

Debut Issue!

THE
MARIJUANA

MAY 2023

W E L L N E S S J O U R N A L



Inside..

Pediatric Cannabis - I Am Not The First 16

A Boomer's Take on the New Weed Wave 20

Making Marijuana Herstory 28

PROUD MEMBER OF





Quality cannabis, without compromise


Our new look is fueled by our love for cannabis and its terpenes. Carbon uses top genetics and applies the highest standards, delivering you the best possible experience.



discover Carbon

 @smokecarbon

 @smoke_carbon

 smokecarbon.com

From the Publisher...

Dear New Readers,

With excitement and disbelief, I write to you this very first "letter from the publisher." Marijuana Wellness Journal is a labor of love that was born from forced change. Stepping out of one's comfort zone is never easy, but when the universe presented me with the opportunity to launch a new independent cannabis publication along with two other strong women in the cannabis industry, I couldn't resist.

Together, as the Green Thread Collective, we are proud to serve you up a FREE source of marijuana news, entertainment, education, games, and much more. Each section represents a "thread" that we hope you will join in on. From our "Far Out News You Can Use" to our entertainment thread, "Spark It Up", we have the buzz you are in search of. The conversations are open, and this is a safe platform for all voices to be heard with respect and dignity.

Women owned and operated, this is a funky and fresh perspective that we feel has been missing in the cannabis industry. While there are other publications available, we are certain you will prefer to grab Marijuana Wellness Journal. While others might be free in a waiting room, they are geared toward business to business or from a more male dominant perspective. Here, we are all about you, the cannabis consumer because that is what we are, regardless any box you might check. We come in all genders, shapes, sizes, colors, sexualities, religious beliefs etc., all connected by the same green thread: our love of cannabis.

It's our goal to continue to destigmatize our community and educate not only those already within our community, but those who may still be on the fence, all while being fun and interesting. Marijuana can easily be infused into many facets of life, and we are here to show you how!

Some cool topics in our debut issue include a salute to our predecessor and nod to the man behind the Hash Bash John Sinclair with his latest Free the Weed, Antarctica, American's love of weed, pot friendly tourism, and more.

A quick thank-you to Steve Salter, our designer. We couldn't have done this without you!

We hope you enjoy our premiere issue and find yourself looking forward to the next! Please head on over to www.marijuanawellnessjournal.com. Let us know what you think!

With Highest Regards,

Amy Wilding-Fox
CEO and Co-Founder, Green Thread Collective, LLC

Marijuana Wellness Journal
Brought to you by
The Green Thread Collective

Amy Wilding-Fox
Co-founder & CEO
Writer/Editor-in-Chief/Sales
aimz@marijuanawellnessjournal.com

Thunder Breathe Walker
Co-founder
Head Market Strategist
Writer/Editor/Sales
thunder@marijuanawellnessjournal.com

Kim Smith
Co-Founder
Head Researcher
Writer/Editor/Sales
kimsmith@marijuanawellnessjournal.com

Steve Salter
Head Designer
Sales/Contributor
steve@marijuanawellnessjournal.com

Advertising or Other Inquiries
info@marijuanawellnessjournal.com
810-666-0121

***Marketing and Advertising Restrictions for Medical Marijuana Facilities:**

State law regulates marijuana facilities' advertising and marketing. A marijuana facility must comply with all municipal ordinances, state laws, and the administrative rules that regulate signs and advertising. A licensee may not use deceptive, false or misleading advertising in any way, including on any marijuana product, sign or document. Marijuana products may not be advertised in a manner that is visible to members of the public from streets, sidewalks, parks, or any public place. A marijuana product must not be marketed or advertised to minors aged 17 years or younger. Sponsorships targeted to members aged 17 years or younger are prohibited. Marijuana products may not be advertised on any television program, radio program, internet website, or print publication unless there is reliable evidence that 70% of the audience is reasonably expected to be age 18 years or older. Any marijuana products advertised in this manner must bear a warning label stating the following:

For use by registered qualifying patients only. Keep out of reach of children. It is illegal to drive a motor vehicle while under the influence of marijuana. National Poison Control Center 1-800-222-1222.

***Marketing and Advertising Restrictions for Adult-Use Marijuana Facilities:**

Advertising restrictions for adult-use marijuana facilities are identical to the above, with two exceptions: Restrictions of age are set at 21 (rather than 17) and there is no provision requiring mention of 'medical use only'. Use of the word 'dispensary' is still prohibited. All ads for adult-use marijuana must include the following warning:

For use by individuals 21 years of age or older only. Keep out of reach of children. It is illegal to drive a motor vehicle while under the influence of marijuana. National Poison Control Center 1-800-222-1222.

© Copyright 2023, Marijuana Wellness Journal and The Green Thread Collective, LLC. All rights reserved. Reproduction in whole or in part by any means is strictly prohibited without written permission from the publisher. Manuscripts, artwork, and photography are welcomed, but are submitted at owner's risk. The publisher reserves the right to edit all material submitted. The publisher and editor do not accept the responsibility for false statements made by advertisers herein or for the opinions expressed by the authors in by-lined articles. No article herein shall constitute an endorsement of a product or service by the publisher. Acceptance of all advertising is subject to review and approval by the management. Publisher has the right to reject any advertisement. The publisher's liability for damages resulting from errors in advertising that it publishes or for failure to publish any advertisement it is agreed to publish shall be limited to the amount that is actually received in consideration for its agreements to publish the advertisement in question. The publisher is not responsible for any special, incidental, or consequential damages suffered by any part resulting from its errors and/or omissions. The advertiser accepts all liability for the content of all advertising supplied by it and agrees to defend indemnity and hold harmless the publisher from any and all claims.

MAY 2023

Vol. 1, No. 1

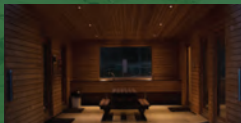
IN THIS ISSUE



Free the Weed #136

The monthly column from the legendary John Sinclair

6



CAREER AND BUSINESS BUZZ Cannabis Hospitality Soars

Industry Insight and Innovation Thread

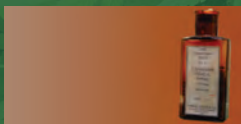
8



SPARK IT UP! Hotels and AirBnBs Take You Higher

Entertainment, Events, Travel & Arts Thread

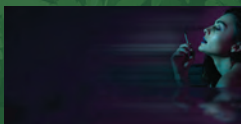
10



CAREGIVER CORNER Pediatric Cannabis - I Am Not The First

Patient and Caregiver Thread

16



STONED INTELLECT Coffee and Cannabis: A Pair Made in Heaven

Higher Self and Enlightenment Thread

18



ROOTS AND HOOTS BY GRANDMA LINDA A Boomer's Take on the New Weed Wave

The Marijuana Review Thread

20



FEED YOUR HEAD Cultivating Cannabis Organically

Cannabis Educational Thread

22



MAKING MARIJUANA HERSTORY Spotlight on Dori Edwards

Women in Cannabis Thread

28

PLUS!!

Far Out News You Can Use	14
Horrorscopes	24
(Not So) Secret Stash	27
Pot Luck Pics	30

Introducing the Green Thread Collective

Co-Founders of **THE MARIJUANA** WELLNESS JOURNAL

*Dedicated to my dad, Mr. Kim P. Wilding, 1949-1984
May this make you proud! —Amy Wilding-Fox*

Thunder Walker has over 30 years in real estate and construction development experience. Turning that experience to the cannabis industry, she has successfully developed grows, processing facilities, and dispensaries in several states. She empowers women of color in cannabis, by offering retreats designed specifically for them called CannaSoul. As a mentor to all women looking to get into the cannabis industry, Thunder also serves on the board of Women's Cannabis Chamber of Commerce. Having opened her own dispensary in Oklahoma City, Proud Mary Cannabis, along with her traveling podcast, *The Thunder Walker Experience*, she is a fierce advocate for marijuana, caregivers, patients and all who benefit from its medicinal powers, especially pediatric cannabis. Her youngest daughter, Pystol, is on the autism spectrum, and Thunder strongly believes cannabis will eventually help her gain her voice.



