

78,045

475,300
Oregon
Medical

Marijuana Act
of 1998

O.M.M.P. Patients Can...

"A Toke, A Bite or A Cup of Cannabis Tea, All Give Relief to Patients Like Me",
says Mrs. Stormy Gavle Rav.

- OR's Grandmother Patient Advisor & Advocate of the Oregon Medical Marijuana Act & Its' Program -

"Mitrare" The Act of Self-Medicating Using Medical Marijuana !

Patients Need A **"Patient-Friendly"** Medical Marijuana Program & Supply System !!!

65.4 Million into Oregon State Coffers from Marijuana Sales

-Argus Observer February 23, 2017

Inside:

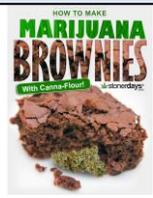
A Joint P-3



Last 1 - 3 Hrs.

"No" Lethal Toxicity !!!

Mediablies P-6



Last 3 - 5 Hrs

AKA: The **"Munchies"**

MMJ Tea P-5



Last 3 - 8 Hrs

Gives A Lot of **"Relief"**

Set-Up A Daily "MMC", Medicinal Marijuana Cycle P-9

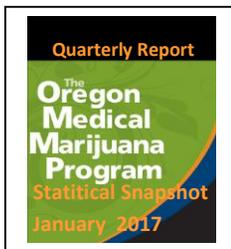


#1. "RSO" Oil





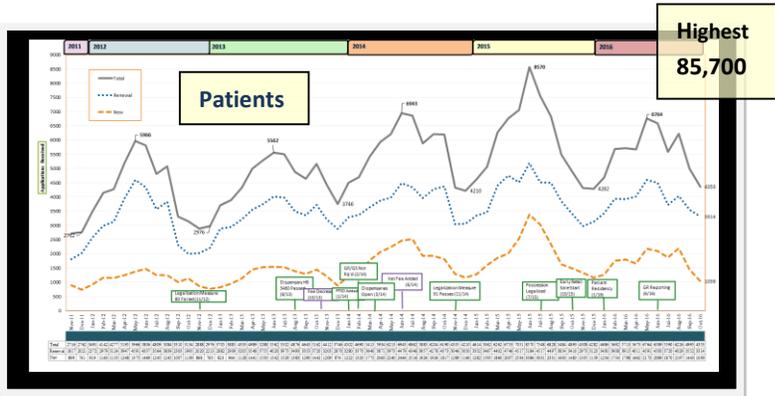
Oregon Medical Marijuana Act of 1998
 State Registry for Patients and Their Assigned Caregiver and Grow Site



971-673-1234

www.healthoregon.org/ommp
 OMMP, P.O. Box 14450
 Portland, OR 97293-0405

- ❖ Patients, Caregivers and Grow Sites by OR Counties
 - ❖ Minor Patients
 - ❖ Patients by Age Group
 - ❖ Patients by Condition
- ❖ 11 Pages...



Oregon Health Authority PUBLIC HEALTH DIVISION

CALL Your Legislators!
 They Can Strengthen Our Medical Program!

OVER 65,000 OMMP Patients Get "Relief"!

Your Support Is Needed!!!

YouTube Videos: Science Supports

Patients Share MMJ Information With Family & Loved Ones, As Well As Those They Care About!
 *** Is There Someone You Need To Share This Information With? ***

<https://shar.es/10HFyq>
 Nat'l Academy of Sciences, Engineering & Medicine Report
 Cannabis' Medical Efficacy On Chronic Pain... (1-13-2017)

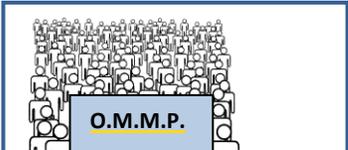
AKA: World's Greatest Medicinal Vegetable Herb!!!

Marijuana, can; Arrest Glaucoma, Relieve Pain, Help Migraine; Alleviate the Pain and Nausea Associated with Cancer and Its' Treatments. It Affects Multiple Sclerosis and Paralysis, Opens Bronchial Tubes, Helps Overcome Insomnia, Relieves Menstrual Cramps, and Blocks Epileptic Seizures. It Helps People with HIV/AIDS to Relieve Stress and Depression, Eliminate Nausea, Reduce Their Pain, and Fight the Wasting Syndrome by Stimulating Their Appetite.

May God Bless OMMA of 1998!



With All The Information We Now Know, Cannabis Gives "Relief"!!! Too Many Haven't Heard About **Medical Marijuana And The Products Available!** Please Tell Them Where To Start: OregonMMJ.wordpress.com.



