



Collective Health

206.497.1007

Annual American Deaths from:	
Tobacco.....	400,000
Alcohol.....	100,000
All Legal Drugs.....	20,000
All Illegal Drugs.....	15,000
Caffeine.....	2,000
Aspirin.....	500
Marijuana.....	0



Seattle Medical Cannabis

TOP 5 Survival Tips For Seattles Medical Cannabis Patient

Collective Health
 8554 ½ Greenwood Ave N
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 206.497.1007

(Important Note before You Begin)

Jeremy Hickling here...

You recently requested this pretty cool report and in it I'll share with you 5 basic steps to help the new and experienced Seattle area medical cannabis patient.

Just a little up front information though:

Since 1998 when Washington state voters approved ballot initiative I-692, (currently RCW 69.51A), Washington residences have had the right to safe access for medical cannabis.

This is BIG because after years of idiotic outcries about the dangers of marijuana use and the misinformation and ignorance surrounding this topic, the risks associated with cannabis use are on a par with drinking water!

For example we have yet to read about even a single marijuana specific death, consider this fact:

Someone dies in this country alone every 14 minutes due to pharmaceutical use and abuse. These are ALL preventable deaths!

Prescription drug deaths are the 4th leading cause of death today in the U.S.

'Get Out!'

Actually humans have used cannabis for thousands of years as a viable medicine! This means there is a fantastic and versatile medicine well within everyone's reach that is a natural alternative to expensive, hard to pronounce and often toxic pills and drugs.

At Collective Health, discretion is our goal and we have the experience to guide you properly through the myriad of medicine selections available to you as well as knowledge to answer most every question you have.

Our specialty is our ability to offer *ALL* ranges of medical cannabis to meet *ALL* your patient needs.

Take the time to print this out and come by the shop or call us directly at **(US)-206.497.1007**

Enjoy.

Jeremy



Jeremy@YourCollectiveHealth.com

Please Note:

You are being introduced to information about the benefits of medical marijuana use. You are encouraged to fully understand the law's in your state regarding medical cannabis.

Now, there is a long list of ailments, everything from spasticity disorders to migraine headaches that respond extremely well to marijuana as a medicine.

This is not to suggest that you throw away your prescribed medicines.

Rather you will be encouraged to make a simple shift in your perception and lifestyle that leads to **a marked decrease** in the toxic drugs you may currently be taking while improving your health and energy and providing you choices.

And that's why this works!

Consider this:

The U.S. National Institute of Health earlier this year reported that "The potential benefits of medicinal cannabis for people living with cancer include anti-emetic effects, appetite stimulation, pain relief, and improved sleep. In the practice of interactive oncology, the health care provider may recommend medicinal cannabis not only for symptom management but also for *it's possible direct anti-tumor effect.*"

WOW!

How would it feel for you to *Finally...?*

- **Sleep ALL night and awake refreshed!**
 - **Physically Feel Better!**
 - **Eliminate Nausea And Stomach Pains**
 - **Get Rid Of Joint Aches**
 - **Reduce Anxiety**
 - **Have More Confidence IN YOUR LIFE!**
 - **Have More Daily Energy**
 - **Have No More PILL Hangovers!**
-

The 5 Point Survival Guide For Seattle's Medical Cannabis Patient

- What is 'Medical Marijuana?'
- Know The Law!
- How To Target The Best Medicine For You.
- Where To Get The Best Medical Cannabis.
- Taking Care Of You.



What So Medical About Medical Cannabis?



For thousands of year's marijuana, slang for cannabis, has been used as a medicine because of its inherent ability to benefit patients with a myriad of ailments.

Let's break it down a little-

The cannabis plant has basically 3 sub genus types of *Indica*, *Sativa* and *Ruderallis*.

For our interest we will focus only on Indica and Sativa since Ruderallis doesn't have medical value for us.

The effects of *sativa* are well known for its cerebral high, hence used daytime as medical cannabis, while *indica* are well known for its sedative effects and preferred at night time as medical cannabis.

Generally, the *sativa* plant is a taller and lankier variety, characterized by narrow serrated leaves and loose spear-like flower clusters that can be extremely resinous. The primary effects of *sativas* are on the mind and emotions. These benefits can be particularly helpful for the psychological aspects of many illnesses, giving people an increased sense of well-being. Due to the stimulating nature of *sativas*, they are generally better for daytime use.