Kim Smith is the convert among the three co-founders. She never drank or smoked growing up. She wrote her honors thesis at Harvard on Drug Trafficking and US Foreign Policy. She then spent her early career years as a Network Engineering Director, building out the Internet's backbone infrastructure internationally. Once her son was born with a few special needs, she decided to stay home with him full time. In his teen years, he encouraged her to learn about medical marijuana and how it might help him with chronic pain from scoliosis and symptoms from Tourette's. It was eye-opening to witness the benefits first hand. She started researching extensively, diving into the healing properties of the plant, cannabinoids, terpenes, strains, etc. She has a passion for educating people and helping them find a strain that best addresses their symptoms. Kim is now an award-winning Edibles Chef and Production Manager at Winewood Organics.



Amy Wilding-Fox brings a lifetime of advocacy to the table. Having been conceived in a cornfield after her mom broke into a federal pen to see her dad incarcerated on federal marijuana charges, there was never a time in her life that cannabis has not been infused. After losing her dad to a car accident at 8, at 13 her mom spent 2 years in prison for cannabis, sparking a fierce fire in her to be proactive in ending the War On Drugs. A policy geek and survivor of the War on Drugs, she was finally able to shift from her career as event planner and fundraiser for non-profits into the cannabis industry working for The Michigan Marijuana Report during the COVID shutdown. Quickly she rose to be MMR's "Girl Friday", running the majority of the magazine from behind the scenes, from managing deliveries to sales manager, editor, news and featured gonzo journalist until its final February 2023 issue.





Free The Weed No. 136

A Column By John Sinclair

Hi, everybody. Welcome to March and the earliest days of April, when the 52nd consecutive Hash Bash and its relatively new adjunct, the Hash Bash Cup, will kick off again to our edification and delight.

Now that we can celebrate the weed by smoking without fear of police harassment, you might believe that everything is better today—and it is!—but the forces of law and ordure continue to rear their ugly heads and cause trouble for the marijuana user.

But before we take another look at the ugliness that keeps being fomented here by the Detroit City Council and the Michigan State Legislature, let's look into the latest idiocy streaming from the tiny minds of the Amsterdam City Council in the Netherlands as they attempt to wrestle their progressive nation back into the dark ages of marijuana persecution.

Senay Boztas recently reported in DutchNews.nl that "Amsterdam Bans Smoking Cannabis Outdoors in the Red Light District," starting in mid-May of this year, "as part of a set of policies to reduce nuisance for residents. . . . A 'stay away' campaign aimed at people whose only aim is to have what counselors have called a 'holiday from their morals' will be launched this spring."

The article reports that Diederik Boomsma, leader of the local Christian Democrats, maintains that "Amsterdam needs to finally get rid of its image as a Walhalla for paid sex and drugs. [Our] message to tourists: "Welcome! But if you're coming just to snort, swallow or smoke drugs: don't!."

Pardon my language, but Jesus Christ! What's wrong with these people? Everything is coming out backward: Instead of Detroit following the example of Amsterdam's marijuana policy that's been in effect for 50 fruitful years now, the authorities in the World Center of Weed are turning to the idiots on the Detroit City Council for leadership on the issue.

Here in Detroit, Adrienne Roberts reports in the Detroit Free Press, marijuana industry workers face tough zoning laws due to Detroit City Council President Pro Tem (and former Detroit Police Department lifer) James Tate's efforts to prevent the city's recreational marijuana industry from getting off the ground.

Cannabis retailers, for example, are not allowed within 1,000 feet of a church, school or liquor store, among other types of buildings. "As a result," Boztas reports, "in Detroit, the reason cannabis consumers won't see dispensaries in popular shopping areas such as downtown or Eastern Market is because of the presence of churches."

“Issues are exacerbated in Detroit, cannabis attorneys say,” Boztas continues, “because of the demand from marijuana entrepreneurs hoping to open a business in Michigan’s largest city and the fact that there are relatively few properties in the city that meet zoning requirements.”

“There’s just not that many eligible parcels within the city because of the buffering requirements and the zoning districts,” Doug Mains, a partner at the Detroit-based law firm Honigman, said.

Tate added in an interview last week: “It was quickly determined that spacing is going to be a challenge for many of our potential business owners based upon the several restrictions that we have . . . Residents have voiced very clearly in many situations that they do not want a city that is overrun or oversaturated with cannabis-related businesses.”

Tate continued, “There are 190 properties that have been zoned for marijuana use since 2015, meaning the property owner did get permission to use the land for a marijuana-related business: 103 properties with permission for retail, 100 sites for growers, 53 for processors, nine for safety compliance labs and three for secured transporters (some are co-located together on the same piece of property).”

In other idiotic developments, Paul Egan reports in the Free Press, more workers are losing out on state of Michigan jobs after failing marijuana tests.

“State government faces a continued hiring crunch,” Egan points out, “but it is rejecting more prospective workers for testing positive for marijuana—a drug Michigan voters legalized for recreational use in a 2018 referendum.”

“All potential state employees must pass a drug test that

includes testing for marijuana and other drugs before they are hired,” said Kurt Weiss, a spokesman for the Michigan Civil Service Commission.

“Even the director of Michigan’s Cannabis Regulatory Agency, whose job includes stimulating recreational marijuana business growth, has to pass a test showing no marijuana use in order to get the job.”

See, I told you this shit was going to get worse, and there it is! Even after all their horseshit about the negative effect of cannabis has been clearly and repeatedly proved to be untrue and indeed created out of whole cloth rather than scientific discoveries, the authorities keep on harassing, arresting and persecuting marijuana users for the awful crime of getting high in America.

Fellow Americans, c’mon, and let’s FREE THE WEED!

—Detroit
February 17, 2023



Cannabis Hospitality Industry Soars

By: Amy Wilding-Fox

With the options for marijuana friendly travel destinations expanding primarily in the West as highlighted in Thunder's article on page 10, there is a couple in the Midwest trying to close that gap with their new venture LiftedLodging.com.

After their own desire to host a cannabis friendly wedding took them to Colorado for a proper venue, couple Adam Liberman and Lisa Altschule realized there was very little to choose from east of the Mississippi. While they both agreed the setting in of the mile high state gave for a spectacular backdrop to their nuptials, Lisa and Andrew knew it could have been just as special and more loved ones would have been able to attend had they not had to travel from their Midwest town of Cleveland, Ohio.

So in 2021, with decades of leadership experience between them - he in Minor and Major League Baseball front offices and she as a longtime Vice President in Technology & Operations with PNC Bank - the couple left their corporate jobs to put all of their focus on High Garden (HG) Collective, Inc.

The two began this venture by buying 22 rolling acres near Ann Arbor to be split for the development of upscale shipping container homes and income-generating accessories dwelling units (ADU).

They will have multiple options available to fit different purposes and budgets. There will be one main home available with all of the amenities edibles on pillows and infused meals cooked on site. This is for the big splurge. Or perfect for a company retreat and team building.

There will also be multiple other units that will have a beautiful and spacious apartment on each side of a great room large enough to hosts events.

These would be perfect for hosting a wedding, for example. Men could be on one side doing their guy things, while the bride and her entourage have the opposite living quarters for prepping. The wedding itself would be hosted in the center with plenty of room for guests and even the party after, all while consuming your favorite marijuana strains.

Speaking of partying, Adam and Lisa are not leaving anything out. There will be plenty of green space left for outdoor games, campfires, and socializing. Lisa and Adam will also offer optional classes on site, like cooking with cannabis and crafts.

