

Dragonfly Dispensary and Wellness Center  
Where Your Health is Our Priority!

# THE DRAGONFLY


Volume 1, Issue 2  
Fall 2012

## Dragonfly Offers Affordable Holistic Healing

Where can you get an Acupuncture treatment for \$15 - \$40 sliding scale? And where can you find an introductory rate of \$60 for an hour of deep tissue, make-you-feel-like-new, full body massage? Belly Dance, Yoga or T'ai Chi for \$10? How about a free Digestion Clinic — a check on whether you are getting the most out of your food? And are you ready to try Meditation? It's easy and reduces stress, anxiety, and sleeplessness. Dragonfly Wellness Center is committed to making traditional healing herbs and practices affordable for our community and visitors.

Our goals are to 1) Help empower people to take charge of their own health; 2) To every extent possible, stop or limit taking pharmaceutical drugs — they have been proven harmful to your liver, your kidneys, and other organs far too often; 3) MIX IT UP! Try different natural remedies, herbs, treatments. We are dynamic, whole organisms — body, mind and spirit. At Dragonfly we will work with you to find complementary ways of healing yourself and maintaining wellness.

Also, FUN, JOY and GOOD TIMES are key components of health. →



**DRAGONFLY**

**HARVEST PARTY**  
3-7 pm

17851 North Highway One,  
Fort Bragg, CA.  
(707) 962-0890

NOV 2nd 2012

**Pot Luck Shop Specials**  
**Games & "Straw Bale Family Photos"**  
**Costume & Pumpkin Carving Contest**  
**Open Mic For Local Musicians**  
**DJ's In The Mix**  
**420 Room**



*Everyone is Welcome!*

## SF Supervisors Call Out Feds

*The following is a statement issued by Christina Olague, David Campos, and Scott Wiener - members of the SF Board of Supervisors.*

As elected officials for the city and county of San Francisco, we deplore all aggression against medical cannabis dispensaries. We urge President Obama to call off the U.S. attorneys and have them cease the needless

threats against local and state law-compliant Californians.

We want to work with President Obama on a public health solution for medical cannabis at the federal level, once he wins a second term. ...We call on all citizens who support the use of medical cannabis to raise their voices with ours in telling President Obama to honor our laws for safe access.

◇

## Marijuana Compounds Could Help Combat Cancer, Alzheimers, Parkinsons (If Only They Were Legal)

By Paul Armentano, September 14, 2012

*The following is a summary of a much longer article by the deputy director of NORML (the National Organization for the Reform of Marijuana Laws), and co-author of the book Marijuana Is Safer: So Why Are We Driving People to Drink (2009, Chelsea Green). The author references a "U.S. government repository for peer-reviewed scientific research." There is a good deal of research going on outside the U.S on the efficacy of various cannabinoids. Go to [cannabisscience.com](http://cannabisscience.com) to learn much more about research into the healing properties of cannabinoids.*

Cannabinoids are unique, organic compounds in the cannabis plant that have been found to have therapeutic properties. Here are five which are cited in scientific research as potentially offering a safe and effective way to treat severe medical conditions:

**Cannabidiol (CBD).** "Studies have suggested a wide range of possible therapeutic effects of cannabidiol on

*"The illegality of cannabis is outrageous, an impediment to full utilization of a drug which helps produce serenity of insight, sensitivity and fellowship..." — Carl Sagan*

several conditions, including Parkinson's disease, Alzheimer's disease, cerebral ischemia, diabetes, [rheumatoid arthritis](#), other inflammatory diseases, nausea and cancer." That was the [conclusion](#) of researcher Antonio Zuardi, writing about CBD in the Brazilian Journal of Psychiatry in 2008. ... a team of Italian and Israeli investigators ... acknowledged that CBD possesses anxiolytic, antipsychotic, antiepileptic, neuroprotective, vasorelaxant, antispasmodic, anti-ischemic, anticancer, antiemetic, antibacterial, antidiabetic, anti-

inflammatory, and bone stimulating properties.

Cannabinol (CBN). [Its] therapeutic potential – include[es] its

ability to induce sleep, ease pain and spasticity, delay ALS (Lou Gehrig's Disease) symptoms, increase appetite and halt the spread of certain drug resistant

Cont. on p 4



### Oakland Sues the Feds

Taken from [Allgov.com](http://Allgov.com) 10/14/12

A lawsuit filed October 10<sup>th</sup> by the city of Oakland represents the first time a municipality has taken the U.S. Department of Justice to court on behalf of a marijuana dispensary. "If the federal government is successful with shutting down these businesses we have licensed and are complying with regulations and taxes, we will shift people into the black market," said City Attorney [Barbara Parker](#), who announced the filing of the suit Wednesday.