Cannabis indica differs in the plants appear courser and squatter and typically have shorter growing periods then Sativa. Indica may also have a CBD to THC ratio 4-5 times that of *Cannabis sativa*.

Cannabis has a system of 100's of compounds including THC which, again, creates the 'head high' in users and CBD which are responsible for the dramatic physical health benefits reported by scientists and cannabis users.

These are referred to as cannabinoids and blend neatly with a recently discovered endo-cannabinoid system within our bodies. A perfect fit!

In other words this plant was made for us!

Note: Cannabis strains with relatively high CBD to THC ratios are less likely to induce anxiety than vice versa.

The discovery of CBD – a non psychoactive agent, is very important here.

CBD is a compound in Cannabis that has medical effects but does not make people feel “high” and actually counters some of the effects of THC. After decades in which only high-THC Cannabis was available, CBD-rich strains are now being grown by and for medical users.

The reduced psycho activity of CBD-rich Cannabis may make it an appealing treatment option for patients seeking anti-inflammatory, anti-pain, anti-anxiety and/or anti-spasm effects without disconcerting euphoria or lethargy.

Scientific and clinical studies indicate that CBD could be effective in easing symptoms of a wide range of difficult-to-control conditions, including: rheumatoid arthritis, diabetes, alcoholism, PTSD, epilepsy, antibiotic-resistant infections and neurological disorders.

CBD also **has demonstrated neuroprotective effects**, and its anti-cancer potential is currently being explored at several academic research centers in the U.S. and other countries.

While higher levels of CBD may offset the elevated THC levels in your medical cannabis, low CBD levels combined with high THC levels have been the preferred medicine for anxiety based disorders such as PTSD, depression, ADD and ADHD.

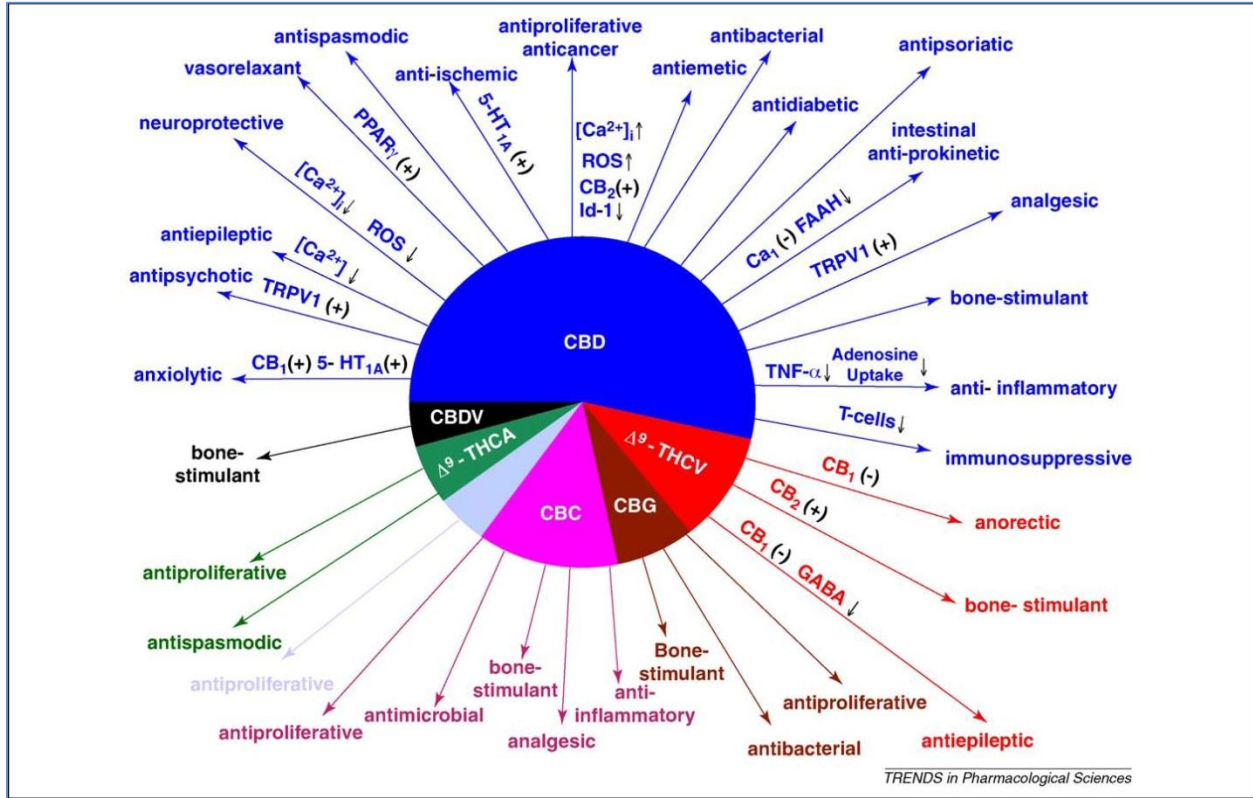
Can You Believe This Amazing Plant?