Patients Like You & Me can "Mitrate"!

If You Could "Consume" Between
"20,000" Joints and "40,000" Joints
Within 15 Minutes, You Are "NOT"
Guaranteed It Would Cause **Lethal Toxicity**.

DEA Administrative Judge Francis Young Docket 86-22:

If You Could "Consume 40,000" Joints
Within 15 Minutes, You Are "NOT"



Patients Maintain A Consistent Level of Cannabinoids In Their Body and Decide When To “Get Relief”!

There Are “OVER” 1,000 Different

Strains of Cannabis!

- Patients' Intake -

Lozenges



Rick Simpson Oil RSO

Suppositories



Cup of Tea



Inhale

Topical
Salves

VAPORIZER



Joint Rolling Papers

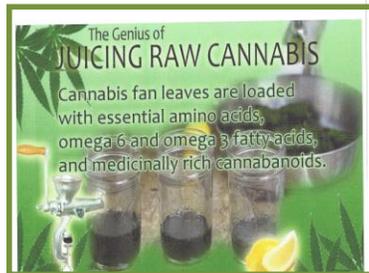
Medical Assistive Devices...

Oil & Butter to Cook With

Mediablens

Infused Cannabis Foods

Use Low Heat with All Foods!



OMMP
OMMA-1998

HB-3077 Requires OR Residency For OMMP Applications. Kicked All “Out Of State Patients Off of OMMP By Refusing To Renew These Very Sick Patients!



2014

Senate Bill 1531
Cities & Counties Can Regulate or Ban Dispensaries For One Year!

Wikipedia: Search: 101
OR MMJ Bills Since 2009!

Measure 91, Nov. 2014 Legalizing Non-Medical Cultivation & Uses of Marijuana In Oregon starting July 1, 2015.

Bills Hurt OMMP!

The Bill stated 4 times it “Would NOT” Affect OMMP, BUT IT Hurt Our Program!

HB-3400, 6-30-2015 “Allowed City or County To Continue The “Ban” On Commercial Marijuana And Reduced In Town Gardens To 12 Plants Per Address. Officials Twisted Opposing M-91 Votes Cast To Qualify So They Could Ban!

