

EXPERT 24
DATE 3/11/11
NO. HB161

**CANNABIS
SCIENCE JOURNAL
RESEARCH
&
PATIENT STORIES**

Valerie Sigler 850-723-5107

To Get a Medical Marijuana Card in this state, you have to find a doctor who will certify that you have a qualifying condition and you are likely benefited more than harmed by cannabis use. Currently there are over 28,000 legal Medical Marijuana cardholders in this state.

To grow industrial hemp, the aspect of the plant that DOES NOT GET YOU HIGH. THIS IS TO GROW FOOD FUEL AND FIBER. Here is what I received verbatim from the Department of Agriculture:

Realize that hemp cultivation is still illegal under federal law attempting to grow it without a change in federal law or an exemption from the DEA could result in jail time or confiscation of property. To obtain a state license (which in no way affects the federal legal status of hemp) You must mail me a letter (303 North Roberts, Helena, MT.)

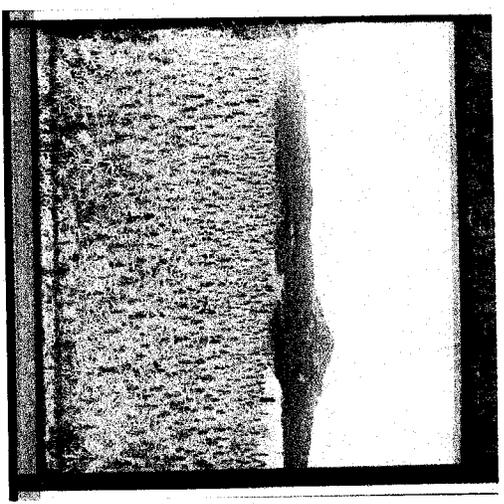
The letter must state that you are requesting a hemp license, indicate the variety of hemp seed you will be using, indicate where you will be growing it (by legal descriptions, geographic coordinates, or a highly accurate map) You must attach a fingerprint set taken by law enforcement, a copy of your criminal history, and a copy of your state id (current) We will then review and see if you qualify for a license.

If you do a copy of the file will be sent to the DEA as they have a standing request for such information.

If you grow hemp you will be subject to inspection at any time by the state department of agriculture and you will have to pay for the inspections. You also have to provide us with everyone you sell hemp to name, address, and use of the hemp (be it fiber, plant, seed, or oil)

Most of the above requirements (except for the DEA part) come from MCA 80-18-101 et al.
Cort Jensen, SAAG
Chief Attorney
Department of Agriculture
406-444-5402

CURRENTLY IN MONTANA ONE PERSON GROWS INDUSTRIAL HEMP!
THIS ILLUSTRATES COMPLETELY THAT THE REASON CANNABIS IS ILLEGAL TO BEGIN WITH IS TO PROTECT INDUSTRIAL PROFITS!



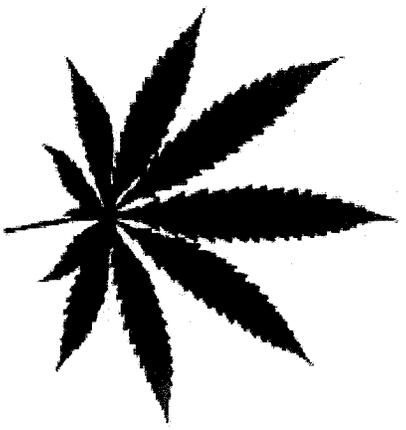
This is an industrial hemp field. Think how these fields of green could be oxygenating the Earth, providing a never ending supply of sustainable products; producing jobs in farming and industry.

We need to be able to use all aspects of this plant now! I personally feel we are headed for some very tough times ahead and we need to be able to take care of ourselves!

This pamphlet is dedicated to Jack Herer, who died on April 15th 2010. He is my hero and the person responsible for making me the cannabis activist I am today.

Thanks Jack. See ya someday!

MONTANA NEEDS CANNABIS



TO CREATE JOBS AND A SELF SUSTAINING ECONOMY FOR OUR BEAUTIFUL STATE?

Up until the 30's, cannabis was widely used in this country both medically and industrially.

Then some wealthy players in the oil and timber industry (Dupont, William Randolph Hearst) devised a scheme to remove this versatile plant from the competitive market so they would enjoy all of the profits for themselves. Through lies and yellow journalism they pushed through the Marijuana Tax Act which has evolved into the cannabis prohibition that has ruined millions of lives and costs

billions of dollars that we know today.

You cannot know the whole story of this plant unless you read these books you can order on Amazon or from bookstores:

The single most important cannabis book on Earth is "The Emperor Wears No Clothes" by Jack Herer.

He documents the history of the plant, who made it illegal and why,

who benefits by keeping it illegal and why it is still illegal today.

It has nothing to do with protecting health and everything to do with making money.

The next book is "Marijuana Myths Marijuana Facts" by Lynn Zimmer, PhD and John Morgan.

