

From the Desk of:-

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Mr Gordon Brown,
 Prime Minister,
 10, Downing Street,
LONDON

Dear Mr Brown,

Greater Economic Growth and Control for ENGLAND

Please find enclosed a written and documentary report on the Sick, the elderly and the disabled, regarding Cannabis, after which I would like to accept your offer to the public to have a debate, because it is the sick, the elderly and the disabled who have constantly been refused a hearing by the previous Prime Minister, and we are all hoping that you, as the new prime minister - will be more fair, after which the rest of this report will be worth considering for our country and which will allow England to make great strides to ensure it's success as an Independent country, which will put much of the free-land and farm land into quality production, therefore ensuring much more employment of people in the rural areas, plus a great expansion in productivity in the form of at least 12 medium sized factories around your country, which will give you a greater range of quality products to allow you the opportunity to flood the rest of the U.K. plus giving England a major opportunity to export this range of products to the rest of the world. Plus, one other major addition, it will increase your tourist trade for 12 months of the year, every year.

I accept that you may be surprised at the first paragraph, but it is possible Mr Brown, and it is through a couple who came to see me about 4 weeks ago, that I am writing this report.

They actually came because the gentleman's wife in question was very ill. She had gone through a couple of operations in the previous few months, and had not been free of pain, or been able to sleep because of the bad quality medication she had received from the NHS and her G.P.,

They came back to visit me 2 weeks later, asking me to help her mother, an elderly lady of nearly 80. This was because I had successfully shown her how to be rid of the pain, and how to enjoy a good nights sleep with a medication which has only 1 side effect, instead of an average 45 side effects from NHS chemical medication from Pharmaceutical companies.

However, it was at their request that I send this report. I do hope you find it interesting. Plus, if you are interested, I will be delighted to come to London and give a talk to parliament or answer any of your questions.

I did ask 3 friends in England to send you reports of their experiences in this field, so you will have a choice of options.

Yours Sincerely,

Patricia Tabram

p.s. I have given you a broad spectrum of information from the world of Cannabis/Hemp in order to give yourself and your advisors as much information as you will need to put forward the argument for the Decriminalization of Cannabis/Hemp. But you can be assured, it was a long hard road, for the 13 states in America to get Cannabis accepted, but there is no reason whatsoever, why, as your own Parliament you cannot have the same rights.

There are over 17 countries in Europe who allow it to be used, but even though I cook it to relieve my illnesses, I believe the Hemp Industry, if worked at thoroughly will give complete independence to every country who manufactures it's own Oil for Cars, boats, buses and all modes of transport - Never again will a country have to go to War for Oil, as every country will be big enough to grow enough Hemp plants to be self sufficient. Plus of course the Clothing and furniture Industry will be a godsend in this age of Global warming. There is also a good food industry to be had.

The Ultra Rich may not be pleased, but en masse it will be better for each country individually, and will give mass employment, especially in the rural areas.

The Taxes from the growth and supply of Cannabis/Hemp, will be good for the local government, and of course, in the first few years, the Tourist Industry will flourish, and that does not simply mean B/B establishments, but the opening of Cannabis Cafe's and Cannabis Clubs (all for the over 21's) will be extremely popular, and may cut down on the problem of bad drunken behaviour.

Depending on the Legislation and political practice in the countries, Cannabis Social Clubs can be established in various forms. They can generate official jobs and purchases of considerable amounts of goods and services that can be taxed. Today, these clubs are operating in Spain, Belgium, the USA, Canada, and Australia whilst in Switzerland, they have medical cannabis clubs operating, as well. You see, the nice thing about social Cannabis - is that normally, your average adult who medicates or socialises with Cannabis - simply do not consume alcohol to any great degree.

The factories to produce all the products that can be made from Cannabis and Hemp will also be a welcome addition and the European Union have no objections to its members decriminalizing Cannabis. Independence is a great achievement and can only add to our prosperity. Our country is noted for its small villages which specialise in local products - well, Decriminalizing Cannabis will add to this culture, with local companies making Cannabis chocolates, sweets, and food products (for the elderly, disabled and sick) as well as the beautiful paper you can make from the bark of the Hemp trees.

It will be wonderful to see, the elderly, the sick and the disabled being considered, and there are at the moment, 16 million elderly, plus about 2.5 million disabled and 2 million who are sick in the United Kingdom, who at last will be able to decide to self medicate.

From my experience I have learned that the under 21's are less than 5% of the Cannabis using public. You will see for yourself, it will solve a lot of problems, and the people of our country will appreciate it. Especially as we are subject to the worst 2 problems known to man, - Yes Mr Brown, Tony Blair introduced 24 hour drinking and Big Scale Casino's. Which it would appear - you are in favour of - having 16 more Casino's around the country - this is unfair to the addicts of gambling, because it causes tragedies and the break up of families, and is far more addictive and destructive than legalising Cannabis and putting an end to International Drug Dealers making a fortune in this country, selling the residents absolute rubbish, instead of supervising the growing of what is needed ourselves. This is why I am so sad, what is the reason why our govt., have become enamoured of drinking and gambling and I am very worried about Who? and How many of our Politicians are taking bribes to please the Bush family.

My report on the impurities of Pharmaceutical Medication is added to this report at the end. The reason I have given so much information to you, is to assist you in being as knowledgeable as possible in a short space of time.

joep@encod.org, is the e-mail address of the organisation within the European Coalition for Just and effective Drug Policies.

Please note that page **4 and 14** are just about the most important pages in this report, which is why it is so shocking. Britain is once again going to embarrass itself as it did over the Death Sentence in the early 60's and the question of gay relationships in 1954, I would not like that to happen to you Mr Brown. It is the connection to the Bush family and the Pharmaceutical Industry which is going to damage England and its reputation around the world for being "in the pocket of the Americans," and it will stick. 13 states in America have Cannabis Clubs, Coffee shops, and their citizens have the right to grow. Please read the facts on page 4 and page 14, because I am determined to inform the British Public.

I cannot forget the "**Fact**" that Cannabis was available as a tincture, cream and capsule up to 1960, in every Doctors Surgery and every hospital in this country, and do feel that it is the responsibility of this govt., to research thoroughly the dangers of NHS medication with all the horrors it causes to the Public's health because it is riddled with chemicals.

You get a wonderful expression on your face, when talking about your family - and even children in general, and if you really love your own family, parents and friends, you should have a thorough investigation into Cannabis medication and balance the fact that "**10,000 people per year die from Pharmaceutical Chemicalized medication and 15,000 people per year need operations to rectify the serious side effect illnesses they get from using the said medication.***

But it must be done in an open and honest manner, because people with links to the Pharmaceutical Industry, including G.P's are all given "Cash" incentives to give negative stories about Cannabis, and no one in government has ever had the courage to test the sick, the elderly and the disabled - none of the govt., have got the courage to face the truth. In fact, the 10 M.P's who all admitted using it (**only once or twice**) is what they said, but the people of this country are all laughing about their statements saying they don't believe them. It was in all probability a lot more than once or twice, but it proves one thing - you can use Cannabis at University - and always be sure you can get a job as a politician.

That sounds like a recommendation for using Cannabis Mr Brown - and one other point I would like to make, is that most of what was "The Great British Empire", the countries we believed we were part of, have actually allowed it to be used by the public in various ways, and are seriously manufacturing Hemp to turn into a Bio Friendly fuel, in order for each county to become free of the worry of how to have enough oil in their own country.

The public are beginning to think that British Politicians are extremely corrupt, and that the labour party is accepting incentives from the Bush family, in order to keep Cannabis under Prohibition. However, you know and I know, as well as the rest of the country, that "Prohibition" does not work. Let the country charge a tax on Cannabis seeds or the sale of Cannabis cuttings from mother plants, in order to stay pain free and in order to have a pure herb available, to help them to sleep peacefully, which does not happen with NHS medication.

"Cannabis/Hemp"

The Truth and the Lies.

1894 Indian Hemp Drugs Commission

“The commission has come to the conclusion that the moderate use of hemp drugs is practically attended by no evil results at all.” (1)

1925 Panama Canal Zone Report

“The influence of Cannabis has apparently been greatly exaggerated. There is no evidence that it has any appreciably deleterious influence on the individual using it.” (2)

1944 La Guardia Commission Report

“There is no direct relationship between the commission of crimes of violence and Cannabis, and Cannabis itself has no specific stimulant effect in regard to sexual desires. The use of Cannabis does not lead to Morphine or cocaine or heroin addiction.” (3)

1969 The British Wootten Report

“We think the dangers of Cannabis use, as commonly accepted in the past, have been overstated. There is no evidence that in Western Society, serious physical dangers are associated with the smoking of Cannabis.” (4)

1970 The Canadian LeDain Commission Report.

“Physical dependence to Cannabis has not been demonstrated and it would appear that there are normally no adverse physiological effects occurring with abstinence from the drug, even in regular users.” (5)

1972 National Commission on Cannabis and Drug Abuse

“There is little proven danger of physical or psychological harm from the experimental or intermittent use of natural preparations of Cannabis. Existing social and legal policy is out of proportion to the individual and social harm engendered by the drug” (6)

1972 The Dutch Baan Commission

“Cannabis does not produce tolerance or physical dependence. The Physiological effects of the use of Cannabis are of a relatively harmless nature” (7)

1977 Commission of the Australian Government

“One of the most striking facts concerning Cannabis is that its acute toxicity is low compared with that of any other drugs. No major health effects have manifested themselves in the community” (8)

1982 National Academy of Sciences Report

“Over the past 40 years, Cannabis has been accused of causing an array of anti social effects including :- provoking crime and violence, leading to heroin addiction, and destroying the American work ethic in young people. These beliefs have not been substantiated by scientific evidence” (9)

1995 Report by the Dutch Government

Cannabis is not very physically toxic. Everything that we now know, leads to the conclusion that the risks of Cannabis use cannot be described as “unacceptable” (10)

These are 10 major reports over the last 112 years, which can all be checked out. There have also been numerous reports from the House of Lords during the last 12 years, advising the British government not to arrest Medical Users. Of course, Tony Blair just ignored them, he did not believe in democracy.

However, when you are dealing with Corrupt or Weak Politicians in England, the Pharmaceutical Companies, ensure that pure unadulterated lies are told about Cannabis – they even give “Cash Bribes to G,P’s” as well as Politicians to keep the chemical medication sales in their favour.

Patricia Tabram 20.7.2007

The Following information will help you to realise how big this business can be, which is good for England.

"The Biggest Criminals causing Prohibition"

The Bush/Quayle/Lilly Pharmaceutical scandal

In America, Marijuana's (Cannabis) most outspoken opponents are none other than :-

Former 1st lady Nancy Reagan (1981 - 1989)
 Former President George Bush Senior (1989 - 1992)
 Former Director of the CIA under Gerald Ford (1975 - 1977)
 Past Director of President Reagan's "Drug Task Force (1981 - 1988)
 Plus George Bush Jnr - Present President of USA

"After leaving the CIA in 1977, Bush was made Director of "Eli Lilly", by non other than Dan Quayle's father and family who owned controlling interest in the "Lilly Company" and the "Indianapolis Star".

Dan Quayle later acted as go-between for "Drug Kingpins" "Gun Runners" and "Govt., Officials in the Iran-Contra scandals. In fact. the entire Bush family were large stockholders in Lilly, Abbott, Bristol and Pfizer, etc.,

After Bush's disclosure of Assets in 1979, it became public that Bush's family still has a large interest in Pfizer and substantial amounts of stock in the other aforementioned drug companies.

In fact, **Bush** actively lobbied "**illegally**" both within and without the Administration as **Vice President in 1981** to permit drug companies to dump more unwanted, obsolete or especially domestically-banned substances on **unsuspecting** "Third World Countries".

While Vice President, **Bush** continued to "**illegally**" act on behalf of "Pharmaceutical Companies" by personally going to the IRS for **special tax breaks for certain drug companies** (e.g. Lilly) manufacturing in Puerto Rico.

In 1982, Vice President Bush was personally ordered to **stop lobbying the IRS** on behalf of the drug companies by the **U.S. Supreme Court** itself.

He did - but they (the Pharmaceuticals) still received a 23% additional tax break for their companies in Puerto Rico who make these American outlawed drugs for sale to Third World Countries.

(Financial disclosure statements; Bush 1979 Tax report; "Bush Tried to Sway A Tax Rule Change But Then Withdrew" New York Times, May 19th, 1982; misc. corporate records; Christie Institute "La Penca" affidavit; Lilly 1979 Annual Report.)

Questions

1. Why have we not had disclosure of this before now?
2. Does this imply that we really are in the pockets of the Americans?
3. Do they offer shares to British leaders or politicians to keep Cannabis under Prohibition?
4. How far does the corruption go?

**Because millions of people will stop using Pharmaceutical Medication,
if they get the opportunity to medicate with a natural herb.**

To help you understand the facts, I will give you all the information available from a huge collection of books plus the media, which will prove the "criminal activities" of the major reasons why Cannabis in some countries (including Great Britain) is constantly dramatised. This will then allow you to decide if the growing of the famous Cannabis/Hemp plant can be a turning point for England.

Deaths From Drugs; Statistics

There has not been a single death attributed to an overdose of Cannabis – it is completely NON-TOXIC. That means that it is not possible, even for a child, to consume a fatal dose of the HERB.

Known, drug-related deaths in the UK. 1990

• Tobacco	110,000
• Alcohol	30,000
• Volatile Substances	112
• Morphine	91
• Methadone	84
• Heroin	62
• Barbiturate Type	7
• Anti-depressants	4
• Cocaine	4
• Pethidine	3
• MDMA (Ecstasy)	3
• Amphetamine type	2
• Hallucinogens	0
• LSD	0
• Psilocybin	0
• Cannabis	0

“Marijuana/Cannabis is one of the least toxic substances in the whole pharmacopoeia”

(Professor Lester Grinspoon, Harvard Medical School)

This listing proves, you take no notice of the scare stories about Cannabis being a dangerous drug, put out by the government via the Media, after all, just think about it, if you look at it in the “whole” you can see employment for thousands of people, please read on:- *(P.Tabram)*

As I have already said, there is a lot of Taxes to be taken, a lot of businesses to be opened, and the opportunity of self sufficiency to be gained by the following:-

“Traditional Uses of Cannabis/Hemp”

will bring

"Independence for England"

With tens of thousands potential uses, here are just some of its more common traditional products:

1. **The Roots** of the Cannabis plant were used to prepare a poultice to ease the painfulness of **arthritis**.
2. **Fabrics**. The ‘Father of History’ Herodotus mentions in his chronicles that the Thracians produced the finest Clothes from Hemp. Hemp Fibres are up to **four times** stronger than cotton and more durable. They are also better resistant to water-rot. Furthermore, when the clothes are eventually worn out, they can be **recycled to produce paper**.
3. **Paper**. Most books in medieval times and almost all Bibles were made from Cannabis fibres. This paper was of **superior quality** to that made from wood pulp and capable of lasting over thousands of years. This saves chopping down trees and forests.
4. **Hemp**. Was traditionally used for the production of Rope, Sails, Charts and Maps.
5. **Canvas**. For Tents and Canvas for Art. The Dutch word ‘**Canvas**’ is derived from the Latin word ‘**Cannabis**’
6. **Paints & Resins** were made from **Hemp Oils**.
7. **Adhesives and Glues**. Many people are unaware of the value of these properties from the Hemp Plant.
8. ‘**Oakum**’ was prepared from **Cannabis Fibres** taken from rope and steeped in tars and pressed. It is an ideal sealant for the hulls of wooden ships.
9. **Floor Covering** was produced from the Fibres of Cannabis.
10. **Hemp Seed Oil** was used for Lamps and for Lubrication throughout history.
11. **Hemp Seed Oil** was widely used to make Soap. This type of soap can still be bought today.
12. **The Seed itself** has been a valuable source of **Essential Nourishment** for many people throughout the world and was made into Porridge, Flour, Breads and anything made from Flour. The Oil from the Seed, was used as a dressing for foods and for cooking. The Seed was also pressed into cakes to be used as **Animal Food**.
13. **Strong Building Materials**, Shelving, Furniture etc., have been made from the Woody parts of the Stalk, called “The Hurds”. Today there is a **House Built** from hemp bricks in Bury St. Edmunds.
14. **The Leaves** of the plant can be eaten as a **salad vegetable**, or used to make a **soothing infusion**. Leaves stronger in THC have for centuries been used in India and East to produce a **pleasant drink** called ‘Bhang’.
15. **The Upper Leaves & Bud** have long been used as relaxant, sacrament and medicine, bringing relief from many pains and ailments and generally uplifting the spirit. Cannabis smoke has played a part in ceremonies and rituals of many of the world’s religions.

The Most Exciting part of this report from the Manifesto is to follow. Like the fifteen statements above, it will save the government and everyone who lives in England, a fortune, besides giving the opportunity of full time work in rural areas.

Archaeological discoveries have shown that Cannabis was used to make garments since Neolithic times. It is apparent that Cannabis/Hemp has been **one of the world’s main agricultural resources throughout history**.

"FUEL, POLLUTION AND THE ENVIRONMENT"

From The Report of the FCDA Europe: "Everything which is derived from hydrocarbons can also be derived from carbohydrates".

"Cellulose provides both the hydrocarbons and the carbohydrates of fuel. Cannabis is the most prolific of all low-moisture, herbaceous woody plant species. Approximately 80% of the biomass of Cannabis is composed of cellulose."

Biomass is the name given to the bulk of a living organism. It can be broken down under pyrolysis to produce Charcoal, Methanol and other Liquid Fuels. These Fuels, when they are burned, merely release into the atmosphere, Water and Carbon Dioxide, by contrast, when Coal or Oil is burned, Sulphur Dioxide is released along with other noxious compounds.

Of the various options, Cannabis Biomass-derived fuel is the only one that is not open to radical ecological objections.

Nuclear Fuel is extremely dangerous to transport and use, while the waste materials dumped on land or at sea will constitute a lethal hazard for tens of thousands of years.

Fossil Fuels are 'safer'; nevertheless they pollute our towns and cities, our traffic-crammed streets, the air we breathe and the sea that surrounds us (recurrent spillage of crude oil at sea, are devastating to our coastline and its wildlife.)

Because of Oil, Wars are fought. It was for this reason that Iraq, at a huge cost ultimately in human life, invaded Kuwait.

(And George Bush invaded Iraq, and look at the mess that has brought to the world, and all because the big Oil Barons want to remain the Big Oil Barons – and if anyone gets in the way of their ambitions well, their reaction is "Shock and Awe"(this is my own personal comment) – in an effort to bring this right up to date, so you may understand this chapter is really telling you that ALL COUNTRIES CAN BE SELF SUFFICIENT – we do not have to go to war for oil – let us grow it. (Patricia Tabram.)

"All the above problems could be avoided if we grew our own fuel"

Quote:

(It really means that all our own Farmers could become the oil producers for food use, and public and private transport – for the whole of this Country. But the big American Oil Barons would not like it – I don't care, our problem is how to become a thriving industrial country in areas which are already available, because we have enough farmland to make farmers enough money to employ all the thousands of people, up and down the country, giving them the pleasure of living and working in their home area. (P. Tabram)

"The Cannabis/Hemp Biomass Energy Equation"

The report of the FCDA, Europe expounds of the advantages of using Cannabis/Hemp Biomass as a source of fuel :- *"Of all known plant species, Cannabis Sativa delivers the biomass fuel energy in the most economically efficient degree as a result of attributes uniquely inherent to the plant itself"*

The Report then explains these attributes, summarised here:

1. Cannabis/Hemp is the most prolific of the suitable plants and grows well in almost all climates, reaching maximum biomass yield in about four months.
2. Cannabis/Hemp is a low-moisture, woody plant. This means that little or no pre-drying is needed before pyrolysis (no energy needs to be expended to dry the crop, unlike sugar cane, maize etc..)
3. Cannabis/Hemp biomass fuel-energy can be made immediately available in all parts of the world.
4. After the seedling stage, Cannabis/Hemp is very resistant to drought.
5. Cannabis/Hemp, with roots penetrating 10 – 12 inches in the first 6 weeks, can survive floods. This can also have an important beneficial effect in preventing soil erosion.
6. Cannabis/Hemp can survive intermittent frosts low as 12 degrees Fahrenheit – 20 degrees of frost.
7. Cannabis/Hemp does not require fertiliser.
8. Cannabis/Hemp flourishes even on marginal and normally unproductive land.
9. Cannabis/Hemp does not deplete the soil in which it grows. In fact it can improve the soil by leaf-shedding, aeration and reducing weeds.

