THANKSGIVING WORD SCRAMBLE

KTREUY	BOLGBE
BNRCAREREIS	IEP
GKONIOC	LAFL
PUPRES	VAGRY
ECEIPRETNEC	AHM
KBIAGN	EVLAES
LFNHTAKU	OETOSPTA
YHA	EABLECRET
KPMPIUN	MFIAYL
FITUFSGN	VESRFELTO

Answers: Turkey, Gobble, Cranberries, Pie, Cooking, Foil, Supper, Gravy, Centerpiece, Ham, Baking, Leaves, Thanks, Potatoes, Hay, Celebrate, Pumpkin, Family, Stuffing, Leftovers

#STAYMOTAVATED

BEST STRAINS TO TREAT PTSD THIS VETERAN'S DAY

Blue Dream

Bd

By now, many cannabis enthusiasts have grown tired of hearing about Blue Dream. However, when it comes to ease of access and reliable relief, Blue Dream is one of the best strains around. A balanced and easy hybrid, Blue Dream is a cross between tasty Blueberry and Haze.

The result is a mellow and relaxing strain that provides a sense of bodily calmness and mental ease. Slightly sativa-dominant, Blue Dream promotes a strong mood uplift and cultivates a sociable mood. Many medical patients use it for relief from anxiety, depression, and post-traumatic stress disorder.

Headband

Hb

Headband has earned its name for a reason. This popular hybrid reportedly makes you feel like you're wearing a headband. It produces a pleasant yet distinct pressure around the crown of the head. While it may sound odd, the potent effects of this strain are well-balanced between cerebral euphoria and bodily relaxation.

The winning combination provides a true head-to-toe experience, relieving both psychological and physical stresses. A cross between OG Kush and Sour Diesel, Headband is a great way to wind down when you're feeling a little too keyed up.

OG Kush

Ogk

For those who need something a little heavier, OG Kush is another easy-to-find and effective strain. The exact genetics of this strain are a little obscure, but OG Kush is thought to have a stronger indica heritage than Blue Dream. This means that physical sedation and a heavy-bodied experience will be more predominant.

Many find this type of sedation useful during an anxiety attack. OG Kush is also popular among those with insomnia, which is perfect is PTSD symptoms are getting in the way of some quality shut-eye.

Bk

Bubba Kush

MEN AND WOMEN OF SERVICE ARE BRAVE, NOBLE, AND HAVE RISKED ALL THAT THEY HAVE IN HONOR OF SOMETHING MUCH LARGER THAN THEMSELVES. THESE ACTIONS DESERVE THE MOST SINCERE GRATITUDE. YET, ALL TOO OFTEN, VETERANS RETURN TO AN ENVIRONMENT THAT CANNOT SUPPORT THEIR NEEDS. THOSE WITH POST-TRAUMATIC STRESS DISORDER (PTSD) KNOW FIRST-HAND THE CHALLENGES THAT COME WITH TRYING MEDICATION AFTER MEDICATION WITH NO RELIEF. THANKFULLY, THERE'S MEDICAL CANNABIS. IN HONOR OF VETERAN'S DAY, HERE ARE 10 TOP STRAINS FOR PTSD.

Heavier still is Bubba Kush. The genetics are also mysterious in this strain, but it is thought to be a cross containing OG Kush and Afghani. Afghani is a pure indica landrace strain, the sedative effects are ramped up in this indica flower. This means that sleep is almost guaranteed.

Bubba Kush is famous for producing a euphoric and giggly vibe. Perfect for whenever you're in a funk, the upbeat nature of this strain lifts spirits and helps lift the burden of a stressful day.

When you and your cousin come back from "taking a walk" before Thanksgiving dinner

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Study: Cannabis Plays A Key Role In Pancreatic Cancer Treatment

BY CRYSTAL AREVALLO

As we know, a growing number of studies have suggested a link between cannabis and cancer. A number of people have turned to the plant to help treat their ailments and more and more anecdotal success stories are popping up with increased prevalence. In turn, consideration for cannabis as viable treatment for cancer is gaining ground.

In 2006, a team of researchers from Complutense University in Spain published a study in the journal Cancer Research that sheds further light on the matter. It suggests that cannabinoids could help treat pancreatic adenocarcinoma – one of the most aggressive forms of cancer.

Spanish Researchers Investigate Cannabinoids, Cancer Treatment

Acknowledged as the fourth deadliest cancer diagnosis, pancreatic cancer is estimated to kill around 37,000 Americans each year. With this in mind, the Spanish research team sought to determine if the ability of cannabis to inhibit tumor growth could help improve the disease's prognosis. Interestingly, the researchers used a cell culture experiment to determine that pancreas cancer cells express an increased number of cannabinoid receptors. Further, the administration of cannabinoids seemed to induce cancer cell apoptosis (programmed cell death).

