

# WTF *GUIDE* to **THC**



*"THE SCIENCE  
BEHIND CANNABIS"*

*by Leslie D. Riopel, MA, ACHT*

*in association with  
Zen420Healing.com*



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While all attempts have been made to verify information provided in this publication, the Author assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

We do not claim to cure, diagnose or heal any ailment. This information is meant strictly for the purpose of relaxation and visualization only. Cannabis Assisted Mindfulness is meant as a complementary healing method. Always check with your doctor or health care provider and take all medications as instructed.

This information is not meant as a substitute for personal medical advice or professional medical care. We encourage you to share this with your physician. If you have worrisome symptoms or conditions, contact a physician immediately.

The Zen 420 Healing Mission is to educate the public about the myriad of remarkable natural health benefits that cannabis and mindfulness share and that treat the same conditions, so people can make informed personal decisions about attempting concurrent pairing of cannabis and *Cannabis Assisted Mindfulness*™ products as a way to try and achieve even greater states of consciousness and healing.

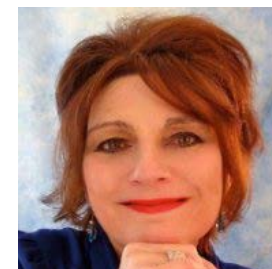


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Leslie Riopel is a Freelance Writer with a Master's degree in Psychology Health and Wellness. She is also an Advanced Certified Clinical Hypnotherapist who is both passionate and creative. Leslie has written hundreds of hypnosis scripts and guided meditations amongst many other things for clients all over the world. For her, writing is just another form of artistic expression with the page as her canvas.



# INTRODUCTION

There are many misconceptions when it comes to the use of cannabis. While there are some who still think of cannabis as a “stoner” drug or a “gateway drug” one uses to get “high”, there are others who understand the true medicinal value of cannabis.

Medically speaking, cannabis can help you in many ways from dealing with anxiety to helping relieve migraines and other aches and pains.

Cannabis can help you with:

- ✓ Anxiety
- ✓ Appetite Stimulant
- ✓ Depression
- ✓ Insomnia
- ✓ Muscle Spasms
- ✓ Pain
- ✓ Seizures
- ✓ Migraines
- ✓ Nausea
- ✓ PTSD



We are just beginning to see all of the amazing benefits cannabis can offer and hopefully with more de-regulation, more and more people will be able use cannabis to relieve symptoms of pain and other ailments.



# CANNABIS FACTS-N-FICTION

## Medicinal Value of Cannabis

The truth of the matter is that there are many components of cannabis (cannabinoids) that have a large variety of medical benefits completely unrelated to their psychoactive properties. These benefits are the focus of this guide. Chinese texts describe the usefulness of cannabis to relieve pain and cramps as far back as the third millennium BC.

Despite the continued research of new ailments that cannabis can counteract, there is still a widespread misunderstanding as to how cannabis can be used medicinally.

## Common Misconceptions about the Medicinal Value of Cannabis:

*According to the CBD Science Guide to Medical Marijuana*

### COMMON MISCONCEPTION #1

#### CANNABIS KILLS BRAIN CELLS

The truth is cannabis does NOT kill brain cells. The act of smoking cannabis and holding your breath may temporarily reduce your brain cells, but more often than not, this is only related to the method of delivery. Medical Marijuana (regardless of its method of delivery) has Neuroprotective and Antioxidant properties that have actually been shown to protect the brain.

### COMMON MISCONCEPTION #2

#### CANNABIS IS BAD FOR YOUR LUNGS

Smoking cannabis is as bad or worse for your lungs than smoking cigarettes. A study of 5,000 young adults in four different cities found that with regular use (a joint a day up to three joints a week) the lung function of smokers actually improved over time. This same study also saw lung function drop significantly for cigarette smokers. (Study published on 1/10/12 in the Journal of the American Medical Association (JAMA).

### COMMON MISCONCEPTION #3

#### CANNABIS CAUSES CANCER

Cannabis causes cancer. Cannabis use does NOT cause cancer, and there is research to support the hypothesis that it can actually help cure many different kinds of cancer from colon, to breast, to skin cancer.