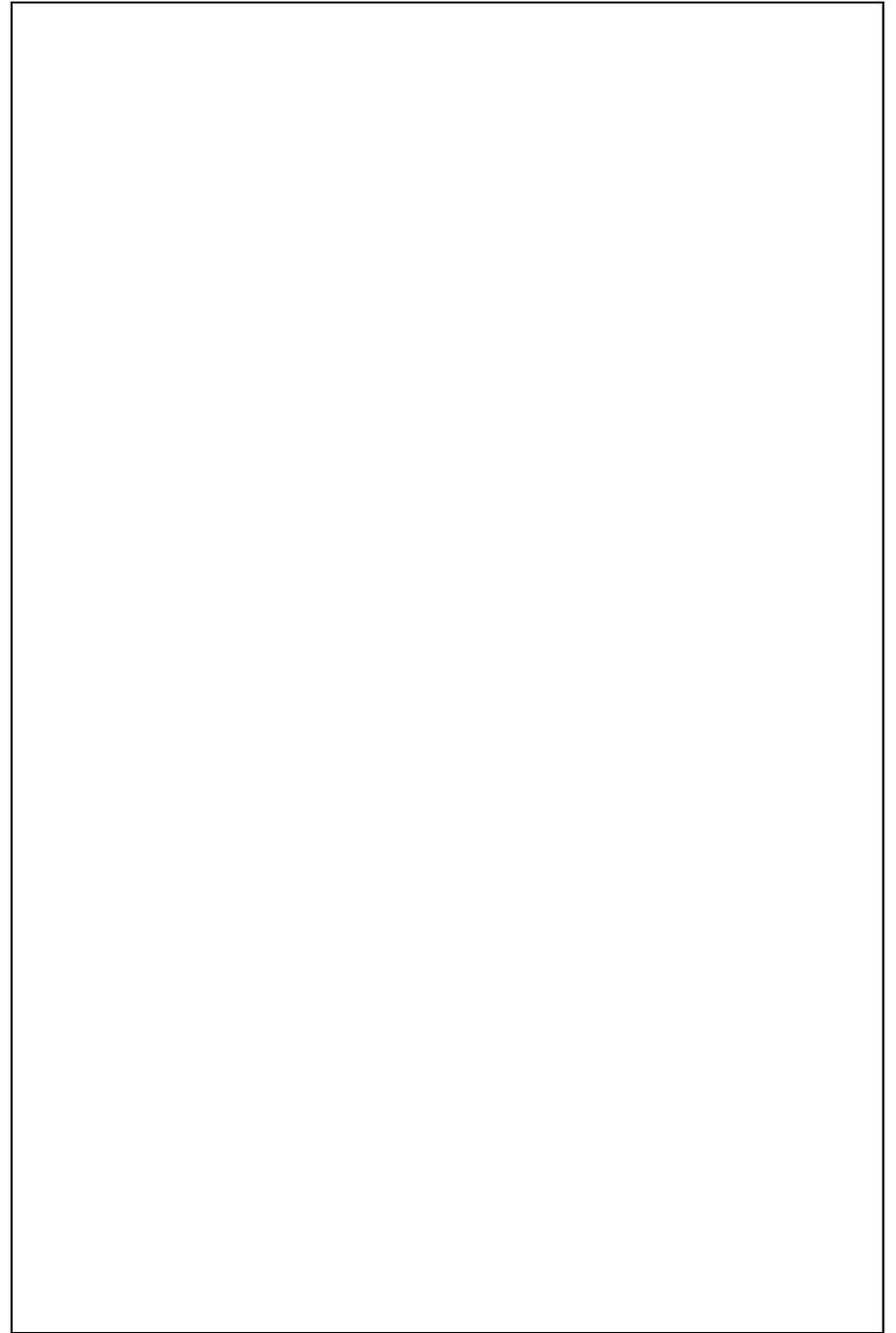
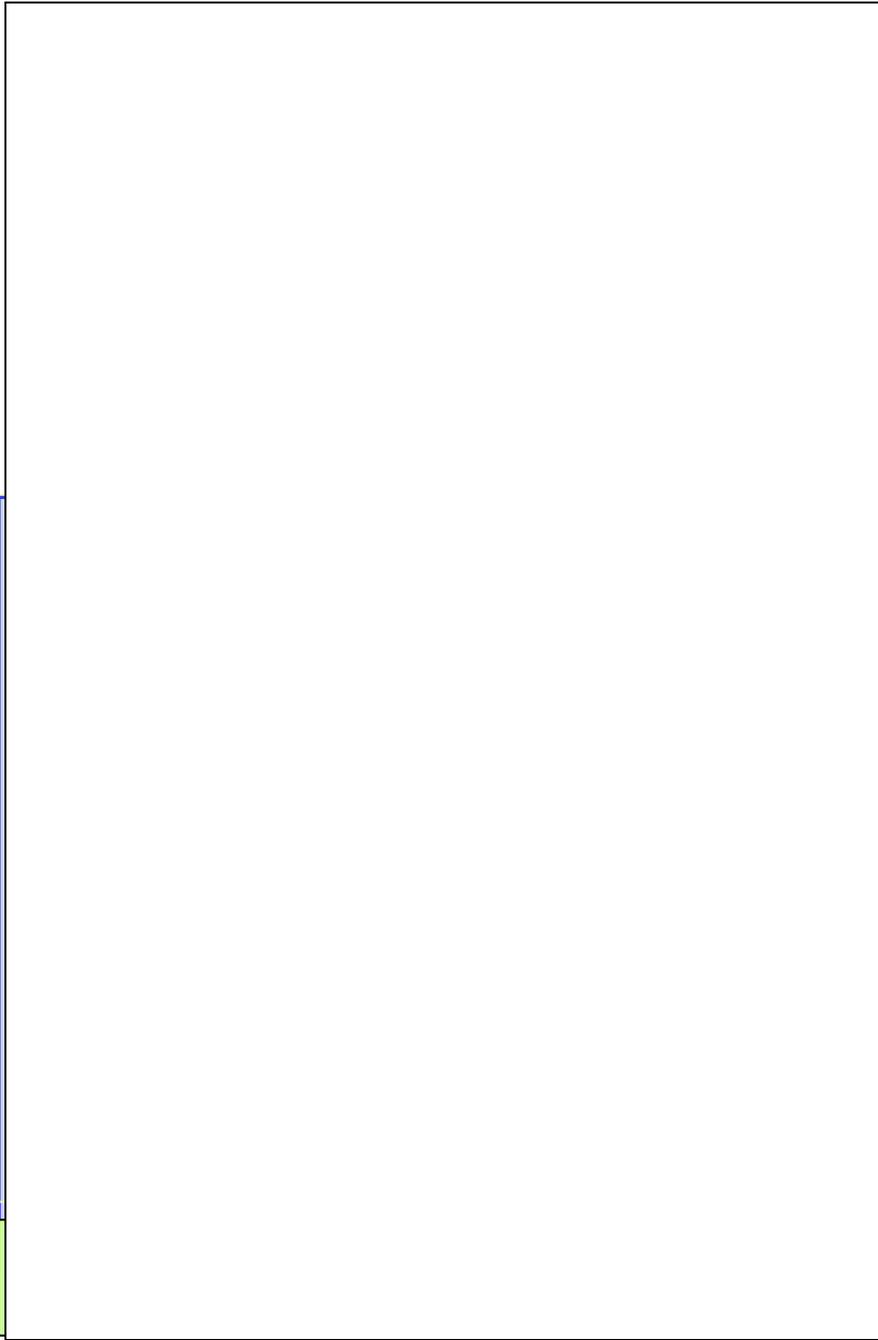
SB-464 2015 Prohibits OMMP Registrants From Making Cannabis Extracts Unless Certified By The Oregon Health Authority!