It addresses the main stream talking points against cannabis and cites scientific evidence relevant to what they say.

And finally,

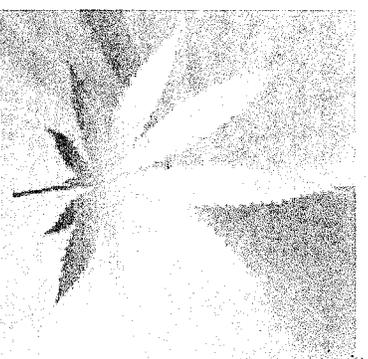
Marijuana is Safer, So Why Are We Driving People to Drink? by Steve Fox, Paul Armentano and Mason Tvert.

This book presents the glaring statistics regarding how cannabis compares to the legal vices in our society. The numbers speak for themselves:

Cannabis is hands down a safer substance than cigarettes and alcohol both for the individual and society as a whole. Legalizing cannabis completely could literally benefit society by reducing alcohol and tobacco consumption.

It is not "adding a vice". It is providing a safer alternative to what is already out there.

It is up to us to stand up and make our voices heard. Support an end to cannabis prohibition to anyone who will listen!



It is way past time we were able to utilize this incredible versatile plant.

It's about way more than getting high; it's about our economical survival.

It's about teaching the truth to children even if you don't agree with what is true.

When you characterize cannabis as similar to heroin, meth and other hard drugs, it is a lie.

When you teach a lie to children they don't trust you anymore and they don't believe what you tell them about the things that REALLY CAN KILL THEM, LIKE ALCOHOL.

No one has to use cannabis. Some of us want to and all we are asking is people don't stand in our way. They have the right to live their lives the way they choose and so do we.

Cannabis is not a threat to society it is a gift.

The Sound of Fear | Why Time's a One-Way Street | Lies Antelopes Tell

www.sciencenews.org

ScienceNews

MAGAZINE OF THE SOCIETY FOR SCIENCE & THE PUBLIC | JUNE 19, 2010

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Not just a high

Scientists test medicinal marijuana against MS, inflammation and cancer

By Nathan Seppa

In science's struggle to keep up with life on the streets, smoking cannabis for medical purposes stands as Exhibit A.

Medical use of cannabis has taken on momentum of its own, surging ahead of scientists' ability to measure the drug's benefits. The pace has been a little too quick for some, who see medicinal joints as a punch line, a ruse to free up access to a recreational drug.

But while the medical marijuana movement has been generating political news, some researchers have been quietly moving in new directions—testing cannabis and its derivatives against a host of diseases. The scientific literature now brims with potential uses for cannabis that extend beyond its well-known abilities to fend off nausea and block pain in people with cancer and AIDS. Cannabis derivatives may combat multiple sclerosis, Crohn's disease and other inflammatory conditions, the new research finds. Cannabis may even kill cancerous tumors.

Many in the scientific community are now keen to see if this potential will be fulfilled, but they haven't always been. Pharmacologist Roger Pertwee of the University of Aberdeen in Scotland recalls attending scientific conferences 30 years ago, eager to present his latest findings on the therapeutic effects of cannabis. It was a hard sell.

"Our talks would be scheduled at the end of the day, and our posters would be stuck in the corner somewhere," he says. "That's all changed."

Underlying biology

The long march to credibility for cannabis research has been built on molecular biology. Smoking or otherwise consuming marijuana—Latin name *Cannabis sativa*—has a medical history that dates back thousands of years. But the euphoria-inducing component of cannabis, delta-9-tetrahydrocannabinol, or THC, wasn't isolated until 1964, by biochemist Raphael Mechoulam, then of the Weizmann Institute of Science in Rehovot, Israel, and his colleagues. Within two decades, other researchers had developed synthetic THC to use in pill form.



The secrets of how THC worked in the body lay hidden until the late 1980s, when researchers working with rats found that the compound binds to a protein that pops up on the surface of nerve cells. Further tests showed that THC also hooks up with another protein found elsewhere in the body. These receptor proteins were dubbed CB₁ and CB₂.

A bigger revelation came in 1992: Mammals make their own compound that binds to, and switches on, the CB₁ receptor. Scientists named the compound anandamide. Researchers soon found its counterpart that binds mainly to the CB₂ receptor, calling that one 2AG, for 2-arachidonyl glycerol. The body routinely makes these compounds, called endocannabinoids, and sends them into action as needed.

"At that point, this became a very, very respectable field," says Mechoulam, now at Hebrew University of Jerusalem, who along with Pertwee and others reported the anandamide discovery in *Science*. "THC just mimics the effects

of these compounds in our bodies," Mechoulam says. Although the receptors are abundant, anandamide and 2AG are short-acting compounds, so their effects are fleeting.

In contrast, when a person consumes cannabis, a flood of THC molecules bind to thousands of CB₁ and CB₂ receptors, with longer-lasting effects. The binding triggers so many internal changes that, decades after the receptors' discovery, scientists are still sorting out the effects. From a biological standpoint, smoking pot to get high is like starting up a semitruck just to listen to the radio. There's a lot more going on.