Recognizing the lack of options and the lucrative opportunity to provide private lodging and

event space to the cannabis community, the duo looks to quickly grow the company's real estate portfolio while the space remains in its infancy.

Of course not everyone can start up such a venture, but this is a perfect example of how the cannabis industry is ever expanding. It truly needs every one of us and each of our unique gifts at the table to create the diversity needed in this fledgling industry.



Adam Liberman



Lisa Altschule



WAS IT "LAB TESTED" OR **PSI LABS** TESTED?

Not all labs are created equal.

Led by a team of three PhD and four MSc scientists, PSI Labs helps to ensure the potency, purity and safety of your cannabis products.

As an ISO 17025 accredited, state-licensed Safety Compliance Facility (*medical and recreational*), we offer testing services for licensed facilities, patients, caregivers and adults over the age of 21. Learn more about our services online.



 [PSI LABS.ORG](https://www.psilabs.org)

Winkin Sun Hemp Co.

Wholesale / Retail / Distribution
Custom Hemp Fabrics & Organic
Cotton Clothing Apparel & Textiles
Custom Branded - Logos

Douglas Flight

(304)281-3183
customhemp@winkinsunhemp.com
www.winkinsunhemp.com



SPARK IT UP!

ENTERTAINMENT, EVENTS, TRAVEL & ARTS THREAD

Hotels AND AirBnBs

TAKE YOU Higher

By Thunder Walker

With cannabis quickly becoming legal for recreational and medicinal use across the United States, more and more hoteliers and real estate investors across the nation are making the shift with their properties to welcoming and catering to guests who partake in herbal remedies. As more and more of these properties pop up across the nation, we are now seeing trends that set apart the best from the rest of the pack. From Bohemian-themed hideaways nestled away in the mountains of Colorado to beach-side bungalows in Santa Monica with 420 welcome kits with everything needed for a relaxing weekend, there is lots being offered.

We will dig into this and more as we break down some of the best hotels and AirBnBs that we recommend you check out the next time you are going on a vacation and want to find somewhere that will allow you to bring your friend Mary Jane (or even encourage it). For the time being, you will find most of these in California, Washington, Oregon, Colorado, Massachusetts, and Washington D.C., but the list of locales offering connoisseurs of cannabis tailored retreats is quickly growing each month.

Breck Haus —Breckenridge, Colorado

The Breck Haus, rated on AirBnB as one of the most popular spots in the area, offers its guests an unmatched experience in terms of scenery, comfort, and location. Just a three minute drive from downtown Breckenridge or a quick walk if needed, guests here have no shortage of access to all of the conveniences they could possibly need, while still maintaining a

sense of seclusion and isolation from a busy city. The option to walk into town for a nice dinner and some shopping goes nicely with the cozy feeling of home provided when you step through these doors into this magical getaway at the end of each day.



The Breck Haus

Tucked away in the mountains above the town, the Breck Haus is the perfect place for “buddies” to enjoy an herbal awakening with their coffee as they watch the sunrise with their morning coffee and breakfast of champions. The hosts here have set this property up perfectly, with Bohemian themes throughout, a beautiful wood burning stove for the cold Colorado nights where you want to relax with a movie, and even an indoor hot tub jacuzzi attached to one of the bedrooms. Even if you come to the Breck Haus in Breckenridge for skiing or shopping, you will not want to leave your AirBnB during your stay here.

Jupiter Hotel —Portland, Oregon

This mid-century hotel in Portland, Oregon offers a truly unique experience for anyone looking to enjoy an upscale experience with a laid back atmosphere at the heart of Portland just off of the Willamette River. Known for its all-inclusive experience, the hotel provides cannabis-friendly guests with a complimentary adventure bag filled to the brim with goodies that include a Jayne vape pen, lighter, grinder, nectar collector, the latest edition of Oregon Leaf magazine, a unique Jupiter Hotel t-shirt, and coupons to their local dispensary partners.



Jupiter Hotel

The hotel does not sell any flower or oils to guests themselves, but guests can enjoy the free wifi, countless seating options including outdoor fireside seating, daily fresh roasted coffee made in the lobby each morning, bikes for rent to explore the city, and world-renowned hangout – the Doug Fir Lounge. If you want to host a 420 friendly event for you and your friends, maybe you fancy a green wedding over a white dress and black tie event? Rent their DreamTent and host an absolutely unforgettable event.

Not only are they great for private events like weddings, but with its vast array of executive meeting rooms and its close proximity to the Oregon Convention Center, your next company retreat or expo trip could be hosted here for an opportunity to unwind with your coworkers in a way that you may not be able to in your home state (be sure this is okay with your company first, of course).

Fairmont Miramar Hotel & Bungalows —Santa Monica, California

The Fairmont Miramar Hotel & Bungalows in Santa Monica, California has taken the first step towards launching luxury hotel brands into the future of the cannabis industry. Already being a titan of hospitality and comfort, they are now the first to create and implement a revolutionary new Cannabis Concierge program for their guests at this location, partnering up with California's own cannabis delivery service, Eaze, and Recreational Embassy (a luxury cannabis curator and procurement firm). Through this new concierge program, guests of the Miramar Hotel & Bungalows have access to the most elusive, highest potency strains available in California in addition to more luxurious options such as edibles, cannabis body butter and dermatological products, and even CBD-infused bath bombs made especially for the hotel's guests. The bath bomb, made around the theme of the hotel's famous fig tree is a must-experience treat while staying at the Fairmont whether you decide to get a more intimate hotel room or one of the poolside bungalows for your stay here.



Fairmont Miramar Hotel & Bungalows

Although they do offer this extensive list of products to their guests in addition to their four-star appointed suites, they do still follow the nationwide company policy of Fairmont and do not allow smoking of any kind on the premises (even on patios). For this reason, they take a small hit on our list, but the amount of products and consumables offered by their Cannabis Concierge service that do not require anything to be smoked more than makes up for the minor inconvenience. This property is located perfectly, being across from the beach and within walking distance of the Santa Monica Pier, Santa Monica State Beach, Montana Avenue, and the Santa Monica Yacht Harbor for all of the tourist to-do lists while in town.

FAR OUT NEWS

YOU CAN USE

THE
MARIJUANA
WELLNESS JOURNAL

By Amy Wilding-Fox

Wait! What?! America Loves Weed More Than Chocolate!

Asking Mom what she wants for Mother's Day might just garner a much different answer than those of the past. For decades, one of the USA's top commodities has been chocolate. The stuff kids' dreams are made of. Chocolate is even considered one of the "foods that built America." (If you haven't seen that series, it is pretty interesting) Hershey was one of the few employers that did not cut wages during the Great Depression, even adding peanuts to the mix to sell the bars as a cheap meal with protein. To this day, it remains one of the most recognizable American brands in the commodities market.



Having reigned for so long as one of America's favorite indulgences, it seems we have finally chosen a new (not so) guilty pleasure. The official numbers are in, and Americans have spent more money on legal marijuana than on, you guessed it, chocolate.

According to an MJBizDaily article, the 2022 cannabis industry brought in a whopping \$30 billion in revenue,

towering the \$20 billion in chocolate revenue reported by Business Insider. The numbers get better when factoring the reported revenue of beer, which was roughly \$8 billion. Therefore, the legal cannabis market brought in more revenue nationally than both chocolate and beer combined!

We do not have to stop there. According to the same 2022 MJBizDaily report, medical marijuana patients are also outspending opioids and over the counter topical sales combined. It seems Americans are seeking more holistic methods for medicating, with cannabis products leading the way.

As legalization still fights on at the federal level, D.C. lawmakers are bound to take notice of these staggering numbers. There is no denying the spending [and voting] power of the marijuana community. With that kind of spending power, the cannabis community vote could easily be a deciding factor in the next election.

