Pallaresa** - Serving excellent breakfasts and snacks since 1947, they are known for their classic thick cup of drinking chocolate ('a la tassa') and the version with unsweetened whipped cream on top ('suizo'). We enjoyed the traditional hot chocolate with churros. Though churros are always a favorite with hot chocolate, locals also enjoy the ensaimadas - there is even a plaque outside on the wall that commemorates the eating of ensaimadas at this establishment.

**Granja Dulcinea** - Established in 1941, this is the oldest xocolaterie on the street. Besides the famous hot chocolate and churros they serve an assortment of pastries and coffee.

**Petritxol Cafe** - another famous shop for xocolata desfeta and churros! It boasts a modern decor and all things chocolate. So whether you're a seasoned traveller looking for a new adventure or you're simply looking to explore the sights and sounds of Barcelona, there's no better place to start than Carrer de Petritxol. Come discover the magic of this historic street for yourself, and see why it's been a beloved part of Barcelona's culture for centuries.





ENTSEINER PIAERREHOMOS DOLUM ESTIONSEHJ DUS DOLO RIZATE REMINI

# EL PINTXO

DE PETRITXOL

WITH NEW OWNERSHIP COMES FRESH ENERGY,  
FOCUSED VISION AND A NEW MENU



## AMONGST THE ART & CHOCOLATE, WE HAVE TAPAS & BEER

Welcome to El Pintxo de Petrixol! This restaurant, located in the heart of Barcelona, has undergone a major transformation under new management. The new owners have revamped the menu, added new tapas, and a range of craft beers and cocktails for all to enjoy.

The menu at El Pintxo de Petrixol is a perfect blend of traditional Spanish flavors with a modern twist and the new owners have rekindled the spirit of the restaurant by introducing an extensive list of tappings that includes mouth-watering appetizers like prawn croquettes, grilled octopus, chorizo and steak tartare

For the main course, there is a selection of delectable dishes that are cooked to perfection.

One of our favorites was the Seafood Paella - an aromatic mix of seafood, rice, and spices that's bursting with flavor.

The Grilled Iberian Pork with alioli and chimichurri sauce is another must-try dish on the menu. Not to mention, the restaurant's famous chorizo al vino is an absolute must-try. Each dish is lovingly prepared by our skilled chefs with fresh ingredients that leave your taste buds bursting with joy.

But that's not all, the new menu also showcases a range of vegetarian and vegan options. The grilled artichokes with truffle oil and the creamy mushroom risotto are just a few of the highlights. Paired with our selection of Spanish and international wines, these dishes are sure to impress even the strictest critics.

For those who love their drinks as much as their food - there's a range of premium draft beers and delicious cocktails that are sure to quench your thirst. The Pintxo's signature cocktail, Gin Fresa, is a mix of gin, fresh strawberries, and lime juice - the perfect summer drink. If beer is more your style, their selection has been handpicked and imported from the best breweries around the world.

But let's not forget the atmosphere. The cozy interior of the restaurant, adorned with traditional Spanish tiles and the warm hues of wooden furniture, provides the perfect ambience for a night out with family and friends.

The staff at El Pintxo de Petrixol are attentive and friendly, and their knowledge of the menu allows them to recommend dishes tailored to each customer's preference.

You would not be disappointed with the service and the welcoming atmosphere of this historical eatery. With its delicious food, extensive drinks menu, and welcoming atmosphere, El Pintxo de Petrixol is the perfect spot to enjoy an authentic Spanish dining experience with an international twist. Don't wait, book your table today and come discover the new El Pintxo de Petrixol!

**El Pintxo is a  
very cosy and  
welcoming  
environment and  
the staff will cater  
for your every  
need.**





El Pintxo caters for everything from a quick coffee, to a fine selection of fresh pintxos, beers and wines. To a full sit down menu created by their award winning chef and kitchen team.

They are under new ownership and management and they would like to invite you along to try their new menu and ambience.

Did we mention the 50% off deal every Wednesday between the hours of 12 noon and 6pm



Fancy something a little more monstrous or want something unique for the party? Then take on their all-new, and first to Barcelona:

## The Behemoth Burger Big Eat Challenge

You can finish this beast in 20 minutes? You will get a 50% discount, plus, be immortalised forever as a local legend on the wall of Kings.



The new team are certainly pulling out all the stops and adding some modern, fun twists to their otherwise traditional, award-winning Steaks and paellas.

Scan the QR code to visit our instagram page



2 for 1 deal. Exclusively for 420 Lifestyle Bcn readers. Every Wednesday.

call +34 933 490 054 to reserve your table



# GREEN PLACE

## ALL THE COMFORTS OF HOME. IF YOUR HOME IS A SUPER STYLISH HANGOUT THAT WOULD MAKE SNOOP DOG SMILE

Fellow 420 enthusiasts, I'm here to share my thoughts on the Green Place Social Club in Barcelona. As someone who has been indulging in Mary Jane for over a decade now, I can say with confidence that this club is definitely one worth checking out.

First off, this club was easy to find, as is just around the corner from the Arc de Triumph. There are plenty of amazing places to eat within a stones throw of this club and many amazing shops including one of my personal favourites Norma Comics. So this club is in a great location if you are at this side of town.

This club itself is an absolute joy. It's cosy, welcoming, and perfect for anyone who wants to kick back and get together with friends or to take a quick breather if you passing by. The decor is cosy, yet funky, giving off a super relaxed vibe and the music played there just adds to the charm.

There are comfortable leather sofas and tables and the club is reminiscent of sitting in a luxury lounge. There are original artworks on the wall from various artists, including global phenomenon - Saturno. There is a pool table, lots of green foliage adorning the walls, which gives it a real nice natural green feeling. It has funky lighting and a product range that would make Snoop Dog smile.

Alessandro Rossi, 35 yrs

(Translated from Italian)







## GREEN PLACE IS A GREAT SPOT TO UNWIND WITH FRIENDS AFTER A BUSY DAY

The place is super cool, spotlessly clean and gives off a great vibe. There is plenty of comfortable seating and is fully air-conditioned. The place was busy when we went in but there was still a nice sofa for us to get parked.

My friend grabbed a bong from the club, a few coffees and a fine selection of seasonal greens. There was a pool tournament starting so we decided to join in. The winner isn't important here, it is the taking part that counts, lol ;)

## ALL CLUBS TEND TO HAVE A NICE PRODUCT RANGE, BUT THE SELECTION HERE IS JUST MIND-BLOWING.

The budtenders were incredibly attentive, knowledgeable and friendly. They providing in-depth information and helped us towards the perfect choice for our individual preferences.

In addition to their excellent selection of products, the Green Place Social Club also offers a variety of smoking accessories and devices. They have bongs, bowls, and papers available for use.

Overall, I would highly recommend The Green Place Social Club to anybody looking for a new spot to relax. The club has female managers so the place is spotlessly clean, very well organised and is very popular with the ladies.

The atmosphere was second to none, we met some new people and had a really great, fun afternoon .

