

When I was 15 years of age and I experienced cannabis for my first time, I never thought in my life this is where I would be at 42. Along with many blessed herbs from all over the world, Cannabis has changed many lives, including mine.

A brief history of Cannabis...

This can always be tricky. One may want to hear the medicinal history. How, when and why? Others, want to hear about truths and injustices for the cannabis plant, also. The amount of arrests for this medicinal plant is unjust. At this point, I'm pretty sure we are all aware of this.

As herbalists, we can all agree, she is powerful medicine.

But, he is quite the gem, also. His undermining roots can revitalize damaged soil within three very quick cover crops! He increases microbial content, requires very little fertilizer and NO pesticides! He helps to prevent soil erosion and is a massive nutrient kinda guy, too!

His seeds are pretty much where it's at! They are full of healthy fats, essential fatty acids, high amounts of Vitamin E, phosphorous, potassium, sodium, magnesium, sulfur, calcium, iron and zinc and are an excellent source of protein! We Luv them in smoothies, salads, oatmeal and pesto!!! And, his stalk is also where it's at! Fiber! Cloth! Textiles! Yes! Building supplies! Let's not forget OIL! He grows in any climate zone which is ESSENTIAL to our future! Seriously!

Now, let's talk about her...

Well what can we say!
We Luv you Mary Jane!

She has been blessing healers and herbalists for thousands of years, dating all the way back to 2900 BC in recorded history. Almost every herbalist today has a cannabis story to share.

No, I don't mean that night we roasted marshmallows!

I mean, when someone was hit by a car and she was utilized in tea form to help with pain, instead of opiates. But, unaware you were also helping to heal the bone more quickly! Her medicine relieves so many ailments. She is spiritual and was sent here for a reason! She has a specific purpose for just about any ailment beyond any other plant or herb. She literally can heal us and our planet.

The way she works may seem quite mysterious, but, scientific research is proving what has been known for millennia about this amazing plants ability.

Cannabis comes in three species: Sativa, Indica and Ruderalis. Sativa is our stimulating girl. She is uplifting, energizing and helps your ability to focus on the task at hand. Indica, or as quite popularly known, "in da couch," causes a more relaxed sensation. She is great for those suffering from chronic sleep issues, PTSD, anxiety and a slew of other ailments. Ruderalis is a variety of cannabis that originates in Russia. Ruderalis contains a very low amount of THC, similar to Hemp. Now-a-days, it is hard to pin-point a cannabis plants origin due to massive cross-breeding. Most of today's plants are sativa/indica hybrids.

Here is a brief history of the Cannabis Plant...

1500 BC

Is the earliest written reference to Medical Marijuana in the Chinese Pharmacopeia the "Rh-Ya."¹

In Biblical times 1450 BC

In the book of Exodus there makes mention of making a "Holy anointing oil" described in the original Hebrew version of the recipe in Exodus (30:22-23). The recipe contained over 6 pounds of kanehbosem, (which they say was mistakenly changed to Calamus in the King James Version) a substance identified by respected etymologists, linguists, anthropologists, botanists and other researchers of cannabis. The cannabis was then extracted along with other very fragrant herbs. The Holy of the Holy were drenched in this anointing oil! Give thanks!

It was said that Moses was up on the mountain with a burning bush! Come on people! Moses was on the mountain with a bush and burning. This brought on many very aware and attentive thoughts.

1213 BC

¹ Journal of the China Branch of the Royal Asiatic Society for Years 1889-90, Volumes 24-25, P. 66.

Cannabis pollen is found on the mummy of Ramesses II.² Prescriptions for cannabis included treatment for glaucoma, inflammation, cooling the uterus and enemas, too.

1000 BC

India uses a Cannabis infused milk.³ (Golden Milk with a twist anyone?) She was utilized as an anesthetic and an anti-phlegmatic. Cannabis begins to be used in India to treat a wide variety of human maladies.

700 BC

The medicinal use of Cannabis in the Middle East recorded in the Venidad.⁴

600 BC

Indian Medicine Treatise Cites Cannabis as a cure for Leprosy.⁵

Some of the first major works to lay out the uses of cannabis in (Indian) medicine was the Ayurvedic treatise of Sushruta Samhita.

200 BC

Medical Cannabis was used in Ancient Greece as a remedy for earache, edema and inflammation.^{6,7}

1 AD

The ancient Chinese Text, Pen Ts'ao Ching, lists 100 ailments cannabis is good for!⁸

70 AD

Roman Medical text lists Cannabis to treat ailments.

77 AD

Pliny the Elder⁹ wrote the Natural History of Pliny where he discusses nine remedies using hemp.

200 AD

Chinese Surgeon, Hua T'o, uses cannabis Resin and wine as anesthetic.¹⁰

Medically, Cannabis is found throughout history!