Though the psychoactive effect of THC has slowed approval for cannabis-based drugs, the high might also have brought on a serendipitous discovery, says neurologist Ethan Russo, senior

medical adviser for GW Pharmaceuticals, which is based in Porton Down, England. "How much longer would it have taken us to figure out the endocannabinoid system if cannabis didn't happen to have these unusual effects on human physiology?"

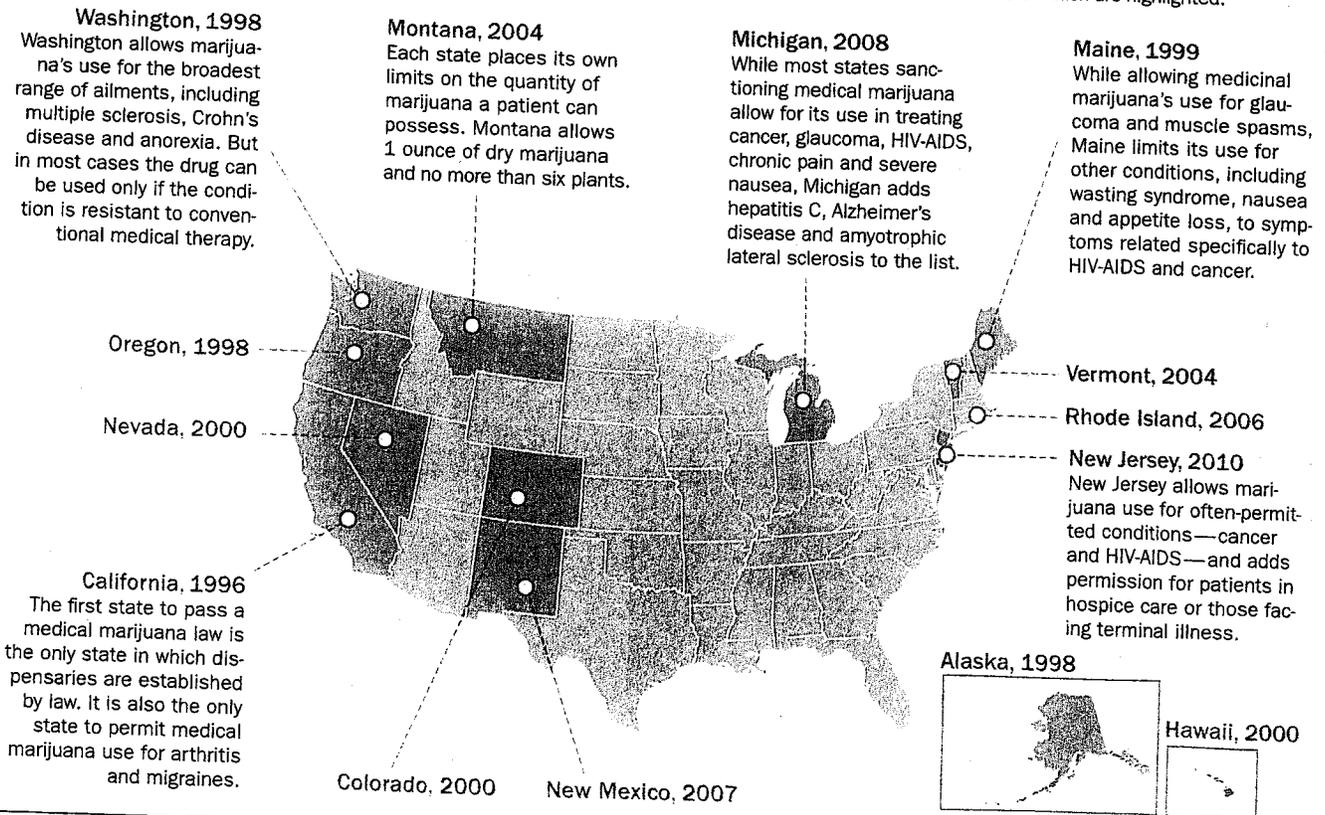
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Beyond the pain

Today smoked cannabis is a sanctioned self-treatment for verifiable medical conditions in 14 U.S. states, Canada, the Netherlands and Israel, among other places. It usually requires a doctor's recommendation and some paperwork.

People smoke the drug to alleviate pain, sleep easier and deal with nausea, lack of appetite and mood disorders such as anxiety, stress and depression. Patients not wanting to smoke cannabis can seek out prescriptions for FDA-approved capsules containing cannabis

Sanctioned smoking Though smoked cannabis has not been approved by the Food and Drug Administration, its use for medical purposes has been sanctioned by law in 14 states (shown in green, year given). Different states apply their own restrictions, some of which are highlighted.