Upon further investigation, the team of Spanish researchers determined that cannabinoid-induced apoptosis occurred through activation of the CB2 receptor – one of two widely-acknowledged cannabinoid receptors.

Cannabinoids Shown To Inhibit Pancreatic Cancer In Animal Models

The research team also investigated the effects of cannabinoid treatments on living animal models. First, they induced tumor growth in a group of nude mice. They then proceeded to treat the tumors with one of three options – tetrahyrdrocannabinol (THC), JWH (a synthetic cannabinoid), or a placebo for comparison.

In conclusion, the Spanish researchers determined, "cannabinoids lead to apoptosis of pancreatic tumor cells via a CB2 receptor" They went on to report that their findings could spur the beginning of "a new therapeutic approach for the treatment of pancreatic cancer."

Of course, people have long been using medical marijuana and cannabis extracts to help treat a variety of cancers, so we're not exactly surprised.

REEFER A FRIEND

FOR EVERY PATIENT YOU REFER

- YOU WILL RECEIVE 20 PLATINUM POINTS
- 20 POINTS= $20
- YOU MAY REDEEM YOUR POINTS AT ANYTIME
- CHECK YOUR TOTAL POINT BALANCE, ASK YOUR TELEGRAM ASSOCIATTE

For every $20 you donate you receive 1 PLATINUM POINT

Black Friday, Meet "Green Friday," a Big Marijuana Shopping Day

Black Friday is the time for doorbuster electronics sales, deeply discounted fashion and, oh yeah, purchasing holiday gifts for loved ones. And it's also becoming a big shopping day for medical marijuana.Baker, a firm that provides customer engagement and marketing software for dispensaries in California, Colorado, Washington, Oregon, Nevada, Arizona and New Mexico, reports that "Green Friday" sales are double those of a typical Friday. That estimate is based on an analysis of last year's sales in medical and recreational states, according to the firm. This year, with California celebrating recreational legalization, the pot industry could see even better numbers.

"We are expecting a much more significant bump than the spike in orders that we saw last year, and we are bringing on an additional support specialist to help during this busy season," says Baker CEO Joel Milton. Milton says he believes that buyers are stocking up for the holidays and buying accessories and perhaps even some "medicine" as gifts and party favors. "Rather than just pick up a bottle of wine, it's more and more acceptable to pick up some cannabis products," he says.

Buying medical marijuana for a non-medical user is technically illegal, but after the Nov. 8 passage of Proposition 64, possessing medical pot without a doctor's recommendation is perfectly legal (as long as it's an ounce or less).

Pre-rolled joints are big sellers on Green Friday, suggesting that some may indeed be used as gifts, Milton says. In the last few days, however, sales of concentrates (hash, wax, shatter, oil) in the dispensaries served by Baker have tripled, he says. "I think customers were stocking up to give cannabis gifts to their loved ones in time for the New Year."

Sales of edibles – brownies, cookies and candy – have remained steady both in recent days and during Green Friday last year, he points out. Maybe nobody wants grandma to get sick.

Cannabis Cooking: Thanksgiving Treats

BY ARIANNE LUTHERFORD

November may just be the best food month. Weather is cooler and the food is heartier. Soups and stews, pies and puddings, casseroles and roasts. It's their time. And at the end of the month is Thanksgiving. I love a delicious non-religious holiday! Even if you don't like or want to eat turkey, there's the stuffing and gravy and just tons of yumminess. And don't forget to help keep your house warm and inviting by always having something canna- tasty in the oven.

This recipe serves a dual purpose. First, it's an excellent banana bread recipe. Second, the black and white banana slice is over the top delicious. And potent.

You can always buy the banana bread and just do the black and white slice. But you can't do the black and white slice without the banana bread!

Banana Bread; Makes 10-12 slices

3 bananas, mashed
1 cup granulated sugar
2 large eggs, lightly beaten
1/4 cup canna-canola oil
1/4 cup canola oil
1 teaspoon vanilla
2 cups all purpose flour
1 teaspoon baking soda
¼ teaspoon salt

Heat oven to 340. Grease a 9 x 5 inch loaf pan.

1. In a large bowl, combine the bananas with the sugar, eggs and oil. Mix well.

2. In another large bowl, combine the flour, baking soda and salt.

3. Combine the banana mixture with the dry ingredients. Spread the mixture into the loaf pan. Spread evenly.

4. Bake for 45-50 minutes, checking after 35 minutes. Allow to cool for 10 minutes. Remove from the loaf pan. Cool thoroughly before slicing. To make the black and white canna-banana bread:

4 slices banana bread
1/2 cup chocolate chips or melts
1/2 cup white chocolate chips, or melts
2 tablespoons canna-canola oil
Nuts, chips, toffee bits, coconut

1. Place the banana bread slices on your work surface. In two microwave safe bowl melt the chocolate with the canna-butter, on medium power, for 1 minute. Stir and microwave again until mostly melted. Stir to complete melting.

