

A CANNABIS MAGAZINE FOR WOMEN BY WOMEN

CANNA

Curious

FALL 2021

RITUALS

A MINDFUL APPROACH
TO CANNABIS

HAPPY
Anniversary
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OUR MISSION AT CANNACURIOUS IS TO BE A TRUSTED TOOL OF ENLIGHTENMENT FOR WOMEN BY PROVIDING SMART, RELATABLE INFORMATION ABOUT THE LIFESTYLE BENEFITS OF CANNABIS AND CBD.

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RITUALS

WOMEN SHARE THEIR MINDFUL
APPROACH TO CANNABIS

COVER PHOTO BY PEDRO TALENS



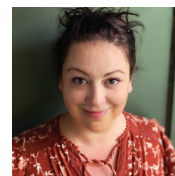
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EDITOR'S *LETTER*

Hi, I'm Diana, the voice behind the Your Highness Podcast. I am thrilled to be the guest editor for this issue!

In my younger days, rituals didn't play a large part in my cannabis consumption; whatever I could get my hands on, I would enjoy without much thought. I didn't consider how sharing it with my friends was a ritual how it was helping me beyond momentary relief. Despite using it for pain relief for many years, I didn't understand how important mindfulness is with plant medicine until recently.

With this anniversary issue, CannaCurious is celebrating how women embrace rituals with cannabis consumption. Weed Mom author Danielle Simone Brand talks about the journey from being an opponent to a fervent proponent and gives readers some tips on utilizing a breathing ritual.

Writer Alyna Paparazzi examines how consumption styles can change with age, and Sarah Ratliff shares a thorough

introduction to microdosing (the ultimate form of intentional practice). Additionally, this issue highlights media mavens, culinary geniuses, and trailblazing creatives who are changing the conversation around cannabis.

As Brand Director Tekisha Harvey says, there are no accidents, and it was a lucky series of events that led to me guest editing this issue. I couldn't be more grateful for the opportunity for this plant that has changed my life in so many ways. Whenever I get the chance to share the incredible benefits of this plant while working with amazing people, I am here for it!

We hope that you enjoy this anniversary issue!

Diana Krach

DIANA-ASHLEY KRACH
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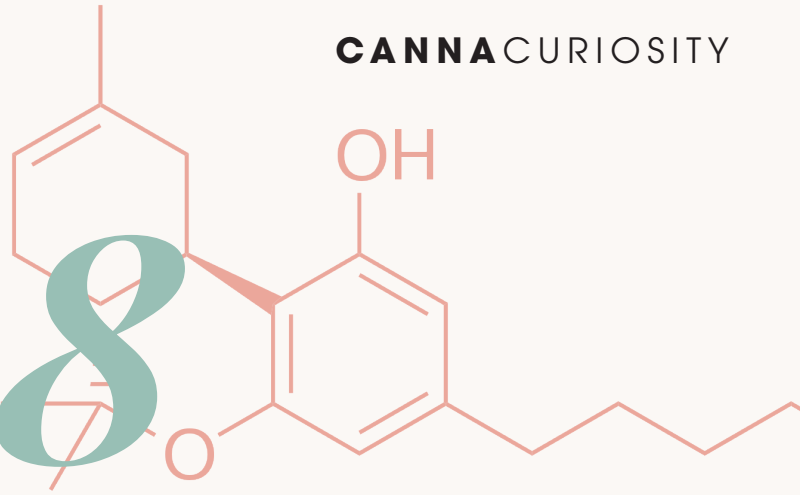
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ALL PHOTOS USED THROUGHOUT CANNACURIOS WERE EITHER CONTRIBUTED OR STOCK PHOTOS.

DECIPHERING *delta 8*



THE FOLLOWING ARE EXCERPTS FROM THE PLAIN JANE BLOG, A LEADING CBD HEMP FLOWER COMPANY OFFERING MANY AFFORDABLE PRODUCTS, AND THE ORIGINAL WRITER IS SIMI MUDALIAR.

WHAT IS IT?

Recently we've seen the rise of delta-8 THC making its way across social media. It seems like more and more cannabis enthusiasts are intrigued by this 'new form of THC. For those new to the world of cannabis science, the THC we know is called delta-9 Tetrahydrocannabinol. It is a phytocannabinoid produced by the marijuana cultivar Sativa, and it's responsible for the psychoactive effects we associate with cannabis use. Delta-8 THC, on the other hand, is a by-product of delta-9 THC. In other words, when a plant metabolizes delta-9 THC (think of it as a plant version of digestion), you get small, minuscule amounts of delta-8 THC. This means that delta-8 THC is indeed a psychoactive compound, but it's a lot less potent when compared to delta 9.

HOW LONG DOES IT LAST?