"Prohibition of Cannabis Sativa disallows the most cultivable, optimum dry biomass plant species on Earth, uniquely and immediately capable of the economical replacement of all Mankind's use of high-pollutant, costly fuels and uranium, for energy, petro-chemical products, gasoline and plastics." (FCDA)

According to the FCDA Report, "By Pyrolysis conversion, biomass delivers 5,000-8,000 BTU's per pound (weight). It is calculated that only 6 per cent of the agricultural land area of the contiguous United States would now produce more than sufficient Cannabis Biomass to supply all current demand for gasoline, diesel and oil for that energy-voracious country." *"From only 2 crops (8 months, temperate climate) each acre will produce not less than 20 tons of Cannabis Biomass, which yield 2,000 gallons of methanol."*

Not the most sensational, but certainly the most familiar problem that engages us all, in this context, is the problem posed by the car.

To dissuade people from private transport and so reduce pollution is an honourable tactic, but unrealistic. The limiting factor for the number of cars is the usage and size of the roads. So long as we build more and more roads, there will be more cars. So long as we do not ban cars (and banning them is a project entirely Utopian), there will be pollution –

unless the fuel is changed.

Whether public or private, transport fuelled by Cannabis/Hemp would pollute the environment far less and simultaneously improve health. This is because when burned Cannabis/Hemp derived fuels produce only water and Carbon Dioxide, in roughly the same proportion as absorbed during the growing season. In Cannabis/Hemp fuelled cars, we could drive without coughing.

Henry Ford's first Model T, it should be remembered was designed to run on Cannabis/Hemp fuel (*most of the bodywork*) was made from Cannabis/Hemp too.

However, the petrochemical industry soon put an end o that scheme, it collaborated in the prohibition of Cannabis/Hemp throughout the USA and thereby made huge profits.

Cannabis / Hemp – Questions & Answers

Question 1:- **What is Cannabis?**

Question 2:- **How do we know that using it to self medicate is not harmful?**

Well, I could make a list of hundreds of questions, but let us keep it simple. I have heard these questions so often in the last few years that I decided to do some research. But, just to give you the chance to put it in perspective let me give you an example from my own history.

When I was a child, and we all went off to play on the Hilltop in South Shields, we would race through the trees and bushes hiding from each other and inevitably a stinging nettle would sting one of us. Yet from about 6 years of age we all knew that “Dock Leaves” had to be rubbed on that particular spot, to take away the sting. Just as we knew that if we got constipated, (which wasn’t surprising considering the lack of fresh meat, fish, fruit & Vegetables, plus the high intake of Bread, Potatoes and Dumplings both boiled and baked,) we would chew on a stem of Liquorice root for 10 minutes.

This form of medication is known as “Self Medication” has been used for hundreds of thousands of years, long before the NHS were making us take crystals of “chemicals” – packed in chalk – which is modern medication – from our Doctors. Yes, you’ve guessed it – all medication was created from “Natural” plants and animal products of this earth of ours.

In other words, for thousands of years, long before General practitioners and the NHS, human beings were using herbs and plants, from information handed down through the generations, the most interesting fact of all, is that they worked – they actually worked – because you did not have offices full of arrogant power hungry politicians telling us what was good for us, and helping their rich friends become more rich, so their political party funds would be increased by these so called friends. That is how it works in the 21st Century.

But back then; over 12,000 years ago tradition on how to cure yourself or care for your family was passed on through the generations. But these days, if you have a good idea on how to make money out of the public, be it with a bed, food product or a new form of medication, then, make a friend of a politician and get him to assure you that if you choose one of the famous national outlets for your product and make it the “Law” that you can only use that product with a particular health problem. It doesn’t matter if it has 12 seriously bad side effects; the politician isn’t interested in that, he is just interested in getting an annual cheque into his political party, on a regular basis. Just yesterday, 15th October 2004, I was given an information sheet from inside a box of medication, from a Taxi Driver who has had a bad heart problem, and guess how many “side effects” there are to his medicine – 72 – I kid you not, he can get 72 extra health problems, just by using the medicine dished out by the NHS... **It is simply “Not” good enough**

Are we going to allow this very poor quality of medication, to be accepted by all of us, or are we going to think about the people we love – children, parents, brothers and sisters, friends and neighbours, are we just going to sit down and accept the shabby treatment we receive at the hands of arrogant politicians?

Think of all the “Big Wigs” these days who own Petrol Stations, Pharmaceutical companies, convenience food factories, cigarette factories, and the producers of all the alcohol, which causes so many deaths. They all consider themselves friends of The Prime Minister or one of the Cabinet, and if they make a big enough financial donation, regularly, then they are guaranteed to be allowed to keep their factories open, having a guarantee that the politicians will not close them down or put them out of business, and they may even persuade the Prime Minister to get them a knighthood.

Of course, corruption had to occur after thousands and thousands of years of us having the choice of living as we wanted to live, eating as we wanted to eat, and self medicating to keep ourselves alive, because there are always the few greedy, over ambitious people who want to go down into the History Books. Tony Blair already admitted he wants to be in the history books, - but when he is dead, he becomes manure in the ground, and cannot take his adoring entourage with him – “Or can he?”...

Anyhow, the first recorded use of cannabis comes from a prehistoric site excavated near Taipei in Taiwan, which dates between 10,000 B.C. and 3,000 B.C. where pottery was found with hemp cord impressed into the clay for decoration. Evidence of hemp fibre, netting and rope made from a Cannabis plant, comes from another site in the Yellow River basin which dates from around 5,000 B.C. (mid-Neolithic). A lot longer than Aspirin or Chemotherapy.

Other evidence suggests that the seeds were being used for their nutritional value at the dawn of Chinese civilisation, when cannabis was first cultivated. The first recorded use of cannabis as a medicine comes from 2737 B.C. in the earliest known pharmacopoeia (list of medicinal drugs) called the Pen Ts’ao.

The Pen Ts’ao was created by the legendary Chinese Emperor Shen Nung (formerly Yen Ti) one of the three noble ones, called the San-huang. Shen Nung is venerated as the father of Chinese medicine and known as the ‘divine husbandman’ or ‘divine healer’. He tested hundreds of plants for their medicinal values and during the course of his life, tested 365

plants until he turned green and died from a toxic overdose, but this knowledge was preserved and improved on, to become the basis of Chinese medicine.

In case you hadn't noticed, every main City in this country has at least 6 Chinese Surgeries, where only natural medicine is used or to put it more clearly medicine made only from natural products, and not turned into crystallised chemicals and packed in chalk, for us to swallow, but taken naturally as a liquid, or chewed. These surgeries, have a huge following of millions of people. Just as Holland and Barrett have millions of people, because they do much the same thing, only their medical history does not go as far back as 10,000 years B.C., which of course also applies to the NHS and our Dr's surgeries who all had Cannabis medication available until 1960 (it is odd, that politicians are not aware of this fact). Modern medicine in many cases makes people more ill, by curing one problem but causing another - take diclophenic – it will ease your aches and pains but at the same time can cause an ulcer or heart attack – what a choice!!!!!!I will stick to Cannabis, Chinese Medicine and Holland and Barrett thank you very much.

Shen Nung referred to cannabis as the 'superior' herb and the Pen Ts'ao Ching recommends the use of cannabis 'elixir' to treat a range of illnesses. According to the Pen Ts'ao, the buds (ma-fen) contain the greatest amount of yin energy (female), which is linked with yang energy (male). **Pure bud** was prescribed in cases of a loss of yin, such as in menstrual fatigue, rheumatism, beriberi, constipation, gout, malaria etc., The Pen Ts'ao warns that if too many cannabis (ma) seeds were eaten it could cause one to see demons, but if taken over a long period of time, eating the seeds could enable one to communicate with the spirits. (in other words, to be at peace with yourself and stop stressing)

Shen Nung is also considered to be the father of Chinese agriculture, teaching his people to clear land and to cultivate food instead of killing animals. He invented the plough and established a stable agricultural society in China (oh! Why couldn't we be lucky enough to have a Prime Minister as intelligent, and honourable as this man – he was obviously not on an arrogant power trip determined to get his name in a history book) Shen Nung also instructed people in the cultivation of hemp for textiles, rope and seeds and would accept cannabis as payment, a versatile commodity in China during the third millennium. B.C.

As the researcher of that article said “What a dude”!!!!!!!!!!!!

(Steve Barker FREEWEED)

I now quote another question and answer statement from the above-mentioned magazine, and hope it enlightens you.

"Whatever happened to Medical Use?"

(There are none so blind as those who won't see)

In 1998 the House of Lords Select Committee on Science and Technology carried out an investigation into scientific and medical uses of cannabis, interviewing a lot of experts in the field. They then recommended to the government that medical research into cannabis was started and it was this Enquiry that triggered the subsequent programme by GW Pharmaceuticals. This research was carried out at the **James Paget Hospital in Gorleston** into the use of cannabis for relief of chronic pain. The House of Lords Committee also recommended that Cannabis was moved out of schedule 1 of the Misuse of Drugs Regulations so that it could be prescribed for medical use. Being in Schedule One means that it has no recognised medical use. The report stated as follows:

The government should take steps to transfer cannabis and cannabis resin from schedule 1 to schedule 2 so as to allow doctors to prescribe an appropriate preparation of cannabis, albeit as an unlicensed medicine and on the named patient basis and to allow doctors and pharmacist to supply the drug prescribed. The government turned down the recommendation on the day that the report was published. The government usually accepts such recommendations, so the House of Lords then held another enquiry to find out why the recommendation from the first enquiry was not accepted. This second enquiry was called 'Therapeutic uses of Cannabis' and this enquiry interrogated representatives of the Medicines Control Agency (now MHRA) and Charles Clarke who was then a Home Office Minister.

The main reason that the MCA representatives gave for not rescheduling cannabis was the CBD content of cannabis, claiming that not enough research had been done on the medical effects of CBD's. THC is already scheduled as medicine. The enquiry referred to evidence from an American trial in which it was claimed that CBD's has affected the spermatogenesis of monkeys. This animal study had only been of 90 days duration, and the strength of the dose had been more than one hundred times that used in clinical trials. One account of this trial reported that in low doses, the effect on the sperm was that it became more active and vital, however in high doses the sperms became too confused to know where they were going. There was no effect on the sperms themselves, just on their behaviour. As a result of this, the MCA (now the MHRA) ruled that the rescheduling could not happen until further trials had been conducted. Canadian trials which had given cannabis a clean bill of health were discounted. The GW pharmaceuticals trials were completed and their submission to the Government was made in March 2003.

The government response to this enquiry pointed out that the Home Office keep no records on the people who put forward a medical defence, and so have no figures on the numbers of people whose defence teams bargain down the sentences on the grounds of medical use. (Well, this old lady is giving the home office a record of the illnesses that are helped by pure Cannabis bud, - but remember Mr Home Office – we are talking Pure Cannabis – not something that has been tampered with by GW Pharmaceuticals – had it's potency reduced, been turned into chemical crystals and injected into chalk – its like Mint, Rosemary and Thyme – it is powerful when it is fresh, and does a power of good in that state plus – it is not expensive – a patient who needs to self medicate with it – could manage well, on under £50 per year, and if you are all silly enough to allow GW Pharmaceuticals charge you £1,000 per treatment per patient – you are bigger mugs than I thought you were, and you shouldn't be in the jobs your in – after all GW Pharmaceuticals are only after making a "mint of money".

A further point, which came out, was that government Minister Clarke appeared to be under the impression that the number of medical users is extremely small. One quote from him in the report virtually suggests that every time a medical user uses cannabis, they phone up the media to make a headline news story. This is not borne out by the experience of the CLSS, who find a good proportion of home cultivators are doing it for medical reasons.

Meanwhile, other countries have been moving forward on the medical cannabis issue. Pure natural cannabis is now available on prescription in Holland, and in about 13 states in the USA it is possible to legally obtain cannabis, if the patient has a letter recommending cannabis treatment written by his doctor. Medical cannabis is now available in Canada, but it is reported as being poor in quality and performance, and many users do not take it. Although advertised as having a THC content of 10% in fact tests show it to be only about 3% THC. Their problem is that they are using chemicalized Cannabis made by a Pharmaceutical company, and its the chemicals that have caused the problem side effect illnesses, since the late 1950's.

There are medical networks in this country, accessible on the Internet. These services require a letter from a doctor describing the condition or symptoms that the user is taking the cannabis to treat. If medical cannabis on prescription does become available, it will be expensive. I have heard the GW medication will cost the NHS about £1000 a treatment. The report from the Plymouth trials on use of cannabis in pill form to treat MS was published last November. In a nutshell, it says there is no actual benefit to the patients, they just think there is. Yet meanwhile many self cannabis-medicating sufferers from MS and other conditions have been able to return to a near normal life style.

Four years after these recommendations were made and even after Cannabis has been reclassified as class C drug, the government still have not carried out this recommendation. As a result, despite promises, none of the recent cannabis trials have resulted in any medical cannabis being made available. It sounds like the Pharmaceutical companies

are having cold feet about medical cannabis being made available. It sounds like the Pharmaceutical companies are having cold feet about medical cannabis as it might reduce sales of Prozac, Ritalin and a host of other synthetic products, which at the moment are creating “**HUGE**” profits for them. Meanwhile the fight goes on for medical users to be legally permitted to cultivate their own medicine at no charge to the Health Service, the opposition to this runs up huge legal court costs for arresting, trying and sentencing medical users who get arrested for cultivation. Many of them also have to fight spurious charges of ‘**intent to supply**’
(Steve Barker Freeweed)

Interesting, isn't it that the big pharmaceuticals are only interested in making it into pills – it will not work that way, and quite rightly the writer states that it will end up costing £1,000 per treatment.

Let me tell you a secret, if patients and/or their families are allowed to grow their own plant, once every 6 months, it will not cost them more than about £400, to start an indoor growing centre, then every year, for a whole years supply of fresh cannabis bud, which is the best way to self medicate – no chemicals and no chalk, it will only cost the price of two seeds plus the soil and nutrients – no more than £50 per year after the basic equipment is bought!!!

However, people who provide the NHS with Medication, will be out of a job, if the government allow patients to grow their own Cannabis, I mean, these huge pharmaceutical companies can charge the NHS £1,000 per treatment. In fact, the same goes for thousands and thousands of people who would stop going to a surgery, because there would be less people suffering from Stress and depression besides all the other aches and pains that Cannabis can ease. The NHS would have money to spare.

But I suppose if the Govt., want big donations from Pharmaceutical suppliers, for their own political party – then common sense will never prevail.
(P. Tabram)

Question:- Are you a recreational or medical user?

What is the difference? How might we distinguish between the recreational use of cannabis and the medical? A question like this is bound to be at the forefront of discussion when government representatives debate the issue of legalisation.

According to the law, until 1971 cannabis was a substance of potential therapeutic value: it could be prescribed medically. All G.P's and Hospitals used Cannabis tinctures, oils and creams on their patients throughout the whole of Great Britain. In that year however, The Misuse of Drugs Act redefined its status making it illegal. The Government had performed an about turn.

This was largely due to British agreement with the United Nations Single Convention on Narcotics of 1961, in which cannabis was classified as a dangerous drug of no therapeutic value. The British Government claimed that cannabis was being misused as a recreational drug.

The justification of the new law has always seemed spurious and as time has passed, increasingly so.

To begin with the negative case against the ruling: **cannabis is not a narcotic, it is not nicotine, is not alcohol. It is incomparably less dangerous than these, if dangerous at all.** There has not been a single instance of a reported death for which cannabis is directly responsible, whereas repeatedly, studies have linked tobacco with Cancer, Heart disease, High Blood pressure, Emphysema and a variety of other lethal conditions.

- Yet cannabis is outlawed,
- While tobacco is currently available in Britain to anyone over 16 years old.

As with Nicotine, so the alcohol and intoxication. No study has been able to establish that the ‘high’ or ‘intoxicated’ state that results commonly from the smoking of cannabis has behavioural consequences of a significantly pernicious kind. Indeed the consequences are by and large benign.

This is hardly the case – to put it mildly – where alcohol is concerned. **Alcohol-addiction is the worlds most debilitating and destructive disease.** Yet in general, in Britain and the Western World, it is alcohol that is the socially approved, permitted and the legally endorsed option, just ask an English M.P., there are now 16 drinking Bars in the House of Commons, plus an Alcoholics Anonymous Club, with the Benefit of duty free alcohol being available. (I thought MP's worked for the people, after all, we pay their wages) but there is no democracy in England, if you have noticed.

We turn now to the more positive argument for reversing the 1971 ruling. What immediately needs emphasizing is the unbifurcated and holistic nature of our purpose. We are not campaigning for the recreational and medicinal use of cannabis (to bring ourselves back to our initial question); to state the case that way is to presuppose in our argument, or to build into it, a false dichotomy.

As far as we are concerned, recreational use is as much medicinal as the medicinal is recreational. We are aware, for instance, that cannabis can contribute valuably to the treatment of nausea, chronic pain, asthma, multiple sclerosis and various other ailments. Yet to affirm this so boldly could mislead by obscuring more subtle propositions.

We might be truer to our cause if we began with the proposition that cannabis is a mode of self-medication. animals, we know, self-medicate by digesting plants and other matter and so possibly with human beings. Many, if not most cannabis users (so some researchers believe) are intuitively medicating themselves for stress and/or depression. Which is a way of saying that the cannabis user is not for the most part a person in quest of a 'high', or seeking consciously the cure for an ailment, but a human being searching intuitively for recreation: the re-creating of himself/herself

This might all seem, and in fact in part, is hypothetical: The jury is still out where self-medication is concerned. Though, for all this, what is at stake here is an issue we cannot and should not ignore.

The cannabis user does themselves and their cause no favours if one understates the complexity and subtlety of his essential purposes, with the established opposition being what it is – an embattled prohibitionist force led by people with a propensity to simplistic thought.

One's theme ought to be that the line between the medical and recreational use of cannabis is blurred and probably non-existent
(A Legalise Cannabis Alliance publication.)

Question:- 1. How have people coped with growing Cannabis in the past?

Before the eighties, growing cannabis was less popular and the majority of cannabis being used was imported. Most growers used seeds found in imported cannabis and grew it in soil; equipment was tentatively purchased from Garden Centres and electrical suppliers. Results from indoor crops were mixed due to the genetics of the seeds and the equipment and growing methods used.

At this time the cannabis laws in Holland were relaxing and growers were developing new varieties that were more suited to indoor cultivation and which produced higher yields. These plants (known as skunk) made their way to the UK and as the Dutch seed companies became more established they then became available for sale in the UK, due to an exception in the Misuse of Drugs Act 1971. In the UK all cannabis material and products are considered illegal with two exceptions.

- Cannabis can be grown under license for research or for the production of mature stalk (or the fibre produced from it). Low-grade cannabis (with a THC level of 0.3 or less) is now a commercially viable crop in the UK.
- The supply and possession of cannabis seeds is legal but germinating them is not (as this produces a cannabis plant). In 1971 indoor cultivation was rare, so seeds were not seen as a problem, the issue is also confused by the use of cannabis seeds in bird food, fish bait etc.,

Now people were growing better plants and experimenting with indoor cultivation. By the mid nineties the growing of cannabis (now mostly indoors) became the UK's largest cottage industry with thousands of attics, bedrooms, cupboard, cellars etc., being converted into grow rooms. Books on cannabis cultivation from America became widely available and Weed World magazine appeared in this country, all educating people in modern cultivation techniques.

By the late nineties a new type of grow shop had emerged from the established hydroponics industry, initially low key, some of these shops became more open about growing cannabis having realised that it is possible to stay within the law by giving detailed information for "interest only". Some shops then went further and imported cannabis specific supplies from the Netherlands and eventually started selling seeds. Today we have a few excellent 'one stop shops' in the UK where you buy equipment, materials, seeds and smoking supplies. The past five years have seen great changes with tens of thousands of people deciding to grow their own.

Question:- 2. How do they cope with growing Cannabis in the present?

It is now estimated that over half of the cannabis consumed in the UK is produced here as well, most of which is done indoors for personal use. There are various reasons for this explosion in home growing:

- The quality of 'home grown' is now generally better than imported cannabis from outdoor crops.
- Imported cannabis is often tainted in some way (especially 'soap' and resin) so growing your own guarantees purity and quality
- Cultivating cannabis saves money
- Being self sufficient avoids contact with criminals
- Most people now prefer smoking bud rather than hash
- Seed companies have developed new strains more suited to indoor cultivation. This also offers a greater choice with hundreds of different varieties available.
- Modern techniques and the availability of products/information make it increasingly easy to grow.