It's important that your medical cannabis provider has some working knowledge of CBD medicine and understands the roll of Cannabinoids in restoring optimal health to you.

The chart below shows the corresponding pharmacological action of cannabinoids on the human physiology.

(cont~)

Pharmacological Actions Of Cannabinoids



Know The Law!

This is easy, really.

In 1998 Washington voters opted for the right to have safe access to medical marijuana. This was known as ballot initiative I-692 and currently we have 16 states in the U.S. that have adopted similar laws.

This 'right' comes with a cautionary note:

First Things First!

You want to be certain that whether you smoke, drink, eat or use medical marijuana topically that you are in compliance of the laws in your state.

Possessing, cultivating and selling cannabis is still a class 1 felony under federal law meaning, under this classification, that marijuana has NO medical value and is essentially a dangerous family wrecking poison!

It also means that you can go to jail if you don't handle yourself properly. (no joke)

Stay with me here – we're making great strides in correcting this imbalance and for the most part the local police and here in Seattle, the SPD has no interest in hassling legitimate medical cannabis patients.

The Seattle medical cannabis LAW in its simplest form is this:

- A Washington state medical cannabis patient may possess 24 ounces of usable cannabis (considered a 60 day supply) and have UP TO 15 cannabis plants.

Now the law is pretty simple on the surface and only a few misguided types get themselves into trouble here but our collective experience has proven 2 important things.

- 1** - It is still federally illegal to possess, cultivate or sell marijuana.
- 2** - The police don't have a sense of humor about this.

Some Simple Reminders For The Intrepid Cannabis Patient

Take the following precautions with your personal medical cannabis use.

- ✓ Do not carry a scale
- ✓ Do not carry your medicine in separate bags
- ✓ Leave your medicine in the official package you received it in.
- ✓ Lock your medicine in the trunk of your car when driving.
- ✓ Carry only the reasonable dosage necessary for yourself.

I get the privilege of working directly with medical cannabis patients everyday here at Collective Health in the heart of Greenwood.

The city is doing its part to insure that medical marijuana patients are acknowledged and that their experience is positive. This means allowing safe access to medical cannabis provided by access points such as Collective Health.

How To Target The Right Medicine For You.



This is where this all makes sense ☺

Earlier you read a little about the different cannabis plant varieties in terms of whether a plant is *Indica* or *Sativa*.

(sleepy or awake)

If that were all you had to think about then this would be easy and I would only have a few tips to share with you. Actually understanding the differences between medicines and discovering which is best for your condition is important for you.

For that reason I have listed all the federally recognized physical conditions that medical cannabis can be used for.

Next to each condition is a suggested **Indica**, **Sativa** or **Hybrid** notation indicating which putative cannabis plant strain may be best for that condition.

Let's review the CBD content in your medicine though. If this aspect of your medicine is ignored you may cutting yourself short in terms of utilizing the best medicine for you.

A reminder: All cannabis strains *may* have CBD but the truth is that MOST do not.

Remember that CBD can be effective in easing symptoms of a wide range of difficult-to-control conditions, including: rheumatoid arthritis, diabetes, alcoholism, PTSD, epilepsy, antibiotic-resistant infections and neurological disorders.

CBD rich cannabis has been used in tumor reduction tests successfully and its anti-cancer potential is currently being explored.

The chart on the following page allows you to begin identifying the right cannabis for your situation.