2. Spread half the chocolate on one side of each bread slice. Allow to set for 20 minutes in the fridge. Repeat with the white chocolate. Sprinkle with the nuts and toffee bits and allow to set before eating. So yummy.

THANKSGIVING

FOOD

46 MILLION
The number of turkeys consumed by U.S. residents over the course of last year's Thanksgiving holiday.

3,699 LBS 20 FT
The weight and length of the largest pumpkin pie in history, unveiled in New Bremen, Ohio, in 2010.

86 LBS
The weight of the heaviest turkey on record.

1989
The year when the annual tradition of the U.S. president pardoning a live turkey was initiated. Each pardoned turkey lives the rest of its life without fear of being made someone's dinner.

THE PILGRIMS' FIRST MEAL
According to history, the Pilgrims' first menu included venison, various fowl, seafood and other dishes cooked according to Native American culture. The favorite sweet dishes of today, such as pumpkin and apple pie, probably didn't make it onto the Pilgrims' table because of a sugar shortage.

FUN

MACY'S THANKSGIVING DAY PARADE
1924
The year Macy's Thanksgiving Day Parade (first known as Macy's Christmas Parade) debuted on the streets of New York City with costumes, floats, animals, bands and an appearance by Santa Claus.

FELIX THE CAT
The first balloon introduced in 1927.

For a few years beginning with the 1928 parade, Macy's affixed the parade's balloons with return addresses and sent them into the air, offering a reward for individuals who found and returned the balloons.

SNOOPY THE FLYING ACE
The record holder for most balloon character appearances in the parade—six, to be exact.

BLACK FRIDAY
The Friday after Thanksgiving, first dubbed in the early 1960s by frustrated police officers who had to deal with the shopping traffic during the busy day.

226 MILLION
The total number of shoppers during the Black Friday weekend last year.

$52.5 BILLION
The amount of money spent by customers on merchandise throughout the weekend.

1934
The year of the first football game between the Detroit Lions and Chicago Bears that initiated today's NFL Thanksgiving Classic, which consists of three games hosted by the Detroit Lions, the Dallas Cowboys and one other NFL team.

With 33 wins, 34 losses and two tied games, the Detroit Lions hold the record for both the most wins and losses in NFL Thanksgiving Classic football history.

FACTS

1863
The year President Abraham Lincoln declared Thanksgiving Day as the last Thursday in November. However, Franklin D. Roosevelt changed the date twice during his presidency—first, in 1939 to the second-to-last Thursday in November and then in 1941 to the fourth Thursday in November.

THANKSGIVING ABROAD
Several countries throughout the world set aside time during the year to remember the blessings of harvest. Other countries which celebrate the harvest include Vietnam, Africa, South India and Israel.

Canada reserves the second Monday of October for Thanksgiving.

The Chinese celebrate the harvest during their August Moon Festival when the moon reaches its peak size and brightness. This prompts the Chinese people to eat moon cakes and tell stories of a moon maiden.

SARAH JOSEPHA HALE
Author of the poem "Mary Had a Little Lamb," she employed her editorial and writing skills to become the main instigator for a national Thanksgiving holiday.

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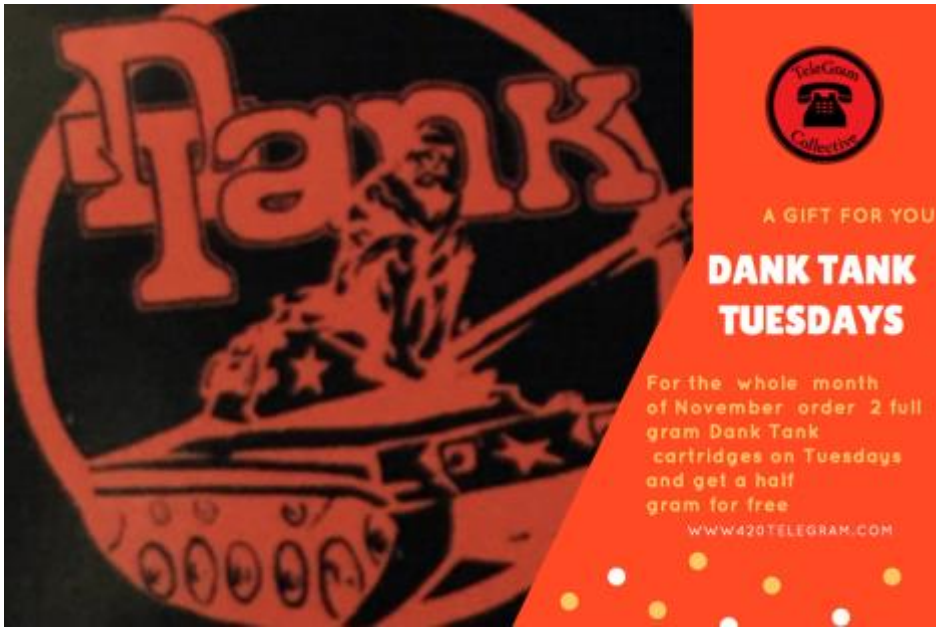