**FOR MORE  
INFORMATION  
FOLLOW US  
ON INSTAGRAM**

Instagram



Alessandro Rossi, 35 yrs  
(Translated from Italian)



# TERPENES THE UNSUNG HEROES

WHEN WE SMELL THE FRESH SCENT OF A PINE FOREST OR THE BRIGHT FRAGRANCE OF A FIELD OF LAVENDER, WE ARE ACTUALLY EXPERIENCING THE PRESENCE OF TERPENES. TERPENES ARE RESPONSIBLE FOR THE UNIQUE AROMAS AND FLAVORS OF THESE PLANTS AND ARE ALSO RESPONSIBLE FOR MANY OF THE HEALTH BENEFITS THAT HUMANS RECEIVE FROM CONSUMING THEM. IN THIS ARTICLE, WE WILL EXPLORE THE WORLD OF TERPENES, SPECIFICALLY CANNABIS TERPENES, AND THEIR REMARKABLE BENEFITS. THEY CAN PRODUCE SEDATIVE, UPLIFTING, OR EVEN PSYCHOACTIVE EFFECTS.

## What are Terpenes?

Terpenes are a class of organic compounds that are composed of repeating units of isoprene. They are produced by different parts of a plant, including the flowers, leaves, and stems, and are a major component of essential oils. Essential oils typically contain various combinations of terpenes, each with its own unique properties. In fact, over 20,000 different terpenes have been identified in nature.

Terpenes have been used for thousands of years for medicinal and therapeutic purposes, and recent research has confirmed their clinically significant properties.

In particular, terpenes have been found to have anti-inflammatory, neuroprotective, anti-anxiety, and pain-relieving effects in humans.

Terpenes have also been shown to enhance the effects of other phytocannabinoids, including THC and CBD, through a phenomenon known as the entourage effect. Terpenes in cannabis can enhance the therapeutic properties of cannabinoids through the entourage effect. This is the idea that when consumed together, cannabinoids and terpenes produce a more significant effect than they would if consumed in isolation. This effect may explain the unique experiences reported by different individuals consuming the same strain of cannabis.



# TERPENES REPRESENT A FASCINATING WORLD YET TO BE EXPLORED

## The Benefits of Terpenes

The cannabis plant produces terpenes as a defense mechanism against predators and other external threats. The aroma of terpenes can attract beneficial insects that help protect the plant from harmful pests, while the bitterness of certain terpenes can make the plant less attractive to herbivorous animals. Terpenes have been used for millennia for their medicinal properties, such as in aromatherapy and traditional medicine. In the modern era, terpenes are increasingly being recognised for their remarkable health benefits. For example, many terpenes have powerful anti-inflammatory and antioxidant properties, which can help to combat a wide range of diseases and disorders, including cancer, arthritis, and heart disease.

### Cannabis Terpenes: A Special Case

Cannabis is a fascinating case when it comes to terpenes, as it contains a high concentration of various terpenes that work in synergy with each other and with the plant's cannabinoids to produce a wide range of therapeutic effects. This phenomenon is known as the entourage effect, which occurs when the various components of the cannabis plant work together to enhance each other's benefits.

Each cannabis plant contains a unique composition of terpenes. Some of the most common cannabis terpenes include limonene, myrcene, pinene, and caryophyllene. These terpenes are responsible for the unique fragrances of different cannabis strains, such as the citrusy aroma of Tangie or the earthy scent of Bubba Kush. The unique combination of terpenes in each cannabis strain not only gives the plant its distinctive aroma and flavor but also contributes to the plant's therapeutic properties. For example, limonene is known for its stress-relieving properties, while caryophyllene has been found to have potent anti-inflammatory effects.

Terpenes are fascinating and complex compounds and a vital part of plant life, providing unique aromas and flavors while also delivering a wide range of health benefits. In the case of cannabis, terpenes work in synergy with other plant compounds to produce the remarkable entourage effect, which enhances the plant's therapeutic properties. The different combinations of terpenes found in cannabis contribute to the plant's diverse effects and may hold the key to unlocking its full therapeutic potential. As we continue to learn more about terpenes and their many benefits, we will undoubtedly uncover new and exciting applications for these unsung heroes of nature.

# 100 DOWNLOADABLE FILES

### THE ENTOURAGE EFFECT

THE ENTOURAGE EFFECT IS THE SYNERGISTIC EFFECT THAT THE ABSORPTION OF ONE OF THE CANNABINOIDS, TERPENES, FLAVONOIDS, AND STEROLS WITHOUT OTHERS CAN BEHOLD.

**Cannabinoids**

- THC
- CBG
- CBDA
- THCA
- CBDA
- THCVA
- THCV
- THCVA
- THCVA
- THCVA
- THCVA
- THCVA

**Terpenes**

- Myrcene
- Limonene
- Pinene
- Terpinolene
- Humulene
- Terpene
- Terpene
- Terpene
- Terpene
- Terpene
- Terpene
- Terpene

**Flavonoids**

- Quercetin
- Flavonoid
- Flavonoid
- Flavonoid
- Flavonoid
- Flavonoid
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- Flavonoid
- Flavonoid
- Flavonoid



### CANNABIS TERPENES GUIDE

VAPORIZE AT: **α-BISABOLOL**

FLAVOR / AROMA:

### CANNABIS TERPENES GUIDE

VAPORIZE AT: **β-PINENE**

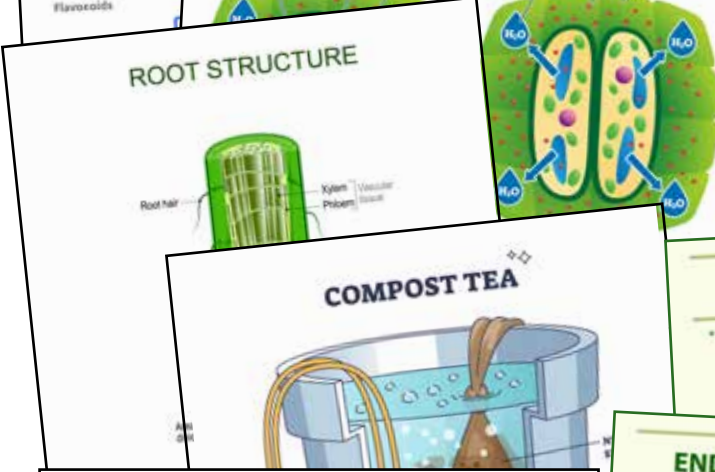
FLAVOR / AROMA: GREEN HAY

### CANNABIS TERPENES GUIDE

VAPORIZE AT: **LINALOOL**

FLAVOR / AROMA: FLORAL, ROSE, WOODY

HEALTH EFFECT: ANTIANXIETY, SEDATIVE

CC1=CC=C(C=C1)C(C)C

### CBD AND WEIGHT LOSS

1. Reduces appetite

Research shows that CBD may help reduce appetite and weight gain. It may also help with metabolism and fat burning. CBD may also help with sleep, which is important for weight loss.