Targeted cannabis intervention list below:

(note: Many patients blend strain types for their conditions. We have listed the primary strain)

CONDITION	STRAIN TYPE	PHARMALOGICAL ACTION
Anorexia	Hybrid/sativa dominant	<i>Canabinoids -active agents- found in marijuana may have significant appetite stimulation effect in cases of classic anorexia nervosa</i>
Anxiety	Hybrid/sativa dominant	<i>The physical experience of smoking marijuana for people can cause a temporary reduction in anxiety and symptoms of generalized anxiety disorder or GAD</i>
AIDS	Hybrid/indica dominant	<i>Smoked cannabis is well tolerated and effectively relieved chronic neuropathic pain from HIV-associated sensory neuropathy. (per a 2007 study conducted by USF.) The findings are comparable to oral drugs used for chronic neuropathic pain. Cannabinoid drug effects suggest that they are promising for treating <u>wasting syndrome</u> in AIDS patients. Nausea, appetite loss, pain and anxiety are all afflictions of <u>wasting syndrome</u></i>
Arthritis	Hybrid/indica dominant	<i>Science has determined that the THC component of cannabis is a very effective analgesic (pain killer) and that the CBD (cannabidiol) component has a unique immunomodulatory benefits</i>
Cancer	Hybrid/indica dominant	<i>Medical Marijuana will relieve some symptoms of cancer as well as relieve the side effects of drug treatments and radiation therapies associated with the current prescribed medical model of cancer intervention. Besides relieving nausea and vomiting cannabinoids, particularly THC, have some potential to relieve pain and stimulate appetite</i>
Crohns Disease	Hybrid/indica dominant	<i>Beneficial effects are reported for appetite, pain, nausea, vomiting, fatigue, activity and depression, It is also reported that cannabis use resulted in weight gain, fewer stools per day and fewer flare-ups of less severity. Cannabis using Crohn's patients not only report significant relief of their symptoms, they also are able to reduce the amount of immunosuppressive medications that are typically prescribed for the treatment of this disorder</i>
Depression	Sativa	<i>Patients using medical marijuana to relieve symptoms of depression have been able to reduce or eliminate the use of opiates and other pain relief medication, tranquilizers, sleeping pills, anti-depressants and other psychiatric medicines.</i>

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CONDITION	STRAIN TYPE	PHARMALOGICAL ACTION
Epilepsy	Hybrid/sativa dominant	<i>Epileptic seizures are caused when bundles of nerve cells in the brain send the wrong signal and are characterized by strange sensations and / or behavior at the time of 'misfiring.' Researchers have found that some of the compounds contained in marijuana are effective at relieving these seizures. Marijuana patients report reduction in headaches as well as reduction in seizures when using medical cannabis instead of traditionally prescribed medication.</i>
Fibromyalgia	Hybrid/indica dominant	<i>Medical marijuana has been shown to mitigate pain expressed in disease processes. The pain associated with Fibromyalgia is typically not localized but is body wide. Marijuana contains cannabinoids very similar to those that occur naturally within our bodies. This helps to stimulate the body's natural pain killers from the so-called 'endocannabinoid system'</i>
Glaucoma	Indica	<i>Cannabis lowers intraocular pressures dramatically with none of the serious side effects associated with standard medical treatments. These prescribed treatments typically have unpleasant and even dangerous side effects</i>
HIV	Hybrid/indica dominant	<i>Marijuana's ability to reduce and suppress nausea in HIV patients makes it the therapeutic 'Drug Of Choice' for HIV patients who are nauseated at the thought of -or as a result of taking- their anti viral medication. Marijuana can help to control the nausea to insure that all medications are taken on schedule</i>
Insomnia	Indica	<i>Some strains of medical marijuana are popular for their sleep inducing characteristics. Many Insomnia patients report 8 hours of good - restful sleep from using medical marijuana. These reports indicate marijuana by far out performs typically prescribed treatments which can lead to disorientation and lethargy</i>
Migraine	Indica	<i>Many patients who suffer from migraines have found that by using medical marijuana they are able to reduce and sometimes prevent the onset of migraine headaches. Research shows that THC, the active agent in marijuana inhibits the release of their own serotonin thus reducing pain</i>