### COMMON MISCONCEPTION #5

#### CANNABIS CAUSES MEMORY DISEASES

Marijuana causes memory diseases like Alzheimer's, Parkinson's or Huntington's. Cannabis does not cause Alzheimer's, Parkinson's or Huntington's diseases, and it can even relieve the symptoms of these diseases and sound scientific studies have provided evidence that it can be preventative as well.

### COMMON MISCONCEPTION #7

#### DOSE DEPENDANT + CONTEXT INDEPENDENT

The Marijuana "experience" is dose dependent and context independent. The Medical Marijuana "experience" is actually a function of three factors:

- Dosage or metabolic "state" of an individual's body
- Mindset or internal landscape
- Physical setting or external environment

### COMMON MISCONCEPTION #4

#### CANNABIS IS A "GATEWAY DRUG"

Cannabis is a "gateway drug" that leads to heroin, cocaine, or crack. According to Joycelyn Elders, MD, the former US Surgeon General:

"Much of their [US drug-Policy leaders] rhetoric about marijuana being a 'gateway drug' is simply wrong. After decades of looking, scientists still have no evidence that marijuana causes people to use harder drugs"

- editorial published in The Globe and Mail.

### COMMON MISCONCEPTION #6

#### THC GIVES YOU ALL MEDICINAL BENEFITS

Smoking cannabis high in THC gives you all the medicinal benefits that Medical Marijuana has to offer. Smoking high THC cannabis does NOT access all the medicinal benefits that Medical Marijuana has to offer. Research has shown that patients who just smoke high-THC Medical Marijuana are actually accessing only a quarter of the medicinal value, and too much THC can even imbalance the system so that frequent users of High THC Marijuana may be prone to paranoia.



There are always guidelines to follow whether you are using cannabis for medical or recreational use because cannabis is a Bi-Phase product, meaning that it can produce the opposite effect at high levels. What this means is that euphoria can turn into paranoia and anti inflammation can turn into inflammation. Having said that, as long as you use good judgment and you understand how medicinal cannabis should be utilized, you can minimize the negative effects and enhance the positive ones. As always, you should consult with your local Dispensary Professional for the proper dosing,

Used properly, cannabis can help you find your natural balance and help you live your life in a healthier manner, free of pain and other negative occurrences.



This is what you look like, on the inside, when smoking cannabis. The effects of Marijuana on your brain, and how it defines your experience.



# STRAINS: INDICA VS. SATIVA



Each strain of cannabis has different medicinal benefits. These strains are the key to using cannabis medicinally. The strains are each a unique combination of compounds within the cannabis plant.

Cannabinoids are the unique compounds that belong to the cannabis plant. The most dominant ones are THC and CBD.

There are also hybrid strains or crossbreeds using both Indica and Sativa, and these varieties carry some characteristics of each parent plant.

## FACT:



### INDICA

Indica strains tend to be sedatives or relaxants meant for treating the symptoms of medical conditions such as chronic pain, muscle spasms, seizures and anxiety.

## FACT:



### SATIVA

Sativa strains are more of a stimulant, and are effective in appetite stimulation, relieving depression, migraines, nausea and chronic pain.



AILMENT	HIGH CBD TYPICALLY INDICA	50/50 INDICA/SATIVA HYBRID	HIGH THC TYPICALLY SATIVA
<b>ADD</b>			
<b>ADHD</b>			
<b>AIDS</b>			
<b>Alzheimer's</b>			
<b>Anxiety</b>			
<b>Appetite Stimulant</b>			
<b>Arthritis</b>			
<b>Cancer Pain/Chemo</b>			
<b>Chronic Pain</b>			
<b>Colon, Breast &amp; Skin Cancer</b>			
<b>Depression</b>			
<b>Diabetes</b>			
<b>Epilepsy</b>			
<b>Fibromyalgia</b>			
<b>Glaucoma</b>			
<b>Huntington's</b>			
<b>Insomnia</b>			
<b>Irritable Bowel Symptoms</b>			
<b>Migraines</b>			
<b>Motor Neuron Diseases (ALS)</b>			
<b>Multiple Sclerosis</b>			
<b>Nausea</b>			
<b>Osteoarthritis</b>			
<b>Parkinson's</b>			
<b>Psoriasis</b>			
<b>PTSD</b>			
<b>Seizures/Muscle Spasms</b>			
<b>Withdrawal Symptoms</b>			



# CANNABINOIDS: THC, CBD AND 100 + MORE

You already learned that cannabinoids are the unique healing compounds found in the cannabis plant, but what you may not know is there are over 100 of these cannabinoids.