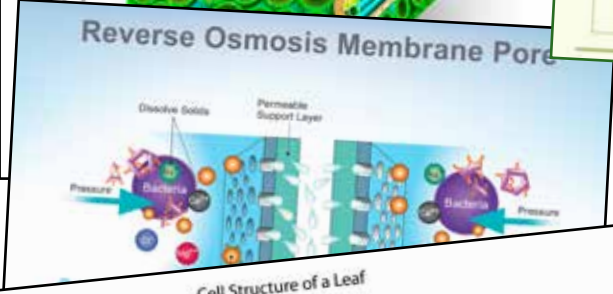


### ENDOCANNABINOIDS AND THE IMMUNE SYSTEM

The Endocannabinoid System

Immune Cell

Neuron



### CANNABIS vs ALCOHOL

THE DIFFERENT EFFECTS OF CANNABIS AND ALCOHOL ON YOUR BODY

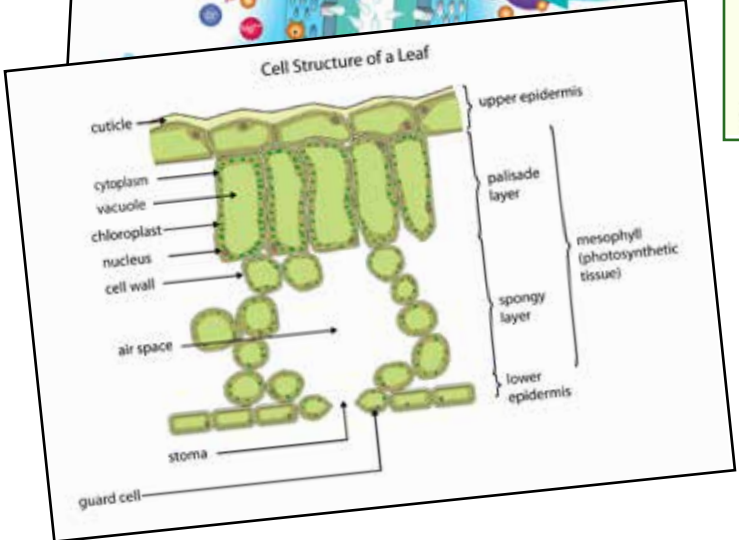
CANNABIS	ALCOHOL
<b>BRAIN</b> Euphoria, relaxation, increased appetite, impaired coordination, memory impairment, increased heart rate, increased blood pressure, increased body temperature, increased heart rate, increased blood pressure, increased body temperature.	<b>Brain</b> Euphoria, relaxation, increased appetite, impaired coordination, memory impairment, increased heart rate, increased blood pressure, increased body temperature.
<b>LUNGS</b> Coughing, wheezing, increased heart rate, increased blood pressure, increased body temperature.	<b>LUNGS</b> Coughing, wheezing, increased heart rate, increased blood pressure, increased body temperature.
<b>HEART</b> Increased heart rate, increased blood pressure, increased body temperature.	<b>HEART</b> Increased heart rate, increased blood pressure, increased body temperature.
<b>LIVER</b> Increased liver enzymes, increased liver damage, increased liver cancer risk.	<b>LIVER</b> Increased liver enzymes, increased liver damage, increased liver cancer risk.
<b>STOMACH</b> Increased stomach acid, increased stomach pain, increased stomach cancer risk.	<b>STOMACH</b> Increased stomach acid, increased stomach pain, increased stomach cancer risk.
<b>INTESTINES</b> Increased intestinal permeability, increased intestinal inflammation, increased intestinal cancer risk.	<b>INTESTINES</b> Increased intestinal permeability, increased intestinal inflammation, increased intestinal cancer risk.

**DISEASES CAUSED WITH CANNABIS**

- DEPRESSION
- LIVER DISEASE
- HEART DISEASE
- STROKE

**DISEASES CAUSED BY ALCOHOL**

- DEPRESSION
- LIVER DISEASE
- HEART DISEASE
- STROKE
- ALZHEIMER'S
- CARDIOVASCULAR DISEASE



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## CASE STUDY 2, Harley Smith; Brix Levels

I discovered the relationship between amino acids and brix when growing romaine lettuce one summer in an outdoor NFT system. I had just purchased my first brix refractometer, and I was taking brix tests on everything I could get my hands on and comparing the readings with brix charts. Brix charts indicate quality, either low, medium or premium quality, depending on how high the brix is. After I started using amino acids in my nutrient solution, the brix in the leaf tissue of my lettuce was off the charts.

In fact; the brix level was so far above premium quality that statistically I would have to create a new category for it. Every store and every restaurant that tasted the produce bought it at 20% above premium cost.

We also went through three hard frosts without losing a single leaf. I found out later that for every 1% increase in brix, there is a half-degree lower freezing temperature.

The improved calcium uptake provided by the amino acid blend resulted in the following results:

1. Higher brix
2. Better flavours
3. Longer shelf life
4. Higher sales prices
5. Were the absolute best of the best in quality, on the market

End Of Case Study

If you can achieve a brix level of 12% or higher, sucking insects won't even recognise the plant as a food source



## USE SEAWEED EXTRACTS - KELP

### Benefits of Kelp

Kelp contains over 62 beneficial trace elements and micronutrients from the sea, including; copper (Cu), iron, (Fe), manganese (Mn), & zinc (Zn), These elements activate enzymes, and, if just one enzyme is turned on, one single molecule can perform 1000 chemical reactions per second in the plant.

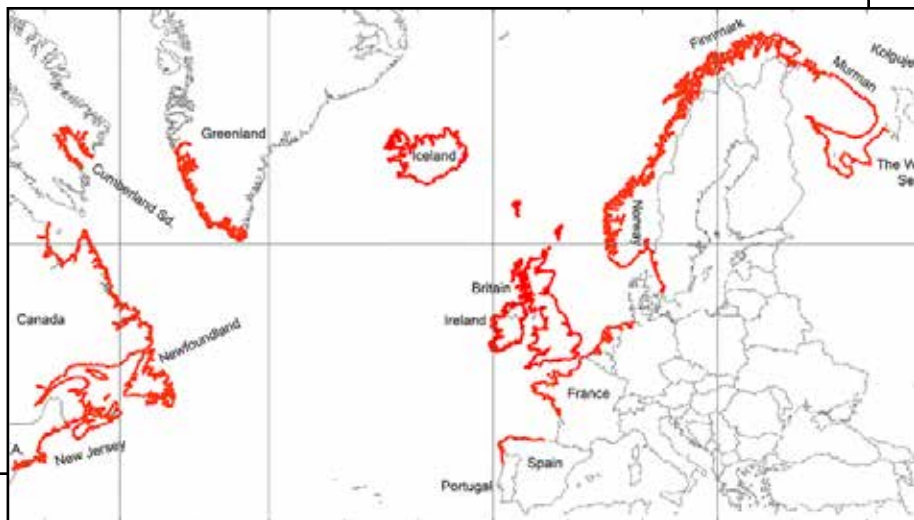
Seaweed extracts also have a positive effect on brix. Seaweed extracts include mannitol, a natural sugar that chelates micronutrients (a micronutrient is one of seven essential secondary nutrients that plants require to maintain productive growth. Micronutrients include chlorine (Cl), molybdenum (Mo), copper (Cu), iron (Fe), manganese (Mn), zinc (Zn), and boron (B). Plants require all of these nutrients in small amounts, however, they are less essential than macronutrients, or primary nutrients, nitrogen (N), phosphorus (P), and potassium (K), and makes them more available to the plant).

Seaweed extracts are also loaded with natural plant growth hormones that stimulate cell division. When used at the root zone, seaweed extracts stimulate cell division of root cells, resulting in more lateral root growth and greater root mass. Improved root growth creates more surface area for the uptake of water and minerals, further improving the brix of the plant. Seaweed extracts are synergistic with other organic bio-stimulants, so using a combination of additives is better than using any single additive alone.