KELLY ANN MCCANNY, SOURCE: D.E. HOFFMANN AND E. WEBER/NEJM 2010

compounds for treatment of some of these same problems.

Research now suggests that multiple sclerosis could join the growing list of cannabis-treated ailments. More than a dozen medical trials in the past decade have shown that treatments containing THC (and some that combine THC with another derivative called cannabidiol, or CBD) not only ease pain in MS patients but also alleviate other problems associated with the disease. MS results from damage to the fatty sheaths that insulate nerves in the brain and spinal cord.

"MS patients get burning pain in the legs and muscle stiffness and spasms that keep them awake at night," says John Zajicek, a neurologist at the Peninsula College of Medicine and Dentistry in Plymouth, England. Patients can take potent steroids and other anti-inflammatory drugs, but the effects of these medications can be inconsistent.

Pertwee has analyzed 17 trials in which MS patients received some form of cannabis or its derivatives. Reports from the patients themselves, who didn't know if they were getting real cannabinoids or a placebo in most of the trials, show improvements in muscle spasticity, sleep quality, shakiness, sense of well-being and mobility. Pertwee, who is also a consultant for GW Pharmaceuticals — which makes a cannabinoid

drug that is delivered in spray form, called Sativex — reviewed the findings in *Molecular Neurobiology* in 2007.

Sativex was approved in Canada for MS in 2005 after studies (some included in Pertwee's analysis) showed its success in relieving symptoms of the disease. GW Pharmaceuticals expects clearance for MS treatment in the United Kingdom and Spain this year. Later, the company plans to seek U.S. approval of Sativex for cancer pain.

Zajicek's team has also compared MS patients who received a placebo with patients receiving either a capsule containing THC or one with THC and CBD. Both of the cannabis-based drugs outperformed a placebo, and the researchers are now working on a multiyear MS trial.

Calming symptoms such as muscle spasticity and pain is useful, Zajicek says, but the true value of cannabinoids may exceed that. "To me, the really exciting stuff is whether these drugs have a much more fundamental role in changing the course of MS over the longer term," he says. "We've got nothing that actually slows progression of the disease."

Fighting inflammation

CBD, the same cannabis component that proved beneficial alongside THC for MS, may also work on other hard-to-treat

diseases. Tests on cell cultures and lab animals have revealed that CBD fights inflammation and mitigates the psychoactive effects of THC.

Crohn's disease, which can lead to chronic pain, diarrhea and ulcerations, could be a fitting target for CBD. In Crohn's disease, inflammatory proteins damage the intestinal lining, causing leaks that allow bacteria in the gut to spread where they shouldn't. This spread leads to a vicious cycle that can trigger more inflammation.

Karen Wright, a pharmacologist at Lancaster University in England, and her colleagues have found that CBD inhibits this inflammation and can reverse the microscopic intestinal leakiness in lab tests of human cells. Adding THC doesn't seem to boost the benefit, Wright reported in December 2009 in London at a meeting of the British Pharmacological Society. The results bolster earlier findings by Wright's team showing that cannabinoids could improve wound healing in intestinal cells.

CBD's anti-inflammatory effect may work, at least in some cases, through its antioxidant properties — the ability to soak up highly reactive molecules called free radicals, which cause cell damage.

In the brain and eye, CBD slows the action of microglia, immune cells that can foster harmful inflammation when hyperactivated by free radicals. Working with rats whose retinas were induced to have inflammation, biochemist Gregory Liou of the Medical College of Georgia in Augusta and his team found that CBD neutralized free radicals, preventing eye damage. This finding could have implications for people with diabetes who develop vision loss.

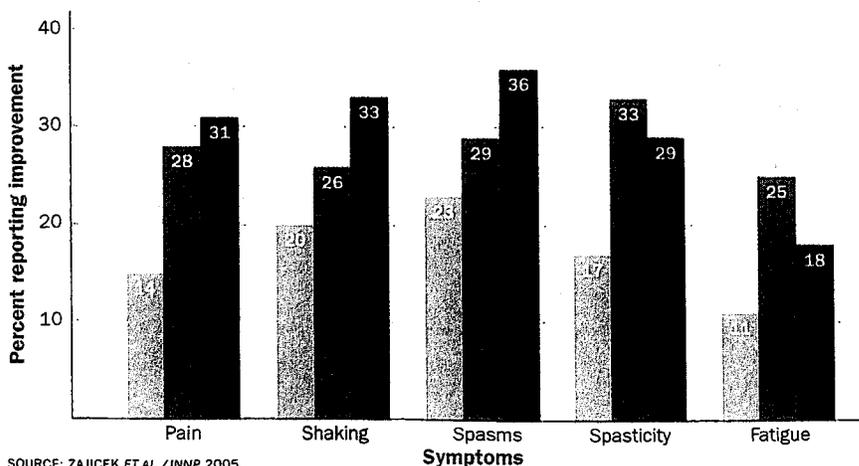
Apart from being an anti-inflammatory and antioxidant, CBD tones down the psychoactive effect of THC without eliminating its medical properties. CBD also mutes the occasional anxiety and even paranoia that THC can induce. This has been welcome news to scientists, who consider the "buzz" of cannabis little more than psychoactive baggage.