CONDITION	STRAIN TYPE	PHARMALOGICAL ACTION
Multiple Sclerosis	Hybrid/indica dominant	<i>Clinical and anecdotal reports of cannabinoids ability to reduce MS related symptoms such as pain, spasticity, depression, fatigue and incontinence are plentiful in scientific literature. Research shows us that medical marijuana helps significantly in reducing the debilitating effects that accompany the MS symptoms and provide benefits beyond currently prescribed treatment programs</i>
Nausea	Hybrid/indica dominant	<i>Nausea and poor appetite are often side effects of medical interventions typically used to intervene with cancer and other debilitating diseases. This can exacerbate existing conditions and worsen a patient's quality of recovery and life. Medical marijuana stimulates appetite and suppresses pain making it a natural remedy for the nausea patient</i>
Chronic Pain	Hybrid/indica dominant	<i>Numerous studies have now established that cannabinoids help lessen pain and affect a wide range of symptoms and bodily functions. Research has also demonstrated that cannabinoids may work together with opioids to enhance their effectiveness and reduce tolerance</i>
PTSD	Hybrid/sativa dominant	<i>Although PTSD can result for a multitude of reasons, most typically we hear of the military vet suffering from this disorder however PTSD is a non discriminating disorder and many people suffer from this. With the use of cannabis, evidence shows a marked decrease in agitation and an increased ability to relax and reduce and even eliminate PTSD anxiety events</i>
Spasticity	Hybrid/indica dominant	<i>Studies demonstrate that medical marijuana reduces spasticity and improves mobility in MS patients treated with marijuana extracts- also reductions in pain and muscle cramping allow for better rest.</i>
Bursitis	Indica	<i>There are 160 bursae in the body and when these go bad extreme discomfort and pain results. The anti inflammatory and analgesic quality of marijuana can greatly relieve discomfort and lessen the severity of repeat attacks.</i>
Hepatitis C	Hybrid/indica dominant	<i>Marijuana use can lessen the discomfort associated with Hep C and obviate the use of standard drug therapies. Cannabis use will relieve pain, reduce nausea, reduce swelling and increase appetite enabling Interferon therapy to have more positive effect.</i>

Chemotherapy	Hybrid/indica dominant	<i>Marijuana use can lessen the discomfort associated with chemotherapy. Nausea and vomiting and weight loss is a severe side effect of chemotherapy and cannabis use has a positive action on all symptoms of discomfort.</i>
Muscular Dystrophy	Hybrid/indica dominant	<i>Cannabis use may relieve muscle cramping and improve appetite for the MD patient. Also cannabis therapy may lessen pharmaceutical hangovers as a result of drug treatments.</i>
Asthma	Hybrid/indica dominant	<i>Smoking marijuana or administration of its main active constituent, THC, may exert potent dilating effects on human airways. Sub lingual and concentrate cannabis sources may be best for this patient.</i>
Skin Diseases	Hybrid/sativa dominant	<i>Integumentary ailments such as psoriasis are often a result of immune deficiency however triggered typically because of stress and anxiety. Cannabis use can lessen the onset of breakouts and relieve general stress.</i>
Back and muscle pain	Hybrid/indica dominant	<i>Stress related back and muscle pain can be mitigated through the use of cannabis. With increased rest muscle groups have more time to rest and re-align themselves naturally.</i>
Para & Quadriplegia	Hybrid/indica dominant	<i>Muscles paralyzed by spinal cord injury (SCI) experience involuntary spasms and suffer intractable pains. Such paralysis cannot be cured, but its symptoms and complications can be treated with cannabis which reduces pain, spasticity and enables much needed rest.</i>

Keep This In Mind...

Very few access points in Seattle actually have **CBD** rich forms of the medicines identified above.

CBD absent medicines may offer *some* relief but your best bet is to locate and stick with a medical cannabis provider that understands the roll of not just **CBD** but ALL cannabinoids as it relates to your health profile.

Call **Collective Health** and ask us specifically what we are doing with patient wellness and how we maintain an array of **CBD** rich medicines suitable for every patient.

ALL medical cannabis patients can find exactly what they need here at **Collective Health**.

Where's The Best Place For You To Get Your Medicine...?

Easy!



206 497-1007

Collective Health in the heart of Greenwood at 85th & Greenwood

8554 ½ Greenwood Ave N – Seattle Wa - 98103

In Seattle there are many dispensaries & access points for patients to choose from. Having all those choices may not be an advantage though.