So what might Mom answer this year when asked what she would like for Mother's Day? She might pass on the chocolates and opt for a bouquet of her favorite buds instead.

Antarctica Fires Up

In 2022, after two years of trying, an extreme adventurer, with the help of two persistent researchers stationed in Antarctica finally found the loophole to legalize marijuana once and for all on the frozen land of penguins and polar bears.

It all began when adventurer, Guy Crayson of Wales, was arrested for trying to smuggle in a joint his fourth excursion to Antarctica. Having been previously, he enjoyed the extreme cold and conditions immensely as a thrill, but admitted it would be unbearable without cannabis with him.

After a valiant fight by his lawyer, Crayson teamed up with researchers American Lain Evans from the company Water Stream Line and Argentinian biologist Mario Hernandez, both of which had been advocating for years to create a policy that would in a sense legalize marijuana in Antarctica.



Like so many things, in what High Times had once called the wild west of weed, marijuana was not necessarily illegal, nor legal. Many things are lingering in limbo in a gray area, just like the vast land to which is being discussed. Primarily used for research, the 12 countries that visited Antarctica the most signed the Antarctic Treaty that created a ban of any military on the continent in 1959. This placed the fifth largest continent within an international rulership.

Next came the Madrid Protocol in 1991, which banned mining and set stricter regulations on research, research facilities and tourism. It listed many rules that mainly pertained to the safety and well-being of the people within the facilities, but failed to address many laws that we face in the civilized world, like drug laws.

As part of the initiative called The Antarctica Cannabis Addendum, the men gathered enough signatures from the multiple bases that house roughly 4,000 people in the summer months and 1,000 in the winter months, to petition the regulatory agency that governs the treaty to address their lack of laws regarding cannabis, and drugs in general.

Their persistence paid off when the addendum was accepted, stating that anybody from any country can enter Antarctica with cannabis, providing an exception to standard country laws they called the 'Necessity of Life' clause which states:

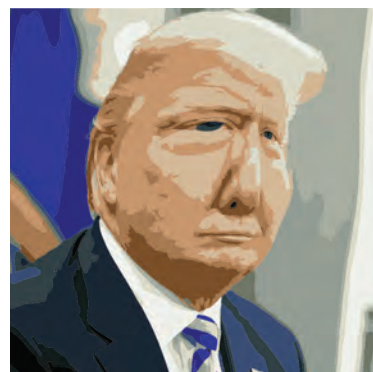
"If and when a person is to be confined to the hostile environment of Antarctica, even on chosen missions or touristic purposes, that individual has the right to bring up to one ounce of cannabis, for either medical or recreational purposes."

Republican Nominee Reignites Reefer Madness

With the 2020 election barely in the rear view mirror, presidential hopefuls are already throwing in their hats, especially on the Republican side. Several prominent right-wing names have already been tossed around the political ring, from Florida Governor Desantis to none other than the former president himself, Donald Trump.

On Friday April 14th, Trump made his way to the stage of the NRA, giving Americans a preview of his next platform he will be running on. While playing to his audience, it was clear that Reefer Madness will be front and center.

He told the crowd, when addressing the issue of mass shootings in the United States, that he believes that there is a connection between the increased use of "genetically modified" marijuana and the mass shootings. He added that the guns are not what are killing people, but rather the social and mental issues are, insinuating marijuana has played an integral part. He promised if he were to become president again, he would do what he can to rectify this.



Piggybacking off the Reefer Madness fear tactic of Trump, the New York Post's Steve Cuozzo wrote an article naming New York City service workers as stoned zombies. With outlandish and often humorous complaints ("stinky smoke hangs everywhere") throughout his opinion piece, he begins by blaming marijuana decriminalization on "proliferating mayhem in five boroughs".

This claim from the Post then prompted



Cont'd on Page 14

Cont'd from Page 13

the strong supporter of the MAGA campaign and Georgia lawmaker, Marjorie Taylor Green, to agree. She told Tucker Carlson that on her trip to New York City she witnessed the 'zombie service workers first hand' and described the city as disgusting.

While understandable that Trump would play to the audience of the NRA, is it good politics to alienate another, arguably larger, swath of the American fabric? There is a power in the numbers. As reported in another article, Americans are now spending more on their marijuana than on chocolate.

Only a couple months into this next election cycle, and the Republicans are already rolling out their platform. If this is any indication on which way it is heading, they are strolling back down the pre-prohibition propaganda lane of the grandfather of the War on Drugs, Henry Anslinger, and his Reefer Madness. If America is not careful, all of the hard work that the cannabis community has done from both ends of the political spectrum to end the stigmatization of marijuana and reverse generations of oppressive and suppressive laws is in danger of being reversed. Now more than ever, it is important to be an informed voter.

Let's hash it out! Marijuana Wellness Journal seeks all sides, and will be a respectful platform for voices regardless of political affiliation. Are you an NRA member or republican, yet also a cannabis advocate? We would love to hear from you. Let us know how you feel about the remarks being thrown around. Simply go to our website and you may see your comments in the next issue. Better yet, we may reach out personally to talk.

Cannabis Goliath Meets Its David

A New Jersey regulatory board has reportedly denied the Canadian cannabis industry multi-state giant, CuraLeaf, their renewal for recreational sales just days short of their one year anniversary of being the first company to receive one in the state. This was a stone thrown square between the eyes of the CuraLeaf Team and many others within the New Jersey cannabis industry as there was almost a collective gasp reportedly heard by one local reporter in the New Jersey Monitor.

Perhaps timing played a factor in the decision, as this came shortly after CuraLeaf had announced their plans to close a grow facility, which will ultimately result

in at least 40 job losses. The commission cited the announcement of the closure, along with other factors, like lack of transparency and clashes with unionization as their reasons.



According to New Jersey law, any licensed cannabis business must create and maintain a labor peace agreement. Commissioner Krista Nash mentioned this prior to the, insinuating that CuraLeaf has not done so.

"People have different definitions of what 'maintain' means. If you maintain your car, I don't know if that means letting it sit in a garage. But it doesn't mean, in this term, filing an agreement away in a drawer, but rather to implement the terms of what parties agreed to do," said Nash.

In defense, James Shorris, Curaleaf's chief compliance officer, cited that beyond the one closure due more to supply and demand, the company creates jobs and revenue from both medical and recreational, and this decision could result in more job losses.

Another rep for the company claimed this was more of a politically driven decision than policy driven, but it was reported by the Monitor that several other large cannabis companies were renewed, like Verano,

According to the report, this is not the first time that CuraLeaf has had complaints brought against them in regards to breaking union contracts. The National Labors Relation Board cited CuraLeaf in 2022 for refusing to bargain with union workers in Chicago, IL.

With this decision, two of three locations in New Jersey will no longer be licensed to sell recreational cannabis to adults 21 and over.



Old School Organics

available at :

**The Clinic ~ Detroit
Great Lakes Holistics ~
Battle Creek, Kalamazoo**

**High Profile ~
Ann Arbor, Grand Rapids,
Buchanan, Grant, Muskegon**

Information Entropy ~ Ann Arbor

Joyology ~ Burton

Bloom City Club ~ Ann Arbor

The Twisted Sista ~ Crystal

Michigan Organic Solutions ~ Flint

Light'N Up ~ Flint

**Quality Roots ~ Battle Creek, Hamtramck,
Monroe**

Coming soon to Ascend Cannabis locations

Premium Organic Cannabis

Pediatric Cannabis — I Am Not The First

By Thunder Walker



For the last 13 years I have been living with more questions than answers. I became a parent at the age of 19 so most people would call me a seasoned mom, an expert! But while preparing for a newborn no one ever tells you to prepare for birth defects or disabilities. I wasn't ready. So on July 25, 2012 my beautiful daughter was born with the perfect blanket to wrap her in. The perfect bassinet to lay her in and all the things she could ever need. But by the age of two I realized she had never spoken a word. I started to seek the help of every therapist and medical professional Blue Cross and Blue Shield could offer.