### Seaweed And Plants

The many benefits of seaweed extracts have been known to growers for thousands of years, but only in modern times have their active ingredients been identified. Seaweed extracts are rich in natural plant growth hormones and beneficial trace elements, and they are a component of most bio-stimulant products found on the market today.

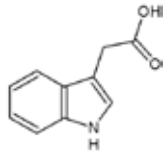
The best seaweed extracts come from the brown seaweed \**Ascophyllum nodosum*\*, harvested from mineral-rich waters such as those found near Norway and Nova Scotia. \**Ascophyllum nodosum*\* grows in the tidal zone and is subject to extremes in temperature, flooding, drought, salt stress, and high levels of solar radiation and ultraviolet light. The seaweed extracts from these regions are very high in Auxins, Cytokinins, Gibberellins and plant protection agents.



# What are Auxins, Cytokinins, and Gibberellins?

Seaweed extracts have high levels of natural plant growth hormones, especially auxins, cytokinins and gibberellins. Hormones are very small signal molecules that help steer the growth and development of the plant. Hormones are usually produced in one part of the plant and transferred to another part of the plant to initiate physiological changes. For example, auxins are produced in the leaves of plants, then transferred to the roots and growing tips. Cytokinins, on the other hand, are produced in the roots and transferred to the leaves and growing tips. The balances between hormone levels determine their affects on plant development.

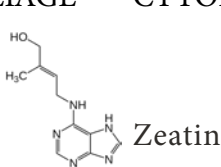
ROOTS    AUXINS



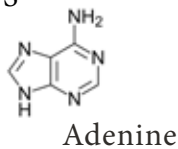
Indole-3-acetic acid (IAA)

Auxins are best known for their positive effect on rooting, and synthetic auxins are usually found in rooting powders and cloning gels. Only a small amount of auxins are needed to initiate root growth. Too much auxin, especially when applied to growing roots, can actually have the opposite affect and restrict root growth! Seaweed extracts contain small amounts of natural auxins and indoles that help stimulate rooting, which, when combined with cytokinins, result in the production of greater root mass. Greater root mass provides better uptake of water and minerals and a healthier, more stress-resistant plant.

FOLIAGE    CYTOKININS



Zeatin



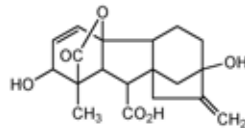
Adenine

Cytokinins: At molecular level cytokinins play a huge role in sending biological signals to the plant, which determine the growth and development of cell division. Produced in the roots, seeds and fruits, travelling upwards towards the xylem, to promote lateral growth and to slow down the symptoms of ageing and keeps the plant's leaves green for longer time. As well as performing mitosis, the development of chloroplast, root cell tissue, the structure of branching and leaf

formation. The way the cytokinin works is by binding itself to a protein receptor within the cell membrane, which will then be attached to a phosphate group in the cytosol. The protein will then activate once moved into the nucleus, where it binds to the genes of the plant which will dictate what direction of growth will commence. They stimulate rapid cell division and the production of new cell walls. Cytokinins work in conjunction with other plant hormones. If, for example, cytokinins are applied during root formation, the cytokinins will stimulate the division of more root cells. If cytokinins are applied during the vegetative growth stage, the plants will grow faster with stronger cell walls. And if cytokinins are applied just prior to fruiting and flowering, more lateral buds will develop for better overall fruit and flower production.

The cytokinins in seaweed extracts also have a beneficial effect on mother plants, especially when used as a foliar spray. When applied to plant tissues, cytokinins draw nutrients into the tissue, while stimulating more lateral plant growth. More lateral buds mean stockier plants with more candidates for healthy clones.

SEEDS    GIBBERILLINS



Gibberellic Acid

Gibberellins are what determine stem elongation as well as flower and fruit development. Sometimes used as a way of nursing old stubborn seeds, gibberellins can stimulate dormant seeds by producing an enzyme that will supply the seed with some nutrient energy, (seaweed extracts are sometimes used to soak seeds before planting) The gibberellins stimulate the dormant seeds to produce enzymes that break down the stored starches into energy molecules needed for respiration. This energy is then transferred into the roots then upwards to the growing tips. As with everything too much of these three hormones can in fact inhibit plant development. Providing too much auxin can restrict and stunt root growth, too much gibberellin can in fact reduce germination rates in seeds and excess amounts of cytokinin can burn plant leaf tissue.

• NOTE: When using seaweed extracts, it is very important to follow the dosage and application directions carefully. Seaweed extracts can be applied as a foliar spray or as an additive to the nutrient formula, but foliar application seems to be the most efficient. Just remember not to use it as a foliar spray on flowers. Also, be careful not to use too much! Hormones are very powerful, even in small amounts, and using too much will have the opposite effect on the plants. Too much auxin restricts root growth, too much gibberellin reduces germination rates, and too much cytokinin can burn leaves. Moderation is the key!





## SECRET INGREDIENTS 2 - HUMIC & FULVIC ACID

Humic and fulvic acids are also intermediate chelators, helping plants take up important trace elements. Since trace elements activate enzymes in the plant, the plant is able to do more chemical reactions per second, resulting in higher brix. Iron uptake is especially important. In nature, humic and fulvic acids hold onto iron ions like a claw and make them more available to the plant. Iron is a catalyst for chlorophyll synthesis, the green pigment in plants that actually manufactures sugars during photosynthesis.

In fact, if iron availability is at optimal levels, plant genes will be activated to produce more chloroplasts to hold the extra chlorophyll, turning the plant into a more efficient sugar-making machine. The result? Higher brix. Fulvic acid can be used as a foliar spray.

The Humic Acid are large molecules that will literally form a bridge between the clay particles and the minerals, making it easier for the plant to take them up.

The Fulvic Acid are smaller more biologically active molecules that transport the iron and other trace elements through the cell membranes, and release them inside the cell where they are needed the most. The carbon skeletons can then be metabolized by the plant. For best results, use a natural surfactant such as yucca extracts when using fulvic acid as a foliar feed. The surfactant prevents water from beading up on the waxy leaf surfaces, so the foliar spray spreads out in a thin film for better absorption by the leaf. Better absorption of iron results in higher brix.

Both Humic and Fulvic Acid buffer PH levels, both acidic and alkaline buffering properties, resulting in improved nutrient uptake and in particular iron.

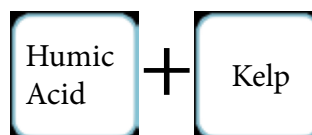
## THE 10 YEAR STUDY SECRET FORMULA BIO-STIMULANT

Virginia Tech did a 10 year study on Bio-Stimulants, and they found that a 5:2 ratio of Humic Acid to Kelp, worked 50% better than either product alone. They also discovered it improved the plants natural tolerance to stress, it stimulates the plant to make 50% more of a natural Plant Protection Agent called Superoxide Dismutase; an enzyme that alternately catalyses the dismutation of the superoxide radical in ordinary molecular oxygen and hydrogen peroxide. Superoxide is produced as a by-product of oxygen metabolism and, if not regulated, causes many types of cell damage. It practically sponges-up free-radicals, when a plant is under stress, sometimes it cannot keep up with free-radicals and those free-radicals attack the cell membranes, the chloroplast membranes (photosynthesis), the mitochondrial membrane (cell power plant, energy, grow, reproduce).

