

# THE DRAGONFLYER

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## Dragonfly Wellness Center a Big Hit On the Mendo-Bragg Coast

Dragonfly Wellness Center is off to a Dragon-flying start! Encouraged by an overwhelmingly positive community response, we are growing by leaps and bounds: we now have a yoga class on Wednesdays 6—7:30 pm and Sundays 9:30—11:00 am. Massages and lymphatic treatments are happening and popular. And we are close to starting a t'ai chi class. (Sign up now to join the class!) In June there will be a workshop on healing Lyme disease with herbs. And in the planning stages we have a wild herb class with Wendy Read; a jazz trio and a blues guitarist ready to bring their live tunes to our modest "performance space;" a raw juicing session; a vedic astrology class, and a stand-up comedy class taught by Sherry Glaser-Love.



*Everyone is Welcome!*

*Come visit our newly renovated building, with classroom/studio, patient services room, full-service dispensary.*

Figure it's time to try Yoga?

Finally going to be brave and "Do T'ai Chi"??

Call us at 707.962.0890 or email us at [admin@dragonflywellness.org](mailto:admin@dragonflywellness.org). We'll get you going!

## Supreme Court Justice Pleas for Pot

THREE and a half years ago, on my 62nd birthday, doctors discovered a mass on my pancreas. It turned out to be Stage 3 carcinoma pancreatic cancer. I was told I would be dead in four to six months. Today I am in that rare coterie of people

who have survived this long with the disease. But I did not foresee that after having dedicated myself for 40 years to a life of the law, including more than two decades as a New York State judge, my quest for ameliorative and palliative care

would lead me to marijuana. My survival has demanded an enormous price, including months of chemotherapy, radiation hell and brutal surgery. For about a year, my cancer disappeared, only to return.

(continued, p. 2)

### This Month:

- Register to Vote at Dragonfly
- Sign up for T'ai Chi and Yoga Class—filling up fast!
- Join a 420 Vapor Fiesta
- Take home and try a "canna-salts" bath relaxation sensation
- Experience a heavenly deep-tissue massage
- Try an invigorating lymph drainage treatment
- Find those yummy Jam Boogie Bars you've been missing
- Learn to breathe, relax, and reduce stress through many natural methods.
- Spend time perusing our library of resources, references and "how to" books and magazines.

## Judge Pleas for Pot (cont. from p. 1)

About a month ago, I started a new and even more debilitating course of treatment. Every other week, after receiving an IV booster of chemotherapy drugs that takes three hours, I wear a pump that slowly injects more of the drugs over the next 48 hours. Nausea and pain are constant companions. One struggles to eat enough to stave off the dramatic weight loss that is part of this disease. Eating, one of the great pleasures of life, has now become a daily battle, with each forkful a small victory. Every drug prescribed to treat one problem leads to one or two more drugs to offset its side effects.

Pain medication leads to constipation. Anti-nausea medication raises glucose levels, a serious problem for me with my pancreas so compromised. Sleep, which might bring respite from the miseries of the day, becomes increasingly elusive. Inhaled marijuana is the only medicine that gives me some relief from nausea, stimulates my appetite,

## What is Lymphatic Massage?

A gentle yet powerful kind of massage that helps flush waste products out of your body and strengthens your immune system. Highly recommended pre- and post- surgery; during detox and cleansing; and for persistent skin conditions; as well as for general well-being and relaxation.

*"At Dragonfly we encourage the individual to try all types of healing medicine, treatments and practices."*

and makes it easier to fall asleep. The oral synthetic substitute, Marinol, prescribed by my doctors, was useless.

... This is not a law-and-order issue; it is a medical and a human rights issue. ... When palliative care is understood as a fundamental human and medical right, marijuana for medical use should be beyond controversy.

... Cancer is a nonpartisan disease, so ubiquitous that it's impossible to imagine that there are legislators whose families have not also been touched by this scourge. It is to help all who have been affected by cancer, and those who will come after, that I now speak. Given my position as a sitting judge still hearing cases, well-meaning friends

question the wisdom of my coming out on this issue. But I recognize that fellow cancer sufferers may be unable, for a host of reasons, to give voice to our plight. It is another heartbreaking aporia in the world of cancer that the one drug that gives relief without deleterious side effects remains classified as a narcotic with no medicinal value.

Because criminalizing an effective medical technique affects the fair administration of justice, I feel obliged to speak out as both a judge and a cancer patient suffering with a fatal disease. ... Medical science has not yet found a cure, but it is barbaric to deny us access to one substance that has proved to ameliorate our suffering.



*Our Patient Services Room*

## What is Breath Yoga?

Using the grounding force that is our breath, we can center ourselves to the earth and move with a calm, deliberate serenity

— filled with new energy and purpose. Slow, careful, and gentle postures are surrounded and infused with deep, natural breaths that remind us that we already have the capacity within our bodies to heal ourselves.