As of this date, scientists have discovered over 111 cannabinoids. THC and CBD are the two most dominant ones.

Cannabinoids work with the human endocannabinoid system, which is one of the most important physiological systems we have in establishing and maintaining optimal human health.

Endocannabinoids and their receptors are actually found throughout the human body in the brain, the organs, the connective tissues, and in the glands and immune cells.



**FACT:**

The goal of endocannabinoids is homeostasis - or the maintenance of a stable internal environment despite any fluctuations in the external environment.

“The endocannabinoid system, with its complex actions in our immune system, nervous system, and all of the body’s organs, is literally a bridge between body and mind. By understanding this system we begin to see a mechanism that explains how states of consciousness can promote health or disease”

(norml.org, 2016).



## How do Cannabinoids Work?

Cannabinoids work by making chemical contact with the human body, which also has cannabinoid receptors. Up until about 1988, we didn’t even know the human body had an endocannabinoid system. The body can create and produce its own cannabinoids or use it from an external source like cannabis.

One of the cannabinoids, THC or delta-9-tetrahydrocannabinol creates the euphoric effect - most other cannabinoids DO NOT.

CBD or cannabidiol is yet another cannabinoid in cannabis and it has medicinal applications in conjunction with THC but also independent of it.

### UNIQUE EFFECTS OF CBD



- Anti-Psychotic
- Appetite Suppressant
- Anti-Depressant
- Slow Heart Rate

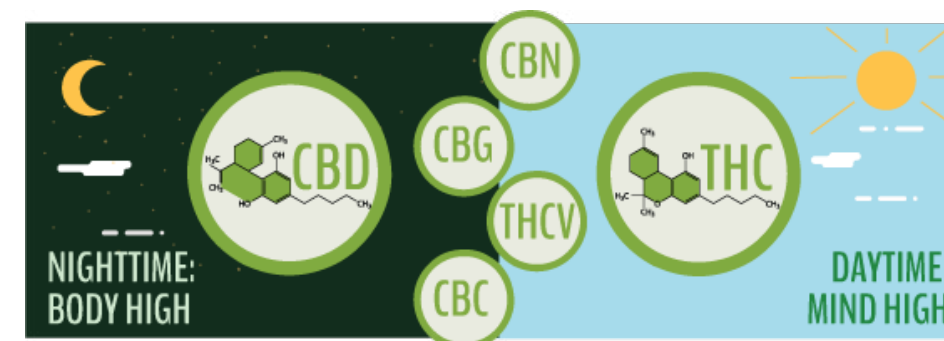
### UNIQUE EFFECTS OF THC



- Psychoactive
- Appetite Stimulant
- Night Vision
- Increased Heart Rate

### EFFECTS WHEN THC & CBD ARE USED TOGETHER

- Anti-Inflammatory
- Seizure Management
- Neuroprotective Antioxidant
- Anti-Nausea
- Pain Relief
- Muscle Relaxant



One of the easiest ways to compare the two main cannabinoid properties is to view THC as the stimulant of mental activity and CBD as the suppressor of mental activity.



Below is a list of some of the most common cannabinoids found in cannabis.

THC

### Tetrahydrocannabinol (THC)

the most abundant & most widely used cannabinoid that provides the strongest psychoactive effect. Relieve pain, migraines, nausea, relax muscles, stimulate appetite, improve mood & reduce seizures.

CBD

### Cannabidiol (CBD)

has tremendous medical potential & strong anti-inflammatory properties holding a tremendous benefit to treating many types of diseases. Reduce seizures, relieve anxiety & induce sedation.

THCa

### Tetrahydrocannabinolic Acid (THCa)

the main constituent in raw cannabis. Reduce inflammation & relieve pain. Non-psychoactive.