Use this 5:2 ratio added BEFORE the stress and the plants will be more resistant to:

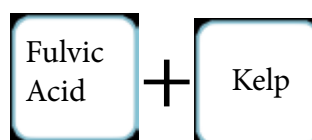
- Heat stress
- Drought stress
- UV stress
- Salt stress
- Improve the flavour & nutrition of food
- Will improve the medicinal values of plants

### ROOT FED



5:2 Ratio Humic Acid to Kelp

### FOLIAR FED



5:2 Ratio Fulvic Acid to Kelp



The background of the image is a view of Earth from space, showing the blue and white clouds of the planet against the blackness of space. The text is overlaid on the upper portion of the image.

# **MOON ROCKS VAPES**

**They are out there...**

# COMPOST TEAS

## HARNESSING THE POWER OF COMPOST TEAS FOR ENHANCED CANNABIS CULTIVATION

### THE MAGIC OF COMPOST TEAS AND HOW TO MAKE YOUR OWN

In recent years, there has been an increasing interest in organic cultivation methods for cannabis. One approach gaining significant recognition is the use of compost teas. Composting plays a crucial role in sustainable agriculture by converting organic waste into nutrient-rich soil amendments. Compost teas, derived from the extraction of beneficial microorganisms and organic matter, have gained prominence as a natural and cost-effective approach for enhancing cannabis cultivation.

This in-depth article aims to provide a comprehensive scientific guide on creating high-quality compost teas

for optimal cannabis plant growth. Each step will be discussed, highlighting its scientific rationale.

#### Section 1: Understanding Compost Teas

Compost teas are liquid extracts derived from compost materials that act as a nutrient-rich solution for plants. They serve as a medium for delivering a diverse community of beneficial microorganisms, enzymes, and plant hormones that can significantly influence plant growth and health.

#### 1.1: The Microbial Powerhouse

Compost teas owe their efficacy to the diverse microbial communities they harbor. These microbial populations not only enrich the nutrient content of the soil but also establish symbiotic relationships with cannabis plants, enhancing their immune system and nutrient uptake abilities.

#### 1.2 : Nutrient Cycling and Availability

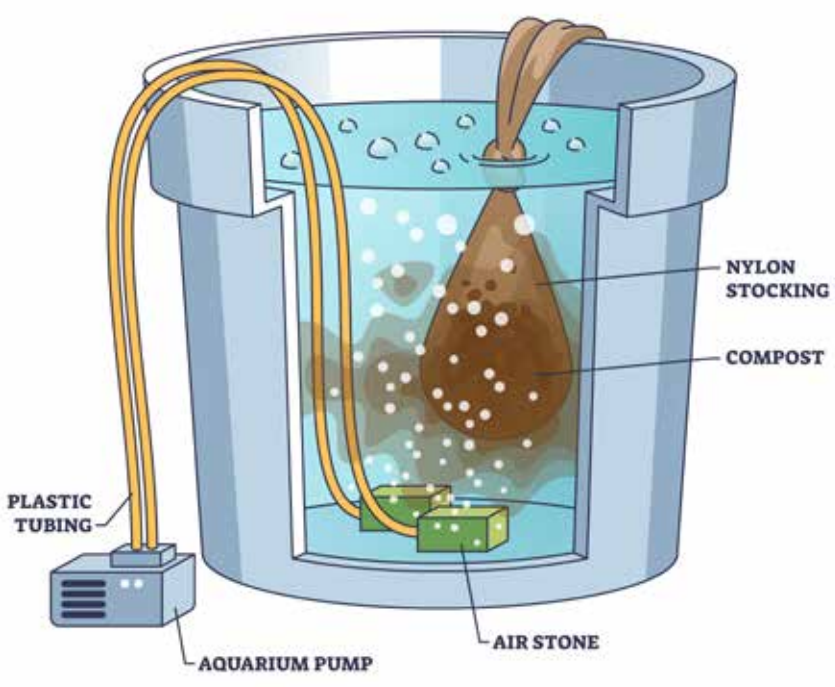
Compost teas play a vital role in the nutrient cycling process. During decomposition, organic matter is broken down into simpler compounds, which are released into the tea solution. The resulting nutrient-rich tea provides readily available nutrition to the cannabis plants.

#### Section 2: Building the Perfect Compost Tea

##### 2.1: Creating compost teas:

starts with selecting high-quality ingredients that lay the foundation for a thriving microbial community. Organic matter, such as well-rotted compost and worm castings, forms the backbone of the tea and provides essential nutrients. These ingredients should be free from contaminants and rich in diverse microbial populations. To ensure a healthy tea always use a high-quality compost. Choose organic compost that comprises a balanced mix of green (nitrogen-rich) and brown (carbon-rich) materials. These include kitchen scraps, yard waste, and aged manure.

### COMPOST TEA





### Section 3: Straining and Application Techniques

Once the compost tea brewing process is complete, it is crucial to strain out any sediment or large particles before application. This helps prevent clogging of sprayers and ensures an even distribution of microbes onto cannabis plants. Multiple filtration methods such as cheesecloth, fine mesh, or microbe screens can be employed for effective straining.

#### 3.1 Application Rate and Timing

Applying compost teas to cannabis plants at the right time and in appropriate quantities maximizes their benefits. Factors like plant's growth stage, susceptibility to disease, and environmental conditions need to be considered. As a general guideline, applying compost teas during early morning hours or late afternoon, when leaf surfaces are dry and temperatures are moderate, is optimal.

#### 3.2 Soil Drench Application:

One method of applying compost tea is through soil drenching. Dilute the brewed compost tea with water in a 1:4 ratio before applying it near the base of the cannabis plants. The highly beneficial microbial communities present in the tea will colonize the soil, benefiting root health and nutrient uptake.

#### 3.3 Foliar Spray Application:

Compost tea can also be applied as a foliar spray, which provides direct access to the leaves. Dilute the compost tea in a 1:10 ratio with water and evenly spray the solution, focusing on the underside of the leaves. This application method enhances disease resistance and promotes vigorous plant growth.

Compost teas offer a natural and sustainable way to enrich your cannabis cultivation practices. They represent a powerful tool in the arsenal of cannabis cultivators, offering numerous benefits such as improved nutrient availability, disease suppression, and enhanced plant growth. By understanding the scientific foundations behind each step of compost tea production, growers can harness their full potential for sustainable and high-quality cannabis cultivation.

By harnessing the power of beneficial microorganisms and nutrients, compost teas have the potential to revolutionize your cannabis garden. Experiment, learn, and find the right compost tea blend that works best for your cultivation goals.

### Basic Compost Tea Recipe for Boosting Plant Growth

All compost teas follow the same basic recipe.

#### Ingredients and Supplies

- Non-chlorinated water (use rainwater, or allow tap water to sit for over 24 hours)
- 1-2 cups of inoculant (either worm castings or compost)
- ¼ – ½ cup of food source for bacteria or fungi
- 5 gallon bucket
- Bacteria need simple sugars and proteins, and usually one of the easiest sources is un sulphured molasses.
- Fungi need more complex sugars, with common sources including fish hydrolysate (essentially ground up fish), kelp/seaweed, and humic acid.

Many people create a mixture of both molasses and fungi food to create a good balance of nourishment for both fungi and bacteria, and it may come down to what you have readily available.