Problem: OMMP Cardholders Have Been Making Extracts Since OMMA Of 1998 Began!

Reason: “Monthly Reporting” & “Surprise Inspections” on Patient Gardens Patients & Growers Felt They Were Giving Up Their Civil Rights To Grow For Others! There Have Been 12,011 Growers (2015- 2017) That Have Not Renewed! That’s a lot of Patients That Will Not Have Medicine For Themselves or To Share With Other OMMP Patients!

SB-460 2015 From October 1, 2015 Through December 31, 2016, Dispensaries Sell Marijuana To Persons 21 Or Older. M-91 never Had Any Gardens Produce Marijuana. No gardens were ever grown for the recreational market. So Bills Were Passed That Opened Our Dispensary Supplies And Drove The Medicine Costs Up!!!





Marijuana Medicinal Cycle

Increase
"Intake"
When
Activities
Go Up or
Planned!



Marijuana Medicinal Cycle
A Way For Patients To Set-up & Keep Their MMJ

Sleeping Is
Going On!

"MMC"

Set-Up And Check Your MMC:

Ask Yourself

How Am I Feeling?
Do I Need Some Relief?
Do I Have Enough
Cannabinoids On-Board?

If Needed, Adjust
Your **MMC** Level
In Your Body!

How? By Taking A Toke, Bite,
or Cup Of Cannabis Tea!
Any of the **Intakes** Will Do!
After You Learn To Check
Your **MMC's** "How Am I
Feeling Questions Above, You
Now Have The **Awareness** to
Select The 3-5 Different
Strains that Work Best To
Help You Maintain Your
Marijuana Medicinal Cycle!

Example:

Patients Plan Ahead

- * Going Swimming For 1 Hr-Intake If Needed
- * To The Movies for 2½ Hrs-Intake If Needed
- * Need Relief From Pain or Lack Of Sleep-Intake If Needed

My Slang Vocabulary

Not In Webster's Yet

A Medicinal
Vegetable
Herb That
Gives Relief!

Refers to The
**Cannabinol &
Active
Constituents
of Cannabis!**

Mitrate

(My-trate)
The Act of Self-
Medicating
Using Medical
Marijuana!

Cannabinoids
The Medicinal
Components
of Medical
Marijuana!



Joint/Spliff

MMJ Rolled Up In Paper So 1 End Can Be
Burned While Inhaling At The other End!

International MMJ Language
(He-err) High pitch Language of
Holding Puff In While Talking!

**Medical Marijuana
Stash**
All of a Patient's
MMJ Supply!

Toke
To Inhale
Cannabis
Smoke!

RSO
Rick
Simpson
Oil

Relief
"No"
More
Pain!!!

The Munchies
Sudden Desire To
Eat Everything!

Visit:

OregonMMJ.wordpress.com

For Delightful MMJ Info!



Cannabis Smoke
Has **The**
Opposite Effect
Of
Tobacco Smoke



Medical
Marijuana
5,000 years
= -0- Deaths

Know the
Difference!

Tobacco
480,000 USA
DEATHS Each
Year!!!

MMJ Smoke Acts Like
A **Bronchial Dilator**



Tobacco Smoke Acts Like A
Bronchial Constrictor



...Vs...

A puff of MMJ causes the **Bronchial Tubes** to relax and open to allow more air intake.

MMJ Smoke also works as an **expectorant** causing the body to create a liquid wash that is coughed out after each puff.