"That will endanger their lives because they may not have safe, affordable access to medicine," said Parker, who was appointed to the city attorney position earlier this year and is in the running for the elected position this fall. "It will also exacerbate our crime and public safety crisis."

In 2011, Harborside paid \$1.4 million in business taxes to the city of Oakland and its sales are estimated to generate about \$18 million a year in sales tax for Alameda County. ◇

## Pot-smoking moms tired of being judged by wine drinkers

By Corey Binns, TODAY Moms, July 16, 2012

Every night, Margaret's two boys fly into the house after sports practice and flip on the TV, while she races to the kitchen to get dinner cooking. "It's that tedious witching hour when I feel incredibly frazzled," says the Tennessee singer/songwriter mom of a 6- and an 8-year-old. But instead of pouring herself a glass or two of merlot, she heads to the standalone garage next to their house for a few puffs of Humboldt Kush, one of the four strains of pot she smokes seven days a week.

The drug helps her keep focus on the giant statue of popsicle sticks she's building with her kids and relaxes her so she can get through the rest of the night without stressing. "It can make folding a pile of laundry fun," says Margaret, 45, who asked that we not use her last name for fear of getting in trouble with the law. "If I didn't smoke, that'd be three piles later in the week."

"No matter what you use, you shouldn't be judged if it works for you, you're productive, and you do no harm,"



says Diane Fornbacher, co-vice chair of the Women's Alliance at NORML, the non-profit lobbying organization working to legalize marijuana. "Marijuana parents aren't perfect, but they're far less imperfect than parents who use alcohol irresponsibly. Cannabis can influence people to be nicer to one another. You rarely find a story that says two stoners beat each other up outside of a bar."

Sharon Letts, a California mom who brewed Cannabis tea for her 16-year-old daughter when she was stricken with pain from fibromyalgia, agrees. "Cannabis takes the edge off your day, in the same way wine does. But it's not addictive, it is habitual. It doesn't ruin your body like alcohol. I would much rather see parents using cannabis than alcohol — hands down."

Of course, pot is illegal and alcohol is legal. Letts and her daughter felt paranoid that the tea's smell would alert their neighbors. The price for getting caught is high. In some states, moms risk getting arrested and incarcerated, as well as having their kids taken away from them. (cont. p. 3)

**PATIENTS**

**TESTIFY**

*"My husband, 89, takes 1/2 a dropper, 3x/day of high CBD cannabis tincture. It is effective in regulating the ocular pressure in his glaucoma."*  
 — MB 83 year old caregiver of Dragonfly patient

*"She was confused and lethargic. Now she is more alert with improved balance."*  
 — Referring to A., Dragonfly patient with stage 4 brain cancer after using cannabis concentrate for ~6 weeks.

*My severe rheumatoid arthritis is extremely debilitating and painful. I have been to six rheumatologists all over the country. The cannabis arthritis balm from Dragonfly has been the most effective anti-inflammatory and pain killer over any pharmaceutical I've been prescribed.*  
 —Lynn, Dragonfly patient

*"I used cannabis capsules for a condition called "fake gout" in which I build up calcium crystals and experience swelling and extreme pain. The cannabis capsules reduced the pain and the swelling much more than vicodin, steroids and blood thinners."*  
 — David, Dragonfly patient

*I have bipolar disorder. Cannabis hash keeps me in the middle – not manic and not depressed. It regulates my moods. Cannabis keeps me from feeling anxiety and from feeling like hurting myself.*  
 —Jarrod, DF patient

*I have gout and low back pain. Nothing helps me with pain as much as the cannabis arthritis salve that I get at Dragonfly.*

**Pot compound seen as tool against cancer**

By Victoria Colliver, September 18, 2012

Read more: <http://www.sfgate.com/health/article/Pot-compound-seen-as-tool-against-cancer-3875562.php#ixzz278uVEKxi>

Marijuana, already shown to reduce pain and nausea in cancer patients, may be promising as a cancer-fighting agent against some of the most aggressive forms of the disease. A growing body of early research shows a compound found in marijuana - one that does not produce the plant's psychotropic high - seems to have the ability to "turn off" the activity of a gene responsible for metastasis in breast and other types of cancers.

Two scientists at San Francisco's

California Pacific Medical Center Research Institute first released data five years ago that showed how this compound - called cannabidiol - reduced the aggressiveness of human breast cancer cells in the lab. Last year, they published a small study that showed it had a similar effect on mice. Now, the researchers...hope to move forward as soon as possible with human clinical trials.

