



Albany's Canna Kitchen
& Research, LLC

Welcome to Albany's Canna Kitchen & Research, LLC where "We Wash Your Weed" before converting it to Smokeless Herbal Remedies. We do things differently here, and you'll be glad we do. Why do we wash it? Now that you've thought about it, you understand, right?! You've probably never thought too much about what's really been in the butter that has gone in to those brownies, now have you?! Things have changed, there's a new way in town! Cannabis doesn't have that "nasty mint taste" when it has been cleansed.

Here's your Remedy! "Now what?!"

Smokeless Cannabis is a different animal than what you may be used to. Please read and understand the following information before you use your new remedy. It is our belief that you will get much better results if you know as much as possible about dosing and "what works for what" and how much and when. There is much to learn, and you will be glad you have chosen to learn how to use your Smokeless Cannabis Remedies from Albany's Canna Kitchen & Research, LLC (ACKR).

CAUTION

When using Smokeless Cannabis Remedies, "less is more". Before you even take a dose, evaluate your body and "feel" where it hurts. What does it feel like? Now, take one dose, (try one capsule, a dropper-full of tincture, or one-half to one teaspoon of nut-butter, one cookie if you made 2 dozen from ½ cup of cooking oil or butter, and a tiny bit of Cannabis oil to start) **wait at least an hour** and again evaluate how you are feeling. COMPARE that to how you felt before you took the remedy. If you do not feel a difference, take another dose. If you feel better, take another dose when you first feel the pain or symptom returning; as always, you have to stay ahead of the pain to maintain relief. Smokeless Cannabis usually lasts 4 to 8 or more hours, but it takes longer to feel any effects or relief compared to when smoking it. When taken on an empty stomach, it works faster; when taken on a full stomach, it lasts longer. After dosing a few times, you will figure out how much you need to take for a particular pain, and how often. If you are taking 3 or more capsules at a time, you may wish to have us make your capsules stronger. You will gain a tolerance to the high, but will still gain pain relief from the strains.

If you ingest a lot more cannabis than you need, you may feel agitated or nervous and you may experience tachycardia or "racing pulse". Eating too many edibles is usually the cause, but taking too many capsules or too much tincture can cause it as well. In this case, we are told that drinking orange juice will help bring you down, and taking Citicoline is said to stop you from getting high. Here's the link from WebMd, I think you'll like what it has to say: <http://www.webmd.com/vitamins-supplements/> search on Citicoline.

Cannabis has never killed anyone before, and taking "too much" isn't a horrible thing to have happen; it just isn't a lot of fun. So – you have been cautioned!

If you ingest more than desired, it is best to:

1. Sleep it off if possible
2. Listen to your body – Vomit if it wants you to, you will feel better getting the excess out of your stomach.
3. Drink a glass of Orange Juice if your health permits, or take Citicoline.
4. Be in the company of people you know and feel safe with.
5. Learn from your mistakes! (Actually, you don't have to make this mistake, learn from the mistakes of others!)

You should also know ... Cannabis will lower your blood pressure!

Sometimes you will not feel any effect as far as being 'altered' or 'high' when using the "daytime strength" (and likely never when using products titled TLS) but you will of course notice your pain has disappeared. Nighttime and "plus" capsules and ingestible products are likely to alter your consciousness or make you "high". So ... what's wrong with a little bit of euphoria? **ABSOLUTELY NOTHING!** Please do not fear this herb; it has the ability to make you well! However ... If one's body is too far gone from traditional treatment or disease, full recovery may not be possible. In those cases, doses of high grade Cannabis Oil can relieve the pain, allowing a patient to get restful sleep, increase the appetite, and give one a feeling of general well being. It will also allow one to die with more dignity than most traditional treatments if the diagnosis is terminal. **REMEMBER: LIFE IS TERMINAL, you can't get out of here alive!**

Depending on current medications, you may need to take more (or less) of the smokeless remedies. For example, if your doctor is currently treating your severe pain with an "oxy" you may need two or three (or more) of the Cannabis pain relieving capsules to get ahead of the pain (instead of oxy's), and then you can likely maintain that relief with one or two capsules every 4 to 6 hours to taper off the prescription medications. If you choose to, you will likely be able to get off of prescription pain medications completely. Cannabis enhances the pain pills meaning you need fewer of them to do more pain relieving and you are able to take fewer of them, allowing you to taper off of them nicely.