When Inhaled causes lungs to **constrict**, trapping impurities in the lungs.

Tobacco Smoke restricts and reduces air ways needed to breathe. Known to cause Cancers!

View "How MMJ Works with Your Body" &
The **Endocannabinoid System** At: Oregonmmj.wordpress.com !

OMMP

Tested & Labeled
Cannabis Products
Are Suppose To Be
Available At Oregon
State Dispensaries!

Very Few Dispensaries!

CBD Antibacterial
Inhibits Cancer Cell
Growth
Nero-Protective
Promotes Bone Growth
Reduces Seizures and
Convulsions Reduces
Blood Sugar Levels
Reduces Function In The
Immune System
Reduces Inflammation
Reduces Risk of Artery
blockage
Reduces small Intestine
Contractions Reduces
Vomiting and Nausea
Reduces Pain Reduces
Anxiety Slows Bacterial
Growth Suppresses Muscle
Spasms Tranquilizing
Treats Paralysis
Vasorelaxant

There Are Many More!

Patients Need To Know **What**
Cannabinoids Do and **Which**
Cannabinoids Are Inside
Different Strains!!!

CBDA Reduces Inflammation,
Inhibits Cancer Cell Growth
CBG Aids Sleep, Inhibits
Cancer Cell Growth, Promotes
Bone Growth, Slows Bacterial
Growth

CBGA Reduces Inflammation,
Relieves Pain, Slows Bacterial
Growth

CBC Inhibits Cancer Cell
Growth, Promotes Bone Growth,
Reduces Inflammation, Relieves
Pain

CBCA Reduces Inflammation
Treats Fungal Infection

Delta-9 THCA Aids Sleep,
Inhibits Cancer Cell Growth,
Suppresses Muscle Spasms

THC Delta-9 Reduces Vomiting
and Nausea, Relieves Pain,
Stimulates Appetite,
Suppresses Muscle Spasms

Delta-8 THC Relieves Pain

THCV Reduces Convulsions &
Seizures, Promotes Bone Growth

For In-depth
Details: Google,
"Cannabinoids
or MMJ Charts"

Patients Can
Give Untested
MMJ
Medicine to
Each Other!

Which Do You Need?

SATIVA

TALLER
& SLIMMER
LEAVES ARE
Longer
& Thinner



* HEAD

High

* ALERTNESS



* UPLIFTING
& EUPHORIC



* CREATIVITY



* INCREASED



INDICA

SHORTER
& Bushier
LEAVES ARE
Shorter
& WIDER



* BODY

High

* RELAXATION



* APPETITE
STIMULATOR



* SLEEP AID



* PAIN RELIEF



THERE ARE "many" CANNABINOID CHARTS AVAILABLE ON THE WEB.

Cannabis Ruderalis is a branch of the ganja family that does not have the potent psychoactive properties like Sativa and Indica. Lives in extreme northern climates and can grow, flower, and seed in 10 weeks. Compared to Sativa and Indica's 5 to 6 mos. When Ruderalis is bred with Sativa or Indica they are called Auto-Flowers.

Visit: Oregonmmj.wordpress.com For More on "Strains, and Info!"

Health Effects of Marijuana	THC	THC-A	THC-V	CBN	CBD	CBD-A	CBC	CBC-A	CBG	CBG-A	Benefits
Pain relief											Analgesis
Reduces inflammation											Anti-inflammatory
Suppresses appetite											Anorectic
Stimulates appetite											Appetite stimulant
Reduces vomiting and nausea											Antiemetic
Reduces contractions of small intestine											Intestinal antipropietic
Relieves anxiety											Anxiolytic
Tranquilizing / psychosis management											Antipsychotic
Reduces seizures and convulsions											Antiepileptic
Suppresses muscle spasms											Antispasmodic
Aides sleep											Anti-insomnia
Reduces efficacy of immune system											Immunosuppressive
Reduces blood sugar levels											Anti-diabetic
Prevents nervous system degeneration											Neuroprotective
Treats psoriasis											Antipsoriatic
Reduces risk of artery blockage											Anti-ischemic
Kills or slows bacteria growth											Anti-bacterial
Treats fungal infection											Anti-fungal
Inhibits cell growth in tumours / cancer											Anti-proliferative
Promotes bone growth											Bone-stimulant

Patients Need To Find 3 To 5 Different Strains That Are Most Effective For Their "Medicine Cabinet". Maybe One Strain For Extreme Pain Relief, One For Digestion Issues, One For Muscle Agony and Spasm Relief, One To Give an Over All Body Relief!