CBG

### Cannabigerol (CBG)

a non-psychoactive cannabinoid that has antibacterial effects. Induce sedation & reduce eye pressure. Non-psychoactive.

CBC

### Cannabichromene (CBC)

the most common in topical cannabis varieties. Induce sedation. Non-psychoactive.

CBN

### Cannabinol (CBN)

is a mildly psychoactive cannabinoid that comes from the degradation of THC. Reduce seizures, relieve digestive issues, & regulate blood flow.

## TREATING SPECIFIC CONDITIONS

The Epilepsy Foundation supports the rights of patients living with seizures to access physician directed care, including medicinal cannabis.

This is a huge step forward in the right direction, and the Epilepsy Foundation has even called for an end to the Drug Enforcement Administration (DEA) restrictions that limit clinical trials and research into the usage of cannabis for epilepsy.

More than 2.3 million Americans currently live with epilepsy, which is a neurological condition that induces seizures. Those with uncontrolled seizures live their lives with the continual risk of injury and even loss of life.

To quote the Epilepsy Foundation:

“We applaud recent decisions that have allowed clinical trials of Cannabidiol (CBD) oil, to begin in several states. Certain components of medical marijuana, including CBD, have shown effectiveness in animal studies, and there have been encouraging anecdotal reports from patients. But further research and unbiased clinical trials are needed to establish whether and in what forms medical marijuana is or is not effective and safe. Restrictions on the use of medical marijuana continue to stand in the way of this research,”

(The Epilepsy Foundation, 2014).





Some people, more specifically families of children with uncontrolled seizures, are resorting to using what is called cannabidiol oil, or CBD oil. A few of these patients are seeing remarkable results. Freedom from seizures for one person means hope of a seizure free life for others.

While there is still a lot we don't know about the medical use of cannabis for epilepsy, these results are promising. With more clinical trials, come more successes.

## Glaucoma

According to the Glaucoma Research Foundation (2012), advocates of medicinal cannabis cite evidence that cannabis products can lower intraocular pressure (IOP) in people with glaucoma.

The eyeSmart (2014) website found research that shows that smoking cannabis serves to lower the IOP or intraocular pressure, for those with glaucoma. As a result of this research, additional studies were conducted which examined whether cannabis or its active ingredient, THC, could be used to keep the levels of IOP lowered. This research, supported by the National Eye Institute, found that when cannabis is smoked or when THC is taken by pill or injection, that it does lower IOP levels. However, it only lowers these levels for a short period of time or three or four hours.

Although this short period of time may be looked at as a major drawback, the research is promising.

“According to research published in the journal *Neuropsychopharmacology*, the administering of synthetic cannabinoids to rats after a traumatic event can prevent behavioral and physiological symptoms of PTSD by triggering changes in brain centers associated with the formation and holding of traumatic memories. The study adds to a growing body of research that “contributes to the understanding of the brain basis of the positive effect cannabis has on PTSD,”

the researchers note, (Huffington Post, 2014).



## PTSD

More than 5 million people in the U.S. suffer from PTSD or post-traumatic stress disorder. New research suggests that cannabis may actually help provide significant relief.

Although the research is preliminary, it does suggest that the usage of human trials could be conducted to examine cannabis's use in the treatment of PTSD.

The findings of the study also suggest that the connectivity within the brain's fear circuit changes following a traumatic event, and the administration of cannabinoids can counteract this change.

There has been more press recently on using cannabis for veterans because the effects of PTSD are wide ranging. Nearly 30% of veterans who returned from Iraq and Afghanistan suffer from PTSD and the numbers are growing every day.

Scientists have suggested that cannabis may help those who suffer from PTSD symptoms such as flashbacks, anxiety and depression although more studies are needed.



# Mindful MARY JANE

## 7th Chakra, CROWN (SAHASRARA)

Cosmic perception, intuition & inspiration

[Spiritual Power Hypnosis](#)  
[ADHD Hypnosis](#)  
[Seizure Management Meditation](#)

## 6th Chakra, THIRD EYE (AJNA)

Perception, intuition, knowledge & mental organization

[Natural Migraine Treatment Meditation](#)  
[Deep Sleep Hypnosis](#)

## 5th Chakra, THROAT

Communication, personal expression & the flow of information

[Managing Diabetes Hypnosis](#)  
[Asthma Relief Meditation](#)

## 4th Chakra, HEART (ANAHATA)

Love, relationships, personal development, direction & sharing.