If you want to avoid purchasing chemical products like humic acid, a great recipe includes:

#### Easy DIY Compost Tea Recipe

- Non-chlorinated tap water (enough to fill a 5-gallon pail)
- 2 cups fully finished organic compost (it should smell nice!)
- 1 tablespoon un sulphured blackstrap molasses
- 1 tablespoon liquid kelp fertilizer (or soak kelp meal in water)
- 1 teaspoon liquid fish fertilizer



Water quality is crucial when preparing compost teas. Chlorinated or heavily treated water may negatively impact microbial activity. Whenever possible, use dechlorinated water or, better yet, collected rainwater to maintain a thriving microbial population.

### 2.3: Aerating for Optimal Oxygenation

Oxygenation is key in promoting Aeration. This is a critical step in compost tea production, as it ensures the proper development and growth of aerobic microorganisms. Oxygenation of the tea stimulates beneficial aerobic bacteria, fungi, and protozoa while suppressing harmful anaerobic pathogens. To achieve this, a reliable air pump and appropriate diffuser should be utilized for consistent oxygenation.

Proper aeration ensures oxygen is supplied to the tea solution during the steeping process. Use an aquarium pump or compost tea brewer to create and maintain oxygen levels of 6-8 ppm.

### 2.4: Timing the Brewing Process: Brewing Time and Temperature

The duration of brewing and the temperature at which the compost tea is prepared influences microbial activity and population dynamics. Optimal brewing times and temperature ranges can vary depending on the desired microbial community and targeted plant outcomes. Generally, a brewing duration of 24 hours at temperatures between 20-25°C (68-77°F) promotes the growth of beneficial organisms while minimizing the proliferation of harmful pathogens. Beware of over-brewing, as this may lead to the proliferation of harmful microorganisms. If it starts to stink then you've gone too far and it needs to be thrown out. Once you're ready to use it, your tea needs to be used within four hours so that the active microorganisms won't start to die.



MANUEL GARCIA  
28 YRS, BARCELONIAN

# DR. GREEN BCN

If you find yourself wandering the streets of Barcelona and in need of a place to relax, then look no further than Dr Green. With its welcoming atmosphere and laid-back vibes, this cozy establishment is the perfect spot.

Join me as I recount my recent visit to Dr Green Smoking Club and share my experiences with all you fellow tokers out there

Once you step through the doors of Dr Green Social Club, you're greeted with a modern, neon lit interior. There is a pool table and some nice neon signage, lighting effects and cool artworks.

Work your way down the small corridor adorned with skateboards and the place opens up, where you are greeted with warm smiles and a friendly atmosphere. The interior is cozy, with comfortable seating options and soft lighting creating a relaxed ambiance.

There is a nice selection of original artworks on the wall, several tv screens dotted about and the music selection is on point, providing the ideal background for conversation.

Dr Green Social Club offers an impressive range of products and the knowledgeable staff members were incredibly friendly, patiently answering our questions about the different products available.

One of the highlights of Dr Green Smoking Club is the well-equipped rolling station. It's fully stocked with rolling papers, filters, grinders, and everything else you could need. They also have a variety of smoking accessories available for purchase.





## “A COMMUNITY OF CANNABIS ENTHUSIASTS COMING TOGETHER TO SHARE GOOD TIMES”

Dr Green Social Club regularly hosts events and activities to keep its members entertained. From live music performances to game nights, there's always something going on to enhance your experience. The club even organizes educational workshops and guest speaker events, providing a platform for learning and expanding cannabis knowledge.

One of the highlights of our visit to Dr. Green was the opportunity to connect with like-minded individuals. Whether you're a solo traveler or in a group, the friendly ambiance encourages social interactions.

It really felt like a community of cannabis enthusiasts coming together to relax and have a good time. The staff are a credit to the club.

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Instagram



*CannaChef  
Gummy Bears*





# MAKE DISPENSARY QUALITY CBD GUMMY BEARS



## 1.0 INGREDIENTS

### DRY INGREDIENTS

D1 - Gelatine  
D2 - Citric Acid  
D3 - Gelatin Dessert/Jello/Jelly

### WET INGREDIENTS

W1 - Corn Syrup or Glucose Syrup  
W2 - Water (room temperature 21c / 70f)  
W3 - Propylene Glycol PG or MCT  
W4 - Mold Inhibitor (Potassium Sorbate)  
W5 - Cbd oil (need to know the % potency)

## 2.0 OIL CALCULATIONS

X = How many candies your mixture will make  
Y = Target CBD dosage per candy  
Z = The potency of the oil (% CBD)  
 $X \times Y = T1$  (Milligram needed)  
T1 divided by Z = Total MG needed: T2  
T2 divided by 1000 = Grams required

### CALCULATE HOW MANY CANDIES YOUR MIXTURE WILL MAKE (X)

your oil is 83% potency - Z  
You have 1kg of batter 1000g - A  
you have 21gram candy molds - B  
 $1000 (A) \text{ divided by } 21 (B) = (X) 48 \text{ Candies}$

you want to make 125mg candies - C  
 $48 (X) \times 125 (Y) = 6,000 \text{ mg } (T1)$   
 $6,000 (T1) \text{ divided by } 0.83 (Z) = 7,229 \text{mg } (T2)$   
 $7,229 (T2) \text{ divided by } 1000 = 7.23 \text{g}$

1kg mixture requires 7.23g of CBD oil at 83% potency to produce 125mg potency candies

### 1KG RECIPE

### 3.0 RECIPE MIX PER 1KG OF BATTER

### DRY INGREDIENTS

D1 - Gelatin 75.6 grams  
D2 - Citric Acid 9 grams  
D3 - Jelly Mixture 280.8 grams

### WET INGREDIENTS

W1 - Corn Syrup 307.8 grams  
W2 - Water (21c/70f) 288 grams  
W3 - PG or MCT 18 grams  
W4 - Potassium Sorbate/mold inhibitor 4.5 grams  
W5 - CBD oil @ 83% potency 7.23 grams

## 4.0 COOKING PROCEDURE

**SANITISE:** Sanitise the candy moulds and any apparatus that will come into contact with food preparation or ingredients. Check all items to be used for integrity, in particular any glass items for cracks or chips. If a chip is found afterwards that you didn't check before the procedure, this chip could be in the candies and the entire batch would need to be destroyed.

**TERRA WEIGHT CONTAINERS:** Weigh any containers to be used and write its weight on the side for future reference.

### WEIGH ALL INGREDIENTS:

Weigh out all the ingredients you will need and label clearly using the above codes to avoid any errors.

### MIX THE DRY INGREDIENTS:

Mix thoroughly the dry ingredients  
 $D1 + D2 + D3$

### ADD CORN SYRUP TO THE DRY

**INGREDIENTS:** Mix the syrup lightly to form a lumpy batter.  
 $(D1 + D2 + D3) + W1$

### ADD ROOM TEMPERATURE

**WATER.** Mix the water into the mixture and mix checking there are no dry lumps stuck to the bottom of the mixing vessel. make sure all lumps are evenly distributed. Top up with a little extra water if needed.  
 $(D1 + D2 + D3 + W1) + W2$

**BLEND THE MIX:** Blend the mixture gently for 3-5 minutes until there are no lumps or clumps and you have an even, consistent mixture

### LET THE GELATINE MIXTURE

**BLOOM.** Leave the gelatine mixture to sit at room temperature for 20-30 minutes. After 20-30 minutes the mixture should have a nice apple sauce consistency.