"The preclinical trial data is very strong, and there's no toxicity. There's really a lot of research to move ahead with and to get people excited," said Sean McAllister, who along with scientist Pierre Desprez, has been studying the active molecules in marijuana - called cannabinoids - as potent inhibitors of metastatic disease for the past decade. ◇

*We cannot live only for ourselves; a thousand fibers connect us to our brethren."* — Herman Melville



**Pot Moms & Wine Drinkers**

Continued from page 2

"If I wanted to, I could sit with a glass of wine in one hand, a cup of coffee in the other, with a cigarette pressed between my lips, under the influence of prescription narcotics — all the while holding my child in my lap," says Serra Frank, founding director of Moms for Marijuana and mother of two, ages 9 and 12. ◇

## Classes & Clinics

We offer many natural healing choices at Dragonfly. Our practitioners have joined together as a community, under one roof, to work together to make your overall health our priority!

- ◆ Free BioSet Clinic. Monday 4 — 6 pm
- ◆ Affordable Acupuncture clinic: Tuesday 1— 3 pm
- ◆ Obsidian Tribal Fusion Belly Dance: Tuesday 5:45 — 6:45 pm
- ◆ Happy Hour 1/2 Price Walk-in Chair Massage: Wednesday 5 — 7 pm
- ◆ Breathing Yoga: Call to sign up for new class.
- ◆ T'ai Chi Chih: Thursday 5:30 — 6:30 pm

Don't forget to treat yourself with a full body and/or lymphatic massage! Call 962.0890 to make an appointment.

Coming soon: Sunday afternoon raw juicing parties; A free Digestive Clinic; Meditation – It's Not What You Think.



### Why Obama?

Didn't President Obama go back on his word to not target patients covered by compassionate use laws? How can we trust him again? On that one issue — medical marijuana — we will have to continue to raise our voices for our rights. But the other guys guarantee we will see an even more militarized police state and fewer civil liberties and civil rights. They will make it harder to achieve full legalization of marijuana.

Under Obama we got the largest expansion of anti-poverty programs in 40 years. We'll have additional healthcare coverage for 35 million uninsured people and protected reproductive rights. We got tighter regulations on banks as well as Fair Pay laws for women. This is the first president to publicly support gay marriage and he repealed the "Don't Ask/Don't Tell" policy in the military. New protections from deportation for children of immigrants were passed. There are higher emission and

## An Act of Hope: Don't Forget to Vote!

*"To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness.*

*What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places - and there are so many - where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction.*

*And if we do act, in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory."*

Howard Zinn

Author of *A People's History of the United States*



A Welcoming Entrance

gas mileage standards and a temporary halt to the XL pipeline. And there is a pull-out of troops from Iraq.

Lots, lots more needs to happen to protect our environment, control a run-away financial sector, bring all the troops home, invest in our education system that has been virtually abandoned, stop deportations, stop using drones that kill innocent people, end the DOJ/DEA raids, and on and on.

We may not agree on all issues. But we must share a commitment to both keep democracy alive and protect its future — or none of these issues will matter.

Stay informed, learn what's going on. And VOTE.

## 5 Healing Pot Compounds, cont.

pathogens, like MRSA (aka 'Superbug').

**Cannabichromene (CBC).** "CBC exerts anti-inflammatory, antimicrobial, and modest analgesic activity." CBC has also been shown to promote anti-cancer activity in malignant cell lines and to possess bone-stimulating properties. More recently, a 2011 preclinical [trial](#) reported that CBC influences nerve endings above the spine to modify sensations of pain. "[This] compound might represent [a] useful therapeutic agent with multiple mechanisms of action" [[According to a 2009 review](#) cited in PubMed].

**Cannabigerol (CBG.)** "... documented to possess anti-cancer, anti-inflammatory, analgesic, and anti-bacterial properties. According to a 2011 [review](#) published in the British Journal of Pharmacology, "[A] whole plant extract of a CBG-chemotype ... would seem to offer an excellent, safe new antiseptic agent" for the treatment of multi-drug resistant bacteria.

**Tetrahydrocannabivarin (THCV).** "... [has] anti-epileptic and anticonvulsant properties, as well as [an] ability to mitigate inflammation and pain — in particular, difficult-to-treat [neuropathy](#). Like CBD, THCV is on the radar of British biotech GW Pharmaceuticals (makers of Sativex) [which] has expressed interest in the potential use of tetrahydrocannabivarin in the treatment of obesity, diabetes and other related metabolic disorders. ◇

**YES on 37 & Prop F !**