But CBD has paid a price for this anti-upper effect. "CBD has essentially been

Expanding its reach Scientists are investigating cannabinoids' potential against previously unconsidered medical problems—including inflammation, Crohn's disease and MS (shown below).

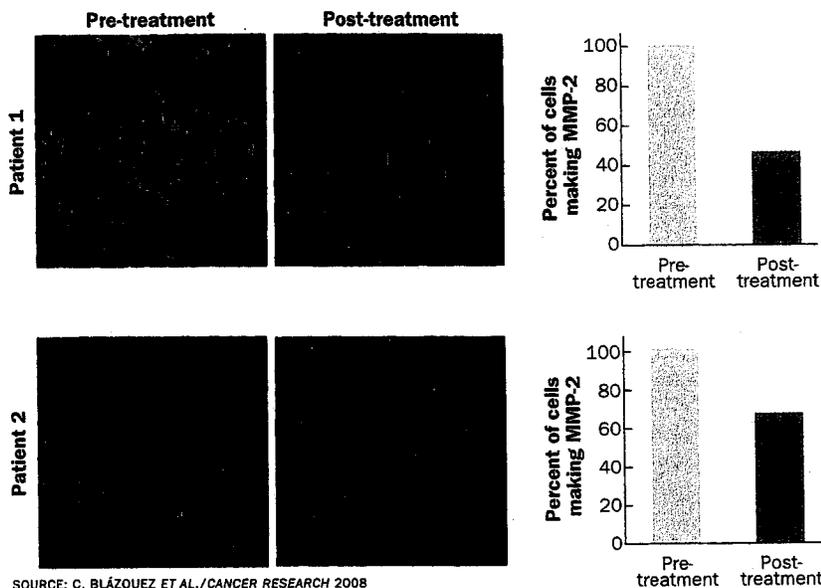
Cannabis derivatives versus multiple sclerosis

■ Placebo ■ Marinol capsule (THC) ■ Cannador capsule (THC and CBD)



SOURCE: ZAJICEK ET AL./JNNP 2005

MMP-2 before and after THC



SOURCE: C. BLÁZQUEZ ET AL./CANCER RESEARCH 2008

Cancers with documented sensitivity to cannabinoids

Tumor type	Effect
Lung carcinoma	Decreased tumor size, less cell proliferation
Glioma	Decreased tumor size, programmed cell death
Thyroid epithelioma	Decreased tumor size, less cell proliferation
Lymphoma/leukemia	Decreased tumor size, programmed cell death
Skin carcinoma	Decreased tumor size, programmed cell death
Uterus carcinoma	Less cell proliferation
Breast carcinoma	Less cell proliferation
Prostate carcinoma	Programmed cell death
Neuroblastoma	Programmed cell death

SOURCE: GUZMÁN/NATURE REVIEWS 2003

Tumor suppression In patients with aggressive brain tumors, THC seems to knock down MMP-2 (green in images above left), an enzyme that facilitates cancer's spread by breaking down tissues. Cannabinoids also affect other cancer cells in rodents and in lab-dish experiments (see table).

bred out of North American black market drug strains," Russo says. People growing cannabis for its recreational qualities have preferred plants high in THC, so people lighting up for medical purposes, whether to boost appetite in AIDS patients or alleviate cancer pain, may be missing a valuable cannabis component.

Cannabis versus cancer

With or without CBD, cannabis may someday do more for cancer patients than relieve pain and nausea. New research suggests THC may be lethal to tumors themselves.

Biochemists Guillermo Velasco and Manuel Guzmán of Complutense University in Madrid have spent more than a decade establishing in lab-dish and animal tests that THC can kill cancer of the brain, skin and pancreas.

THC ignites programmed suicide in some cancerous cells, the researchers reported in 2009 in the *Journal of Clinical Investigation*. The team's previous work showed that THC sabotages the process by which a tumor hastily forms a netting of blood vessels to nourish itself, and also keeps cancer cells from moving around.

THC achieves this wizardry by binding to protein receptors on a cancerous cell's surface. Once attached, the THC induces the cell to make a fatty substance called ceramide, which prompts the cell to start devouring itself. "We see programmed cell death," Velasco says. What's more, noncancerous cells don't make ceramide when they come into contact with THC. The healthy cells don't die.

Many compounds kill cancer in a test tube and even in animals, but most prove useless because they cause side effects or just don't work in people. The Madrid team is now seeking funding to test whether cannabis derivatives can kill tumors in cancer patients. In an early trial of nine brain cancer patients whose disease had worsened despite standard therapy, the scientists found that THC injections into tumors were safe to give.