- Many now grow for medical use, such as the writer of this book, who cooks with it on a daily basis, and takes small regular amounts to keep pain free over every 24-hour period.

The recent reclassification makes little difference to growers; a change in the Criminal Justice Bill increased the maximum penalty for trafficking a Class C drug to 14 years, the same as Class B. The anomaly still exists where police forces around the country differ in how they deal with people caught growing cannabis – some are charged with production (defined as trafficking) and others with the lesser offence of cultivation.

But the main anomaly is that there is a distinction between possession of the living plant and possession of the plant after it has been harvested. When the plant is alive the maximum penalty if caught is 14 years, but once harvested this drops to 2 years. Also some people get caught with both plants and dried bud so gets charged with cultivation and possession.

Question:- 3. How will they cope with growing Cannabis in the future?

The pragmatic next step would be for small-scale cultivation (defined by a maximum number of plants) to be treated in the same way as possession, with a presumption against arrest and a maximum penalty of 2 years.

Reducing the penalties for cannabis cultivation is permitted by the two United Nation Conventions, which limit UK legislation. The 'UN 1961 Single Convention on Narcotics' and the 'UN1988 Vienna Convention against Illicit Traffic in Narcotic drugs, requires both possession and cultivation to be criminal offences, it does not however require offenders to be dealt with under criminal law and the 1988 Convention permits administrative penalties for small scale cultivation. Other countries have adopted different approaches to relaxing the penalties for small-scale cultivation – some have decriminalised cultivation altogether, some impose administrative penalties (warnings, fines, counselling etc.,) and some treat cultivation the same as possession.

Professor Mike Hough from the institute for Criminal Policy Research at King's College, London said recently "simply to achieve coherence and consistency in the law there are persuasive grounds for treating cultivation for personal use on par with possession". **(A Legalise Cannabis Alliance publication.**

“Cannabis around the world”

Grown in 120 countries. Marijuana (Cannabis) is the ideal peasant farmer’s cash crop

According to the United Nations Drug Control Program (UNDCP), the agency charged with overseeing the international control of narcotic and psychotropic drugs, **“Cannabis is the most widely produced, trafficked, and used, illicit drug on earth, accounting for over 50% of all customs seizures.”** Little firm knowledge exists, however, of the true extent of Cannabis Cultivation or the statistics involved.

Estimates of global production run from 10,000 to 300,000 tons per year, but the actual figure is guessed to be between 30,000 and 50,000 tons.

In the 90’s, **120** countries reported Cannabis being cultivated – that’s **65% of all UN nation states**, compared to 20% growing opium poppies and 4% growing coca bushes.

Hash: Morocco to Lebanon

Despite international pressure and eradication initiatives, producer countries continue to meet the annually increasing worldwide demand, each producing either hashish or marijuana (Cannabis).

In **1995**, the main producers of Hashish were: -

- Morocco (35%),
- Pakistan (30%),
- Lebanon (20%),
- India and Nepal (5%),
- Afghanistan (5%),

With the remaining 5% from minor sources, such as Kazakhstan and Kyrgyzstan.

Of the 772 tons of hashish sequestered worldwide, 400 tons are of Moroccan origin, While 50% of all hashish seizures occurred in Europe.

Morocco, which has filled the vacuum in hashish supplies, caused by the disintegration of Afghanistan, trades widely not only with Europe but also the Middle East and North America. Nationally, so much hashish is produced in Morocco that the local tradition of smoking kif has waned, with the preference to smoke just hashish increasing.

Throughout the 80’s the Moroccan Authorities took few steps to suppress the trade, and cultivation became even more extensive in the Rif Mountains. The wealth this has generated is considerable and standards of living, especially around ketama, have been raised beyond expectation for many landowners, traders and farmers. Sadly, the quality of the product has deteriorated with the rush to make a quick buck. Once considered amongst the best hashish in the world, it is now adulterated with wax, fat or vegetable oil.

As demand increased and the industry grew, the farmers required more land and started to spread down from the mountainsides where the government had, unofficially, given them permission to operate. Some moved out of the Rif Mountains altogether and commenced cultivation in the Atlas Mountains to the South. With this blatant expansion the government felt it had to act and in 1987, moved against lower-altitude farmers in the Rif Mountains. Five years later, with US financial aid, another drive was made against those farming in the valleys. All that happened of course, was that the farmers retreated once more to higher altitudes, and there were still an estimated **248,0000 acres** of Cannabis.

Until 1979, Afghanistan had been a major hashish-producing country, but once the Russian invasion was under way, production plummeted. Farmers could grow only small amounts in secluded areas, away from the conflict, and though the Russians withdrew in 1990, the subsequent sectarian fighting prevented the farmers from re-establishing their business. When the Taliban took power in 1995, they were keen, for both economic and political reasons, to enter the international drug trade, but they preferred to grow opium for refining into heroin, which was much more profitable.

As Hashish production declined in Afghanistan, it increased in neighbouring Pakistan, which had, in any case, been a major conduit for the Afghan dealers for decades. When the supply of Afghan hashish began to diminish, what was available was blended with poorer quality Pakistani product in the refugee camps along the countries’ mutual border, where the few family clans that traditionally monopolized the trade, were by then living. Cannabis cultivation is widespread but is being sent out through Karachi or Bombay.

Though, as elsewhere, Cannabis farming is officially banned in Nepal, it continues unabated, once again taking advantage of the collapse of Afghanistan to grab a piece of the international trade. Nepalese hashish is made from both cultivated and wild plants. On occasion, the government destroys a crop, but by and large it’s officially ignored as a

major source of foreign currency. Nepal has a small army of Maoist insurgents seeking to overthrow the monarchist government, and they partly fund themselves from hashish sales.

The largest per-capita population of Cannabis users in the world is, as it has been for many years, in India, where it must be remembered that cultivation and consumption were legal until 1945. After Independence, there were moves in India to prohibit Cannabis, both by confiscation and taxation, and a system of control was introduced, but it simply led to smuggling from surrounding countries and made no impact upon use. Today, most Indian ganja originates in the southeastern state of Kerala.

Across the Gulf of Manaar in Sri Lanka, Cannabis is also cultivated in the jungles, but here the authorities have special jungle commando units – already trained to fight the Tamil Tiger separatists –, which can move against the farmers. As in Nepal – and in Kashmir, where rebels fighting for autonomy from India finance themselves with hashish – these insurgents also raise money from Cannabis production.

Across the world, the eradication of Cannabis from regions where its consumption and cultivation have been traditional for generations has proven to be nearly impossible, the opportunities that Cannabis offers, for making money, are simply irresistible.

Lebanon is a case in point. In the bitter civil war between 1975 and 1991, hashish from the Bekaa Valley and later opium financed the various factions. When, around 1985, Syrian forces came to control the Bekaa Valley, Syrian traffickers took over the trade, exporting much of their hashish to Canada by sea. Packed into containers, it was usually routed through Cyprus, where the consignments were recertified with new waybills to disguise their true origins. However, not all the product went out by way of commercial trade routes. At the height of the civil war, some American criminal entrepreneurs built a landing strip in the Bekaa Valley, flying in shipments of arms and flying hashish out.

It didn't last. After the civil war, both the Syrian and Lebanese governments took the opportunity to be removed from the US government list of pariah nations by jointly destroying crops. This created considerable poverty. The UN set up crop-substitution programs promoting tobacco, tomatoes, watermelons, wheat and dairy farming, but these were either under funded or inappropriate for the conditions. By 2001, some farmers, protected by Hezbollah, had returned to raising Cannabis. Once again, Lebanese hashish appeared on the market. Lebanese Gold (a reference to its quality, not its colour, which is black) was produced from about 37,000 acres in the summer of 2002, double the acreage of the previous year. The sentences of life imprisonment with hard labour, advertised by government airdrops of leaflets, have done little to discourage the farmers, who have said they will fight if the government seeks to destroy their crops.

Marijuana: Columbia to South Africa

Though it's substantial, the world trade in Hashish is dwarfed by that in Marijuana. Countries involved in this industry are to be found in every geographical region other than the Arctic and Antarctic. Over half the marijuana confiscated every year is seized in North America, predominantly the product of Mexico. Other large seizures occur in South Africa and Malawi.

Elsewhere, customs officers impound marijuana sourced from Brazil, Columbia, Jamaica, Cambodia, Laos, Thailand, Indonesia, the Philippines, Nigeria and Ghana.

Columbia, infamous as the main global source of cocaine, is also one of the major marijuana producers, sometimes exporting through neighbouring Venezuela to the Caribbean. As in so many places, while the trade is officially prohibited, it is, in fact, either ignored by the authorities, or only acted against in a token manner. Venezuelan law-enforcement officers frequently ambush vehicles carrying marijuana toward Caracas: in 2001 they seized nine tons of cocaine and five tons of marijuana en route for Europe and the US. Brazil is also becoming an important producer nation, with plantations lost in the vastness of the Amazon basin, and products shipped downriver to Manaus.

Jamaica continues to be a sizeable producer, with seizures and crop destruction frequent but insufficient truly to dent the trade. The police are also now increasingly involved in counteracting cocaine smuggling and the gang warfare associated with it. Jamaica being one of the most important staging posts between Columbia and North America. The situation, as of 2001, had turned Kingston, the capital of Jamaica, into the most violent city on earth, with the highest murder rate

Against this background. The marijuana trade is not a top priority and is being somewhat ignored. Personal use might be decriminalized for adults and for religious purposes, which will please the Rastafarians (this story follows 'Cannabis around the world'). The US government opposes the move, but it seems to be impossible to stamp out marijuana where use is part of a cultural tradition.

Mexico, more corrupt than lawless, remains a big marijuana producing country, the trade earning an estimated \$30 billion per year.

Corruption concerning marijuana has permeated the government to the highest levels. To address this state of affairs, the Clinton administration offered \$20 billion in aid in exchange for cooperation on action against the so-called Mexican

Federation, a loose association of drug barons with connections to the Columbian cocaine cartels. It had only a limited impact, and, in March 2001, Mexican President Vicente Fox annoyed Washington by stating that the only way to combat drugs was to “Legalise them”. – *(At long last someone talks some sense. – But why, oh! Why? Couldn't it be the British Government – sadly, they do not seem to be mature enough to see the sense in this).* (Grandma who eats Cannabis)

One modus operandi of the smugglers was laid out on the completion of Operation Green Air in April 2000. Run jointly by the DEA and US customs. It concentrated on a marijuana-trafficking network, run by the Mexican Arrellano-Felix organization, which had been supplying a Jamaican association.

- In years past, syndicates had used ordinary commercial courier services such as, UPS and FedEx, but in a move to stop both the drug and money-laundering industries, these companies ceased to accept packages from customers that were not known to them. Furthermore, they insisted random packages be open for inspection when collected. To overcome this hurdle, this network had compromised and bribed a number of key personnel in the Los Angeles FedEx centre. Marijuana was smuggled from Mexico into Los Angeles for onward transportation by FedEx to parcel handling distribution centres in :-

-
- Boston,
- Orlando,
- Atlanta.
- Fort Lauderdale,
- New York,
- Newark.

FedEx personnel saw the packages safely onto the courier's own aircraft, entering them into the guaranteed overnight-service containers by issuing them regular bar-coded waybills. To camouflage the packages and make tracing more difficult, the staff manipulated corporate billing and accounting records so the consignments not only passed through the computer system undetected, but also usually for free. After an 18 month investigation 104 people were arrested, 34,000 pounds of marijuana were seized and \$4.2 million in cash and assets were sequestered. It was estimated that, over two years, the ring had smuggled a minimum of 121 tons of marijuana.

It is hardly surprising that, as an awareness of the profit margins to be made from Cannabis becomes more widespread, more countries are awakening to the advantages of Cannabis growing.

After World War II, Albania became a completely closed society with no contact to the outside world save, at a very restricted diplomatic level, with the Communist bloc, The countries paranoid dictator, Enver Hoxha, ruled through the Sigurimi, the Albanian equivalent of the KGB.

Political executions and regular Stalinist purges kept the people oppressed; overseas travel was forbidden and all religion suppressed. Then in 1985, Hoxha died. The country underwent several changes of government and leadership, and by 1991 its borders were open. In essence, Albania was a third world country in Europe. It had virtually no industry, few roads and an agrarian economy. It was ripe for the picking. Organized crime moved in fast, much of it from Italy.

As drugs and illegal immigrants started to flow through the country and across the Adriatic Sea, local farmers began to consider what crops they might grow to try and drag themselves and their country into modernity. Western government aid did little to help the farmers. Though thousands of citrus and olive trees were planted, it would be years before they were productive.

Then in 1991, when Greek criminal elements entered southern Albania from Greece and Corfu, bringing Cannabis seeds, a new cash crop commenced. Foreign governments saw this trend and put pressure on the Albanians to stamp it out before it developed. In 1995 a concerted effort was made to eradicate the crop. It led to running gun battles between the farmers and the police. Criminals were financing the Cannabis, so were former Sigurimi Officers, and they had friends in the police. Two years later, Albania became politically unstable once more and western aid was withheld, unsettling the economy. The farmers took the only course open to them. They grew food for their families and Cannabis to sell.

Much of the Cannabis is grown in mountainous southern Albania. At first, it was taken over the hills into Greece by teenage boys carrying sacks on their backs and selling to Greek dealers, but this soon gave way to smuggling by sea in speedboats and leisure craft, stolen from Corfu or Italy. The Italian Mafia now organizes the business, running Marijuana into Western Europe along the Italian Adriatic coast. Once ashore, and in the European Community, it can travel across the continent without hindrance from border controls. In 2001, it was estimated that Albania exported marijuana worth \$40 million.

Another country engaged in significant Cannabis cultivation is Cambodia, which the UNDCP now considers one of the world's primary producers, with marijuana grossing approximately 1 billion in 2000, as much as the country's other main industry, Garment manufacturing. Chinese organized-crime gangs assisted by corrupt Cambodian and Vietnamese

Officials, some of very senior rank, control the International smuggling of the product. The marijuana is baled at collecting points, taken down the Mekong River and exported by sea from Ho Chi Minh City, primarily to Europe and Australia. To the west, Thailand is also a producer, but not of the same magnitude.

Africa and Cannabis

Africa proves the theory that the poorer a country, the more likely it is to produce Cannabis. This is hardly surprising: the cash return is enormous and more or less immediate, as the crop grows quickly (like all weeds & herbs) and the farmer is paid in cash, the minute he's harvested it. Furthermore, the plant is cheap to grow, does not require rich soil or extensive irrigation needs no agrochemicals and is not labour-intensive, except at sowing and harvest time. It is an ideal peasant farmer's cash crop.

For many years, Cannabis has been cultivated in South Africa, particularly in the provinces of Natal and Transvaal, as well as in the tribal homelands of KwaZulu and Transkei. The trade, however, was not organized and little was exported beyond neighbouring countries. This has now changed and South Africa is regarded as a main producer, smuggling mostly to Europe.

In the spirit of post-apartheid times, the business is operated by, black farmers and traders, who sell to both black and white smugglers, often working together. Elsewhere in Africa, the main producer countries are: -

Nigeria and Ghana, which sell to Europe,
Malawi and Zambia, which sell to other regional countries for domestic use.

Home-grown: US to Europe

While many producer nations illegally export, they have also traditionally grown Cannabis for their own domestic markets, and this pattern is now becoming increasingly common in countries that were historically only consumers and not cultivators. The trend began in the US, where, over the last 20 years, a thriving illegal cultivation industry has developed, especially in California. Cannabis cultivation is so widespread that the UNDCP classifies the US as a main producer. It is estimated that a quarter of all Marijuana smoked in America is grown in the country. Cannabis is the fourth-largest cash crop in the US. Generating £15 Billion a year wholesale.

It is also believed that a substantial percentage of the marijuana smoked in Britain, the Netherlands and other Western European Countries, is home-produced, though the overall amount is much smaller than in the US. Very limited home cultivation was conducted in Britain on a small scale in the 60's but by the 90's home cultivation had become a sophisticated art, much of it learned from the Dutch.

Between August 2001 and April 2002, the sale of Hydroponics equipment in Britain tripled. British supply companies stay within the law, because it contains so many anomalies:-

1. It is not illegal to sell Cannabis-using paraphernalia
2. Nor is it against the Law to sell seeds. (Even of high THC content strains, so long as these are retailed specifically as a food additive).
3. It is of course, legal to sell hydroponics equipment (most commercially grown tomatoes are raised this way) and nutrients.
4. But it is illegal to supply Cannabis plants or cuttings.

Note: - (Only the British could get a law into such a mess! ! !.

(Grandma who eats Cannabis)

The British Marijuana industry has a long way to go to catch up with the Canadian province of British Columbia. Recent RCMP (Royal Canadian Mounted Police) statistics estimate that marijuana is now the province's biggest industry, well ahead of logging. It is estimated that 150,000 people are involved in cultivation and distribution. At least 80% of the production is overseen by motorcycle gangs and organized-crime gangs, who smuggle it into the US. Inevitably, the US authorities would like the RCMP to crack down on cultivators, but this would require a massive amount of manpower, and it is unofficially believed that the eradication of small time growers is impossible.

Just as cultivators are becoming more determined and sophisticated, so are their opponents. The DEA operates in a number of countries outside the US. :-

Columbia,
Bolivia,
Panama,
Venezuela,
Ecuador,
And a large number of Caribbean countries,

It has mounted anti-drug operations in the above countries, as follows: -

- Conducts continuous surveillance of shipping and aircraft,
- Targets and destroys clandestine airstrips,
- Sprays crops with weed killer and
- Monitors all banking transactions conducted by US Banks, for sums in excess of \$10,000.

The scale of activity can be judged from Operation Conquistador, run in March 2000, which involved 26 countries. It did not target specifically Cannabis, but all illicit drugs and resulted in:-

- 2,331 arrests,
- Searching 7,376 buildings, vessels, vehicles and aircraft,
- The seizure of 4,966 kilos of cocaine,
- 15 Kilos of heroin,
- 14 kilos of morphine base, and
- 362 metric tons of marijuana.
- Confiscation of 13 Boats,
- Confiscation of 172 vehicles
- Plus \$2.1 million in assets.

The UNDCP, in collaboration with British government scientists and the US, has developed a fungus that can attack Cannabis plants, Opium Poppies and Coco Bushes, but it is non-specific and could also wipe out food crops and other vegetation. Attempts to trial it in Columbia has been halted due to environmental danger, but rumours persist that it is being used in “Central Asia”.

One inescapable fact remains:-

“Cannabis cultivation and distribution will not diminish, as long as there is a desire for what it offers and peasant farmers in poor countries – or suburbanites With spare attic space – are willing to grow it.”

(From the book Cannabis; History 2004 by Martin Booth – reprinted by arrangement with St. Martin’s Press and available wherever books are sold.)

Well, many thanks are due to Martin Booth, but I am not copying the whole of his book, you must read it for yourself, it is really amazing, and I simply wanted to put information before the British Public, regarding exactly what is going on, how your basic human rights are being slowly drained away from you, and have been over the last 35 years.

But my main reason, is that, you may have one of the health problems which are discussed in this book, and could therefore possibly change your life, get rid of the physical pain, either by Using Cannabis in your food, Breathing it in through a vaporizer, or smoking it.

The “Brains” of Spain

**Sunshine, a festive Mediterranean lifestyle and favourable laws,
Have made Spain, the new “Cannabis” Capital of Europe.**

Nol van Schalk, owner of the Willie Wortel Coffee Shops in Haarlem, the Netherlands, moved to Southern Spain several years ago to grow outdoors. He is currently planning to open a private Cannabis club in Malaga, similar to the one’s in Valencia and Seville, a place where you can buy pot and smoke it.

“There are 360 grow shops in Spain”, van Shalik says excitedly. “People are smoking more Marijuana than Hash”.

Van Schalk is part of the expatriate Cannabis community that has established a foothold in Spain. Foreigners tend to congregate near the Mediterranean, some live in colonies, while others blend into the cultural fabric.

Mario Belandi, a native Italian, breeds sativa varieties in Southern Spain, where he can grow two crops a year outdoors. Breeder Steve did a stint in Malaga to “check out the climate for sativas”, before moving back to his native Canada. Most Dutch breeders have taken the two-hour flight from Amsterdam to Spain. Round trip tickets cost less than 200 euros, which makes long weekends in Spain, a common “Ganga getaway”.