Our pain / sleep formulas are typically significantly different from the daytime formulas. Some formulas contain much more THC than others and some are for both pain and sleep. Those with sleeping disorders or cancer often require more THC for relief. Some patients do not wish to experience a high at any time, but that cannot always be avoided when using sleep and cancer remedies. Relax and enjoy, this wonderful plant will provide what your body needs to mend itself.

If you have had chemotherapy or radiation treatment, Cannabis may be used to **replace prescriptions for five side effects**. This plant will relieve pain, end nausea, aid in relaxation, stimulate your appetite, and help you sleep, among other things. Used topically, it will also heal the burns from radiation treatment. Your sleep will be restorative, allowing your body to repair and you to feel rejuvenated. You are able to dose in a variety of ways; capsules are often preferred by many, but the tincture can be made as strong as the capsules and can be used anywhere. Because we cleanse the Cannabis using a carefully designed process, our products taste better than any you've had before – and it's the cannabis you taste! Cannabis does not have a "nasty minty flavor"!

Cannabis ... it's not just for smoking anymore!

Some Smokeless Choices

Capsules work great for many ailments including but not limited to neuropathy, insomnia, severe pain, muscle spasms, fibromyalgia, headaches, dental pain, inflammation, nausea, loss of appetite, sciatica, and anxiety. Take one, wait an hour and see how you are feeling then take another if needed.

Organic Glycerin based tincture is the fastest working Smokeless Cannabis Remedy. Stem tincture is especially effective against asthma and other bronchial ailments. "Coughing fits" end abruptly after tincture is put under the tongue (sublingual dosing). It is also noted for its prompt relief of migraines and other headaches, pain from fibromyalgia, muscle spasms, nausea, dental pain, insomnia and more. Tincture can also be used as a topical remedy to bring relief from the same ailments salve does. When used sublingually start with one dropper full, wait up to 30 minutes and see how it is affecting you, and then if needed try more. Tincture typically works in 15 minutes or less.

Salve is made from all parts of the plant and can be applied anywhere on the body. You will get relief from arthritis, neuropathy, muscle aches, pains and spasms, joint pain and more when salve is applied. Do you want your salve with or without beeswax and essential oil? (We must know at the time of your order). Salves can be made from avocado oil, grape seed oil, or organic refined coconut oil depending on availability and preference. Salve brings immediate relief to most pain; you will really enjoy this product.

Massage Oil works in many places and in many ways. Made to be a strong remedy, only a few drops are needed. Massage oil works for the same ailments that salve does, but does not use wax. It may also be used by men who are having difficulties with an enlarged prostate. Cannabis is an anti-inflammatory, and an enlarged prostate is inflamed. Enough said? Women have found that it makes a wonderful personal lube ... it can cause a person to get "altered". Be advised that one could fail a Urine Analysis after using the oil internally (if that is an issue with an employer)

Nut Butter is made with and without honey, and is a wonderful way to use your smokeless remedies. If you need protein, you will be especially delighted with this product; it works like a champ and lasts a long time. You will need at least an ounce of high grade flowers to make a 1.5# batch of nut butter. A dose (which lasts 6-8 hours) is one level teaspoon, so there are 135 doses in an order. This is one of our most popular items.

Cooking Oil, coconut oil, shortening, and the like are made with ½ cup being 24 doses. That means a pound (pint) will make 96 doses.

Liniment takes up to a month to create. It's useful for sports injuries, acne, herpes, and more. In 1993 Dr. Lester Grinspoon wrote, "There is now some evidence that THC inactivates the Herpes virus." We have more than one patient who agrees with Doctor Grinspoon!

Cannabis Oil is made using high quality bud and a food grade process, as are all products at Albany's Canna Kitchen & Research, LLC. We pride ourselves on the beautiful amber-colored ACKR oil we produce.



SUPPOSITORIES: A full night of uninterrupted sleep is all but guaranteed with a night-time suppository from Albany's Canna Kitchen & Research!

Suppositories should be kept frozen. They are an amazing delivery system, a favorite of many. You will want to remove them from the capsule before inserting in the anus, as the pH is different and does not readily melt the capsules. (Remove small cap, push on the rounded end and wa-lah the suppository ejects from the capsule). Insert rounded end in anus just past the sphincter and expect relief shortly thereafter.