### HEAT THE GELATIN MIXTURE

**TO 120f.** After the bloom period, microwave the mix for 1 minute on high and stir. Dispersing the heat throughout the mixture. Repeat this in 1 minute bursts until 120 f is achieved. (At the same time prepare and heat the oil mixture step 9b).

### 9b. PREPARE AND HEAT THE CANNABIS OIL TO 120F.

Mix 18gram of PG or MCT with the cannabis oil using a heated stirrer and magnetic stirrer bar until 120 F temperature is achieved. Now the gelling mix and the cannabis oil mixture are both at 120 degrees Fahrenheit.

$W3 + W5$

### 10. GELATIN 120F + PG/Oil MIX 120F + Potassium Sorbate.

Mix the 120f gelatin mix with the 120f PG/oil mix and the potassium Sorbate/mold inhibitor and mix thoroughly for 5 minutes until is thoroughly mixed and is a consistent, even mixture. DONT MIX IT TOO FAST OR YOU WILL ADD AIR BUBBLES AND WILL EFFECT THE FINAL COLOUR.  
 $(D1+D2 + D3+W1+W2)+(W3+W5)+W4$

THE COMPLETE INGREDIENTS ARE NOW MIXED

**11. ADD MIXTURE TO MOLD DELIVERY DEVICE AND INJECT INTO CANDY MOLDS AND ALLOW TO COOL. KEEP REMAINING BATTER AT 120f UNTIL USED. THE BATTER CAN SIT FOR HOURS AT 120F**

### 12. COOLING, CURING & STORAGE.

Place molds in protective dust-free shelving stack. The environment must be less than <45% Humidity and <75 degrees Fahrenheit. Leave the Gummies until are no longer tacky. This should be roughly 24 hours. Once the gummies are no longer tacky they can be packaged. Can be stored in a fridge but not a freezer. If this recipe followed exactly, product will have at least a 6 month shelf life.

The future belongs to  
those that can dream

#thestonedapetheory





# THE STONED APE THEORY

## An Unconventional Perspective on Human Evolution

### Exploring the controversial hypothesis and its far reaching implications

The Stoned Ape Theory, proposed by the late American ethnobotanist Terence McKenna, has garnered significant attention within the scientific community and beyond. This thought-provoking theory offers a unique perspective on human evolution, suggesting a profound symbiotic relationship between early humans and psychedelic substances. In this magazine feature, we will delve deep into the foundations, implications, and criticisms of the Stoned Ape Theory, shedding light on its captivating implications for understanding the origins of consciousness and human cognitive development.

The Stoned Ape Theory posits that the consumption of psilocybin-containing mushrooms by early hominids played a pivotal role in the development of human consciousness. According to McKenna, the ingestion of psychedelic fungi significantly enhanced cognitive abilities, spurring evolutionary advancements such as language acquisition, artistic expression, and the formation of complex social structures.

To support his hypothesis, McKenna drew upon various aspects of human evolution, anthropology, and psychoactive plant use. He argued that the timing of the appearance of psilocybin mushrooms in human history coincides with several significant breakthroughs, including the enlargement of the human brain, the emergence of early symbolic thinking, and the advent of art and mysticism.

If the Stoned Ape Theory holds merit, it challenges mainstream notions surrounding the development of human consciousness. McKenna suggested that instead of gradualistic views of evolution, pivotal shifts in human history may have been catalyzed by encounters with psychedelic substances. Furthermore, his theory raises compelling questions about the connection between human consciousness, altered states of mind, and the potential therapeutic applications of psychedelic compounds.

As with any provocative theory, the Stoned Ape Theory has faced its fair share of criticism. Detractors argue that the evidence supporting McKenna's claims is largely circumstantial and lacks substantial empirical verification. Additionally, alternative theories, such as the social brain theory, offer rival explanations for the evolution of human intelligence.

It is important to approach the Stoned Ape Theory with skepticism while acknowledging its contribution to expanding our understanding of the human experience.

The Stoned Ape Theory offers a captivating and unconventional framework for understanding human evolution. While the theory remains highly debated, it has undeniably sparked important discussions surrounding the role of psychedelic substances in shaping human consciousness. Exploring further research, reading, and engaging in open dialogue allows us to explore the mysteries of our past and contemplate the vast complexities of the human story.

### Further Reading and References:

"Food of the Gods: The Search for the Original Tree of Knowledge: A Radical History of Plants, Drugs, and Human Evolution" by Terence McKenna.

Disclaimer: This magazine feature aims to provide an overview of the Stoned Ape Theory and should not be considered an endorsement of its validity. It is essential to approach scientific theories with a critical mindset and engage in further research to form informed opinions.

The Stoned Ape Theory discussed in this feature is the sole intellectual property of Terence McKenna.

## USE B-VITAMINS

B-Vitamins work at the cellular level, as an additive to many cloning gels and solutions and most commercial plant bio-stimulant products. Generally used to reduce effects of stress caused by drought, transplanting and heat.

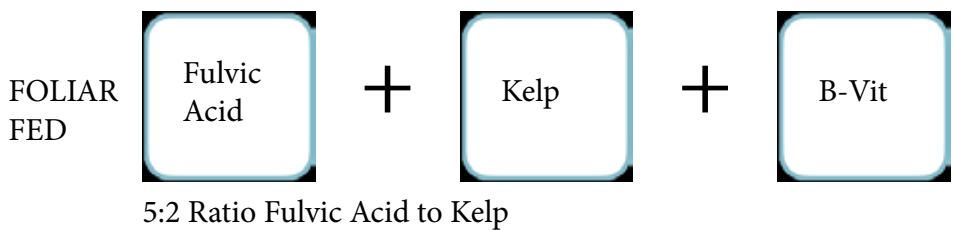
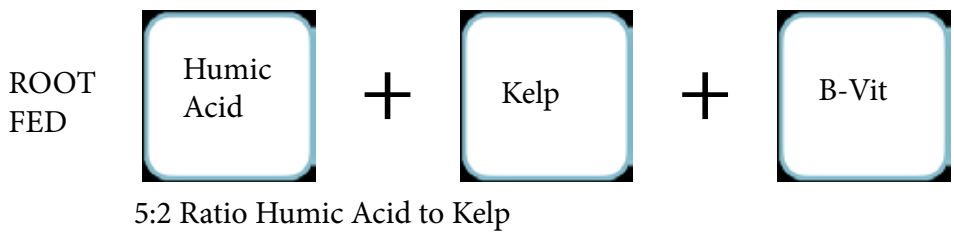
B-Vitamins contain Magnesium Sulphate which helps seeds germinate, makes plants grow bushier, produces more flowers, increases chlorophyll production and deters pests, such as slugs and voles. It also provides vital nutrients to supplement your regular fertiliser. Most commonly used during times of stress, especially when transplanting, but also great for cloning or general root development.

**SYSTEMIC INDUCED RESISTANCE (ISR)** One dose of Vitamin B1 to the roots stimulates ISR, it puts the plant on high alert. It sensitises the plant. If the plant becomes under attack, say from Powdery Mildew, the plants natural immune system will respond almost instantly. If the immune response is quicker, the recovery is quicker. Protect against pathogens at the leaves like powdery mildew, grey mould, and, root pathogens like root rot or Pythium,

Protects against stress and activates enzymes and is also present in kelp

Enzymes used in cellular metabolism to release energy for the plant are turned on by co-enzymes, usual B-Vitamin derivatives; B-1, B-2, B-3 and B-6 form co-enzymes. they activate and stimulate cellular metabolism. It stimulates the metabolism of root cells and it stimulates the metabolism of micro-organisms. So when used in soil, you stimulating the metabolism of the microbes, so they can use the sugars more efficiently and release energy. With that energy they vibrate, when they vibrate with energy, they divide. It is when the microbes are actually dividing, is when they make the Bio-Stimulant. they actually make rooting hormones on the surface of the roots.