Several seed company owners, have been sniffing around Spain for years, including Ben Dronkers, the owner of Sensi Seeds. He is renovating a historic building near the Mediterranean in the old walled city of Barcelona, into a marijuana/hemp museum.

Australian breeder Scott Blakey came to Spain in 1998 with a gift for the locals; 25,000 F2 seeds, including: -

White Widow
White Shark
California Orange,
Haze crosses.

He disseminated the seeds to residents in cities and towns along the Mediterranean. This single move changed the face of the Cannabis gene pool in Spain forever. Today, strains like:-

Jack Herer,
AK – 47
Sweet Tooth
Shiskaberry and
Northern Lights have become common in Spain.

The grow shop L'Interior in Barcelona was the first company to import Dutch marijuana seeds in 1998. The initial orders were just the first drops in an endless sea of seed shipments to Spain. Now hundreds of companies retail marijuana seeds and grow gear. In fact, "You can find any seed in Spain that is in Holland", says writer/photographer Goyo Fernandez. "We have excellent locally grown, high-quality marijuana.

Privacy laws in Spain allow people: - **to legally grow Cannabis for personal consumption at home or on their property.**

There's no penalty for private possession of 50 grams or less, which is considered for personal use, or *autoconsumo*. However, public possession of more than 50 grams of Cannabis or its derivatives is still punishable by fines ranging from \$500 to \$50,000.

Recently, I was standing on a friend's balcony admiring three plants and smoking a spliff. When a police car stopped at the traffic light about 75 feet in front of us. The policeman pointed at the plants and motioned that he could see them. My friend smiled and gestured that he had only three small plants. The light changed and the policeman drove away.

Ask 10 Spaniards what their favourite variety is and you will get 20 different answers. Sativa varieties are exceptionally popular everywhere in Spain, because of the warm climate, which allows them to fully mature.

Latin-American ties also facilitate the exchange of sativa varieties from: -

Mexico,
Central America,
Columbia,
Brazil,
Uruguay,

But many other seeds originating in Latin America are not on the market. The Spanish seed companies Good House Seeds and Canna-Biogen have developed such varieties as: -

Hash Balls II,
Manolito I
Destroyer,
Haze,
Skunk crosses
Durban Poison, are also very popular

Cannabis consumption, growing and products had come under increasing scrutiny by the right-wing Aznar government, which lost the national election in March, following Al Qaeda train bombing in Madrid. During the election campaign, the conservative Partido Popular used the same scare tactics common in the US, verbally attacking grow stores that sell seeds and threatening to close Cannabis cultivation like *Canamo*. However, with the Socialists taking over, it is expected that the anti-marijuana propaganda will slow to a crawl.

The number of Harvest Festivals in Spain has grown astronomically over the past few years, but there's no bigger marijuana event in the country than Spannabis. Fourteen thousand Cannabis enthusiasts packed Cannabis enthusiasts packed into Palau Saint Jordi in Barcelona in February for the first annual Spannabis trade show. Palau Saint Jordi is located on Monjuic, a hill overlooking Barcelona and the Mediterranean Sea. The 38,000 square foot exhibition hall was packed with 81 stands, representing 148 businesses from 14 Countries. They offered seeds, fertilizers, lights, bongs, grinders, clothes, magazines and more. Visitors from 27 different nations attended the show, with Latin-American nations well represented. Nineteen different Cannabis magazines, Websites and publishing companies were also in

attendance, and reporters from 21 mainstream European newspapers, magazines, TV and radio stations, covered the event.

Carlos Yerbes, Spannabis's organizer, decided to avoid problems by not holding a Cannabis competition. The public venue made party-crashing police a distinct possibility. A best-buds competition could easily be held in another, more casual venue.

Spannabis was packed with growers and tokers. Luc from Paradise Seeds in Holland strutted around happily after selling out his stock. An Australian wholesaler was looking to open a branch office in Barcelona; a Canadian wholesaler made several distribution agreements. The show was such a success that Yerbes launched the new free Spanish-language monthly, Spannabis.

One booth, El Cactus, boasted several thousand live peyote cactus plants. The El Cactus store in Granollers, a superb of Barcelona, features more than 50,000 live hallucinogenic cacti and is one of the main suppliers in Europe. Though live marijuana plants were not trucked into the show, the occasional plant, did turn up.

Every hour during the event, a pleasant voice would come over the loudspeaker and inform everybody, "Smoking Cannabis at the show is prohibited", nobody enforced the rules, and everybody smoked! ! !

Show attendees also vaporized at several booths. There was plenty of hash and marijuana to go around. Free beer, drinks, pens, lighters, rolling papers, fertilizers and rooting hormones were given away at many of the booths. The formula for a successful fair is simple: pay 19 euros to get in and walk out with 20 euros' worth of free samples.

Workshops on legal issues, indoor and outdoor growing, genetics and the medicinal uses of Cannabis were well attended during the three-day event. Though the workshops were exclusively in Spanish, the program guide and Web site are bilingual (Spanish and English)

Spannabis confirmed that there are more Cannabis growers and consumers in Spain than ever before. In the northeastern province of Cataluna, officials have requested that medical marijuana be dispensed in pharmacies. Growers throughout the country continue to stand up for marijuana, repeating their motto: Contra la prohibicion me planto ("I plant against prohibition")

For more info on Nol van Schaik and Spannabis, go to: hempcity.net and Spannabis.com

Note:-

I can now stand accused of repeating myself again, on the issues of the Governments attitude on "Cannabis," However let me give you some comparisons: -

No. 1. The whole world knows the history of America and how, in the early 20th Century, they simply exacerbated the criminal rule that came into being, when they enforced a Prohibition against the production, sale, and use of Alcohol. It brought to America, during the early 20th Century, violence and crime, unlike anything they had ever seen before. After years of problems, the criminal fraternity and the police, using machine guns in public, which caused murders and innocent deaths, they saw sense, and eventually, Alcohol was allowed to be produced, sold and consumed, because someone listened to the public, and they realised, "If they lifted the ban, and there was no black-market in Alcohol anymore, then, people would learn, just as they had throughout history, to accept, and use, in moderation, this substance – in this instance "Alcohol". – Finally, people had the right to decide for themselves, if they wanted to drink alcohol – and millions decided to drink, but millions more decided not to drink. Of course the police service of the time, wasted all that time and energy, plus the deaths of many of their officers for many years, before their government saw sense, that is Prohibition

No. 2. Look at the suffragette movement – all they wanted was the right to vote, to be heard, and to be allowed equality with men. But would the British government listen, - "No!" For 28 years there were women imprisoned for asking for their rights, women died asking for their rights, and there was a great deal of public unrest. But the "Dreaded Ban" was there, just as in America's big mistake with the Prohibition of alcohol. Finally, once again – another government, made the right decision – they decided to listen to the people, and so, once again women (in this case) had the right to vote. Of course, yet again, the police service of the time, wasted all that time and energy. Plus, many people died in the process, just through trying to achieve their human rights.

No. 3. Now it is the turn of Cannabis, all I want to do, is cook it in my food – then I can be pain free, - and mercifully be allowed to choose my own medication, instead of having to accept the second rate medicine we are given by the Drs and NHS – it is called generic medication (in plain language, - the cheapest copies they can get – from any country in the world). The funny thing about this is that – prior to Generic medication – more than 20 years ago, we all paid a token amount for our prescriptions, which may not always have covered the cost of the medicine in question. But now, when Surgeries and hospitals, are buying "cheap copies" and receiving them unboxed in many cases, you are probably all paying at least £6. per item, more than you should be paying.

But don't worry about it – if they are taking more money from you by stealth in this way, to cover the cost of the NHS – it leaves them all the other money we give them, to go to war, when we don't want to go to war, and the last time this happened, millions and millions of people world wide protested – on the same day, - all over the world, and they were right – the government was wrong – and the buck should stop with Tony Blair – but they will keep on selling you cheap generic medication until you all demand a better service.

This you need to do in droves. The reason being that 99% of modern medicine has between 6 – 72 side effects. So within 6 months of taking medicine for back pain, you can end up with the beginnings of a stomach ulcer, bowel, problems, kidneys problems, palpitations heart problems, incontinence or impotence and I could go on and on, but just use your imagination – after 6 months, you could have at least 4 different illness's, as a result of the medication you have been given. Thus, anything up to 16/26 tablets per day, plus help for depression or stress – plus the need for sleeping tablets.....It doesn't take a genius to work it out.

Now, we come to the challenge!!!.

Health Problems & Solutions

Aids

Passing of body fluids contracts human Immunodeficiency Virus (HIV). Once thought to be limited to intravenous drug users and gay men, it is increasingly present in the heterosexual population as well.

Additionally, many haemophiliacs are HIV-positive after receiving tainted blood products prior to routine screening being introduced.

People with the virus usually go on to contract Acquired Immunodeficiency Syndrome (AIDS).

The patient's diagnosis changes when either their T-cell count (the number of healthy immune cells the patient has) falls below 200 (normal range is 800-1200) or they contract one of the 30 separate AIDS diseases.

These are mostly common "opportunistic infections" that prey on weakened immune systems.

Testing HIV-Positive is not a death sentence, as by living healthily, people can anticipate a life span of 10 years or more.

Antiviral drugs, of which the best known is AZT, are used to attack HIV. Unfortunately, AZT suppresses the production of red blood cells, decreases the number of white blood cells, and has many damaging effects on the digestive system.

It sometimes causes severe nausea that heightens the danger of semi-starvation for patients who are already losing weight because of the illness.

About 20% of Aids patients, develop an infectious disease of the eye that can cause blindness. A drug called Foscavir is used to treat it, but this too has the side effect of nausea.

The anti-emetic properties of Cannabis indicate that it is likely to be useful in treating the nausea caused by the disease and these other medications.

Patients with AIDS suffer from 'wasting syndrome', which is defined by the (US) Centres for Disease Control as 'the involuntary loss of more than 10% of baseline average body weight in the presence of diarrhoea or fever of more than 30 days, that is not attributable to other disease processes'.

This can occur by either starvation or cachexia, and chances of survival decrease significantly for the patient, if as little as 5% of their body weight is lost. Existing therapy for wasting syndrome is the use of appetite stimulants (such as megestrol acetate) but few medications have proven successful.

Cannabis too, is an appetite stimulant (as can be seen in the 'munchies' that recreational users often get).

In America, oral synthetic THC is available medically, under the trademark Marinol. Its license includes its usage as an appetite stimulant in AIDS patients. An amendment to the Misuse of Drugs Regulations in 1995 means that it can be prescribed on a **named patient basis in the UK as well**, "**however, in practice it is not available**", perhaps due to the large amount of administration, regulation and paperwork needed to be done in order to use it medically.

Some concern has been shown, as it seems possible that **Cannabis** may suppress the immune system. However, it is not known whether this occurs in humans at the required dosages.

If immuno-suppression occurs however, it does not seem severe enough to preclude the use of cannabis as a medicine. Certainly, there is no evidence that Cannabis use increases the rate of progression to AIDS from HIV- positive patients.

All in all, from both research and anecdotal evidence, Cannabis seems to reduce any nausea, appetite suppression and physical pain that comes from either the disease itself, or its currently-prescribed medications. Dobbysy.com

Note:-

Synthetic THC is never as effective as pure bud, used in food on a daily basis. It is surprising how little it takes to make Soups, dinners, cakes and biscuits. Plus it is less expensive than synthetic products, which is why the people with this kind of pain and nausea, should have the right to “grow their own”. Using pure bud, means that you are less likely to have ‘side effects’ which are caused by artificial medication. Think of it this way, would you prefer chemicalised mint on your Roast Lamb, or the real thing!!!
Patricia Tabram

Cancer

The drugs used to treat cancer, are among the most powerful, and most toxic chemicals used in medicine. They kill both cancer cells and healthy cells, producing extremely unpleasant and dangerous side effects. The most common is days or weeks of vomiting, retching and nausea, after each treatment.

The feeling of loss of control is highly depressing and patients find it very difficult to eat anything, and lose weight and strength. People find it more and more difficult to sustain the will to live, and many chose to discontinue treatment, preferring death, to treatment.

Cannabis can be used as an anti-emetic, a drug that relieves nausea and allows patients to eat and live normally, but despite great advances in the last few years of anti-emetic research, **Cannabis** is safer, cheaper and often more effective than standard synthetic anti-emetics.

Smoking **Cannabis** can be more effective than taking it (or its synthetic derivatives such as Marinol) orally, as patients find it difficult to keep anything down long enough for it to have an effect.

Smoking **Cannabis** produces an immediate effect and patients find it easier to control the dosage. Additionally the euphoric properties act as an anti-depressant, and the hunger and enjoyment of food properties (“the munchies”) make weight gain easy, and these increase the chances of recovery.

The method by which chemotherapy generates nausea and vomiting is not entirely certain, although studies point to it being caused by receptor stimulation in the central nervous system or gastrointestinal tract.

However, **Cannabis** as an anti-emetic seems to work via a different mechanism than the currently used anti-emetic drugs in this field (such as corticosteroids). It is therefore worthy of investigation whether a combination of **cannabinoids** and existing therapies may benefit the patient more than either of the two taken separately.

It also suggests that patients who do not respond well to traditional anti-emetic medications may find greater benefit with **Cannabis** based drugs.

A relatively large number of studies have been done on the anti-emetic properties of **Cannabis** in regard to the negative effects of chemotherapy.

Almost invariably **Cannabis** (and some of its constituent **cannabinoids**) have been found effective. As a result of this, in 1985 the US FDA licensed synthetic **THC** (Dronabinol) for these symptoms.

In the UK however, it is not licensed in this way. It is actually possible to prescribe Dronabinol to patients in the UK, but only on an individual basis. This is very rarely done, perhaps not surprisingly given the large amount of administrative obstacles that need to be overcome.

However, in 1982 Nabilone (an analogue of delta-9-THC) was licensed in the UK to allow it to be prescribed for nausea following chemotherapy, as long as other treatment was ineffective and that it was solely used within a hospital environment.

In terms of efficacy, **Cannabis** has several competitors as an ant-emetic.

However, the Institute of Medicine’s 1999 report summed it up nicely when it stated that ‘**the critical issue is not whether marijuana or Cannabinoid dugs might be superior to the new drugs, but rather whether there is a group of patients who might obtain added or better relief from marijuana or Cannabinoid drugs.**’

Both scientific research and testimonies of currently criminalized users seem to state, that this group of patients **does indeed exist**.

The treatment of nausea and vomiting is not the only way in which **Cannabis** can help cancer sufferers. Both the analgesic pain relieving) and appetite-stimulating qualities of **Cannabis**, can make a patients life both longer and far more bearable. **dobbsy.com**

Note:-

British people have a right to choice in these matters. In the past, the govt have finally had to admit, they were wrong about mad cows disease, not affecting humans, they have also admitted they were wrong in the way in which they handled the millions of animals which were butchered by the forces in their attempt to stop the spread of this disease, they were also wrong about the way they handled “Iraq” and they will be proved wrong, in the history books, about the way they are handling Cannabis. *(Patricia Tabram)*

Chronic Pain

The most frequent complaint that patients look for medical help with is pain. There are several different types of pain and unfortunately none of the currently prescribed pharmacological treatments for pain work completely for certain types.

A particular example is that of pain caused by damaged nerves (such as that which causes phantom limb pain), which does not respond well to existing medications. Severe Chronic pain is usually treated with opiates, but these are addictive, and tolerance develops so that the dose has to be increased.

The risk of severe side effects such as nausea is great, and additionally the user feels drugged, and finds it difficult to function properly.

Family life may suffer as patients find it hard to relate to other people, and even reading to children is difficult. Synthetic analgesics are non-addictive but they are not powerful enough.

Cannabis has fewer side effects than other analgesics and users report it “rounds off” the pain quickly after smoking.

An Institute of Medicine report contains a minimal list of 5 situations in which **Cannabis**-based medicines are of use in treating pain. There are medical conditions or patients in which they are more effective than any currently available medication.

1. They have a broad clinical spectrum of efficacy and a unique side effect profile that differs from other analgesics.
2. They have synergistic interactions with other analgesics.
3. They exhibit “side effects which are considered useful in certain clinical situations.
4. Their efficacy is enhanced in patients who have developed tolerance to opioids.

Some people have used **Cannabis** to control pain for 20 years or more and many report that they were able to kick their addiction to opiates with small amounts of **Cannabis**.

One strange fact is that more experienced users get a greater pain relieving effect from **Cannabis** than novices. Experienced users also are able to function normally and ignore the psychoactive effects.

Cannabis may be better at controlling the different types of pain.

Cannabis has had a long history of use as an analgesic and was widely used in 19th century Britain, including in the royal household. Dr. J. Russell Reynolds, Fellow of the Royal Society and Physician to Queen Victoria reported in the Lancet in 1890 that he had been prescribing **Cannabis** for 30 years and considered it “**one of the most valuable medicines we possess**”. According to Reynolds, Indian hemp remained effective as an analgesic for months and even years without an increase in the dose.

It seems that **Cannabis** shares some method of action with opiodoids, but the mechanism with which it accomplishes its analgesic effects differs. This indicates that they may produce an additive effect when used in conjunction with current medicines. In addition they might provide help to patients who do not react satisfactorily to other treatments. **Much anecdotal evidence seems to indicate that this is the case.**

Indeed, the British Medical Association has gone on record as stating that the prescription of nabilone, THC and other cannabinoids, should be permitted for patients with intractable pain’. Other official bodies have found similar results.

A House of Lords report summed up the situation stating that 'there is scientific evidence that cannabinoids possess pain relieving properties, and some clinical evidence to support their medical use in this indication'.

In a press conference on October 26th 1997, the US Society for Neuroscience claimed that 'substances similar to or derived from marijuana, could benefit by more than 97 million

Dobbsy.com

Note.

Pure **Cannabis Bud** is very effective when it is prepared correctly and used in food preparation, because although I am a smoker and have been since I was 19 years old, I do not like to smoke **Cannabis**, I prefer small amounts in my food on a daily basis.
(Patricia Tabram)

Epilepsy

Epilepsy is a neurological condition, which affects approximately 1 in 100 people.

Depending on how wide spread in the brain, the neurological disturbance is (the focus), there are a range of possible seizures from:-

- lapses in consciousness (absence)
- Convulsions (Grand Mal)
- Grimacing or repetitive movements (temporal)
- To just odd sensations (auras).

Epilepsy is as individual as the people who have it and everyone has their own patterns of seizures.

There are sometimes triggers for seizures, such as:-

- Sleep loss,
- Low blood sugar,
- Stress
- Or even boredom.

Some common causes of epilepsy include:-

- Head trauma,
- Birth injury,
- Hormonal imbalances
- Viral attacks.

Some kinds of epilepsy can be well controlled by anti-convulsant drugs, but a few forms do not react well to these. Anti-convulsant drugs have potentially serious side effects, including: -

- Bone softening,
- Reduced production of red blood cells,
- Swelling of the gums,
- Emotional disturbances.

Other occasional effects include: -

- Uncontrollable rapid eye movements,
- Loss of motor co-ordination,
- Coma
- Death

In addition, these medications are far from ideal, in that they only completely stop seizures in about 60% of patients.

Cannabis has long been known to have anti-convulsant properties, and these have been investigated since the 19th Century.

Large amounts of anecdotal reports and 1-1 patient case studies indicate the assistance of **Cannabis** in controlling seizures.

Cannabis analogues have been shown to prevent seizures when given in combination with prescription drugs. Patients report that they can wean themselves off prescription drugs, and still not experience seizures if they have a regular supply of **Cannabis**.

Some interest has been shown in the use of Cannabidiol (a cannabinoid) in treatment.

A small amount of data is available about this, and cannabidiol has little or none of the psychoactive side effects that treatment with **Cannabis** (or THC) could induce.

There seems to be no plans to make a great effort to concentrate on **Cannabis** research in the field of epilepsy at present.

The British Medical Association has however stated that it may possibly prove useful as an, ‘adjunctive therapy’ for patients who cannot be kept satisfactorily free of seizures on current medications.

Likewise, the National Institutes of Health workshop, considered that this is ‘an area of potential value’, based largely on animal research showing anticonvulsant effects.

Dobbsy.com

Note:-

This is another case in point, where small amounts regularly over a 24 hour period would suit the patient, and of course, the best way to achieve this, is by using carefully measured amounts in their daily food intake.