² Cannabis: Evolution and Ethnobotany, 2013, P.103.

³ <http://en.wikipedia.org/wiki/Bhang>

⁴ https://en.wikipedia.org/wiki/Entheogenic_use_of_cannabis

⁵ http://www.drugpolicy.org/docUploads?Russo_CannabisinIndia_Mechoulam2005.pdf

⁶ https://en.wikipedia.org/wiki/History_of_medical_cannabis

⁷ www.cannabis-med.org/data/pdf/2002-02-3.pdf

⁸ www.thenorthwestleaf.com/.../traditional-chinese-medicine-how-marijuana-has-been-used-for-centuries

⁹ http://antiquecannabisbook.com/chap2B/Greco_Roman/Pliny.htm

¹⁰ https://en.wikipedia.org/wiki/History_of_general_anesthesia

Then there is the Hemp! ¹¹

1538

Hemp used in the Middle Ages

Culpepper, George Washington, and Thomas Jefferson were all advocates of cannabis! Our forefathers of this country, two of our earliest presidents grew it! They even knew then of how spectacular of a plant they had!

But, something to take into consideration... Why is this plant being withheld from us during some of the most unexplainable medical conditions of our time?

This plants medicinal values provides beyond what any other plant can offer.

She heals. She heals cancer. She is anti-proliferative.

You can look this up yourself on the Government's website, the National Institute for Health's (NIH) National Cancer Institute webpage. ¹²

She helps heal broken bones, MS, alzheimer's, trauma, sciatica, endometriosis, PTSD, nausea, glaucoma, seizures, anti-ischemic, and stimulates appetite. She is a neuroprotector, relieves anxiety, an anti-diabetic, anti-bacterial, analgesic and an anti-inflammatory.

Truly, Cannabis is able to help just about every ailment. ¹³ She is a gift to our human bodies, and even for animals, too! ¹⁴

He is a gift to life itself and for helping sustain this amazing Mama Gaia!

The undeniable need for this plants Spirit all around us again is undeniably needed <3

The only negative responses I have had, which one we should all get and understand by now is that Cannabis is an astringent plant. She is quick to dry! She will dry your mouth, AKA, "cottonmouth." Or, in acute situations, such as dealing with the kidneys, you must increase your water 10 fold which will then allow her healing ways to continue just fine!

I have found that the unfortunate turn of events being caused by Genetically Engineered Organisms interrupt the endocrine system and causes issues! Cannabis reverses these issues by activating synapses that weren't responding! Add in a few extra herbs with your tinctures, like rosehips for vitamin C or skullcap for nervine damage, and Cannabis' abilities are endless. Her needs are just finally being heard all around the world, again.

Truly, to me, the bells of freedom are ringing again.

Heal.

AHO!



¹¹ <http://www.hempmuseum.us/SUBROOMS/HEMP%20TEXTILE%20HISTORY.htm>

¹² <http://www.cancer.gov/about-cancer/treatment/cam/patient/cannabis-pdq>

¹³ <http://medicalmarijuana.procon.org/view.resource.php?resourceID=000884>

¹⁴ <https://www.avma.org/news/javmanews/pages/130615a.aspx>

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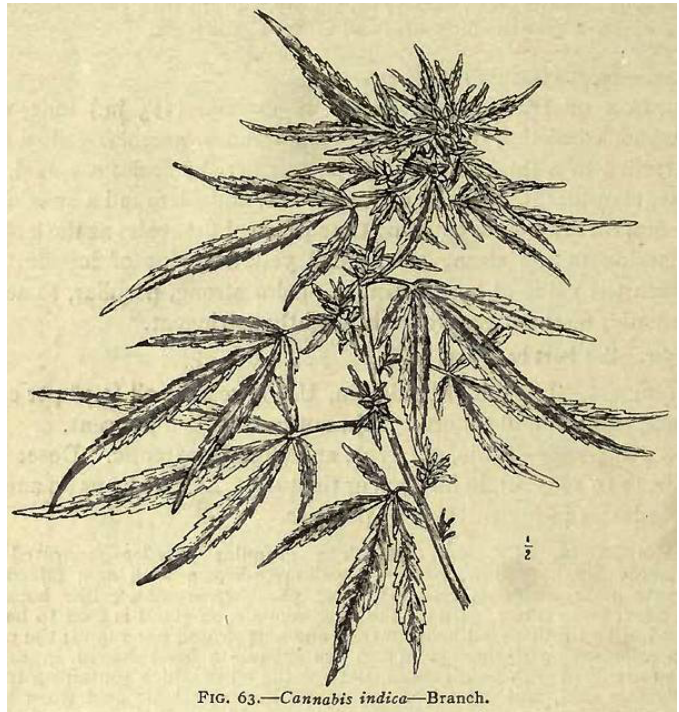


FIG. 63.—*Cannabis indica*—Branch.