## MD Uses Cannabis for his Parkinson's Disease

I am the caretaker for John Trefil, MD. He has Parkinson's disease and "highly aggressive" (a medical description; he's "8" on the Gleason scale of 1 – 10) prostate cancer. When he practiced medicine, he occasionally wrote prescriptions for marijuana (**MJ**), but most doctors demur; they feel that doing so endangers their medical licenses, and thus, their livelihood. At the time, Dr Trefil wasn't sure how efficacious **MJ** was, but some people's illnesses are

incurable, so why not? After Dr Trefil was diagnosed with **PD** (18 years ago), he tried it a few times himself without good results. In fact, because **PD** is considered to be an incurable, degenerative, ultimately fatal disease, Dr Trefil has tried *many* different medical approaches, and a few were mildly, temporarily helpful. In the meantime, he was given the "seed procedure" (brachytherapy), which was assumed would cure his cancer. Sadly, it

didn't, but he is still without symptoms after 10 years from the time of diagnosis.

After 17 years of **PD**, Dr Trefil entered the Hospice program, which was amazingly, wonderfully helpful to both of us. His illness had progressed so far that I was sometimes unable to pull him out of a chair; he was that stiff. We had to begin to consider options that would be necessary but constantly uncomfortable. (cont. on page 4)

## FISCAL BONANZA IF WE LEGALIZE

A 2008 report commissioned by LEAP (Law Enforcement Against Prohibition) and written by Harvard University economics professor Jeffrey Miron estimates that drug legalization would reduce government expenditure by \$44.1 billion annually, with roughly \$30.3 billion accruing to state and local governments and \$13.8 billion accruing to the federal government. Approximately \$12.9 billion of the potential savings annually would result from the legalization of marijuana alone. Dr. Miron further estimates that drug legalization would yield tax revenue of \$32.7 billion annually, assuming that legal drugs are taxed at rates comparable to those placed on alcohol and tobacco. Approximately \$6.7 billion of that annual revenue would be the direct result of the regulation and taxation of marijuana.

*Shortly after this report was published over 550 economists signed a letter of support for it, including numerous Nobel Laureates such as Milton Friedman.*

### Pot Prisoners Cost \$1 Billion a Year

American taxpayers are now spending more than a billion dollars per year to incarcerate U.S. citizens for pot. That's according to statistics recently released by the U.S. Department of Justice's Bureau of Justice Statistics.

According to the new BJS report, "Drug Use and Dependence, State and Federal Prisoners, 2004," 12.7 percent of state inmates and 12.4 percent of federal inmates incarcerated for drug violations are serving time for marijuana offenses. Combining these percentages with separate U.S. Department of Justice statistics on the total number of state and federal drug prisoners suggests that there are now about 33,655 state inmates and 10,785 federal inmates behind bars for marijuana offenses. The report failed to include estimates on the percentage of inmates incarcerated in county and/or local jails for pot-related offenses.

Multiplying these totals by U.S. DOJ prison expenditure data reveals that

#### Further reading on the Economics of Marijuana [Marijuana Policy Project \(MPP\)](#)

MPP's brochure on [taxing and regulating marijuana](#) explains how this real solution would reduce the criminal market, save taxpayers money, make our communities safer, and keep marijuana out of the hands of minors.

["Fiscal Impact of Question 9: Potential State-Revenue Implications"](#) by R. Keith Schwer, Ph.D. and Mary Riddel, Ph.D., February 2005

["Economics of Cannabis Legalization"](#) by Dale Gieringer, Ph.D., June 2004

["The Economic Implications of Marijuana Legalization in Alaska"](#) by Scott W. Bates, 2004

["Potential Tax Revenue from a Regulated Marijuana Market"](#) by Michael R. Caputo in the *American Journal of Economics and Sociology*, October 1994

["Rationalizing Drug Policy Under Federalism"](#) by David W. Rasmussen and Bruce L. Benson in the *Florida State University Law Review*, 2003

["Should Cannabis be Taxed and Regulated?"](#) in the *Drug and Alcohol Review*, June 2004

*An Analytic Assessment of U.S. Drug Policy* by David Boyum and Peter Reuter, published by the American Enterprise Institute, 2005

["Marijuana Growth in British Columbia"](#) by Stephen T. Easton in *Public Policy Sources*, May 2004

taxpayers are spending more than \$1 billion annually to imprison pot offenders.

The new report is noteworthy because it undermines the common claim from law enforcement officers and bureaucrats, specifically White House drug czar John Walters, that few, if any, Americans are incarcerated for [marijuana-related offenses](#). In reality, nearly 1 out of 8 U.S. drug prisoners are locked up for pot.