When using the suppository delivery method, you do not experience a high. This is due to the Cannabis getting to the liver via the portal vein instead of being metabolized. There are a number of reasons people would choose suppositories. First might be those who are nauseated and can't keep anything down; next might be those who are unable to take pills or capsules. Many patients don't want the high but need the THC to be activated to treat their condition. And then there are the men with prostate issues. The prostate gets enlarged or infected with cancer and causes a problem. When you put the remedy as close to the problem as you possibly can ... you get great results in no time at all. Patients have reported results on their first use, others in less than two weeks. Suppositories, like all other products, are available in day and night doses.

How many remedies do you know of that will treat or stop:

Cancer
Arthritis
Nausea
Neuropathy
Anorexia
Burns
Insomnia
Sleep Apnea

and countless other conditions & ailments...
-and not kill you while doing so.

Call and schedule your free Canna-Consult, appointments are required.

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Suggestions for using Smokeless Cannabis Remedies

Capsules: Usually in organic coconut oil; begin by taking one. These take about an hour to take effect. If one is not enough, take two. When you first feel your pain returning, take one or two more. Capsules can be made any strength, from “you can’t tell” to “you can’t walk” and can treat anything from arthritis to cancer. Most any oil can be used, but organic coconut oil is most common for us.

Tincture: Use ½ to 1 **full dropper** (up to 3 droppers full) under the tongue. Hold under the tongue as long as possible before swallowing. Tincture is great for migraines, asthma, insomnia, pain, toothaches, headaches, and more. It may also be applied topically. Remedy takes effect in about 15 minutes; usually glycerin based, sometimes honey.

Day time capsules: Take one or two every 4-6 hours or as needed for relief of pain or symptoms. If they don’t work fast enough, use some tincture first.

TLS Capsules: This capsule has hardly, if any THC; great for all nerve damage and pain (neuropathy) and other pains that don’t need THC. Take one or two every 4-6 hours or as needed.

Exhaust caps: The best we’ve found for fibromyalgia. Take one every 4-6 hours or as needed to prevent fibro pain – very effective!

Night Capsules: Take one 30 – 60 minutes before bed and get a restful night’s sleep. If one does not do it, take two.

Extra Strong Capsules: For those with extreme pain. These will get you off the “Oxy’s”, morphine, or other strong pain medication you don’t want to take.

Weekend Capsules: Use with caution. These are for extreme pain and healing and naturally take more high-grade Cannabis to make.

Suppositories: Wow. These are often used to get the best sleep you’ve ever had. For men with prostate problems, this is the best dosing medium to fix your issues. Seriously. When using the suppository delivery method, you do not experience a

high. This is due to the Cannabis getting to the liver via the portal vein instead of through the mouth and being metabolized. Suppositories are also a God-send for those who are suffering with nausea and cannot keep food and remedies down.

Salve/Massage Oil/ Liniment (topicals): Fast relief from arthritis, muscle spasms and cramps, bone pain, sprains, eczema, and more. These are made from coconut, grape seed, and/or avocado oil, and sometimes commercial preparations. Some are made with more THC than others; the type of pain you have will determine which you prefer. Rub on affected area. Liniment is said to kill the herpes virus, according to Dr. Grinspoon.

ACKR OIL: We make our oils using food-grade products and only safe, effective methods. This oil is said to have the ability to kill cancer and to “kick start” organs into working properly again. You will typically take 3 doses a day, metered to what you are able to tolerate if you are unable to compete the regiment as suggested. This remedy may be applied topically as well, but most ailments are treated with metered doses taken internally.

Coconut oil, cooking oil, organic shortening, double clarified butter:

To obtain consistent dosing, use recipes that call for ½ cup butter or oil. One-half cup equals 24 doses, so a batch of 2 dozen cookies is perfect for “one cookie per dose” cookies. Let the oil or butter reach room temperature for best results (so cookies are evenly dosed, it will stir into the recipe easier). Another suggestion: also make un-medicated “cookies” when you bake medicated cookies so you will not be as likely to over-medicate due to the tastiness of the doses. Coconut Oil may be used like butter and spread on toast as a dose, too.

Nut-Butter with or without honey: Use one rounded teaspoon to start with. Wait up to an hour to feel the effect. This is very potent, please use with caution. This is a delightful product for those who need more protein in their diet. Dose seems to offer 6-8 hours relief.

Obviously, the more you use of any of these the more potent the dose will be. Please note that when using Cannabis orally, the effect is much different than when you smoke it, and the relief is very real! The effect will take longer to happen, but it also lasts longer. Please, stay home until you know how the remedies will affect you, and please don't drive while impaired. Welcome to a pain-free life, you will like this!