For six years I purchased clothing, barrettes and shoes to make every doctor's appointment and even took training classes in PEC's and sign language to reach my daughter. I defended her with strangers that told

me to spank and punish her if she was stimming or making loud noises in public.

I gave Cannabis a try. Texas has a Compassion Program for people with disabilities and other elements. I applied and she was approved. I was so excited to tell her team of doctors who had seen her since birth. I went to her next doctor's appointment and when they asked if she was on any medication, I proudly replied "Marijuana". His face turned pale and he had a very sour look on his face. His body became tense and he took a step back. He asked me the doctor's name and when would I start this "nonsense". I was puzzled with his response and told him I had already enrolled her. He closed her folder and told me he would never see Pystol again. I left the doctors office more determined than I could ever be to defend my daughter and our freedom to choose her medical treatment and plant medicine.

When it comes to raising my beautiful daughter Pystol, the healthcare system chains seem to drop from my feet and my mind. I was free to Research and Report on CBD and THC. Cannabis has changed my life and the life of my daughter.

Fast forward four years and I realize how we can free the cannabis plant for the younger generations, with caregivers and parents leading the way.

As we all know, cannabis and CBD have been shown to have a wide range of potential health benefits, from reducing anxiety and improving sleep to treating chronic pain and reducing seizures. For many adults, cannabis and CBD have become a valuable alternative to traditional pharmaceuticals, offering relief without the negative side effects.

But what about children? For too long, we have allowed the stigma surrounding cannabis to prevent us from exploring its potential benefits for younger patients. Children with disabilities and chronic conditions often require debilitating drugs that can have serious side effects, and many parents are desperate for alternative treatments that can offer relief without the negative consequences.

This is where the cannabis industry can play an important role. By advocating for more options



for children and working to change the laws and regulations that prevent access to cannabis products, we can help to free the cannabis plant for the younger generations.

But this is not a job for the cannabis industry alone. It is up to the adults in the room, the caregivers and parents, to lead the way. By educating themselves about the potential benefits and risks of cannabis use in children, and by advocating for their child's right to access this alternative treatment, parents can help to create a more compassionate and inclusive healthcare system.

Of course, talking to health professionals and state officials about your child's use of cannabis can be challenging. Many doctors and lawmakers are still skeptical of cannabis and may be hesitant to support its use in children. But by approaching these conversations with empathy and understanding, and by presenting evidence-based research and testimonials from other parents who have found success with cannabis as an alternative treatment, we can begin to change hearts and minds.

And for those of us working in the cannabis industry, we have a responsibility to be advocates for the children who can benefit from our products. By maintaining the highest standards of safety and quality in our products, and by working to change the laws and regulations that prevent access to cannabis for children, we can help to create a more compassionate and inclusive healthcare system that benefits everyone.



In conclusion, I urge all of us to take a more active role in advocating for the use of cannabis as an alternative treatment for children with disabilities and chronic conditions. By working together, we can help to free the cannabis plant for the younger generations and create a more compassionate and inclusive healthcare system for all. Thank you.



Coffee and Cannabis: *A Pair Made in Heaven*

By Amy Wilding-Fox

When asked about smells from childhood, two come to mind: Coffee and cannabis. It has been a morning ritual in this household for decades, spanning generations. Now that cannabis is becoming as American as a Starbucks Latte, it is becoming increasingly common to even find infused coffee in local dispensaries.

Why do the two seem to go together so well? As we continue to learn more about cannabis, the coffee connoisseur will notice similarities between the two: most notably terpenes in cannabis and the flavor profile in coffee. The terpenes in cannabis help to create the smell, flavor, and medicinal purpose of the plant while the flavor profile in coffee does the same.

While there are so many terpenes known to cannabis, it would take the entire magazine to describe them all. There are terpene profiles in cannabis that tend to be more prominent, though. Limonene, for example, is a fan favorite that lends a citrusy flavor to the cannabis, like lemon or orange, while aiding as an anti-inflammatory and anti-depressant. Pinene is the terpene that carries a pine and woody flavor and has been known to be not only an anti-anxiety (think the calming effects of a holiday candle) but acts as an analgesic and even aids asthma

patients. The most found terpene in strains is Myrcene. It is the terpene most responsible for “couch lock” and is very earthy in smell and taste.

In comparison to terpenes, the categorization of coffee is similar, primarily determined by where on Earth it was harvested. Coffees from India and the Pacific tend to lean to the more earthy profiles, creamy and chocolaty. Regions in East Africa, like Kenya and Ethiopia, tend to grow coffee that is citrusy and bright. Coffee from areas like Brazil and Nicaragua tend to be heavier bodied and bittersweet.

Simply, when described in profiles, it is easy to see just why coffee and cannabis seem to complement each other so well. It is no wonder that the coffee shops of Amsterdam have always been such a hit. They were, it appears, made for each other. So, the next time you reach for a bag of coffee in the supermarket, take a moment to check the region of the world where it came from and its flavor profile, then compare it with the terpene profile of your current favorite strains. In doing so, you might just find that perfect combination of cannabis and coffee that will start your day off on a whole new level of deliciousness.




IMPERIOUS
CANNABIS
BUSINESS EXPO
OKC, OKLAHOMA
 OKLAHOMA CITY CONVENTION CENTER
JUNE 2-3, 2023

SPEAKER
THUNDER WALKER
 FOUNDER AND CEO OF
 PROUD MARY CANNABIS

PROUD MARY
after dark

UNLEASHED
 2410 NORTH ROBINSON AVE
OKLAHOMA CITY
CBD AND CANNABIS
 GIVE AWAYS WELLNESS EDUCATION

Women's Party Dist. | No. 9 | WOMEN | TROUBLEMAKERS | PROUD MARY | PROUD MARY

ADVERTISE IN
 THE
MARIJUANA
 WELLNESS JOURNAL

Described as both edgy and elegant,
 The Marijuana Wellness Journal hits home
 with perspectives that range from the
 industry level to personal experience in
 the new world of cannabis.



**Call us today at 810-666-0121 or scan the code and discover
 how easy it is to be seen by our 15,000 strong readership.**



A Boomer's Take on the New Weed Wave

It was the "Summer of Love", and the year Grandma Linda fell head-over-heels in love with her twin flame, Mary Jane. Having been introduced to marijuana in 1969 as the Boys came home from Vietnam, her very first toke was from a Vietnam pre-roll brought home by a friend in the Navy. From that moment on, Grandma Linda decided Mary was it for her.



Mary has been the one true friend over the decades from Grandma Linda. It helped get her through her husband, Kim's, Vietnam deployment and death in 1984. A true advocate, Grandma Linda spent two years in the Michigan State Prison system as what she considered a "political prisoner" during the height of the War on Drugs from 1989-1991.

Through it all, she's a flower child until the end! With over five decades of smoking weed from around the globe under her belt, it's safe to say she is a true connoisseur of cannabis. In today's new weed industry, it can be a bit overwhelming (and even intimidating) for people, especially in the Baby Boomer Generation, but they should not be overlooked. They are the foundation of the marijuana movement, and Grandma Linda is here to help out.

Have you ever wanted to grab that pre-roll but all of the crazy packaging confused you? The \$15.00 price tag for one joint kinda freaks you out? Or with so many strain names, just which do you really want?

From Grandma Linda's simple Boomer perspective, she will give her monthly review on a strain, a pre-roll, an edible, and maybe even some concentrates and vapes (though she prefers flower). With her simple scale of Roots (for good stuff) and Hoots (the not-so-good stuff), she will help guide you to strains and products, taking some of that guess work out.