(Patricia Tabram)

Glaucoma:-

The human eyeball is filled with fluid, which exerts pressure to keep the eyeball spherical. Glaucoma is a condition where the channels through which the fluid flows gradually become blocked, and the intraocular pressure (IOP) gradually increases, causing increasing damage to the optic nerve and gradual deterioration of vision. Glaucoma is the second largest cause of blindness, and affects 1.5% of 50 year olds and 5 of seventy year olds.

Standard treatments have unpleasant or dangerous side effects, and have little effect on intraocular pressures in end-stage glaucoma. **Cannabis** however, lowers intraocular pressures dramatically, with none of the serious side effects. Patients, who find that standard medicines do not help their conditions, report that **smoking Cannabis quickly restores their vision.**

Many long term glaucoma patients have successfully maintained their sight using **Cannabis** for 20 or 25 years, and avoided the gradual painful deterioration to blindness that is otherwise inevitable.

However, older generations, who are most at risk of glaucoma, do not appreciate the euphoric side effects of smoked or ingested **Cannabis**. There is also concern about the effects on the cardio vascular system. These disadvantages are especially significant when one takes into account that a dose of **Cannabis**, needs to be taken about every 4 hours for the full benefits to occur.

There is hope that a **Cannabis**-containing eye drop, could be developed in the future, which would have no side effects, but this is made difficult since cannabinoids are not naturally water-soluble. However, animal experiments have taken place-using THC dissolved in oil, to aid its solubility, which have shown benefits without any of the afore-mentioned side effects.

Whilst cannabinoids are known to lower IOP, it is not currently known how they achieve this. Here have been no conclusive tests to determine the mechanism of action, or even if the effect is achieved by brain-receptor interaction (as is the psycho activity of **Cannabis**). If the effect is achieved through CB2 receptors, then more specific **Cannabis**-based medications could be developed, that do not have any unwanted effect on the Central Nervous System.

It is also of course, possible that the medical effects work through an entirely different route and are not receptor-based.

The uncertainty of **Cannabis**’ course of action in lowering IOP implies that it is also unknown whether or not it works in the same way as current medications do. If the mechanism of action differs from existing therapies, then it is likely to be able to be used with other medications to provide additional benefits that wouldn’t be seen, if either medication was taken separately.

Several synthetic cannabinoids, including Nabilone, have been tested for the treatment of glaucoma with differing results in terms of efficacy to the condition and side effects.

Synthesised and isolated cannabinoids seem worthy of further investigation. It is feasible that future research could lead to the development of a drug based on **Cannabis**; which has fewer side effects and doesn’t require such frequent dosing than THC alone.

In addition, reducing IOP is not necessarily the only way to help glaucoma sufferers. More direct action on blood flow and neural protection may be of benefit.

Researchers have studied a synthetic cannabinoid, which is thought to provide some degree of neural protection.

Despite the possible drawbacks, one should be reminded that using **Cannabis** evidently does some glaucoma sufferers a lot of good.

2 out of the 8 patients who are legally permitted to use **Cannabis** medicinally in the US have used government supplied **Cannabis** for over 10 years to maintain their sight.

It seems cruel to prohibit and indeed, punish the huge numbers of glaucoma sufferers that could be helped by **Cannabis**. Following a review of existing research, the Australian National Task Force on concluded that it would not be desirable to criminalize such users.

Ironically, the discovery that **Cannabis** lowers intraocular pressure was made accidentally during a police experiment. They were trying to discover if **Cannabis** caused pupil dilation in users so that they could detect and arrest them more easily.

Dobbsy.com

Note:-

This is another case in point, where small amounts regularly over a 24-hour period would suit the patient, and of course, the best way to achieve this, is by using carefully measured amounts in their daily food intake. But if you have this problem, watch out for the eye drops, they should be available soon.

(Patricia Tabram)

Menstrual Pain

One of the biggest medical uses of **Cannabis** in the 19th Century was for the treatment of menstrual cramps and reduction of labour pain.

Queen Victoria was prescribed **Cannabis** for this reason, by her physician J. R. Reynolds. Yet there is nothing mentioned in 20th century medical literature.

Possibly, we have such a fear of the unborn child being harmed by its mother's drug taking, that any research on this subject would leave the researcher open to attack.

However, studies in populations that use **Cannabis** socially (Costa Rica and Jamaica) have shown that there is no negative effect on the unborn child.

The studies that do show a negative effect need to be checked to make sure that it is not some other factor such as poverty that causes the effect.

Also, most studies concentrate on people that take **Cannabis** by smoking it. One must be careful to separate the effects of smoking from those intrinsic to **Cannabis**.

As well as the various tars and other by products of smoking, smoking leads the user to inhale more carbon monoxide than they would otherwise.

This reduces the ability of blood to transport the necessary oxygen to the foetus. As a result of these issues, several studies regarding **Cannabis** have produced a result showing similar effects to those of tobacco smokers.

Despite the controversy, many women have experimented with Cannabis, and have found that it:-

- Does control menstrual cramps
- Makes Labour quicker and less painful,
- Relieves morning sickness associated with Pregnancy.

If severe nausea (morning sickness) is reducing the mother's food intake, then the child may be harmed by "**not**" taking **Cannabis**.

Dobbsy.com

Note:-

This is another case in point, where small amounts regularly over a 24-hour period would suit the patient, and of course, the best way to achieve this, is by using carefully measured amounts in their daily food intake, rather than smoking it. So basically, there is no problem.

(Patricia Tabram)

Migraines

A migraine is a severe headache that lasts for hours or days, often accompanied by disturbance of vision and nausea and vomiting.

The attacks usually re-occur and can be brought on by:-

Stress,
 Certain types of food,
 Bright lights,
 Loud Noise,
 Strong smells.

About 20% of the population has experienced a migraine attack and women are more likely to experience them.

A person's first attack usually happens before the age of 20, and rarely after the age of 50.

Drugs can either be used to prevent long term re-occurrence, to cut short the attacks, or for pain relief, once an attack has started.

10 to 20% of sufferers get no relief from these drugs and many more get incomplete relief or suffer serious side effects.

Cannabis was highly regarded as a treatment for migraine in the 19th Century. Dr. J. B. Mattison wrote in 1891 that the treating of migraine was the most important use of **Cannabis**.

Reviewing his own and earlier physicians' experiences, he concluded that **Cannabis**, not only blocks the pain, but prevents attacks.

In 1913, William Osler expressed his agreement, saying that **Cannabis** was probably the most satisfactory remedy for migraine.

Yet, there is little mention of the effect of **Cannabis** on migraine in 20th Century medical literature.

Individuals have experimented with **Cannabis**, however, they report that smoking a little amount of **Cannabis** just as the early warning signs of an attack (such as flickering vision) appear, will prevent the attack from continuing.

This may just be another analgesic effect of **Cannabis** combined with its anti nausea effect), or it may be actually affecting the unknown biochemistry of the migraine in some manner.

Dobbsy.com

Note:-

This is another case in point, where small amounts taken regularly over a 24-hour period would suit the patient, and of course, the best way to achieve this, is by using carefully measured amounts in their daily food intake, rather than smoking it. So basically, there is no problem. The patient has a choice.

(Patricia Tabram)

Multiple Sclerosis

In the condition known as MS the normal functioning of the nerves in the brain and spinal cord is disrupted, probably caused by abnormal activity in the immune system. Debilitating attacks, which last for weeks, come and go unpredictably, with gradual deterioration and eventual disability. Because the central nervous system controls the entire body, the effects may appear anywhere. Common symptoms include:-

Tingling,
 Numbness,
 Impaired vision,
 Difficulty in speaking,
 Painful muscle spasms,
 Loss of co-ordination and balance,
 Fatigue,
 Weakness or paralysis,
 Loss of bladder control,
 Urinary tract infections,
 Constipation,
 Skin ulcerations,
 Severe Depression.

There is no known effective treatment. Almost all MS patients experience some degree of spasticity, including:-

Including Stiffness,
Muscle spasms
Cramps
Muscle pain/

The standard drugs used to treat the muscle spasms are addictive, have severe short-term side effects, and worryingly, damaging long term side effects. Many MS sufferers find that they don't even work. Animal studies have shown that cannabinoid receptors are densely populated in the areas of the brain, which control movement, which suggests that **Cannabis** may have anti-spastic effects.

It seems indeed that **Cannabis** has a startling and profound effect on the symptoms of MS. It stops:-

Muscle spasms,
Reduces tremors,
Restores balance,
Restores Bladder control
Restores Speech,
Restores Eyesight.

Many wheelchair-bound patients report that they can walk unaided when they have smoked **Cannabis**. Patients also report that they find smoked herbal **Cannabis** may even retard the progression of the disease.

A certain degree of efficacy can be shown purely in the huge amounts of anecdotal evidence that abound.

A House of Lords report states that the MS Society (consisting of approximately 35,000 MS suffering patients) estimates that as many as 4% of their population already use **Cannabis**, for the relief of their symptoms, despite the considerable legal and health risks associated with the seemingly inhumane current prohibition of **Cannabis** for any condition. The Chairman of the committee went on to state "we have seen enough evidence to convince us that a doctor might legitimately want to prescribe **Cannabis** to relieve the symptoms of MS and that the criminal law ought not to stand in the way".

Many of the witnesses for that report, shared the British Medical Association's view that "A high priority should be given to carefully controlled trials of cannabinoids in patients with chronic spastic disorders'. Indeed, at the current time a BMA report requests that the synthetic cannabinoids Nabilone and Dronabinol are officially licensed for use in MS and other spastic disorders.

Dobbsy.com

Note:-

What everyone is asking for, is "The right to self medicating". Small amounts taken regularly over a 24-hour period would suit the patient, and of course, the best way to achieve this, is by using carefully measured amounts in their daily food intake, rather than smoking it. So basically, there is would be no problem. Therefore resulting in each victim of this, or in fact, any other illness, having the opportunity of living a near normal lifestyle.

(Patricia Tabram)

The following list of illnesses, which can be masked by **Cannabis**, are the niggling everyday problems that the elderly people I know, have stated, can be helped by the careful use of **Cannabis**.

As you know, I was introduced to **Cannabis** in February 2004, and within 2 months I was cooking with it, in all my recipes, and through research I found out it was good for easing the discomfort of Multiple Sclerosis, which caused me to look up a friend who has this illness.

Within another week, there was a group of five of us, which consisted of 3 M.S. sufferers plus a gentleman, in his early 70's (who knew nothing about **Cannabis**) and myself. All meeting regularly, in one of our houses, every week.

For the first 2 weeks, it was "full on" teaching them how to make the basics for cooking with i.e., **Cannabis** Butter and **Cannabis** Oil. Then came the cookery lessons. It was absolutely wonderful, every week hearing the Ooh's and Aah's as they told each of further improvements in their lives, since they started using **Cannabis**.

The elderly man proclaimed his major problem was depression, since the loss of his wife, 2 years earlier, for which the GP had given him a variety of tablets, which in turn had caused him stomach ache, constipation and headaches and dizziness at different times. He had been taking up to 14 tablets per day, from the Doctor at one point.

But no more, he was just “Eating **Cannabis**” – and that was it. His major achievement was that he no longer had difficulty breaking a biscuit in two, as his hands had become more supple (in other words, he did not feel any pain) and he had felt self conscious about this. Plus he said, his “old age” aches and pains seemed to have ‘gone’.

His menu is: - Scrambled eggs, or an omelette for breakfast.
Homemade soup for lunch
Either, Chicken, Lamb, Turkey or Fish Casseroles or home made savoury pies, at night, with vegetables.
Snacks Biscuits, Cakes, Fudge, Chocolate or Mini fruit pies (cooked in Muffin trays)

All the above recipes were provided by myself, and we carefully worked out the amount of **Cannabis** per person per food item.

In order to make life easy and less expensive for them, I showed them how to cook in bulk, 4 meals at a time i.e., four chicken and leek pies, or a fish casserole containing four portions. Thus enabling them to freeze the 3 spare one’s for a later date. This has proved to be a great success, as they now, all get out more, and none of them are suffering from the depression.

So, you see, it can be done. People can be weaned away from the problems of being medicated by the Doctor, by simply Self Medicating.

Below, is a list of the problems, the five of us shared during those first four months, and if any of them apply to you – including the depression – start using my recipes..

Stress
Eczema
Asthma
Tinnitus
Backache
Toothache
Headaches
Depression
Constipation
Travel Sickness
Whiplash Neck Injury
Creaking Knee’s (Stiff Joints)

However, before you do – please read the articles below by Keith Stroup and Mary Lynn Mathre of the **American organization for the decriminalizing of Marijuana or Cannabis (whichever, you like to call it)**, which is called **“NORML”**.

Keith Stroup

A Call for Responsible Marijuana (Cannabis) Use

There is absolutely nothing wrong with the responsible use of Marijuana by adults. It's none of the government's business whether we drink alcohol or smoke marijuana (more commonly known as Cannabis in England) when we relax with friends. The right to privacy and similar provisions in all state constitutions should protect such conduct from governmental interference.

Unfortunately, only the Alaska Supreme Court has relied on the right to privacy provisions in the state constitution to strike down laws against the personal use of Marijuana. Even as we continue to urge more states to adopt the reasoning of the Alaskan court, we must primarily work to achieve reform legislatively, eventually establishing a legally regulated market where consumers may purchase marijuana in a safe and secure environment. Such a system, however, will necessarily involve compromise in an attempt to reach a solution that fairly balances the rights of marijuana smokers with the right of society collectively to protect itself from conduct perceived as dangerous or harmful.

As marijuana decriminalisation/legalization advocates, we need to develop a consensus regarding where to establish the boundaries:-

- 1 At what age should people be permitted to smoke (or buy) marijuana?
- 2 What quantity or strength limitations should be imposed, if any?
- 3 And how should we deal with those who drive under the influence of marijuana?

Each of these questions presents a possible stumbling block for reform, unless we can reach a fair compromise.

What exactly do we mean by the phrase "responsible marijuana use"?:-

1. One definition would be smoking marijuana in a manner that does not interfere with the responsibilities of one's job or family, and that doesn't place others at risk.
2. The responsible marijuana smoker, doesn't violate the rights of others, observes standards of courtesy and public propriety, and respects the preferences of those who wish to avoid marijuana entirely.

Take driving, for example. It is irresponsible to drive while under the influence of marijuana, since third parties are unfairly placed at risk of an accident. We can argue at length that marijuana is not nearly as debilitating on a driver as alcohol – a conclusion supported by the existing research – but if being stoned decreases one's ability to drive safely, then we must accept reasonable limits on our right to smoke and drive, just as similar limits exist for drinking alcohol and driving.

- On the other hand, the marijuana smoking community should not accept laws that treat the presence of any amount of THC metabolites in the blood as proof of driving under the influence of Marijuana. These Laws - which have just been accepted into 10 states in America – are wrong scientifically and morally. They seek to declare someone as being impaired when no impairment was involved, and to hold drivers responsible for accidents, without any evidence that they were in fact at fault. These Laws threaten the welfare and freedom of everyone who smokes marijuana.

-
- Age, quantity and quality controls fail within the realm of reasonable compromise. As a practical matter, it is difficult to imagine a political climate in which we could ever win approval of a decriminalisation bill that did not include a ban against adolescent use. Similarly, when the time finally comes for Congress and state legislatures to consider the establishment of a legally controlled market for marijuana, the alcohol model of banning sales to minors will almost certainly be followed. We could oppose these intrusions on our parental rights, but to do so would be to assure the defeat of the bill.
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- In the end, to prevail in this important struggle, we must be willing to accept reasonable limits and be prepared to smoke marijuana in a responsible manner.
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norml.org

Note: -

It would indeed be a miracle if the British Government had the courage to make a decision before waiting to see what their American counterparts do. Because what they are suggesting is nothing different to what we have been saying, as well as the need to our personal right to self medicate. Anyhow, you will find the following article interesting, as it also comes from America.

(Patricia Tabram)

Mary Lynn Mathre

Nursing Support for Medical Marijuana

Few people have done more to advance the cause of Medical Marijuana than Mary Lynn Mathre has. With almost 30 years of experience in the field of addiction nursing, Mathre has devoted much of her career to educating doctors and medical professionals about Cannabis.

Mary Lynn first became aware of the benefits of marijuana in 1982 while working as a nurse at a community hospital in Anacortes, Washington DC where she observed a patient taking part in a clinical trial respond favourably to THC. Around that time, she received a brochure from Robert Randall and the Alliance for Cannabis Therapeutics. "These two events really set off a light bulb in my head," she recalls.

For her master's thesis in 1985, Mary Lynn enlisted in NORML's help to conduct a membership survey looking at how many people speak honestly about personal marijuana use to their doctors. She discovered not only that few people admitted talking to their doctors about marijuana, but that many claimed to use it medicinally for chronic pain, nausea and general stress.

Mary Lynn became director of NORML's Council on marijuana and health in 1986 and a year later joined the organization's board of directors. At first, she encountered resistance among medical professionals, but, she insists "Once people know the real science behind medical marijuana, the issue becomes a no-brainer".

Having already persuaded the Virginia Nurses Association to pass a resolution endorsing medical marijuana, Mary Lynn and her husband, Al Byrne, formed Patients Out of Time (POT), a medical marijuana non-profit, whose members include nurses, doctors, patients and caregivers. Since its formation, POT has successfully influenced 11 state nurses Associations to support medical marijuana, last year, the American Nurses Ass., passed a resolution supporting patients rights to medical marijuana.

"The more health-care organizations that sign on to support medical marijuana, endorsements," explains Mary Lynn, "the more healthcare providers stop being afraid to get behind the issue."

Mary Lynn also organizes the accredited biennial National clinical conference on Cannabis Therapeutics, where health care professionals can receive continuing medical education credits. The most recent conference was held in May in Charlottesville, Va., and was sponsored by the University of Virginia School of Medicine. Mary Lynn has edited two books and had more than 20 journal articles published, she also served on the editorial board for the "*Journal of Cannabis Therapeutics*."

Accepting the Pauline Sabin Award at the 2004 NORML conference (given to the woman who best exemplifies the crucial and uniquely important role of women in reforming marijuana Laws.) Mary Lynn commented,

"I believe that those who continue to push for the prohibition of medicinal cannabis will be recognised as either ignorant, stupid or cruel.

The evidence is very clear, that cannabis is a safe and effective medicine that should be accessible to anyone in need of it. Now!"

For information on "Patients Out of Time", go to the website:- medicalcannabis.com

Note: -

This is what we need in this country of ours. Are there any medical professionals out there who agree with Mary Lynn and myself? If so, please get in touch – and let us help the cause. It would also help, if the British people had the courage to tell their own Doctors, just how much Cannabis helps them....Yes, I can tell you that I have told my Doctor and my Dentist, and in fact I tell everyone I meet. Because people are so afraid the police will raid them, that thousands of people are shy of admitting the truth, but the only way we can win this cause for the de-criminalization of Cannabis, is to make the authorities aware, that we will not be made even more ill, with NHS or Chemist shop medication, we want to be given "Natural Medication", and to have the choice of being allowed to practice, "Self Medication."

(Patricia Tabram)

A LETTER TO THE PRIME MINISTER

The Honourable Mr Tony Blair

From the Desk of:-

Mrs. Patricia Tabram
15, East Lea, Humshaugh. Northumberland N.E.46 4BU

To: -
Mr Tony Blair,
Prime Minister,
10, Downing Street
London

1st Feb. 2005

Dear Mr Blair,

How the NHS is Killing us off.

Causing Mr Tony Blair to be guilty of a lack of "Duty of Care".