The B-Vitamins are like the icing on the cake, on themselves not going to do much, but in combination with other bio-stimulants, they are going to enhance the entire process.





## DESERT SECRETS - YUCCA EXTRACTS

Yucca is a natural wetting agent, it alters the molecular structure of water and actually makes water wetter. When used on the root zone the water disperses through the entire root zone. Will flush away any excess pockets of mineral/salt build ups. The bio-stimulant will completely cover the root and each individual root hair. It will actually stimulate root growth purely based upon the water dispersion rate of all the bio-stimulates, the hormones, the trace elements, the chelated nutrients will cover every single developing root hair. Maximising uniform uptake on 100% of the root and root hair surface.

Generally, biologically active molecules, the organics and the minerals in concentrated form, don't play well together, they have opposite characteristics. When Yucca is added it keeps the organic molecules and the minerals in suspension with each other.

With Yucca being fed through the system as part of the regular feed programme, it acts as a bio-cleaning agent and washes away any salt build-up in the system or around the root zones. Yucca is actually the main active ingredient in manufactured flush solutions.

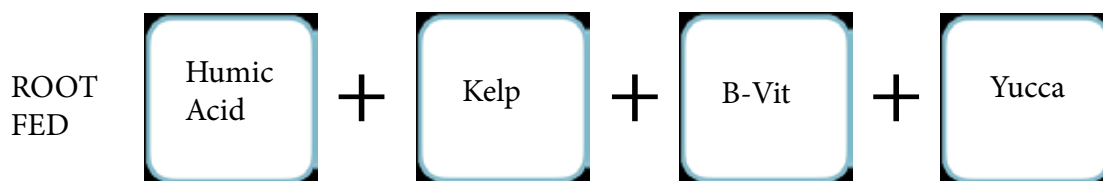
### YUCCA AS A FOLIAR ADDITIVE

Yucca is also a perfect additive to foliar sprays. Instead of the water beading up on the waxy surface of the leaf, it spreads out into a thin film and coats the entire leaf, allowing more even and efficient absorption by the plant. Use at both the root and foliar level.

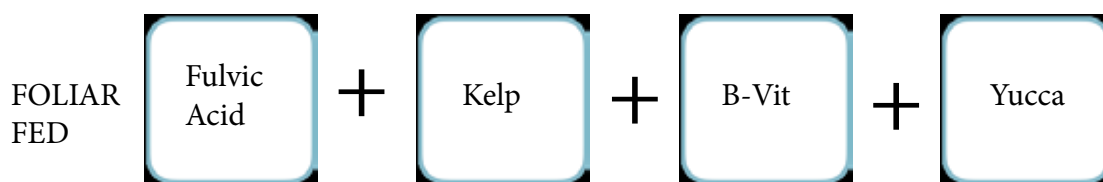
### YUCCA IS A NATURAL, TOTALLY ORGANIC FUNGICIDE

Yucca contains saponins, plants make saponins themselves to protect themselves against microbes and fungi. They are the saponins before the attack, if you use Yucca as a foliar, you are adding to the plants natural resistance to fungicides along with the nutritional value from the bio-stimulants.

### THE FORMULA



5:2 Ratio Humic Acid to Kelp



5:2 Ratio Fulvic Acid to Kelp

## **CARBOHYDRATES - CANE MOLLASSES**

**ORGANIC FERTILISERS DO NOT FEED PLANTS. THEY FEED THE MICRO-ORGANISMS IN THE SOIL, AND IT IS THE MICRO-ORGANISMS THAT THEN FEED THE PLANT - A BIOLOGICAL STIMULATION**

Carbohydrates wouldn't usually be thought of as a bio-stimulant, but, it is. The reason why it is classed as a Bio-stimulant is because the molasses don't actually feed the plant, they feed the micro-organisms, then the microorganisms create the enzymes, the organic acids and the Bio-stimulants that then feed the plants. The micro-organisms are the bio-stimulant factories. Micro-organisms create B-Vitamins and hormones directly around the root zones. Towards the end of the flowering the plant will start to hoard the carbohydrates and store them in the flowers, the seeds and the fruits, so they stop leaking carbohydrates from the roots to feed the micro-organisms. The micro-organisms in the root will begin to become dormant as their food source is depleted. At this point, by adding the molasses it will keep the micro-organisms biologically active, and feeding the plant, all the way until the day of harvest.

**PLANT GROWTH HORMONES ARE PRODUCED BY MICRO-ORGANISMS IN A FULLY SYMBIOTIC RELATIONSHIP WITH THE PLANT.**

- Growth Hormones
- B-Vitamins
- Amino Acids
- Organic Acids
- Siderophores - Literally means IRON CARRIER - Best carrier of Iron in Nature and keeps the Iron soluble for the plant.
- Volatile Organic Compounds - Made real time in nature's kitchen by the micro-organisms. The VOCs can activate up to 600 different genes in the plant, telling the plant to operate at a higher capacity of photosynthesis and overall production. Turn off the sugar signals in the plant. When a plant accumulates enough stored sugars it basically shuts off and coasts until the end. VOCs shut off this signal so the plant will keep in full photosynthesis and production until the day of harvest.

All of the above processes and formulas bring their own specific benefits and nutrition to the plant as discussed. Each of the processes when combined with each other will allow the plants to be technically pumping on all cylinders.

Each of the steps also increases the SAP SUGAR ANALYSIS (BRIX) levels. Increasing Brix levels is the magic behind all of this and results in a superior quality of final product.

**If you can achieve a brix level of 12% or higher, Sucking insects won't even recognise the plant as food**

**Sucking insects do not have a pancreas, not only does this mean that they are unable to digest sugars, it means that in fact, sugar is a poison to them and will actually kill them.**

Ever wondered why insects don't eat the fruit or the flowers? The bearers of the seeds and the next generation of life for the tree or plant. It is no mistake the seeds are protected by a sugar rich barrier known as fruit, or, what we could technically call \*Brix Storage Cells\*. The flowers of a plant are also naturally high in brix content to prevent the sucking-insects feeding on them and allow only the non-invasive nectar feeding insects for pollen distribution.

Remember, plant growth is part of a complex system with many variables, so don't expect a magic bullet to increase your brix overnight. Instead, use your refractometer along with other management tools in your garden. Light levels, air flow, pH, electrical conductivity and nutrient balance all affect brix in one way or another, and continuous improvement is the goal. Start by testing the brix of your healthiest, most productive plants and using the reading as a gold standard. Then take small steps to see if you can raise the brix in subsequent crops. As your brix goes up, you will soon see the relationship between brix and the quality of the fruits and flowers.

**WE ARE JUST BEGINNING TO UNDERSTAND THE COMPLEX WORLD OF PLANTS**



GO

ORALI

D

nano







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Juan Carlos Miguel Sanchez III

La Casa del Rey

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