Do you have a strain or products you would like Grandma Linda Roots Certified, head to our website with your information. Someone on staff will reach out!

GRANDMA LINDA'S MAY 2023 REVIEW:

Infused Pre-roll Blueberry Banana Pancakes with Red Velvet by Spaceman Cannabis.

TASTE: **HOOT**

I know that kids these days might be looking for that froo-froo flavor, but not this old school kid. I prefer to taste the pot. If you are looking to smoke your butter flavored syrup over blueberry pancakes instead of eating it, this might be up your alley.



SMELL: **HOOT** Same idea as the taste, the blueberry aroma was a bit overwhelming. I couldn't smell the actual Red Velvet bud.

BURN: **ROOT** It was a slow and even burn session. The pre-roll lasted for much longer than expected. I even thought my daughter lit a new joint! The ash was OK, too.

BUZZ: **ROOT** I felt the buzz hit me after the 2nd toke. It was the first thing in the morning, and it hit hard, but didn't make me cough too much. Good stuff.

MEDICINAL: **ROOT** It got me up cleaning the house and doing the dishes. Just what I needed to jump start my day!

So with three roots and two hoots, my first review has me a little split. I loved the effects. I have trouble at times getting motivated because of this arthritis I have. This relieved some pain and got me going. But on the other hand, I could use it without the flavors and fruity smell. Overall, if you are looking for a good medicinal effect or simply want to get stoned, this Spaceman Cannabis pre-roll hits the spot.

When it Comes to Selecting a Grower



Be Sure to Check Their Trophy Case

PEGASUS CLAIMED FIRST
PLACE TROPHIES IN TWO
COMMERCIAL GROWER
CATEGORIES AT THE 17TH
MM REPORT COMPETITION



PEGASUS

FLY HIGH  FLY PURE

PROUDLY GROWN IN MICHIGAN

CONTACT: IAN 541-340-4195 | IWHITEMAN@PEGAUSMICHIGAN.COM
PEGASUSMICHIGAN.COM



FEED YOUR HEAD

CANNABIS EDUCATIONAL THREAD

Cultivating Cannabis Organically

By Erik Harrington—Contributor, Legacy Grower

The demand for organic cannabis is on the rise as consumers become more conscious of sustainable cultivation practices. One such approach gaining popularity is the use of no-till living soil, and The Craft Soil Company is one such brand I have found at the forefront of this movement. My personal experience of growing cannabis organically using no-till living soil, from seed to harvest, not only minimizes environmental impact but also promotes soil health and produces high-quality cannabis.

It all starts with choosing the right cannabis seeds. Look for high-quality seeds from reputable sources, considering factors such as strain, genetics, and desired effects. Once you have your seeds, germination is the next crucial step. I personally recommend using no-till living soil for germination. You can pre-soak the seeds, create a germination dome, and monitor moisture levels to ensure successful germination.

No-till living soil mix is a carefully curated blend of organic compost, worm castings, peat moss, pumice, and other natural ingredients. Preparing the soil mix involves maintaining proper ratios, amendments, and microbial inoculants to create a balanced and nutrient-rich environment for cannabis plants. The no-till approach helps reduce the need for synthetic fertilizers, promotes beneficial microbial activity, and improves soil structure and water retention.

Once your cannabis seedlings have germinated, it's time to transplant them into their final home of no-till living soil. Follow recommended spacing, planting depth, and watering techniques to ensure a smooth transition. Acclimate seedlings gradually to the living soil environment, and monitor plant health for any signs of stress. Transplanting into a living soil environment minimizes transplant shock, promotes healthy root development, and fosters a diverse and thriving soil ecosystem.

Regular monitoring of soil health and pH levels is essential, and soil tests can help assess nutrient levels and make adjustments accordingly. Compost teas, cover crops, and other organic practices are used to maintain nutrient balance, promote beneficial microbial activity, and optimize cannabis growth and yield.

Managing pests and diseases in an organic cannabis cultivation relies on natural and non-toxic methods. Beneficial insects such as ladybugs and predatory mites, as well as neem oil, insecticidal soaps, and other organic pest control options, are preferred. Preventive measures such as regular scouting, proper sanitation, and companion planting are also important in minimizing potential damage to cannabis plants and maintaining a healthy growing environment.

As cannabis plants transition from the vegetative stage to the flowering stage, adjustments in light cycle, nutrient requirements, and environmental conditions are necessary. I recommend the Craft Soil Company because they offer techniques catered to managing flowering cannabis plants in their no-till living soil, including adjusting nutrient levels, maintaining proper humidity and temperature, and

optimizing lighting for flower development. Proper timing for harvest, based on trichome development, is crucial for preserving cannabis quality and potency. Drying and curing techniques are also important to ensure a top shelf result.

Furthermore, this approach promotes the development of a robust soil ecosystem, with beneficial microbes, insects, and other organisms working together to create a balanced and sustainable system. This not only benefits the cannabis plants but also helps to restore and maintain

the health of the soil for long-term cultivation success.





WWW.SEEDCELLAR.COM

1620 E. MICHIGAN AVE, JACKSON MI 517-879-2801



HORRORSCOPES



Aries



You have been experiencing some minor wins in your corner thanks to Jupiter in your sign, so it's high time to take that leap you have been thinking about. Unfortunately for you, it is leaving mid-May and these events will begin shifting. We all know you are the queens of procrastination, so odds are you will miss that boat and leap straight into a swamp.

Taurus



As Jupiter leaves Aries, it enters into Taurus, ushering in a year of luck and miracles. You have the potential to do great things. Your stubborn nature, on the other hand, will likely leave you stuck in a pile of bullshit yet again.

Gemini



Feeling anxious and confused about life again? Feeling like you are being haunted by past mistakes? That's because you are! If you weren't such an asshole and apologize for a change, that ex you ghosted a while back might stop putting hexes on you.

Cancer



Cancer, you will find your romantic and social life heating up in May, unlike you have seen in a while. Then they get to know the real asshole you, and by June you realize it was all a pipe dream as you retreat back under your rock.

Leo



Going Stir crazy? Taking on too much, filling up all of your free time? Feeling like nothing would get done around here if it weren't for you? That's because you are all you have left. During your most recent self-absorption tangent, you couldn't even notice everyone quietly slipped out the exit door, leaving you the only one actually getting those things done.

Virgo



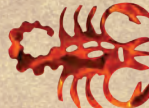
May marks a time for growth and expansion. That doesn't necessarily mean spiritual growth, but maybe if you slow down on getting stoned and munching on ice cream so much, it could mean something more than your waistline, though.

Libra



Wealth is at your fingertips, Libra. A wealth of letdowns, that is. Oh, you thought I meant money? Well, then, you can just consider that letdown number one. You're welcome.

Scorpio



Change is afoot, dear Scorpio. You are about to step out from the shadows. Before you take that step, make sure to look back to the last time you tried to make changes and failed miserably. Come to think of it, It might be best to forget taking that step after all.

Sagittarius



Romance is your top priority right now. Time to dust off the old blow up doll for date night again. Face it, it's not like folks are lined at the door. Look on the bright side. At least it's a cheap date that can't turn you down.

Capricorn



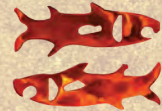
Energy is shifting all around you—you can feel it. That's what happens when you are shifty as hell. Haven't you learned by now about karma? Buckle up Capricorn because that energy is not only shifting, it's about to leave you in the wake of ruins.

Aquarius



May leaves you shaken, feeling like you have whiplash. If you'd stop rubbernecking to see that hot person while you are with your partner, you'd stop getting slapped. And it might just help with that pain in your neck, too.