I am "The Grandma who Eats Cannabis" and I am writing to inform you of "Why" I ingest Cannabis for pain relief. During the last two weeks, only one reporter asked "Why" do you eat Cannabis, and it is such a serious matter that I believe I should write and tell you Mr Blair, after all, you are the leader of this country, and only you can do something about the dangerous lethal medication which the NHS are buying and which is the reason why millions of people are in the position of

1. Taking up the precious time of G.P's at their surgeries, on a weekly basis, because after one visit, for one health problem, these same people, are developing up to an average of nine separate health problems, over a 6 months period or more.
2. This is also affecting our Hospitals, inasmuch as they are also inundated with patients, and the whole system is completely clogged up, giving a 2nd rate service because of this dangerous product of lethal medication. We have the worst record in Europe for Cancer care, and you, Mr Blair, could change all that
3. Every Man, Woman and Child in this country are developing these multiple health problems, which will ensure a decidedly painful and sad old age, with many people crippled with Arthritis, in the majority of cases, making it impossible for them to feed themselves, because of the effects on their hands and fingers.
4. Since my case came into the public arena, I have received more than 100 letters from people in this country, America, New Zealand and France, asking "what does a dose consist of" and "How can I get the Cannabis", plus I have learned that there are three other "Cannabis cooking clubs, one of which is North of where I live, with over 1000 elderly and disabled members, and one in the midlands with over 2,000 members, and one in the South of England with more than 500 members, and my cannabis eating club has risen to 138 members, in 2 weeks, which makes a total of nearly 4,000 ill and elderly people who have no faith in the NHS medication.
5. I have just read of a Butcher who was made bankrupt eventually, because one case of bad ham, had the authorities closing down his shop, publicising it in the local newspaper – because they were concerned for the health of the local community. Why don't you not do the same to the Pharmaceutical Companies, because they are causing so much pain and distress, by having multiple side effects to their medication?

All the chemicalised, synthetic and extremely poor quality medication with up to 100 side effects is not good enough, we want quality medication, and I believe we have the "Human Right" to expect it. If you are fortunate enough to be able to afford Private Medical Care, then you must remember, you will still be receiving the same inept, lethal and dangerous medication, as the rest of us, and frankly, it is absolute rubbish. I am telling you now, that the medication which you and your government approve, to be given to every Man Woman and Child in this country, is unacceptable, with it's range of 6 – 100 side effects, I expect, the same kind of justice to be given to the pharmaceutical companies, and if not – why not?

During the last 3 years, I have been researching a wide variety of our medication, which is usually prescribed by Doctors, but, some of which is available over the chemist shop counter. I would like to talk with you as a parent – not as the Prime Minister. I am the mother of a 25-year-old son, and you are a father, with, I believe, three sons. Let me paint you a scenario, which could become a reality in 10 years time. Let us imagine, that over a 3-year period all your son's become ill, to varying degrees, and at different times, including my son. This is immediately dealt with by Doctors, in the form of G.P's or Hospitals, and they are all prescribed a similar medication. If this happened within the confines of your family, and for a few months, your son's consumed a particular type of tablet, do you realise, they can, in this day and age of the 21st Century, become "**Impotent**" which means they will never have the opportunity of a loving relationship with a woman, plus, they will never know the pleasure of fathering a child.

Now, when your oldest son realises he has been made “**impotent**”, he is going to ask “Dad, you were Prime Minister for eight years, during which you clamped down on people who were smoking – because you knew that cigarettes had 2 dangerous side effects, which could cause heart trouble and Cancer, and because you cared about every man, woman and child in the country, you really worked hard at getting the message across by banning cigarette smoking in Public places, and I respect you for that, as do the British People. You also took stringent steps to make the public aware of the danger of fast foods, and banned advertising of harmful fast foods for children, I respect you for that, as did the British people, but why did you never investigate the deplorable quality of medication, which can have nearly **100 side effects to it?**”

He will then go on to say, “I’m sorry Dad, but Medication which is given to everyone in this country is dangerous, it has a serious range of side effects from 6 per medication to nearly 100 side effects per medication, why did you allow such poor quality medication to be sold to the NHS. Why did you put every Man Woman & Child, in so much danger. Look what it has done to me and my brothers, and Colin Tabram, I’m sorry, but I hate you for this. Our lives are now ruined because you allowed the Pharmaceutical companies to do what they like, and to manufacture medicine which is so “High risk” to men, women and children”. Were you afraid to say to them, that even two side effects is unacceptable, or did you listen too much to all their “Sound Bite” excuses?

“Dad, they were just businessmen, wanting to make a lot of money, but half way through trying to perfect each medicine they would think, oh! I have to get it out on the market and make some money, and the government will just accept our word, so let us start selling them now, to make more money and to start on a new medication. Maybe one day we will get it right, but it is too costly to try to perfect each medication at the moment”. Will you have an answer for your sons? Will you then be happy to think, that you will see your family fall apart? – Will you want them to become estranged from you and your wife, and will you enjoy seeing them being unhappy for the rest of their lives? I don’t think so, you yourself will suffer, as a result of this – simply by watching resentment grow in them. And when you meet your colleague friends, who extol the virtues and pleasure of being a grandparent, you would be denied that pleasure, knowing that the “Blair” family will not have any more descendents, because you failed to stop, what is a serious problem. He may go on to say “Were you afraid of upsetting the Pharmaceutical companies, because I realise they must have been very powerful and imposing companies.” – or did you simply not care.”

Oh Dad, 2 side effects to anything, be it food, cigarettes or medicine (particularly Medicine) is unacceptable in the 21st Century, yet you ignored it, when you were in a position of authority – The Ultimate position of Authority in this country – you simply refused to tell these big powerful companies that no medication would be allowed, which had more than 2 side effects, and the result is that tens of millions of members of the public, who go to the Doctor, with one health problem, end up within 2 years, having 6 – 7 or even 8 health problems, and face a life of taking 25 to 45 tablets per day, and they will suffer from all these health problems for the rest of their lives. Did you not realise that.?” He will go on to tell you his life and that of his brothers and my son, are ruined, and he will be very bitter, and probably tell you that he will never forgive you – for the rest of his life, for allowing so much pain and unhappiness to the people of Great Britain.

(As a Taxi driver said, when I asked him why he had not read the medication information sheet, inside his box of medicine, to check the “side effects” – I was told, “Well, you trust your G.P. – don’t you?”). It is not the fault of the G.P., You are the Leader of this Country, and you owe a “**Duty of Care**” to every Man, Woman and Child in this country, and if you could be so stringent regarding cigarettes (with two side effects) and fattening foods, what is your reason for neglecting the health of everyone. And so you will face, the end of the Blair Dynasty – would that make you happy?

But please stop! And think!

Because these same pharmaceutical companies are selling these poisonous tablets, to countries all over the world, because your government has not got the courage to stand up to them and say, “**One side effect per medication is a disgrace, let alone 2 or 3, but any medicine with between 3 to 100 side effects is disgraceful and will be illegal and withdrawn from today, and for ever.**” The trouble is, that “Money Talks” and when coupled with power, we have a lethal combination, and every man woman and child is in grave danger, literally, and something has to be done -

You and your government supervise everything in our lives, except the colour of the Toilet Paper we use on Sunday’s – and although the majority of people in this country are becoming extremely disloyal to you, because they feel you are abusing your power by introducing the “Nanny State” – I personally, am willing to accept it, and give you the loyalty and support you want, if you are willing to attack something which is making more than 40,000,000 people in this country, more and more ill on a daily basis, even, killing them off, causing them to be suicidal, and breaking up families who cannot cope with individual growing health complaints, which you are allowing Pharmaceutical Companies to create.

Please don’t not tell me that you have talked to the Scientists and they have assured you etc., if the Scientists disagree with the medicine makers, they stand in danger of losing their jobs. Just think of the great professor who was sacked from his job, as a direct result of “coming out” on Radio 4, stating that Mad Cow Disease did exist, contrary to what the Thatcher government was stating, by showing a member of the cabinet with his grandchild eating a beef burger – big mistake, - because within 5 years, after many people died and became ill with mad cow’s disease, we were then faced with a government who had to apologise. Plus, that Scientist was sacked. The same happened over the foot and mouth

disease drama – eventually, because the government would not listen to the farmer's or anyone else, an apology had to be made over the senseless disaster and useless way in which the crisis was handled.

Mr Blair, we have all got to come down to earth, and I will continue to medicate with fresh cannabis, and I will continue to attempt to grow fresh Cannabis within the confines of my own home, for my own use, to keep myself fit and well, until I have the confidence in modern medication, which I am entitled to have, The Pharmaceutical companies may say that only One in 5,000 will become impotent – which means that 12,000 people every year will be made impotent !!!!! I find that is disgusting and unacceptable.

I ingest Fresh Cannabis bud, in all my food, using only 1/8th of a teaspoon of freshly ground Cannabis bud, per meal, only 5 days per week, and after having developed more than 6 health problems through British Medication, by using Cannabis as medication, I am now **Pill free, Pain Free** and my **hearing aid and walking stick are redundant**. I am not afraid to defend my right to self medicate, and if it is your wish to have a 66 year old widow, persistently harassed, arrested and possibly imprisoned, for trying to avoid the dangers of British Medication, then go ahead and do your worst, but I will not stop, until I am assured that British Medication is known as the best in the world, and none of it has more than 2 serious side effects. As a member of the human race, and one of the members of the public here in Great Britain, for whom you are responsible, I am looking to you to take your responsibilities seriously, please stop the growing nightmare, of every Man, Woman and Child, developing the most horrendously long lists of health problems which are gradually killing them off, after they are suffering for months and even years, due to the incompetence of the Pharmaceutical companies, who rush their medicines onto the market in order to keep control of the market and make more and more money for themselves.

I now list just a few medicines, with their total side effects for you to study. Then you may understand why I cure my ills with fresh herbs, not chemicalised herbs, after all, I do not ask the Pharmaceutical companies to crystallise fresh mint, for me to add to vinegar for mint sauce to accompany my Roast Lamb, so I most certainly do not want the healing powers of a herb known as Cannabis to be contaminated by allowing the big greedy pharmaceutical companies to make even more billions and billions of pounds, by convincing you that "Herbs are much better after the pharmaceutical companies have played with them." I am living proof that they are not.....Now, we come to the challenge!!!.

How the NHS are killing us off

1. You have three choices in this country, if you have, any, of a wide variety of health problems.
 - You can go to your GP and get the medication he will prescribe,
 - You can go to a local hospital, and receive the same medication.
 - You can go to a local chemist and buy what you want.
2. On the other hand, you can choose from a variety of old fashioned (many, "Hundreds of years old") recipes, handed down through families, for generations. This is what I grew up with, since before the 2nd World War.
3. Plus, there is one other option you can choose "Cannabis" either - cooked in your food, (in extremely small amounts) or smoked or inhaled through a Vaporizer, to mask the pain of a wide variety of Health Problems with a lack of side effects - unlike the NHS medication.

Remember, Cannabis has been growing on the earth, since before man – and it is simply a plant, and is known as the Hemp plant by some, but which has many uses. However, make up your own mind, and remember, I only have a few examples in this letter, there are thousands of tablets with vast lists of side-effects...Do you want the people you love to end up as I did?

We have constantly been told that 1 in 4 people suffer from depression. Ingesting Cannabis, helps lift depression, within 24 hours, and if the public were made aware of the fact that many NHS tablets actually cause depression, I am sure they would rather be allowed to self medicate, if the government statistics are correct, and if it really is 1 in 4 who suffer, this means that 15,000,000 people suffering from depression inundated with synthetic medication on a weekly basis, filling all our surgeries and hospitals, and at least, 30% of them will commit suicide at some time.

Mr Blair, shouldn't you be concentrating on helping these people to get their lives back in order, to take away the despair and the danger of suicide. People suffering from Depression are people who care and have a lot of love to give, they enter the dark shadows of depression as the result of the death of a child, the loss of a pregnancy, the death of a parent or sibling, the break-up of a marriage, the loss of a job or through absorbing poor NHS medication. They need an assortment of 20/30 tablets per day, like a hole in the head. Let them self medicate, and this would leave the surgeries with more time to give to the Cancer, Aids, and Serious Heart Conditions (many of which are brought on by inferior, bad quality medication) so that a Doctor could give 20 minutes to these patients instead of 3 minutes. At last we would have a quality medical service in the country, and a growing, healthy workforce.

Surely, even you can see the advantages in this – after all, we have the worst record in the whole of Europe for Cancer Care, wouldn't you much rather enhance your reputation, and start to get back, the respect and support you would like to have, from every man woman and child in this country. Your position as the head of the British Government, means you owe a **“Duty of Care”** to every Man, Woman and Child, in this great country of ours. If you were to fail in this duty, it would be agreed, you were no longer fit to retain your position of power and authority. Therefore Mr Blair, I challenge you to put an end to the suffering of more than 40,000,000 people, who are being made extremely ill, on a daily basis, by the medication, which is flowing from the pharmaceutical companies.

Could it be that:- **“Someone in your government is letting you down, by not supervising the release of medication from the Pharmaceutical companies through the Hospitals, General Practitioners, and Chemists?”**

I have another question for you:-**“Is there anyone in the government, responsible for “Quality Control” of medication?”**

If the answer is “No!”- then as the ultimate leader, you are failing in your duty to carry out your responsibility to provide a “Duty of care” to every Man, Woman and Child. Thus, I challenge the Govt., and Pharmaceutical Scientists to prove otherwise. Naturally they are going to defend their product, or they will lose their jobs – come on – it is common sense, that government scientists will have to say what they are told to say, or they will all be unemployed. **Sound bites will not make this problem go away.**

Before I show you the long lists of medications, who makes them and who distributes them, which you really need to read most carefully, because it is my intention to put the same information to the public, and the media around the world, as I have given to you. I hope you will have the courage to read the long lists of ‘faults’ – i.e., side effects which are costing the lives of all of us. Take yourself for instance, you could well have lost your hair as a result of NHS medication – do you want that to happen to your boys and your daughter, - it has happened to me – on the top of my head. In fact, Diclofenic is one of the most commonly used medications and all the highlighted side effects in the example below, are side effects I have suffered from, it has made me so afraid of our medication.

Alcohol is such a dangerous drug, people become addicted to it – just as they become addicted to chocolate bars, fast foods and coca cola - - but people who become addicted to alcohol, go out in their cars and kill members of the public, and this happens on a weekly basis in our country – yet you are extending the opening hours, - you are not clamping down on opening hours. In the 1940's when I was a child – Public House opening hours were 12.00midday to 3.00pm then 6.00pm to 10.00pm – why do you want to open the pubs for 24 hours, when you know it will make more people – more drunk – more regularly? Which will then result in more deaths on the road. Cannabis does not cause this to happen, because if you overdose on Cannabis, you simply Vomit and sleep away the hours ahead of you. How will you feel, if one of your sons, has his face slashed by a broken glass, from the hands of someone who is allowed to drink 24 hours per day – if it is your son who is hurt, no doubt you will do something about it – but I don't think you would do anything if it was my son, or the son of some other poor member of the public. But it could happen Mr Blair, it already happens to the general public.

An addictive personality can become addicted to anything – such as the millions who have so much time on their hands that they become addicted to Soap Operas. As for people becoming addicted to the Herb Cannabis, and it causing Schizophrenia – any Psychiatrist will tell you that for some strange reason, Schizophrenia usually shows itself in young men between the ages of 16 – 19 years. But with supervision and the correct medication, these people can lead a full, useful and normal life. Anyone can become addicted to anything – and your about to allow more people to become addicted to more alcohol – it doesn't make sense. But remember, when you are trying to defend your position, it is no good putting a Dr in front of the TV who is just going to support you – because there are millions of Doctors who believe that if all the young just smoked it – or ingested it, because it has a calming affect on people, there would not be the problem for the police in this country, it is only under the influence of alcohol, that people become violent.

Remember Mr Blair, There are Hundreds and Hundreds of medications, and they are all Dangerous

(Read on, and decide for yourself, which is the safest for you, your parents, friends and your children.)

Legal Medication which Increases your Health Problems

Please take careful note of the following effects of **No.1. Diclofenic**

No. 1. Inability to sleep
No. 7. Blistering of the skin
No. 10. Ringing in the ears (Tinnitus)
No. 22. Convulsions

Please take careful note of the following effects of **No.2. Diazepam**

No. 35. Suffer from Delusions
No. 36. Suffer from Hallucinations
No. 37. Suffer from Fits

Please take careful note of the following effects of **No.3. Lisinopril** No. 62. **“Impotence”** This is a horrendous side effect, would you like your son, grandson, or brothers to have this problem?

The Great Cannabis Debate

“NHS Medication –v- Cannabis Medication”

Before I show you the long lists of medications, who makes them and who distributes them, which is what you really need to know. I hope you will have the courage to read the long lists of **“Faults”** – i.e., the Pharmaceutical companies call them **“side effects”**, but in fact, what they are telling you is the following:-

“Take this medication, which will cure your present problem, but which could cause any of the following illnesses as a result.”

And as you will see from the list of **“Faults”**, which are costing the lives of all of us, you could go to an early grave as a result of taking that medication, or you could develop up to well, let us say, ten of the **“Faults”**, therefore needing, possibly at least another ten medications from the NHS for those other illnesses, and so it goes on.

Millions of pensioners lives are made miserable, because they are suffering from multiple illnesses due to the Faults in NHS medication.

Take the Prime Minister for instance, he could well have lost his hair as a result of NHS medication – do you want this to happen to your family members, - it has happened to me – on the top of my head. In fact, Diclofenic and Diazepam are two of the most commonly used medications and all the highlighted side effects in the examples below, are side effects I have suffered from, and it has made me so afraid of our medication, that **I have no alternative but to medicate with Cannabis.**

Alcohol is such a dangerous drug, people become addicted to it – just as they become addicted to chocolate bars, fast foods, coca cola and soap operas - - but people who become addicted to alcohol, go out in their cars and kill members of the public, and this happens on a weekly basis in our country – yet the so-called **“Wise”** Mr Blair is extending the opening hours, - not clamping down on them. Thus serving two purposes – having Pubs open 24 hours per day, will get him a lot of extra **“TAX”** – plus more people will get killed by drunken drivers – thereby – not so many people will live long enough to collect their retirement pensions – **“Another way for Mr Blair to save money”**.

In the 1940’s when I was a child – Public House opening hours were 12.00midday to 3.00pm then 6.00pm to 10.00pm – why do you want to open the pubs for 24 hours, when you know it will make more people – more drunk – more regularly? Resulting in more deaths on the road, by drunken drivers, and more violence in the pubs, with people getting their faces and bodies slashed with broken bottles and broken glasses.

Cannabis does not cause this, because if you overdose on Cannabis, you simply Vomit and sleep away the hours ahead of you.

How will you feel, if one of your sons, or daughters, has their face slashed by a broken glass, from the hands of someone who is allowed to drink 24 hours per day – if it is your son who is hurt Mr Blair, no doubt you will do something about it – but I don’t think you would do anything if it was my son, or the son of some other poor member of the public. But it could happen Mr Blair, it already happens to the general public.

The Government say you can get Mental Health Problems from Cannabis, which means a person will suffer from **“Hallucinations and Delusions”**.

Well, you can get **“Hallucinations and Delusions”** from **more than one NHS Medication.**

Just look at the **“faults”** in Diazepam, which is the second medication, listed below, then examine all the lists of medicine, and you will find **the same symptoms in at least “EIGHT” of the NHS medicines** – which can therefore, be listed as causing **“Mental Health Problems”** –

You are selling Mental Health Problems in your great NHS Medication Mr Blair.

As for people becoming addicted to the Herb Cannabis, and it causing Schizophrenia – any Psychiatrist will tell you that for some strange reason, Schizophrenia usually shows itself in young men between the ages of 16 – 19 years. But with supervision and the correct medication, these people can lead a full, useful and normal life

But do not make the mistake Mr Blair, of putting one of your Psychiatrists or Dr's on television, if the govt., have appointed him and he works for you., he will say what you want him to say, otherwise he will lose his job, won't he Mr Blair, look what happened to **Dr David Kelly**, "the harassment of this man, was the biggest mistake the bullies in your government ever made". Take my advice and don't repeat the same mistakes over and over again.

I have a message to Tony Blair, remember, when you are trying to defend your position, there are thousands of Doctors who believe that if all the young just smoked Cannabis – or ingested it, because it has a calming affect on people, there would not be the problem for the police in this country, it is only under the influence of alcohol or bad medication (Diazepam and Diclofenic etc..) from the NHS that people become violent and confused.

Mr Blair, there are hundreds and hundreds of medications which are all dangerous. Yet,

- all our food is created without "Faults," plus
- all our household goods are without "Faults,
- all our vehicles are without "Faults,"
- yet you persist in giving us all – "Badly Faulted Medicine" – "WHY?"
- don't you even love your own families and friends enough, to want to have improved medication – because you certainly don't love the general public enough – you did not even reply to my letter – in February, so I assume you don't care that we are all getting
- "Multiple Illnesses" from the poor quality medication we receive.

If you want improved medication – sign the petition – we will see if "people power" from around the world can make you realise what an important issue it is.

(Read on, and decide for yourself, which is the safest for you, your parents, friends and your children.)