[Pain Relief Hypnosis](#)  
[Chemo Side Effects Hypnosis](#)  
[Grief and Bereavement Hypnosis](#)

## 3rd Chakra, SOLAR PLEXUS (MANIPURA)

Sense of identity, self-confidence & personal power

[Anxiety Hypnosis](#)  
[Depression Treatment Hypnosis](#)  
[Self-Confidence Hypnosis](#)

## 2nd Chakra, SACRAL (SVADISTHANA)

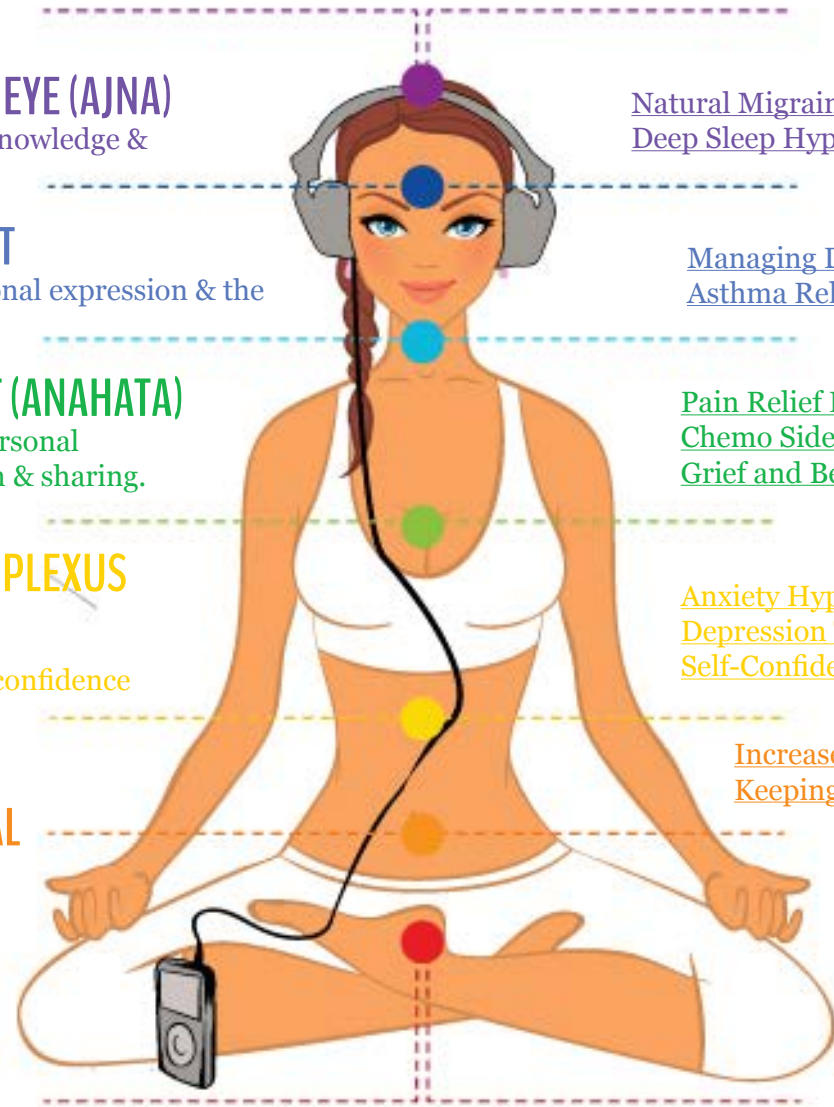
Creativity, feelings, sexual drive & exploration

[Increase Sex Drive Hypnosis](#)  
[Keeping Passion Alive Hypnosis](#)

## 1st Chakra, BASE/ROOT (MULADHARA)

Physical survival, energy distribution and practicality

[Natural Weight Loss Hypnosis](#)  
[Phobias and Fears Hypnosis](#)  
[PTSD Treatment Hypnosis](#)



The Chakra system is comprised of 7 levels, which contain and process life force energy. Chakras are shaped like a flower or a wheel, similar to spinning balls of light. Each of the chakras is related to a physical condition within the body, so balancing the chakras can help facilitate healing and help you live a healthier and more productive life.