DEAL REMINDER

EARLY BIRD SPECIAL

Donate between the hours of 10:30am-12:00 pm all week, and receive 10% off 1/8s, 1/4s, 1/2s, and ounces

HAPPY HOUR

Donate between the hours of 4:20pm-6:20pm all week, and receive 10% off 1/8s, 1/4s, 1/2s, and ounces

REEFER A FRIEND

For every patient that you refer you will receive 20 platinum points 20 points= $20

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BIRTHDAY SPECIAL

Receive any 1/8th for $25 donation!
Limit 1. Valid only during Birthday week.
NON-COMBINABLE

Survey: Nearly Half Of People Who Use Cannabidiol Products Stop Taking Traditional Medicines

Words by Sarah Ford
Photos by Michael Ross

The largest survey on cannabidiol or CBD usage to date found that women were more likely than men to use CBD and once they started using it, were likely to drop their traditional medicine. A new survey from Brightfield Group and HelloMD covered 2,400 of HelloMD's community of 150,000 members and did a deep dive into the usage of CBD products and their effectiveness. HelloMD is an online community that brings together doctors and cannabis patients.

Cannabidiol is a non-psychoactive cannabis compound that doesn't give users the feeling that they are high or stoned. Instead, it is known to have medicinal qualities. Contrary to the image of men being the predominant consumers of cannabis, this survey found that 55% of the CBD users were women, while men preferred the THC-dominant products. Brightfield Group, which helped conduct the survey, studies consumption patterns and demand trends and is committed to providing accurate data in the cannabis industry which seems to be rife with unsupported claims.

The most common reasons people used CBD were to treat insomnia, depression, anxiety and joint pain, according to Dr. Perry Solomon, the Chief Medical Officer of HelloMD. Forty-two percent of the CBD users said they had stopped using traditional medications like Tylenol pain relievers or prescription drugs like Vicodin and had switched to using cannabis instead. Eighty percent said that they found the products to be "very or extremely effective." Only 3% or less found the product to be either ineffectual or only slightly effective.

One of the areas that the CBD producers will have to work on is educating the consumer about CBD products. There are more than 850 brands of marijuana-derived CBD products on the market and 150 hemp-derived products. (Marijuana and hemp are the two variations of the cannabis plant.) Eight percent of the consumers surveyed admitted they didn't know which CBD product they had used.

Adding to the confusion is the murky legal status of CBD. Technically, the U.S. Drug Enforcement Agency (DEA) labels all CBD products as illegal. However, hemp-derived CBD is available in just about every state and even online through Amazon. Marijuana-derived CBD tends to only be found in states with legal medicinal marijuana. "This confusion is actually helping the producers of these products as consumers are turning to reliable and trusted brands," said Dr. Solomon. Care by Design is one of the top marijuana-derived brands in the California market, followed closely by Bloom Farms, a leader in the cartridge oil market for vape pens. Kiva Confections is the third favorite choice in the chocolate market. The survey found that these three brands dominated leaving the rest of the market very fragmented. One of the complaints from the CBD users in the survey was that marijuana-derived CBD products were more expensive than hemp-derived products.
When it came to hemp-derived CBD products, that market was led by Charlotte's Web by the Stanley Brothers, which gained fame from the CNN reporter Sanjay Gupta. It was followed by Plus CBD oil and Mary's Nutritionals. The complaint from the hemp-derived users was that it was less effective than the marijuana-derived CBD and that might explain why 90% said they would only buy marijuana-derived CBD. All users preferred vaping for consumption followed by traditional marijuana buds or flower with edibles as the third preference. They also spent between $20 and $80 a month on CBD products.

Dr. Solomon noted that patients using vapes feel the effects of the CBD faster than if they use an edible. If they are looking for relief, they want it quickly. However, in the case of insomnia he said a vape method of consumption works best if you have trouble falling asleep, but if you have trouble staying asleep than an edible is the better choice. "This landmark survey, in terms of its size and depth, shows the tremendous value that these products have for patients," Dr. Solomon said. "Hopefully, access for products such as these will help patients all across the country who cannot obtain medication that contains THC."

Correction: This article previously stated that cannabidiol is one of two cannabinoids in the cannabis plant. Cannabis contains at least 85 unique cannabinoids.