Legal Medication which Increases your Health Problems

Please take careful note of the following effects of **No.1. Diclofenic**

No. 1. Inability to sleep
No. 7. Blistering of the skin
No. 10. Ringing in the ears (Tinnitus)
No. 22. Convulsions

Please take careful note of the following effects of **No.2. Diazepam**

No. 34. Suffer from Delusions
No. 35 Suffer from Hallucinations
No. 36 Suffer from Fits

Please take careful note of the following effects of No.3. Lisinopril

No. 62. "Impotence"

(This is a horrendous side effect, in at least 5 of the following lists of side-effect illnesses you can receive, from taking any prescription medication a Dr supplies, would you like your son, grandson, or brothers to have this problem? (there are hundreds and hundreds of different medications – all with these lists of side effects – I have only listed 36))

"Prescription Medication"

(1) DICLOFENIC

Non-steroidal/anti inflammatory drugs
Reduces pain/stiffness/swelling in back
Pain/arthritis/fractures/acute gout etc.

1. **Inability to Sleep**
2. Stomach Pains
3. **Diarrhoea,**
4. Feeling Sick
5. Vomiting
6. **Skin rashes**
7. Blistering of the Skin

(2) DIAZEPAM

Tranquilliser. Reduces anxiety and muscle
spasms/epilepsy/acute alcohol withdrawal/
For nervous dental patients.

1. **Drowsiness**
2. Confusion
3. Allergic Reaction
4. Skin Rash
5. Itching
6. Headaches
7. Dizziness

(3) LISINOPRIL

Drugs which widen the blood vessels/
congestive heart failure/high blood
Pressure/diabetes problems.

1. **Swelling of the face**
2. Swelling of the hands
3. Swelling of the feet
4. Swelling of the lips
5. Swelling of the tongue
6. Swelling of the throat
7. Difficulty in breathing

8. **Headaches**
9. Dizziness
10. **Ringling in the Ears**
11. Irritability
12. **Hair Loss**
13. Sensitivity to Sunlight
14. Changes in Vision
15. Swollen Ankles
16. **Pass Bloody Stools**
17. Vomiting Blood
18. **Blood in your Urine**
19. Swelling of the Face
20. Swelling of the Body
21. Difficulty in passing Urine
22. Convulsions
23. Wheeziness
24. **Shortness of Breath**
25. Feeling Faint
26. Yellowness of the Skin
27. Yellowness of the Eyes
28. **Unusual Bruising**
29. **Unusual Bleeding**
30. Sore Throat
31. High Temperature **(31)**

(there is another list for diclofenic made by another company, which has 50 side effects – it is number 14)

Licence Holder

Lagap Pharmaceuticals Ltd. Woolmer Way, Bordon, Hampshire.GU35 9QE

Manufacturer.

Cipla Ltd., MIDC. Kurkumbh. 413802 District Pune. Maharashtra. **INDIA**

(4). “SIMVASTATIN”

Low Cholesterol levels

1. Stomach Upset
2. Sickness
3. Stomach Pain
4. Constipation
5. Diarrhoea
6. Indigestion
7. Flatulence
8. Rashes.
9. Itchiness
10. Weakness
11. Headache
12. Blurred Vision
13. Difficulty Sleeping
14. Muscular Pain.
15. Anaemia
16. Dizziness
17. Hair Loss
18. Abnormal feelings in Arms
19. Abnormal feelings in Legs
20. Liver Disease
21. Muscle Disease
22. Allergic reactions
23. Swelling of the Face

- 8.Low Blood Pressure
- 9.Stomach Upsets,
- 10.Visual Disturbances
- 11.Difficulty Passing Water
- 12.**Changes in desire for Sex**
- 13.**Aggression**
- 14.Excitement
- 15.**Confusion**
- 16.**Depression**
- 17.**Suicidal Tendencies**
- 18.Lack of co-ordination
- 19.Changes in Number of Blood Cells
- 20.Changes in types of Blood Cells
- 21.Sore Throats
- 22.Infections
- 23.Bruising
- 24.Nose Bleeds
- 25.Jaundice of the eyes
- 26.Jaundice of the skin
- 27.Withdrawal Symptoms
28. Nervousness
29. **Sleeplessness**
30. Irritability
31. Sweating
32. Diarrhoea
33. Confused
34. **Suffer from Delusions**
35. **Suffer from Hallucinations**
36. **Suffer from Fits** (36)

Licence Holder.

Alpharma, Barnstaple. Ballymurray. Ireland

Manufacturer

Alpharma, Barnstaple. EX32 8NS, UK.

(5) “ATENOLOL”.

Beta blockers to control blood pressure/Heart rate.

1. Coldness of hands
2. Coldness of feet.
- 3 Fatigue.
4. Stomach upsets
5. Slowing of Heart Rate
6. Headaches
7. Mood Changes.
8. Heart Failure.
9. Sleep Disturbance
- 10.Hair Loss.
- 11.Blood Disorders.
- 12.Unusual Bruising
- 13.Unusual Bleeding
- 14.Red Skin Patches
- 15.Purple Skin Patches
- 16.**Psoriasis**
- 17.**Worsening Psoriasis**
- 18.**Changed Heartbeat**
- 19.Skin Rashes.
- 20.Dry Eyes.(20)

Licence Holder.

Tillomed Lab. Ltd, 3, Howard Rd

- 8.Difficulty in swallowing
- 9.Severe low blood pressure
- 10.Dizziness
- 11.Feeling of Weakness
- 12.Fainting
- 13.Nausea
- 14.Diarrhoea
- 15.Headache
- 16.Dry Cough
- 17.Palpitations
- 18.Change in heart rate
- 19.Change in pulse rate
- 20.**Angina**
- 21.**Heart attacks**
- 22.**Stroke**
- 23.Drop in blood pressure
- 24.Anaemia
- 25.Blood disorders
- 26.**Unusual bleeding**
- 27.**Unexplained bruising**
- 28.Fever
- 29.Chills
- 30.Sore Throat
- 31.Mouth Ulcers
- 32.Throat Ulcers
- 33.Passing less urine
- 34.**Passing no urine**
- 35.kidney function problems
- 36.**Kidney Failure**
- 37.Abdominal pain
38. Indigestion
39. Dry Mouth
40. Vomiting
41. Constipation
42. Jaundice
43. Yellowing of the skin
44. Yellowing of the eyes
45. **Pancreatitis**
46. **Hepatitis**
47. Hives
48. Itching
49. Blisters
50. **Bleeding blisters**
51. Red itchy spots
52. **Peeling skin**
53. Hair Loss
54. Sweating
- 55.Sensitivity to Sunlight
56. Fever
57. **Blood Disorders**
58. Pain in the muscles
59. Pain in the Joints
60. Feeling Sleepy
61. **Depression**
62. **Impotence**
63. Pins and needles
64. Vertigo
65. **Mood Swings**
66. **Confusion**
67. Wheezing
68. Bronchitis
69. Sinus Problems

24. Swelling of the neck
25. Muscle Pain
26. Joint Pain
27. Tiredness
28. Breathing Difficulties
29. High Temperature
30. Urticaria
31. **Joint Inflammation**
32. Blood Vessel Inflammation. **(32)**

Licence Holder

Sandoz Ltd., Woolmer Way, Bordon
. Hampshire, GU35 9QE

Manufacturer

Same as above
England

Eaton, Socon, St Neots Cambridgeshire

Manufacturer

Same as above.

(6) Flucloxacillin

anti biotic to kill Bacteria

1. Upset Stomach
2. Diarrhoea
3. Rash
4. Itching
5. Any other skin trouble
6. Jaundiced **(6)**

Licence Holder

Athlone Laboratories Ltd., Ballymurray
Co., Roscommon, Ireland

Manufacturer

Same as above

70. Runny Nose

71. Sense of taste change

72. Blurred vision **(72)**

Licence Holder

Approved prescription
Services Ltd.,

Manufacturer

Eastbourne BN22 9AG

(7) Actonel

Used to treat bone diseases.

1. Indigestion
2. Feeling Sick
3. Stomach Ache
4. Stomach Cramps
5. Stomach Discomfort
6. Constipation
7. Feelings of Fullness
8. Bloating
9. Diarrhoea
10. Pain in your Bones
11. Pain in your Muscles
12. Pain in your Joints
13. Headaches
14. Inflammation
15. Narrowing of the Oesophagus
16. Ulcer of the Oesophagus
17. Difficulty in Swallowing
18. Pain in Swallowing
19. Inflammation of the Stomach
20. Inflammation of the duodenum
21. Inflammation of the tongue
22. Inflammation of the eye colour
23. Possible change in Vision.
24. **Abnormal Liver. (24)**

Licence Holder.

Proctor & Gamble Pharmaceuticals UK Ltd.
Rusham Park, Whitehall Lane, Egham,
Surrey, TW20 9NW, UK.

Manufacturer

Proctor & Gamble Pharmaceuticals
Industrie
Germany GmbH. Dr Otto-Rohm-Str. 2-4
Gidy
64331 Weiterstadt, Germany

(8) Quinine Sulphate

For preventing painful night-time leg cramps plus
Treatment of Malignant malaria.

1. Vision Problems
2. Ringing in the Ears
3. Hearing Problems
4. Headaches
5. Feeling Sick
6. Being Sick
7. Stomach Pain
8. Diarrhoea
9. Feeling Dizzy
10. Blurred Vision
11. **Feeling Confused**
12. Allergic Reactions
13. Fever
14. Rashes
15. Itching
16. Flushing of the skin
17. Breathing Problems
18. Asthma
19. Swelling of the skin
20. Blood Disorders
21. **Kidney Problems**
22. **Low Blood Sugar (22)**

Licence Holder.

CP Pharmaceuticals Ltd.,
Ash Rd North
Wrexham. LL13 9UF, UK

Manufacturer

Same as above

(9) Coversyl

For treatment of High Blood pressure
And Heart Failure.

1. Cough
2. Headaches
3. Mood changes
4. Sleep changes
5. Fatigue
6. Generalised weakness
7. Malaise
8. Faintness
9. Cold sweats
10. Dizziness
11. Skin rashes
12. Skin flushes
13. Itching
14. Taste Disturbance
15. Nausea
16. Abdominal pain
17. Uncommon Bronchospasm
18. Joint pain
19. Swelling of the face,
20. Swelling of the lips
21. Swelling of the mouth
22. Swelling of the tongue
23. Swelling of the throat
24. **Weakness (24)**

Licence Holder

Servier Laboratories Ltd.,
Fulmer Hall, Windmill Rd,
Fulmer, Slough SL3 6HH

Manufacturer

Les Laboratoires Servier

905 route de Saran, 45220

France

(10) Ranitidine

Ulcers, Acid in the gullet, indigestion,
Dyspepsia or heartburn.

1. Allergies

(11) Dispersible Aspirin

to prevent heart attacks or strokes plus
Unstable angina.

1. Allergic reactions.

(12) Isotretinoin

severe acne

1. Dryness of skin

2. Sudden Wheeziness
3. Tightening of the Chest
4. Swelling of eyelids
5. Swelling of face,
6. Swelling of lips
7. **Lumpy skin rash**
8. Unexplained fever
9. Feeling faint
10. Red Spots skin rash
11. Jaundice colour lenses
12. **Confusion**
13. **Hallucinations**
14. Continual sore throat
15. Continual fever
16. Slow heartbeats
17. Nausea
18. Loss of appetite
19. Irregular heartbeats
20. Unusual tiredness
21. Shortness of Breath
22. Bruising
23. Severe Stomach ache
24. Headaches
25. Pains in Muscles
26. Pains in Joints
27. Dizziness
28. **Depression**
29. Breast Tenderness
30. Breast enlargement/men **(30)**

Licence Holder.

Goldshield Pharmaceuticals Ltd.
NLA Tower, Addiscombe Rd
Croydon CRO OXT England

Manufacturer

Same as above

(13)Moxonidine

This is used for lowering blood pressure

1. Enlarged breasts in men
2. **Loss of Sexual performance**
3. **Changed thought processes**
4. **Depression**
5. **Anxiety**
6. Drowsiness
7. Headache
8. Dizziness

2. Runny Nose
3. Itchy skin.
4. Swelling
5. Worsening of Asthma
6. Stomach Ulcers.
7. Stomach bleeding
8. Bloody Stools
9. Black stools,
10. Severe stomach pain
11. Vomiting Blood
12. Stomach irritation.
13. Mild stomach pain
14. Heartburn
15. Feeling sick
16. **Inflammation of the liver.**
17. Anaemia
18. Changes in Blood Cells
19. Changes in Type of blood cells
20. Nose Bleeds
21. **Unusual Bruising.**
22. More infections.
23. Ringing in Ear
24. Buzzing in Ear
25. Dizziness
26. Deafness
27. Sweating
28. Feeling Sick
29. Being sick
30. Headache
31. Confusion **(31)**

Licence Holder.

Alpharma, Barnstaple. EX32 8NS UK

Manufacturer

Same as above

(14)Diclofenic

Relieves pain & inflammation

1. Stomach pain
2. Indigestion
3. Heartburn
4. Diarrhoea,
5. Wind,
6. Nausea
7. Vomiting
8. Constipation

2. Scaling of skin
3. Thinning of skin
4. Erythema
5. Pruritus
6. Blistering
7. Acne fulminans
8. Facial hyperpigmentation
9. Dryness of Nasal mucosa
10. Conjunctivitis
11. Intolerance of contact
12. Visual disturbances
13. Optic neuritis,
14. Corneal opacities
15. Cataracts
16. Decreased night vision
17. Blurred vision
18. Hair thinning
19. Nausea
20. Headaches
21. Malaise
22. Drowsiness
23. Sweating
24. Benign Hypertension
25. Myalgia
26. Arthralgia
27. Jaundice
28. Hepatitis
29. Raised Cholesterol
30. Risk of Pancreatitis
31. Allergic vasculitis
32. Granulo-matous lesions
33. Hearing deficiency
34. **Mood Changes**
35. **Severe Depression**
36. **Convulsions**
37. Inflammatory Bowel
38. Tendinitis
39. Bone Changes
40. Thrombocytopenia
41. Anaemia
42. Thrombocytosis
43. Neutropenia
44. Lymphadenopathy
45. Haematuria
46. Proteinuria **(46)**

Licence Holder

BNF.org 2001

Manufacturer

Same as above

(15)Enalapril maleate

Widening blood vessels

1. Severe dizziness
2. Light headedness
3. Itchiness
4. Short of breath
5. Wheezy
6. Swelling of the hands
7. Swelling of the mouth
8. Swelling of the throat

- 9.Sleepiness
- 10.Sleeping problems**
- 11.Sedation
- 12.Dryness of the eyes
- 13.Itching of the eyes
- 14.Burning of the eyes
- 15.Blood vessels widening
- 16.Lowered blood pressure**
- 17.Causing faintness**
- 18.Causing dizziness**
- 19.When sitting
- 20.When standing
- 21.Pins & needles
- 22.Raynauds disease.
- 23.Circulation problems in fingers**
- 24.Circulation problems in toes.**
- 25.Feeling sick.
- 26.Constipation.
- 27.Digestive problems
- 28.Inflamation of the liver**
- 29.Yellowing of the skin
- 30.Yellowing of whites of eyes
- 31.Blockage of bile flow.**
- 32.Allergic skin reactions
- 33.Difficulty passing water
- 34.Inability to control bladder**
- 35.Dry mouth
- 36.weakness or loss of strength
- 37.Swelling of different parts of body
- 38.Leg weakness
- 39.Fainting
- 40.Loss of appetite
- 41.Pain near ear beside salivary glands

- 9.Bleeding in the stomach**
- 10.Bleeding in the intestine**
- 11.Vomiting blood
- 12.Bowel motions with blood
- 13.Headaches,
- 14.Dizziness
- 15.drowsiness
- 16.Fatigue
- 17.Disturbance of Taste
- 18.Disturbance of vision
- 19.Disturbance of hearing
- 20.Disturbance of sensations
- 21.Sleeplessness**
- 22.Anxiety**
- 23.Confusion**
- 24.Depression**
- 25.Trembling
- 26.Skin problems
- 27.Hair Loss**
- 28>Your blood may not clot easily**
- 29.Bruises may appear**
- 30.Liver Disorders**
- 31.Yellowing of the skin
- 32.Yellowing of the eyes
- 33.Kidney problems**
- 34.Water retention**
- 35.Problems urinating**
- 36.Mouth Ulcers
- 37.Sensitivity to light
- 38.Burning in light
- 39.Exposure to light causes itching
- 40.High Blood Pressure**
- 41.Inflammation of the Pancreas**
- 42.Severe abdominal Pain to back
- 43.Nausea
- 44.Vomiting
- 45.Tongue becomes swollen**
- 46.Changes in behaviour**
- 47.Feeling disturbed**
- 48.Difficulty breathing
- 49.Itching
- 50.Swelling

- 9.Swelling of the face
- 10.Swelling of the eyes.
- 11.Headaches
- 12.Tiredness
- 13.Weakness
- 14.Fainting
- 15.Mild tummy upsets
- 16.Nausea
- 17.Diarrhoea
- 18.Muscle cramps**
- 19.Rash
- 20.Cough
- 21.Kidney problems**
- 22.Feeling unwell
- 23.Itching of skin
- 24.Swelling of ankles
- 25.Less urine passed
- 26.Heart/chest pains**
- 27.Palpitations**
- 28.Digestive problems
- 29.Abdominal pain
- 30.Back pain
- 31.Heartburn
- 32.Vomiting
- 33.Constipation
- 34.Sore Mouth
- 35.Sore Tongue
- 36.Taste alteration
- 37.Skin problems
- 38.Hair loss
- 39.Excessive sweating
- 40.Jaundice**
- 41.Stroke
- 42.Depression**
- 43.Confusion**
- 44.Difficulty sleeping**
- 45.Nervousness
- 46.Pins & Needles
- 47.Vertigo**
- 48.Sore Throat
- 49.Hoarseness,
- 50.Impotence**
- 51.Flushing
- 52.Runny Nose
- 53.Ringing in the Ears**
- 54.Blurred Vision
- 55.Fever
- 56.Aching Joints
- 57.Sensitivity to sunlight
- Licence Holder**
- Dexcel Pharma Ltd.,
- Manufacturer**
- Dexcel Pharma Ltd., same as
No. 14. on the right.

This supply of Diclofenic came from a different company and therefore has a different amount of side effects. The reason for this is that about 5 years ago The government instructed all G.P's to start buying "Generic" medication – or To put it in simple language, the cheapest copies of medication that they could Get, in order to save money, and they really did hunt the world for extremely Cheap copies. But they all seem to have more "side effects" – or "Faults". I would Like to know what you all think. **"Sign the Petition"**

Licence Holder.

Alpharma Barnstaple,
EX32 8NS, UK.

Maufacturer

Schwarz Pharma AG.
Alfred Noble St.,10,
D-40789 Monheim, Germany

Licence Holder.

Kent Pharmaceuticals Ltd., Wotton Rd,
Ashord Kent TN23 6LL, UK

Manufacturer

Dexcel Pharma Ltd., 1,Cottesbrooke Park,
Heartlands Business Park, Daventry.
Northamptonshire NN11 5YL England

(16) Cardura XL

This is called an alpha-blocker and treats
and
High blood pressure or symptoms caused by
Enlargement of the prostate gland in men

- 1.Dry Mouth

(17) Amlodipine

This is for the treatment of High Blood Pressure and
Angina.

- 1.Ankle swelling

(18)Codeine phosphate

This is for the relief of pain, coughing
Prolonged Diarrhoea.