Pisces



It's Spring, and you are open to new things, Pisces. Time to finally let go of those inhibitions and let loose. Maybe finally join that "Furry Singles Group" you have been eyeballing. Don't worry, do your thing. We won't judge. Let that freak flag fly!

SCAN THIS CODE TO
START A BETTER LIFE

TODAY!



Join the **UNION** today
to receive...

- Guaranteed raises
- Grievance procedure
- Representation
- Predictable scheduling
- A voice in the workplace
- Retirement plans/401K
- Paid time off/Personal Days
- Overtime/Premium pay
- College Scholarships
- Fair and consistent policies

**United Food and
Commercial Workers
FACTS:**

We represent over 16,000
cannabis workers nationally
and 1.3 million workers from
grocery store employees to
EMTs to plant workers in the
U.S.A and Canada



For more information
scan this code or call
248-763-4831





BUD REPORT

CANNABINOID	MASS
THCa	23.50%
Δ9-THC	0.36.%
CBD	LOQ
CBDa	0.13%
CBC	LOQ
CBGa	1.02%
CBN	LOQ
THCV	LOQ
CBDV	LOQ

TOTAL THC 20.97%



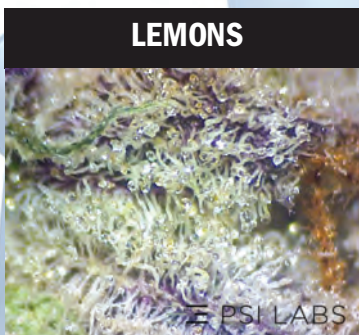
CANNABINOID	MASS
THCa	21.31%
Δ9-THC	0.56%
CBD	LOQ
CBDa	0.12%
CBC	LOQ
CBGa	0.24%
CBN	LOQ
THCV	LOQ
CBDV	LOQ

TOTAL THC 24.31%



CANNABINOID	MASS
THCa	24.62%
Δ9-THC	0.35%
CBD	LOQ
CBDa	0.15%
CBC	LOQ
CBGa	0.860%
CBN	LOQ
THCV	LOQ
CBDV	LOQ

TOTAL THC 21.94%



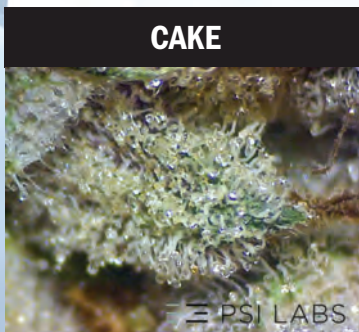
CANNABINOID	MASS
THCa	22.51%
Δ9-THC	0.34%
CBD	LOQ
CBDa	LOQ
CBC	LOQ
CBGa	1.18%
CBN	LOQ
THCV	LOQ
CBDV	LOQ

TOTAL THC 20.08%



CANNABINOID	MASS
THCa	25.94%
Δ9-THC	0.40%
CBD	LOQ
CBDa	0.13%
CBC	LOQ
CBGa	1.25%
CBN	LOQ
THCV	LOQ
CBDV	LOQ

TOTAL THC 23.15%



CANNABINOID	MASS
THCa	23.23%
Δ9-THC	0.29%
CBD	LOQ
CBDa	0.13%
CBC	LOQ
CBGa	1.41%
CBN	LOQ
THCV	LOQ
CBDV	LOQ

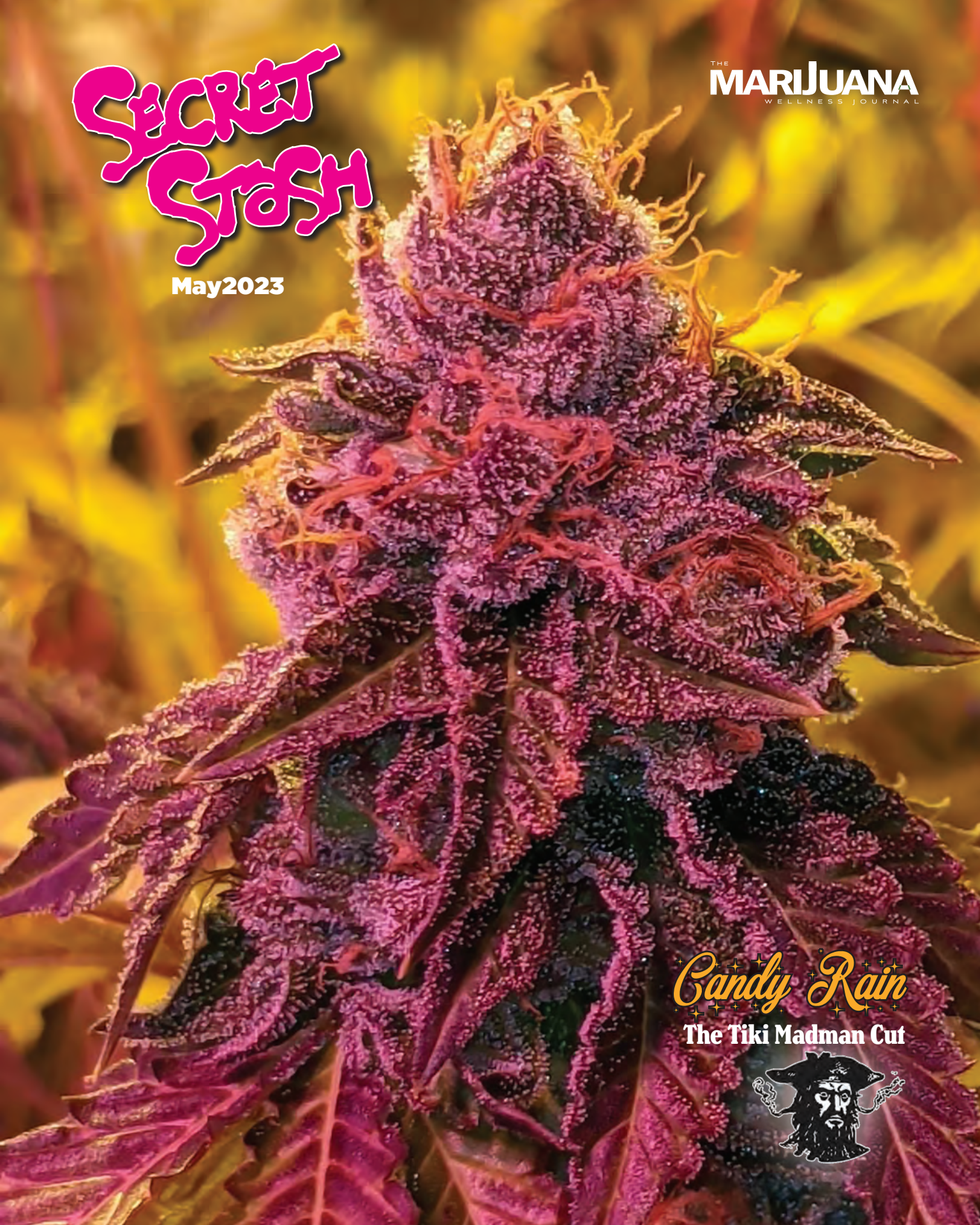
TOTAL THC 20.66%



SECRET STASH

May 2023

THE MARIJUANA WELLNESS JOURNAL



Candy Rain
The Tiki Madman Cut



Making Marijuana Herstory

WOMEN IN CANNABIS THREAD

Spotlight on Dori Edwards Pioneer in the Michigan Cannabis Industry

By Kim Smith

When Dori Edwards first tried cannabis at the age of 19, she had no idea how much of an impact the plant was going to have on her life. At 21, she moved to Colorado and was given even better cannabis. "It was really nice stuff. I enjoyed it, but I wasn't crazy about it. It did save me from heavily drinking because that was what we had done in high school. We drank a lot. I was happy that it saved me from going down that road."