Often when faced with so many choices people experience what we call paralysis by analysis meaning we spend so much time looking and reviewing stuff that we either never get going or make the wrong decisions that keep getting us in trouble and don't address our specific issues.

So...

Why Collective Health?

Collective Health focuses on your needs as a patient and our collective assistants are well versed in CBD rich cannabis. Most all of our employees are experienced patients and growers and know exactly the right questions to ask so you have the best and most complete experience when accessing your medicine.

I'm Jeremy. Together with my wife Jan, we own and operate Collective Health and we have a special interest in medical cannabis.

Our individual knowledge and experiences puts us right at the front of what medical cannabis patients want today.

- 1) Safe and consistent access to high quality cannabis medicine.
- 2) Knowledgeable and compassionate care givers.
- 3) A wide variety of edibles, topicals and smokables (as we say) to choose from.

Feel Better Today!

Feel Better Today

Collective **H**Health is a qualified provider for medical cannabis access in the Seattle Puget Sound area, meeting the health needs of our community daily.

For many of us, prescribed medicines are as harmful as the disorders they treat and at Collective Health we want you to not only live healthier,

-we want you to live better.

We offer you the highest quality herbal medicine combined with compassionate and natural health practices for improving your physical health and to meet your specific and unique needs.

It's your health and your choice and our discreet, expert staff are always ready to help and can easily guide you with their assistance

It's your health - It should be your choice~



Collective Health

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Taking Care Of You!



Since you're reading this guide then I'll assume you're a medical cannabis patient.

And I don't want to be accused of being too drippy or anything but I want to appeal to the ill person inside of you and encourage you to look at ALL aspects of your health picture.

Many readers have laughed when meeting me asking, "What Health Picture!"

In my experience health is a lifestyle result. Regardless of your condition you can always make subtle lifestyle adjustments – not radical change, and see prodigious results.

My level of health is in direct proportion to the personal conviction I have to be as healthy as I can be.

Doesn't everyone think this way? No actually. Most people aren't taught how to maintain a lifestyle that has a natural result of optimum health and wellness.

...and no I'm not trying to pitch you here!

I have an awful lot of years of fitness background as does my wife and we have discovered that whatever your medical condition is be it anxiety disorders, cancer paraplegia, whatever, it can be improved easily and naturally.

Take it or leave it – It's your choice!

If you follow the advice below you're bound to experience benefits either with improved sleep, reduced pain, increased mobility, and more.

This is really easy!

(I wish I could build this up more but it's just so simple~)

Do This Today And...

SHINE!

Super Foods 6-8 Times a Day

Hydrate- Drink 80 oz. of Clean Water Every Day

Interval- Eat Every 2.5 - 3 Hours

Nutritional Supplements Every Day

Exercise Moderately Every Day

Our body requires healthy - natural - food and water every day at regular intervals to operate correctly. Your body also requires exercise and high quality nutritional supplements. This is not only for your physical health but also your overall sense of emotional health and well being.

Being healthier means feeling better!

Super foods are natural foods found in the form of roots, berry's, organically grown meats and veggies, etc. Whole foods - specifically low glycemic natural foods are your best choices.

The problem is that very few people actually incorporate super foods into their diets anymore. Convenience has come at a terrible health cost.

(cont~)

So...These 5 steps will save your life.

SUPER FOODS: The human body was designed to consume and metabolize 6-8 servings of fruits and vegetables every day. Make eating whole foods a part of your daily living.

HYDRATE: Your body is something like 70% water. Drink more clean water every day! 80 ounces!

INTERVAL: Eat every 2.5 to 3 hours. Maintain a healthy level of fuel in your system.

NUTRITIONAL SUPPLEMENTS: Take high quality nutritional supplements. Your body is under assault every day by destructive toxins and we already know you're not eating right!

EXERCISE: 1 hour a day of walking is all you need! Use it or lose it!

Here's what we know for sure - Time is something we can't get back so let's stop wasting what we have!

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Use this guide today.

Call us here at *Collective Health* 206 497-1007 and get preauthorized for your new patient visit.

OFFER: Ask us about the \$25 new patient donation rate for 1/8 ounce!

Clip out the coupon below to get our **1 TIME ONLY** - \$10 off any \$50 or more donation at Collective Health.