## OTHER FACTORS TO CONSIDER

The usage of cannabis is obviously controversial and the choice is a very personal one. There are many studies, which show some amazing benefits to using cannabis, and if you are someone who has struggled with trying to find the right pharmaceutical drug for your ailment, it may behoove you to consult with your local Dispensary Professional so that you can make your own informed decision.

The use of cannabis oil (CBD oil) is also highly controversial when it comes to children, however, for those children suffering from chronic or severe epilepsy or seizures, the benefits may far outweigh the risks.

One of the biggest detractors in using cannabis is the fact that it is still not legal in many states. Hopefully, this will continue to change with more research. The fact that cannabis is a Schedule I Drug doesn't help either - because that factor severely penalizes illegal usage and the ability of the Federal government and others from conducting more adequate clinical trials and research.

If you live in a state where medical or recreational cannabis is legal, you may want to consider doing some careful experimentation to see if you notice any positive benefits when it comes to health conditions or anxiety.

Many people incorrectly consider cannabis a gateway drug, and that false stigma has a built in bias, which is difficult to counteract. There is also a lot of legislation in place that has a built in bias as well. For example, the pharmaceutical industry would most likely lose billions, and privatized prisons have a vested interest in keeping prisoners behind bars.

The biggest negative financial consequence of acknowledging and legalizing medical marijuana may just be to the pharmaceutical industry because they have the most to lose if people start using cannabis over powerful, expensive and toxic pharmaceutical drugs.

Federal research is prohibited due to cannabis's Schedule I class, so the first step to making progress is removing cannabis as a Schedule I substance.



# CANNABIS ASSISTED MINDFULNESS™

*Cannabis Assisted Mindfulness™* is the term coined by Zen 420 Healing for their exclusive line of mindfulness products developed and designed so it could be used in conjunction with cannabis. Cannabis and mindfulness have very similar outcomes. Both serve to relax the mind and body. Many believe, including a number ancient cultures, that using cannabis allows them to reach heightened states of consciousness. And when used properly, the results of Cannabis Assisted Mindfulness™ can be nothing short of amazing.

The term “mindfulness” can encompass many things from meditation to hypnosis to yoga. The differences between each of these practices are subtle at best with a practice like meditation being more general in nature and hypnosis and guided imagery more specific in terms of the therapeutic outcome.

Meditation, hypnosis and mindfulness all use the focusing power of the mind to help one make lasting changes. These types of practices can also help one increase mental clarity, focus and concentration.



Hypnosis is really just a very deep form of meditation. The main difference is that hypnosis directs the subconscious mind toward a very specific change. While the main focus of meditation is often to quiet the mind or be present in the moment, both practices are very similar. Hypnosis does help someone override the conscious mind, so that the subconscious mind can come to the forefront, where changes are more easily made.



The practice of mindfulness or being mindful means observing your thoughts for exactly what they are - thoughts. When you observe your thoughts in a detached manner you begin to realize that your thoughts do not define you or control you, they simply are.

By engaging in *Cannabis Assisted Mindfulness™*, you can learn to step away from your thoughts, let go of stress and anxiety and improve your health and overall wellness.

Being present in the moment is incredibly empowering because it allows you to focus your awareness on the here and now and accept that each moment is meant to be experienced right now. The truth is that tomorrow really never comes so the more you can learn to live in the moment, the more empowered you will feel.

## MINDFULNESS AT GOOGLE

Google has worked extensively with the concept of mindfulness in their program “Search Inside Yourself” which is now being offered to organizations outside of Google. Led by Chade-Meng Tan, the program is used to increase emotional intelligence using mindfulness — and it is backed by scientific research.