Early reports from other research groups suggest that THC also fights breast cancer and leukemia. "I think the cancer research is extremely promising," Russo says. "Heretofore, the model for cancer was to use an agent that's extremely toxic to kill the cancer before it kills you. With cannabinoids, we have an opportunity to use agents that are selectively toxic to cancer cells."

Looking ahead

Testing of cannabis and its derivatives has also begun on type 1 diabetes, rheumatoid arthritis, stroke, Tourette syndrome, epilepsy, depression, bipolar disorder and schizophrenia. Pertwee is particularly optimistic that cannabis will help people with post-traumatic stress disorder. Experiments in rats show that THC "speeds up the rate at which the animals forget unpleasant experiences," he says. And a recent study in people with PTSD showed that THC capsules improved sleep and stopped nightmares.

Despite these heady beginnings, medical cannabis still faces an uphill climb. Although some states have sanctioned its use, no smoked substance has ever been formally approved as a medicine by U.S. regulatory agencies. Smoking cannabis can lead to chronic coughing and bronchitis, and smoking renders a drug off-limits for children, Mechoulam notes.

THC pills don't have these downsides, but the drugs have received only lukewarm acceptance. Despite smoking's drawbacks, "it is seen as better because you can regulate the amount of THC you're getting by not puffing as much," says pharmacologist Daniele Piomelli of the University of California, Irvine. Cap-

C. BLÁZQUEZ

sules can cause dizziness and make it hard to focus. "Patients suffering from neuropathic pain or depression don't want to be stoned — they want relief," he says.

Controlled, randomized trials that seek to clarify whether smoked cannabis delivers on its medical promise — with acceptable side effects — have been hard to come by. But scientists in California have recently concluded several studies in which patients with severe pain received actual cannabis cigarettes or cannabis cigarettes with the cannabinoids removed.

In one trial, researchers randomly assigned 27 HIV patients to get the real thing and 28 to get fake joints. All the patients had neuropathic pain, in which neurons can overreact to even mild stimuli. About half of the people getting real cannabis experienced a pain reduction of 30 percent or greater, a standard benchmark in pain measurement. Only one-quarter of volunteers getting the placebo reported such a reduction.

"That's about as good [a reduction] as other drugs provide," says Igor Grant, a neuropsychiatrist at the University of California, San Diego, who is among the scientists overseeing the trials.

While such studies provide evidence that smoked marijuana has medical benefits, future trials are more likely to explore the benefits of cannabis derivatives that don't carry the baggage that smoking does.

Ultimately, the fate of medical cannabis and its derivatives will rest on the same make-or-break requirements that every experimental medicine faces — whether it cures a disease or alleviates its symptoms, and whether it's tolerable.

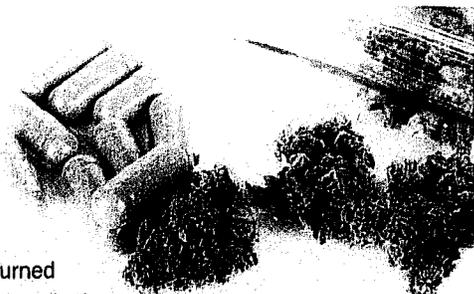
"We have to be careful that marijuana isn't seen as a panacea that will help everybody," Grant says. "It probably has a niche.... We can't ignore the fact that cannabis is a substance of abuse in some people." ■

Explore more

- A. Hazekamp and F. Grotenhermen. "Review on clinical studies with cannabis and cannabinoids 2005–2009." *Cannabinoids*. 2010.

Getting cannabis in

When most people think of medicinal cannabis, smoking comes to mind. Though smoking works quickly and allows users to regulate their intake, it's hardly a scientific approach: Cannabis quality is often unknown, and inhaling burned materials is bad for the lungs. These and other drawbacks have spawned new ways to consume medical marijuana.



Some people inhale cannabis by using a device that heats the plant without igniting it. This vaporization unleashes many of the same cannabinoid compounds as smoking does, without the combustion by-products, researchers say. Anecdotally, patients report that the effect is prompt, on a par with smoking.

Because cannabis derivatives can pass through the lining of the mouth and throat, a company called GW Pharmaceuticals has devised a spray product called Sativex. This drug contains roughly equal amounts of two key cannabinoids—THC and CBD—plus other cannabis components in an alcohol solution. A dose of Sativex is sprayed under the tongue; no smoking required.