Of course, several hundred thousand more Americans are arrested each year for violating marijuana laws, costing taxpayers another \$8 billion dollars annually in criminal justice costs.

According to the most recent figures available from the FBI, police arrested an estimated 786,545 people on marijuana charges in 2005 – more than twice the number of Americans arrested just 12 years ago. Among those arrested, about 88 percent – some 696,074 Americans – were charged

with possession only. The remaining 90,471 individuals were charged with "sale/manufacture," a category that includes all cultivation offenses, even those where the marijuana was being grown for personal or medical use.

These totals are the highest ever recorded [by the FBI](#), and make up 42.6 percent of all drug arrests in the United States. Nevertheless, self-reported pot use by adults, as well as the ready availability of marijuana on the black market, remains virtually unchanged.

Marijuana isn't a harmless substance, and those who argue for a change in the drug's legal status do not claim it to be. However, pot's relative risks to the user and society are arguably fewer than those of alcohol and tobacco, and they do not warrant the expenses associated with targeting, arresting and prosecuting hundreds of thousands of Americans every year.

According to federal statistics, about [94 million Americans](#) – that's 40 percent of the U.S. population age 12 or older – self-identify as having used cannabis at some point in their lives, and relatively few acknowledge having suffered significant deleterious health effects due to their use.

*This article originally appeared in the Washington Examiner.*

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## Who Is Dragonfly?

Dragonfly is a collective of people coming together to obtain and provide traditional healing supplements, medicines, and treatments.

Dragonfly's Mission is to provide the highest quality medicines and therapies for our patients at affordable prices.

Dragonfly's Vision is to be part of a healing and therapy movement and community that is rapidly becoming part of the global mainstream.

We view wellness, health and healing within a whole system in which medicine, nutrition, mobility, structural alignment, systemic balance, emotional well-being, and the avoidance/cleansing of toxins and pathogens are integrally linked.

### Dragonfly's Objectives:

Treat every patient with compassion and concern for his or her health needs.

Provide our patients with the highest standards of organic medicine, healing foods and topical treatments.

Provide treatments based on individual health needs, using a holistic approach that combines nutrition, supplements, cannabis and non-cannabis medicine, and physical therapy modalities.

Educate patients toward responsibility and self-empowerment through information and access.

Support organic food and medicine providers who work cooperatively and employ the best possible practices in pursuit of sustainable goals.

## MD Uses Cannabis for His Parkinson's (cont. from p 2)

Later that month, a visitor offered him a toke of **GrandDaddy Purps**. After he inhaled, he arose and walked across the room to the utter amazement of the guests! Parkinson's often freezes facial muscles, but that's not the course it has taken with Dr Trefil. After crossing the room, *he grinned*, opened the front door, and declared, "I'm going for a walk." He and I walked a quarter of a mile! After that experience, he smoked and we walked regularly. Smoking for reasons of health was so new to us that we thought that smoking **GDP** was the answer. Yes, it *did* help...a lot...but after joining the **Leonard Moore Co-operative (LMC)** and attending some of the lectures, we realized that smoking wasn't the best approach, and besides, as ill as Dr Trefil has been, his oncologist was concerned that Dr Trefil might be vulnerable to pneumonia, so Dr Trefil began *eating MJ* instead. Eating the **MJ** cold, as he does, produces no psychoactive effect...no "high". **LMC** has been

extremely helpful in suggesting avenues that could work for us. **PD** is still degenerative, but we are now, *after a year of working with LMC*, much better off than before he took that first toke of **GDP**.

(On the other hand, I personally am furious, because when I've tried to tell

*"Although pot-prescribing doctors are real physicians, I've come to see them as real physicians who actually care about their patients."*

other doctors of traditional Western medicine how well the **MJ** worked for us, they appear disinterested. **DISINTERESTED??** Yeah.)

But not the people at the *dispensaries*, and not the *pot-prescribing doc-*

*tors*. Not all people "in the business" see medicine as "just a business". Although the pot-prescribing doctors *are* real physicians, I've come to see them as *real physicians who actually care about their patients*. Silly me, coming from a medical family, I thought that all physicians did.

Since **MJ** works well for an array of diseases, we are hopeful that it will slow the progress of Dr Trefil's prostate cancer as well, but there is no sure way to tell in regard to that; however, the effect that **MJ** has on **PD** is dramatic, or at least it has been so in Dr Trefil's case.

If anyone reads this who has **PD** or has someone in the family with **PD**, you may call us, preferably 10 AM to 6 PM. We're in the Fort Bragg CA phone book.

Caveat: Dr Trefil is retired; he no longer prescribes.

~ Kande Trefil