Google is actually very well known for its friendly workplace policies because they know that their employees are their greatest assets. “Search Inside Yourself” has three simple steps:

1. Attention Training.
2. Self-knowledge and Self-Mastery.
3. Creation of Useful Mental Habits.

The “Search Inside Yourself “ Program currently teaches 2,000 “Googlers” per year to meditate! Thousands of Google employees have attended the class, which says a lot about employees and their hunger for and success with mindfulness.

Both cannabis and spirituality go hand in hand in many ways because cannabis has been used in various religious ceremonial practices for hundreds if not thousands of years.



## WHAT TO EXPECT PAIRING MINDFULNESS WITH CANNABIS

Whether you're practicing a simple silent mindfulness breathing exercise or working on your mind-body connection via hypnosis or meditation, the usage of cannabis might be just what you need to take your practice to the next level.

Everyone is unique, so only you will be able to judge whether or not cannabis and mindfulness mix, but you may be surprised at the immense benefits of pairing these disciplines.

Meditation, hypnosis and cannabis all have similar outcomes in terms of their ability to relax the mind and body. Some believe that using cannabis enables them to attain the same state of consciousness that is achieved through meditation or hypnosis.

Both cannabis and mindfulness allow the user to reach a state of euphoria, so it reasons that combining the two will allow the user to reach an even higher state of euphoria.

While some people may prefer a sober mind for their spiritual reflections, there are others who have a strong desire to mix cannabis with mindfulness or meditation or hypnosis.

### Mindfulness can encompass many things:

- **Hypnosis or self-hypnosis**
- **Deep Breathing**
- **Meditation**
- **Guided Imagery**
- Yoga
- Etc.



There are many different opinions as to whether cannabis dulls or heightens the senses and there will always be people on both sides of the fence. There are those who believe that drugs and inner peace don't mix and those who find it beneficial. If you are meditating to relax, you may find that cannabis heightens the mindfulness experience.

On the other hand, if you are meditating to cultivate a higher awareness, you might find that certain strains of cannabis hinder your progress. One very important consideration to keep in mind is the type of cannabis you choose to use while meditating or practicing mindfulness because different cannabis strains can have very different effects.

For example, a strain high in THC or Delta-9-tetrahydrocannabinol will often have an analgesic and psychoactive effect where a cannabinoid high in CBN or cannabidiol tends to be non-psychoactive with a more sedative effect.

The best way to find out which strain is right for you is to check with your local Dispensary Professional and try a few different strains out to see what works for you.

The truth is that cannabis affects everyone differently. Some might experience a surge of creative thought when combining the two venues while others may find that cannabis slows down their thoughts.

The type of cannabis you choose can make a big difference and if approached correctly, cannabis can serve a very useful purpose as a meditation or mindfulness aid. Choosing a strain that will help sedate you, like an indica strain, can actually slow down your synapses helping you reduce mental distraction.

Cannabis has been used in ancient civilizations and religions for many years. In tantric Buddhism for example, cannabis still plays an integral role in various meditation rituals and is used to help facilitate a deep meditative state as well as a heightened awareness.



The Rastafarian movement has also utilized cannabis with meditation for worship. The Rastafarian's believe that:

“The herb is the key to a new understanding of the self, universe, and God.”- <http://medicalmarijuanaanewbeginning.com/2015/10/01/marijuana-and-meditation-how-to-combine-your-two-favorite-things/>

If you suffer from chronic anxiety, or severe stress or something like PTSD or any other medical condition, you have everything to gain and nothing to lose by experimenting with cannabis and meditation or mindfulness (in states where cannabis is legal of course.)

In terms of meditation and mindfulness, there is no limit to what the mind can achieve in a heightened state of awareness. In the end, the usage of cannabis combined with meditation, hypnosis or any other kind of mindfulness practice is a personal choice. Some may find that combining meditation or even self-hypnosis with cannabis offers incredible life-changing results where others may still prefer to keep the practices separate.

Hopefully, with more states easing up on regulations, you too will have a choice.

If you're ready to take the next step with Cannabis Assisted Mindfulness™ and explore higher states of consciousness and health, click below to visit [Zen420Healing.com](http://Zen420Healing.com) and learn about our Get \$50 program where you can get \$50 in free Cannabis Assisted Mindfulness™ to get started plus you'll get another 50% discount on your future purchases.



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