This was the beginning of her journey into the world of cannabis, and she herself was destined to have a tremendous impact on industry in the future. Dori began growing cannabis herself in what she describes as "guerrilla gardening" outdoors in Michigan in 1995. She would grow in the summer through fall, then spend her winters in Colorado with her savings from each grow. She kept growing here and there over the years, which allowed her to smoke for free and also cover some other expenses, especially while in school at Michigan State University.

During those years, Dori had a keen interest in alternative medicines as well as a belief that people should be able to have a choice about their medicine. She had a few friends in medical school at the time, and she learned that the curriculum was funded by pharmaceutical companies. She noticed that med students were really being taught how to prescribe medicines to patients rather than being taught how to heal. She became very interested in herbal and other natural medicines.

Over the years, she became a frequent smoker. It was several years into smoking when Dori realized that she had been self-prescribing for her own medical issues. "Up until then, I hadn't made the connection. I just thought cannabis was fun and creative." But she began to notice that smoking was also helping tremendously with her ADHD, allowing her to focus much better. It also helped considerably with chronic back pain from scoliosis.

In 2008, the Michigan Medical Marijuana Act (also known as the Michigan Compassionate Care Initiative) was passed, legalizing medical use of cannabis in Michigan. Dori wanted to figure out how to move forward in making the plant available to more people.

She always listens to Divine inspiration, so she asked to be shown what her path and her work was. The voice she heard told her to

open a dispensary. "I was like, Oh my God! No!" she said, laughing.

She realized some legal inspiration might be a good idea too, so she asked a few different lawyers to interpret the new law for her. She wanted to know where she stood as someone who wanted to legally grow and distribute cannabis to other patients who could benefit from it medically.

"I felt like, if I was defensible, I could do it. So, I opened up as a collective of caregivers in 2010, and my first shop was Ganja Mama's on State Street in Ann Arbor." In 2012, she also opened a shop in Ypsilanti called Sticky Ypsi (pronounced "sticky ip-see").

In 2014 she opened up Bloom City Club in Ann Arbor. "That was my third and best. When I opened in 2010, I opened with the intent to change the image of the industry. I wanted it to be professional. I wanted professional people to walk into my store and feel there were no barriers, that they felt comfortable, and that it was like any other business they walked into."

Toward this goal, her employees were asked to dress business casual. In order to change the stigma of the industry, it would be necessary to forgo the tie-dye and dress up a little. She also focused heavily on great customer service. "I built all my places to feel like a warm hug. People were coming in with pain and other symptoms, and I just wanted them to feel really comforted when they came through the doors." She wanted their experience to be so much more than just buying pot. It really mattered to Dori to incorporate a natural medicine and wellness approach.

She made it a point to feature all natural products. For example, she never carried edibles with artificial additives, preservatives, or artificial sweeteners. "I figured if people are already sick, their immune system is compromised, and I didn't want any ingredients to be harmful." Not everybody understood or agreed with that decision, so it was tricky to implement.

She also realized early on that there was a huge need in the industry for the dispensaries to be unified. Toward this end, she started the Ann Arbor Medical Cannabis Guild. "That was my baby. I got together with Mark Passerini and Ron Cayce and shared my idea, hoping that together we would all be stronger.



We needed to watch each others' backs at the time." This collective was very active politically, even helping the city of Ann Arbor to write the ordinance.

In addition, the industry was not yet regulated, and Dori wanted to advocate for lab testing on products being sold to patients. This wasn't a popular view, but she felt that patient safety was a very important component of medical marijuana. For example, when caregivers would bring in edibles, there was no potency listing. "There was just 1X, 2X, and 3X in terms of strength, and those ratings were just subjective." She didn't feel she could ethically sell these products to patients without knowing the specific dosage and ingredients. "That's a huge responsibility."

"I remember a time before testing when I was working 70 hours a week. Late one night, I grabbed a piece of pretzel off my desk that a caregiver had dropped off, and ate just a teeny piece. I went to the moon!" Although Dori has never been an anxious person, she would wake up with panic attacks, worrying about a potentially dangerous experience for a patient. She thought, "How do I feel comfortable having anyone come into my store, especially an elderly person, and have no idea the strength of the edibles."

She created intake forms for new product coming into the store from caregivers. For flower, she would ask how it was grown, what nutrients or chemicals were used in the process, etc. For edibles, she asked for a list of specific ingredients. "There was nothing at the time to ensure safety for patients, and I was trying to be responsible and be able to offer as much information about a product as I could. As far as dosages, my motto is to start low and slow. Some dispensaries would suggest doses of 50mg THC, when a new medical patient might be better suited to starting with 2mg THC."

Another huge gap in the industry was patients having access to accurate information about products and dosages. The doctors at the time who were brave enough to help people get their med cards expected the budtenders would give them all the answers. But, budtenders weren't always knowledgeable enough to do so. "So, I founded Blue Sage Health Collective. That, to me, was like the bridge. While some people just wanted to be able to smoke pot, a lot of people really needed actual care and assistance."

She also created a medicine tracker for patients to keep track of their symptoms and how they were affected by different strains. She felt this was important to help people take back their own power about their medicines. "Know your body, know your medicine, know what works for you, know what doesn't." Rather than depending solely on doctors and the medical establishment to tell them what to take, patients begin to understand what they really need for their own health.

Once recreational use of marijuana became legal in Michigan, she started to see a shift in the cannabis industry in general. More focus was placed on using cannabis as a recreational drug rather than as a healing plant medicine. Big, national

corporations moved in, using legal and economic tactics to push small caregivers out of the market. "People saw dollar signs and jumped into the market without integrity. It wasn't about patients over profits, as it was in the beginning. It became solely about money." As she saw things shifting, she decided to make changes.

"I'd always wanted to do alternative things and avoid the "rat race" after college, and now the rat race had made its way into the cannabis industry." For her, this was a nightmare and she jumped out of the industry when the rat race jumped in. She decided to keep her focus on alternative medicines, specifically plant medicines.

She had previously developed an all-natural pain relief balm with other plant medicines, such as shea butter, hypericum, arnica, and lavender. This was very effective for pain relief even before it contained cannabis. As cannabis became legal, she then incorporated hemp oil (and later, cannabis oil) into her "Dori Balm" and improved its efficacy further.

Dori's company, "All About Alchemy" offers a few versions of the now famous Dori Balm. The Dori Balm CBD Balance Rub and Dori Balm Recovery Rub contain only CBD, and are therefore legal to sell nationally, including by mail order. The other version, Dori Balm Therapeutic Rub contains THC as well, and is only distributed and sold within Michigan. "I consider cannabis a gateway into essential oils because people are learning about the effectiveness of terpenes," she says, laughing.

Both Dori and her brand are highly respected in the cannabis industry today, and countless patients have benefited from her all-natural products over the years. People report being able to stop using opioids for pain relief, moving over to a much safer, more effective medicine in cannabis. "I feel like I'm making a difference in the world, and that feels good."

She also has a 23-acre property in Ann Arbor that she's been turning into a retreat space.

Dori teaches about alternative and plant medicines, and facilitates other healing activities such as breath work, meditation, yoga, plant medicine ceremony, and a sweat lodge. "We're trying to do things there that inspire connection to spirituality, connection to our wholeness, a sense of peace."

Her next retreat is the annual Wild Wisdom Women Retreat for women only, and will be held over Memorial Day weekend. For more information, scan the code.



While we have only skimmed the surface of Dori's contributions and impact on the cannabis industry, it's clear that she is truly one of the pioneers in the Michigan cannabis industry.





Platinum[®]



Introducing Bubble Hash Infused Pre-Rolls

Life is Better in Platinum

houseofplatinum.com

Platinum Vape are marihunana products for use only by persons 21 years of age or older.