In the face of these options, the "pot pill" seems almost passé. But capsules of synthetic THC exist. One called Marinol has been approved in the United States since 1985, and another called Cesamet was cleared more recently. Doctors can prescribe the drugs for nausea, vomiting, loss of appetite and weight loss. Though sales of capsules have increased recently, many users complain of psychoactive side effects and slow action. — Nathan Seppa

Medical marijuana's various forms

Name of drug	Ingredients/delivery	Where approved	Uses	Drawbacks (partial list)
Marinol (dronabinol)	THC/capsule	United States, Canada	Nausea, weight loss, appetite stimulant	Needs to be swallowed, slow to act, psychoactive effects
Cesamet (nabilone)	THC/capsule	United States, Canada, United Kingdom	Nausea, weight loss, appetite stimulant	Needs to be swallowed, slow to act, psychoactive effects
Sativex	THC, CBD and other cannabinoids/spray	Canada	Cancer pain, multiple sclerosis	Contains alcohol that can irritate the mouth
Cannador	THC and CBD/capsule	Not approved	Tested against multiple sclerosis and other diseases	Needs to be swallowed, slow to act
Cannabis, hashish, marijuana	THC and 60-plus other cannabinoids/typically smoked or heated into a vapor and then inhaled	Not approved as a drug but sanctioned for medical use in 14 U.S. states, Canada, the Netherlands, Israel	Nausea, appetite stimulant, pain, anxiety, depression and other ailments	Lung irritation from smoke, variable dosing, psychoactive effects, increased heart rate, decreased blood pressure

CHARLOTTE/ISTOCKPHOTO

To Big Sky Patient Caregivers:

I am writing to thank you for all your help in finding the right dosages of medical marijuana for my elderly mother. It has eased her pain, anxiety and depression. My mother is a 76 yr old stroke victim who had a major brain bleed 10 years ago. She suffered from depression and anxiety even before the anyuerism and the stroke intensified her symptoms. She has since broken both of her hips just two years apart. She has taken Abilify in the 2000's to Valium in the 1960's and every drug between A & V!!! I have probably tried over 14 different kinds of drugs over the 9 years and they all have terrible side-effects and little relief from her anxiety and anger !

I decided to see if the Marijuana would help...my mom's Orthopedic Doctor wrote the prescription at the end of February 2010 and I received her card in March. It has made a world of difference in her demeanor! She has more periods of happiness, less aggression and depression, speaks more clearly and her bowels are working again.!!

I truly believe that all these prescription drugs were killing her!! Marijuana has possibly saved her from being totally drugged...just sitting and drooling. She now can enjoy being awake without any pain or anxiety. My 82 yr. old mother-in-law along with several other senior citizens have witnessed this transition and now believe that Marijuana is a good drug compared to the difference in the chemical drugs prescribed previously. Thank you, thank you, thank you!!!

To all the people out there with any doubt...just come by and witness someone who can go from a raging state of total anxiety to smiling and enjoying life with only one capsule or a couple of brownies.

Many thanks again,

Nora C and her daughter, Tommi H

I am a 59 year old Vietnam veteran who suffers from Muscular Dystrophy. Medicinal cannabis has been extremely effective in helping me cope with the pain and frustration of this disease. With my pain reduced significantly, I rest more peacefully. Before my body succumbed to MD degenerating effects, I was physically active. Literally being trapped inside my body is frustrating and medical cannabis helps me deal with the frustration I feel.

Many times people dismiss the validity of medical marijuana and insist that the mmj patients could just take a pill instead. Let me tell you about the pills. On the pills, I don't feel like mustering the energy to get out of my bed to do anything. If I use medicinal cannabis instead of pills, I am still a productive member of society and feel like participating in life.

I am disturbed by the stereotypes that the media is sensationalizing. Access to my medicine shouldn't be a political issue – no one is picketing Wal Mart pharmacy because they sell oxycontin. I need this medication; it improves the quality of my life. I think it is criminal that people who are uneducated about this amazing medication have the ability to dictate to me how I should cope with Muscular Dystrophy.

Larry Hayes, 59

If you ever doubt how effective Medical Marijuana is I could be a walking promotion for it. I have had exertion asthma for a number of years, In the spring of 2007 I came down with the flu which always blooms into lung problems for me. I had always even with the asthma been very active loved to hunt. This time my lungs didn't recover and was barely able to climb a flight of stairs or make it to my barn. Fall of 2009 I got a medical marijuana card. I had smoked occasionally in the past. I happened to try it once for the first time since I had gotten sick and thought boy do I feel good. Was it a false sense of well being? Thought about a medical marijuana card but thought with my lungs I cannot make a habit of smoking. In doing research on the computer read about the vaporizers and tincture out there. I have told my Dr's what I am doing they are not believers but as long as I wasn't smoking it thought if it works well OK. I had been on steroids varying dosages for 3 years had put on weight got the classic moon face practically lost my voice. I have always kept records of my Peak Flo, oxygen levels, blood pressure and blood sugar as I am now diabetic from the steroids. Within the first week of using medical marijuana my oxygen levels increased from an average of 92 to 97. Peak flow from 300-350 to above 400 and even as high as 700, my blood pressure is down also. When I had problems breathing that created anxiety, I am now off the anxiety meds. As a result of the diabetes I have neuropathy, especially at night when the pain wakes me up a few drops of tincture under my tongue in no time I can get back to sleep. Just today I was at the far end of 20 acres and a friend had arrived to overnight his horses. He couldn't believe that he could hear me hollering at him. I haven't had any lung flare ups since I got my card, I don't think I have ever made it through the winter in the past without hospitalization. People in my household got colds and I avoided them. In the past I would typically have caught it and ended up in the hospital. If you are a Dr and want to see my excel spread sheets with my records I would be more than happy to share them with you.