- 1.Calming

- 2.Weakness
3.Painful joints,
4.Painful muscles
5.Muscle cramps
6.Muscle weakness
7.Back pain
8.General pain
9.Swelling of feet
10.Swelling of lower legs
11.Low Blood pressure after sitting
12.Low blood pressure after lying down
13.Slowing of the heart rate
14.Headache
15.Loss of appetite
16.Stomach pains
17.Abdominal pains
18.Constipation
19.Diarrhoea,
20.Feeling sick
21.Being sick
22.Indigestion
movement
23.Heartburn
24.Wind
25.Coughing
26.Wheezing
27.Chest infection
medicine
28.Shortness of breath
alcohol
29.Skin Rash
30.Itching skin
31.Swelling of skin
32.Urinary disorder,
33.Pain on passing urine,
34.Increased volume of urine
35.Needing to pass urine at night
36.Increased number/times urinating
37.Urinary incontinence
38.Blood in urine
39.Tiredness
40.Sleepiness
41.Generally feeling unwell
42.Nasal stuffiness
43.Runny nose
44.Painful persistent erection/penis
45.Inability for penile erection
46.Hot flushes
47.Weight gain
48.Faintness
49.Dizziness on getting up
50.Tremor
51.Tingling of hands
52.Tingling of feet
53.Enlargement of men's breasts.
54.Low white blood cells
55.Low blood platelets,
56.Bruising
57.Easy bleeding
58.Nose bleeds
59.Liver enzyme increases.
60.Jaundice.
61.Hepatitis (liver infection)
- 2.Headache
3.dizziness
4.Feeling tired
5.weakness
6.flushing
7.palpitations
8.Shortness of breath
9.Abdominal pain
10.Feeling sick
11.Indigestion
12.Inability to sleep
13.irritability
14.Depression
15.Dry mouth
16.Increased sweating
17.Pins & Needles
18.Lack of energy
19.Shaking
20.Trembling
21.Visual disturbances
22.Fainting
- 23.Irregular heartbeat**
24.Slow Heartbeat
25.Chest Pain
26.Low Blood pressure
27.Inflammation/blood vessels
- 28.Coughing
29.Constipation
30.Being sick
31.Diarrhoea
32.Swelling of the gums
33.Soreness of the gums
34.Skin rash
35.Itchy skin
36.Red patches on skin
37.Other skin colour changes
38.Hair loss,
39.Back pain
40.Muscle pain
41.Joint pain
42.Enlargement of male breasts
43.Increased need to urinate
44.Weight increase
45.Weight decrease
46.Inability to obtain erection
47.Mood changes
48.Anxiety
49.Confusion
50.Abnormal liver function
51.Inflammation of the liver
52.Jaundice of the skin
53.Jaundice of the eyes
54.Excess Sugar in blood
55.Loss of pain sensation
56.gastritis
57.Inflamed Pancreas
58.Red blood cell damage
59.Unusual bruising
60.Unusual Bleeding
61.Allergic reactions
- 2.Dizziness
3.Nausea
4.Constipation
5.Sweating
6.Facial flushing
7.Dry Mouth
8.Blurred Vision
9.Double Vision
10.Low blood pressure
11.General discomfort
12.Headache
13.Loss of appetite
14.Slow Heart beat
15.Allergic itch
16.Allergic skin rash
17.Allergic Facial swelling
18.Difficulty in passing water
19.Convulsions
20.Hallucinations
21.Nightmares
22.uncontrolled/muscle
- 23.uncontrolled muscle rigidity
24.Mental depression
25.Stomach cramps
26.Tolerance of the medicine
27.Dependance of the
- 28.Enhancing effects of**

- 62. Bile disorder
- 63. Agitation.**
- 64. Anxiety**
- 65. Depression**
- 66. Nervousness**
- 67. Sleeplessness**
- 68. Hair loss
- 69. Blurred Vision
- 70. Tinnitus/ringing in the ear**
- 71. Chest pain
- 72. Increased heart beat**
- 73. Irregular heart beat.**
- 74. Heart attack**
- 75. Stroke.**

Licence Holder.
Pfizer Ltd., Sandwich Kent.
CT13 9NJ U.K.

Manufacturer
Same as above.

- 62. Sudden wheezing
- 63. Difficulty in breathing
- 64. Swelling of eyelids
- 65. Swelling of face
- 66. Swelling of lips
- 67. Swelling of rash
- 68. Swelling of itching
- 69. Uncertain Heart attack**
- 70. Irregular Heart beat**
- 71. Chest pain**

Licence Holder.
Norton healthcare Ltd., (T/A IVAX
pharmaceuticals UK) Albert Docks,
London. E16 2QJ.U.K.
Manufacturer
Millmount Healthcare Ltd., Navan.
Enterprise Centre, Navan, Co.Meath.
Ireland.

Licence Holder
Rambaxy Ireland Ltd.,
Spafield, Cork Road
Cashel, Co. Tipperary
Manufacturer
Same as above..

(19)Cardicor

Treatment of Angina & high blood pressure

- 1. Upset Stomach
- 2. Coldness of the fingers
- 3. Coldness of the toes
- 4. Headaches
- 5. Tiredness
- 6. Dizziness
- 7. Interference with heart rate**
reduced
- 8. Difficulty in breathing
- 9. Breathlessness
- 10. Fainting
- 11. Muscle weakness
- 12. Cramps
- 13. Difficulty in sleeping
- 14. Depression**
- 15. Nightmares**
- 16. Hallucinations**
- 17. Hepatitis**
- 18. Increased liver enzymes**
- 19. Increased blood levels of some fats
- 20. Impotence**
levels
- 21. Hearing impairment**
levels
- 22. Runny nose
- 23. conjunctivitis**
- 24. Dry eyes
- 25. Rashes
- 26. Itching
kidneys'
- 27. Flushing

Licence Holder

(20)Co-Codomol

To relieve mild pain and fever

- 1. Constipation
- 2. Drowsiness
- 3. Skin rashes
- 4. Nausea
- 5. Vomiting
- 6. Sweating
- 7. Facial Flushing
- 8. Dry Mouth
- 9. Blurred Vision
- 10. Double Vision
- 11. Dizziness,
- 12. Malaise
- 13. Tiredness
- 14. Headache
- 15. Anorexia**
- 16. Vertigo
- 17. Slow Heart beat
- 18. Rapid Heart beat
- 19. Breathing Difficulties,
- 20. Problems in passing Urine
- 21. Convulsions**
- 22. Hallucinations**
- 23. Nightmares**
- 24. Uncontrolled muscle movement
- 25. Uncontrolled muscle rigidity
- 26. Mental Depression**
- 27. Stomach cramps
- 28. Feeling drowsy

*(Just look at what co-codamol can do. It can
cause Mental depression – fits - Anorexia
Hallucinations and Convulsions)
How many of you – knew that!!!!*

Licence Holder

(21)Frusimide

Diuretic or Water Tablets

- 1. Skin Rash
- 2. Swelling of the face
- 3. Swelling around the mouth
- 4. Skin sensitive to sunlight
- 5. Skin sensitive to UV light
- 6. Fever
- 7. Bone marrow function
- 8. Bruising easily
- 9. Bleeding from the gums
- 10. Bleeding from elsewhere
- 11. Developing infections
- 12. Unexplained fever
- 13. Sore Throat
- 14. Nausea
- 15. Stomach upset
- 16. Generally feeling unwell
- 17. Headache
- 18. Low Blood pressure
- 19. Muscle cramps
- 20. Changes in cholesterol
- 21. Changes in triglyceride
- 22. Passing more Urine
- 23. Increased Uric acid in blood
- 24. Gout
- 25. Hearing problems
- 26. In infants 'calcium in
- 27. Acute Pancreatitis
- 28. Pain and vomiting

Licence Holder

Merck KGaA, Frankfurter Strasse 250
64293 Darmstadt Germany.

Manufacturer.

Merck pharmaceuticals, Harrier Hse
High St., West Drayton. Middsx
UB7 7QG. UK.

M & A Pharmachem Ltd., Bolton
England. BL5 2AL

Manufacturer

Same as above

Bristol Laboratories Ltd
Congress Hse, 14 Lyon Rd
Harrow Middlesex HA1 2EN

Manufacturer

Same as above

(22)Anadin Extra

For 'mild' illnesses without prescription

- 1.Difficulty in breathing
- 2.Skin rash
- 3.Swollen facial features
- 4.Runny Nose
- 5.Abdominal pain
- 6.Nausea
- 7.Digestive problems**
- 8.Constipation
- 9.Diarrhoea
- 10.Peptic Ulcer**
- 11.Bleeding in the stomach
- 12.Vomiting of blood
- 13.Blood in your stools
- 14.Blood not clotting**
- 15.Bruising on the body
- 16.Easy bleeding
- 17.Resistance to infections**
- 18.Wheezing
- 19.Breathing difficulties
- 20.Change in skin colour
- 21.Shortness of breath
- 22.Tremor
- 23.Palpitations
- 24.Gout

Licence Holder

Wyeth consumer healthcare, Hunter-
Rd
Combe Lane sth, Taplow Maidenhead
9UF,UK
Berkshire SL6 OPH.

Manufacturer.

Wyetg Lederlie S.p.A via Nettunense
90, 04011 Aprilla (LT) Italy..

(23)Ibuprofin

For relief from rheumatic & muscular pains

- 1.Stomach pain
- 2.Nausea
- 3.Indigestion
- 4.Stomach Ulcer
- 5.Bleeding in stomach**
- 6.Vomiting of blood**
- 7.Black stools
- 8.Itchy skin
- 9.Swollen skin
- 10.Skin rashes
- 11.Skin peeling
- 12.Blood disorders causing bruising
- 13.Blood disorders causing bleeding
- 14.Liver problems**
- 15.Kidney problems**
- 16.Headaches
- 17.Dizziness
- 18.Hearing disturbances
- 19.Unexplained wheezing
- 20.Shortness of breath
- 21.Facial swelling

Licence Holder

Healthy ideas Ltd., Upper Cliffe Rd
Dodworth Business park, Dodworth
South Yorkshire. S75 3SP

Manufacturer

Allphamed Pharbil Arzneimittel GmBH
Reichenberger Str.43, D33605
Bielefeld, Germany

(24)Bendoflumethiazide

High blood pressure and urine retention
For Kidney, Liver or Heart problems.

- 1.Feeling sick
- 2.Being sick
- 3.Loss of appetite
- 4.Feeling dizzy
- 5.Light Headed
- 6.Feeling week
- 7.Tired
- 8.Drowsy
- 9.Sleepy
- 10.Confusion**
- 11.Muscle cramps
- 12.Impotence**
- 13.Blood level of Uric acid
- 14.Gout
- 15.Worsened Diabetes**
- 16.Skin rash
- 17.Itchy skin
- 18.Over sensitive skin
- 19.Inflammation/Pancreas**
- 20.Severe allergic reactions
- 21.Fits
22. Jaundice
- 23.Yellow skin and eyes
- 24.Blood problems

Licence Holder

CP Pharmaceuticals Ltd., Ash
North, Wrexham LL13

Manufacturer

Same as above.

(25)Trazodone Hydrochloride

Anti depressants

- 1.Drowsiness
- 2.Headaches
- 3.Dizziness
- 4.Confusion**
- 5.Feeling less alert
- 6.Nausea
- 7.Vomiting
saliva
- 8.Constipation
- 9.Diarrhoea
- 10.Dry Mouth
- 11.Blurred vision
- 12.Weakness
- 13.Tremor
- 14.Weight Loss

(26)Loestrin

oral contraceptive

- 1.Migraine
- 2.Severe Headaches
- 3.Pain in any part of the body
- 4.Tingling in any part of the body
- 5.Numbness in any part of the body
- 6.Inflamed Veins**
- 7.Sudden disturbance of vision**
- 8.Disturbance of speech
- 9.Pains in the chest**
- 10.Pains in the abdomen
- 11.Swelling in the limbs
- 12.Unexplained cough
- 13.Pain on breathing
- 14.Breathlessness

(27)Nicotinell

To help you stop smoking

- 1.Headaches
- 2.Sickness
- 3.Stomach pains
- 4.Diarrhoea
- 5.Irritation of the throat
- 6.Increased Saliva
- 7.Excessive swallowing of
- 8.Hiccups
- 9.Indigestion
- 10.Heartburn
- 11.Faintness
- 12.Dizziness
- 13.Insomnia
- 14.Wind

- 15.Slow pulse
- 16.Racing Pulse
- 17.Fluid retention
- 18.Restlessness
- 19.Difficulty sleeping
- 20.Skin rashes

21.Long lasting painful erections

22.Jaundice

23.Abnormalities of the Liver**24.Anaemia**

25.Low platelet count

Licence Holder

Roussel Labs Ltd., Broadwater Pk,
Denham, Uxbridge Middlesex.
UB9 5HP UK

Manufacturer.

Patheson UK Ltd., Kingfisher Dr.
Covingham Swindon Wiltshire.
SN3 5BZ UK.

- 15.Dizziness
- 16.Fainting
- 17.Depressive moods
- 18.Missed periods
- 19.Brownish patches on face,
- 20.Brownish patches on body
- 21.Sore Breasts
- 22.Rise in Blood Pressure
- 23.Thrush
- 24.Changes to shape of cornea

25.Cataracts**26.Inflamed Vagina****Licence Holder**

Gallen Chemicals Ltd. 4,Adelaide St.,
Dun Laoghaire, Dublin Ireland

Manufacturer

Celltech Manufacturing Services Ltd.,
Vale of Bardsley. Ashton under Lyne.
Lancs. OL7 9RR

- 15.Dry Mouth
- 16.Palpitations
- 17.Change in heart rhythm
- 18.Cold Sores

Licence Holder

Novartis Consumer Health,
Horsham RH12 5AB UK

Manufacturer

Sanico n.v. B-2300 Turnhout
Belgium

(28)Nurofen Meltlets**Turbohaler**

Effective pain relief

- 1.Stomach pain
- 2.Stomach discomfort
- 3.Stomach Ulcer
- 4.Black Tarry stools
- 5.Nausea
- 6.Rashes
- 7.Itching
- 8.Worsening of Asthma
- 9.Unexplained wheezing
- 10.Shortening of Breath

**11.Liver Problems
children****12.Kidney Problems**

- 13.Headache
- 14.Dizziness
- 15.Hearing disturbances
- 16.Skin peeling
- 17.Easy bruising

18.Facial swelling**Licence Holder**

Crookes Healthcare Ltd.,
Nottingham NG2 3AA
LU13LU

Manufacturer.

Ethypharm Industries Chateauneuf-
En-Thymerais, France.
France.

(29)Teveten

For lowering blood pressure

- 1.Allergic reactions
- 2.Swelling of the face
- 3.Swelling of the lips
- 4.Swelling of the tongue
- 5.Difficulty in breathing
- 6.Runny Nose
- 7.Dizziness
- 8.Pain in the joints**
- 9.Wind
10. Increase in Fats in the blood.
- 11.Skin rashes

12.Itching

13.Headaches

14.Lethargy

15.Low blood pressure

16.Dizziness on standing up

17.Nausea

Licence Holder

Solvay Healthcare Ltd. Southampton
SO18 3JD

Manufacturer

Solvay Pharmaceuticals B>V> 8121 AA
Olst, The Netherlands.

(30)Pulmicort

To reduce Asthma

- 1.Sore Mouth –Oral Thrush
- 2.Mild sore throat
- 3.Coughing
- 4.Hoarse Voice
- 5.Could affect adrenal gland
- 6.Acute wheezing
- 7.Skin rash
- 8.Swelling of the face
- 9.Swelling of the mouth
- 10.Thinning of the bones**
- 11.Slow growth rate in**

12.Same as above adolescents**13.Cateract****14.Glaucoma****Licence Holder**

AstraZeneca UK Ltd. 600
Capability Green. Luton

Manufacturer

ASP SA, 224, Avenue de la
Dordogne, 59640 Dunkirk

(31) Imodium

To treat Diarrhoea

1. Tummy Cramps
2. Feeling sick
3. Vomiting
4. Tiredness
25. Drowsiness
- 26. Dizziness**
- 27. Dry Mouth**
- 28. Skin Reactions**

(32) Movicol

To treat constipation

- !Stomach Ache
Stomach Rumbles
An Allergic Reaction
Feeling Bloating
Feeling Sick
Feeling Weak
Breathless
Very Thirsty

(33)Cuprofen

The relief of pain

- Stomach upsets
Possible Gastric Ulcer
Stomach Bleeding
Wheezing
Shortness of Breath
Skin Rash
Itching
Bruising

29. Itching
 30. Shortness of Breath
 31. Swollen Face
 32. Severe Bloating Tummy
 33. **Stoppage of Bowel activity**
 34. **Difficulty Urinating (14)**
 35.
 36.
 37.
 38.
 39.
 40.
 22. ...

Licence Holder

Janssen-Cilag Ltd., No. 0242/0028
 Saunderton, High Wycombe, Bucks.
 HP14 4HJ, UK.

Manufacturer.

- Janssen Pharmaceutica NV Turnhoutseweg Norgine Ltd.,
 30. B2340, Beerse, Belgium or
 Janssen-Cilag SA, Campus de Maigremont,
 27100 Val de Reuil, France

Headache
 Puffy Ankles **(10)**

Licence Holder

Norgine Ltd.,
 Harefield, Middx UB9 6NS U.K.

Manufacturer

- New Rd. Hengoed,
 Mid Glamorgan CF82 85J U.K.

Facial Swelling
Bronchospasm
Kidney Failure
 Poor Kidney Functions
 Blurred eyesight
 Changes in Colour vision
 Poor Eyesight
 Headache
Dizziness
Nervousness
Depression
 Drowsiness
Insomnia (22)

Licence Holder

Cupal Ltd.,
 Tubiton House.
 Oldham OL1 3HS

Manufacturer

- Cupal Ltd., Lancs.
 Simco Ltd Guernsey
 SS.International Durham

(34)Paracetamol

Treatment of mild pain

- Allergic Reactions
- Pain.
- Swelling
- Fever
- Collapse**
- Bronchospasm**
- Rashes
- Changes in Blood**
- Bruising
- Bleeding Gums (10)**

Licence Holder

Bristol Laboratories Ltd., Congress House,
 Pk.
 14 Lyon, Harrow Middlesex. HA1 2EN.

Manufacturer.

Same as above.

(35)Glyceryl trinitrate spray (36)Monosorb XL 60

Relieve pain of Angina attack

- Headaches
- Facial Flushing
- Faintness
- Abnormal heart rate**
- Dizziness**
- Nausea
- Allergic skin rashes**
- Great fall in Blood pressure (8)**

Licence Holder

Ayrton Saunders Ltd., Reeds Lane,
 Moreton. Wirrel. CH 1DW. UK

Manufacturer

Pharmasol Ltd., North Way, Andover.
 Hants. SP10 5AZ, UK

To prevent Angina attack

- Headaches
- Dizziness**
- Lowering of Blood pressure
- Vomiting
- Diarrhoea
- Fainting
- Rash
- Itching
- Muscle pain**

Licence Holder

Pharma Ltd., 1 Cottesbrooke
 Heartland Business Park.
 Daventry. Northamptonshire

Manufacturer

Same as above.

Please Note:-

If you have any patient information leaflets out of boxes of medication, I would be most pleased to receive them. We have to prove to the government that NHS medication is more harmful to people than Cannabis.

When there is good quality medication available, then I personally will feel I can give up Cannabis and accept the NHS medication.

However, while it is still riddled with multiple faults, which cause multiple illnesses, then I am afraid I cannot give up medicating with Cannabis, because medicating with Cannabis only has two side effects,

Medicating with Cannabis.

- Short Term memory loss.
- If you overdose on Cannabis, you will vomit, then sleep for up to 5 hours.
- However, when you vomit because of Alcohol and other intoxicating drugs, it can be extremely dangerous because one is not fully conscious and in control.

With NHS medication you are really in great danger.

1. Many medicines cause **Impotence in men. There are 7 cases in this short list.**
2. Approximately **3 in 4 medications cause Depression and suicidal tendencies**
3. 1 in 6 medications causes, **Hallucinations and Delusions.**
4. 1 in 5 medication's causes **Heart failure and Kidney Failure.**
5. 1 in 4 medication's causes **Tinnitus, which is a horrendous experience.**
6. 1 in 6 medication's causes **Hair loss in men and women**
7. 1 in 10 medication's causes **Strokes**
8. need I go on.....

Now, on reflection, can you see:-

It is the NHS Medication, which is causing Mental Health and Physical problems. You may have lost a loved one – not because of their original health problem, but because the death was caused by the many medications with more than 6 health problems such as Hallucinations, Delusions and Depression, plus Suicidal tendencies

You see, from what I have learned, there is a strong case, which can prove that many people, are dying from the “Faults” in medicine, rather than the illnesses they first contracted. This is a sad fact, and it is shameful that our government shows no concern.

I have been medicating with “**Pure Cannabis Bud**” for just over 3 years, and have never had, “Hallucinations, Delusions. Depression or Suicidal Tendencies,” - but my medical records will show that I did suffer from suicidal tendencies and depression for years before that – and only in the last 3 years, have I discovered it was the medicine the Doctor gave me – which caused it. **“Maybe I should sue him!”** –

Maybe that is the answer – let us have a vote on it – “**do we sue the Dr**” – for prescribing dangerous medication?, or do we “**Sue the government**”, for allowing dangerous medication to be put into the mouths of every man, woman and child in this country?.