Ultimately, my goal this year is to ride in the Tour de Cure for the American Diabetes association. Considering I couldn't walk up a flight of stairs without sitting down before discovering medical cannabis, I am a grateful medical marijuana card holder.

Jehnet C

My name is Hillary, and I am a medical marijuana patient here in Montana. I suffer from debilitating muscle pain, spasms, and weakness, chronic daily migraine headaches, and severe nausea and vomiting. Due to my illness I am bed-bound most of the time, and am wheelchair-bound when able to sit up and move around. It has been over a year since I have experienced even a pain-free moment. I have been given numerous medications for the pain, migraines, and nausea/vomiting, with little to no success in even symptom management, much less treatment. Medical marijuana has been an amazing medicine that has helped ease my pain, ease my nausea and reduce vomiting, and has enabled me to finally start maintaining a minimum healthy weight. Medical marijuana has been the best medicine with minimal side effects to be able to ease my suffering that the doctors have been able to give me thus far, and I would be absolutely devastated if Montana's medical marijuana law were repealed. I know there are many others like me, and others so sick and debilitated that they can not even add their voice to fight this repeal. To vote to repeal the medical marijuana bill and take away this medication that has been such a blessing to me in this living hell would be a cruel injustice. This does not even seem rational to take medicine away from the ill due to politics or social taboo. Please be a voice for the suffering and ill whose quality of life has been improved by this medication... I beg you, please vote NO on HB 161!!

To Whom It May Concern:

I am a Bozeman native man who is going to turn 20 years of age on August 1, 2010, and I have a medical marijuana card. At the age of 14 I was diagnosed with severe Rheumatoid Arthritis in all the joints in my body. I missed half of my eighth grade year due to the fact that I couldn't move let alone get around without being in extreme pain. I lost over 90 pounds in 1 month because my jaw wouldn't open. So, long story short, I was put on medication to control it enough to be able to move and function. However I got my MMP card to be able to sleep and deal with my pain during the course of the day. Without medical marijuana it would be hard to cope with the all of a sudden pain that comes on and off depending on what the day brings. All I'm saying is the medical marijuana program is in fact a good idea and in my opinion the good health benefits of marijuana like pain reduction, anti-inflammatory, stress reliever and sleep aid outweigh any of the negative sides of marijuana that the media seem to portray and only portray about the medication that so many people benefit from.

Written by: Bridger F

When asked to write an inspirational story about myself, I thought, "Who, me?" I've always felt blessed and very grateful to be experiencing all the great times in my life so far and I eagerly await what is to come. For as long as I could remember, I've felt very out of place and different. When I was in school, I would get called "seizure girl". I spent many days wondering how kids could be so mean. What did I do to them? One day it occurred to me – people are who they are --- your power lies in yourself. If you love yourself then it pours out to others and spreads happiness to others. I decided that I would worry less and enjoy every moment for what it is worth.

I feel that I am the same as everyone else in this world. I try to enjoy the same things as others do: exercise, good food, peaceful rest, and appreciating friends and family. I love to travel. History and science are my favorite things to read and watch.

So, I was fascinated when I first saw my MRI. I looked at my dad and asked, "What's that look for?" He explained that I was very fortunate person because the MRI shows that I should be a vegetable. One entire side of my brain is not there – at all. I shouldn't be able to read, walk, talk – basically nothing except sit in a wheelchair, unaware of my own existence.

Upon discovering this "miracle" I decided I must be here for a reason. I believe one of reasons is to help people find a safer way to manage their seizures. My life threatening seizures have been with me since I was born. I have literally tried every prescription medication on the market. At best, they were ineffective. At worst, the side effects were absolutely terrible. The stress on my liver from the medications reduces my life expectancy 10+ years.

As an adult, I discovered that medical cannabis could halt the progression of my seizures. I am fortunate enough to see an "aura" a few minutes before a seizure hits me. If I can smoke (*smoking or vaporizing is the only form fast enough to work for an imminent seizure*) immediately, it almost always eliminates the actual seizure. ***Cannabis has been the only dependable solution for my seizures.***

I realize that there is much discussion whether cannabis should be considered a medicine or not. I can tell you that it **CHANGED MY LIFE BY GIVING ME A LIFE WITH MANAGEABLE SEIZURES.**

Marijuana is suffering an identity crisis and it's a needless waste of energy. Archeologists have discovered that cannabis has been used medicinally for over 5000 years.

Every week, I talk to others with seizure disorders. They are also finding relief from the use of cannabis. Please, please, please don't remove my ability to legally stave off my seizures. Now that I've discovered a new quality of life, please don't condemn me again.

Vote NO on REPEAL.

Thank you for taking the time to listen.

Jenifer S