While delta-8 THC does get you high, it's essential to keep in mind that many factors determine how long its effects will last. For example, a veteran marijuana user who uses potent cannabis (containing D9 THC) may find that the impact of a delta-8 high only lasts 30 to 40 minutes. On the other hand, a person trying D8 products for the first time may notice the effects lasting for more than 60 to 90 minutes.

What are the effects?

Yes, delta-9 THC can indeed make a person high. In fact, that's why they're so popular. As delta-8 THC shares a similar chemical structure to that of delta-9 THC, it can elicit similar psychoactive effects. Now, the psychoactive effects of this cannabinoid will not be as pronounced as the delta-9 THC. But, it can indeed produce some reliable effects. According to our research, delta-8 THC tends to result in a more cerebral high characterized by bouts of euphoria, joy, and anxiety relief.



HOW DOES IT WORK?

The endocannabinoid system has two major receptors, CB1 and CB2 receptors. CB1 receptors are distributed throughout the central nervous system, while CB2 receptors are found throughout the peripheral nervous system, the gastrointestinal tract, and the immune cells. So, how does delta-8 THC affect these receptors? Well, delta-9 THC is a partial agonist for both CB1 and CB2 receptors.

In other words, its high affinity towards these receptors tends to result in the mediation of one's mood, consciousness, ability to feel pain, etc. However, the effects produced by delta-8 products differ from delta-9, as delta-8 THC has a stronger affinity towards the CB2 receptors. On the other hand, delta-8 THC binds weakly to CB1 receptors.

START LOW AND GO SLOW WHENEVER EXPERIMENTING.

LEGISLATION ON DELTA-8 CONTINUES TO EVOLVE. FIND OUT MORE AT PLAINJANE.COM.



WEED MOM

TALKS CANNABIS,
YOGA, AND LIFE

BY DANIELLE SIMONE BRAND

Weed Mom was born of my love for cannabis and all it can do; it's a guide for moms who may—like me just a few years ago—not know much about the legal marketplace. I wrote it to help smooth the learning curve for those mothers seeking to incorporate cannabis into their lives and encourage healthy conversations with kids, partners, parents, and more. I also wrote it hoping that cannamoms of all colors and backgrounds—especially those suffering under the stigmas of prohibition—will feel affirmed in their choice to partake of plant medicine.





Though I grew up on the periphery of rich cannabis culture in Hawai'i, it took a few decades and many life experiences to find my way back to the plant and claim the “weed mom” moniker. It didn't become my thing—and certainly not my go-to for wellness and fun—until I found it again as a writer and mother of two in my late thirties. The polar opposite of canna-curious, I was, for many years, canna-closed off because I had seen my husband self-medicate with mixed results. (Pro-tip: knowing your cannabinoids and terpenes can help you tremendously if you're looking to treat a condition, experiment with wellness, or simply relax and have fun.)

My first career was in academia and my second in health and wellness. And so it was through the dual doors of research, fueled by my academic background and in wellness, influenced by my years as a yoga and mindfulness teacher, that I found my sparkle in my third career as a writer focused on the cannabis space. Covering cannabis led me down several fascinating paths that intersect science, health, social issues, culture, policy, and so much more. As I say in *Weed Mom*, I legit fell in love with it.

I was living in California at the time, with its newly minted adult-use market. So, naturally, my intellectual interests in cannabis soon became more, errrr, down to earth. I ordered my first legal cannabis product with a bit of flutter in my belly: an all-in-one vape pen. Would cannabis, I wondered, help or hinder my efforts to live a whole life? Would it lend me the kind of boost to mood, sleep, sex, and creativity that it gave my cannabis-loving mom friends, along with many others whose stories I had recently been reporting? Or would adding cannabis to my life feel unskillful in some way? Would it help me tune in to myself and my family, or tune out? I needed to know.

MY CANNA

RITUAL

INHALATION AND INSPIRATION ARE RELATED—BOTH IN YOGA AND IN THE REALM OF INTENTIONAL CANNABIS USE. SO IT PROBABLY COMES AS NO SURPRISE THAT I OFTEN INFUSE YOGA INTO THE RITUAL WHEN I CONSUME. AND I BEGIN WITH A BREATH.

HERE'S HOW:

I sit on my yoga mat or, in mild weather, on a blanket in my backyard. I inhale expansively and let my belly rise on the in-breath. I feel the air as it passes through my nostrils: cool inhale, warm exhale. I sense the clothes on my skin, the ground beneath me. I check in with how my body's doing—each day, each moment even, a bit different—an ache here, a sense of ease there. I may feel unwell or feel vibrant and content—in yoga, it's all welcome.

Sometimes my eight-year-old daughter will wander over and sit with me for this part. She and I like to array a few vibrantly toned crystals on the mat or blanket and light a sliver of Palo Santo, fanning the fragrant smoke around ourselves and taking in its cleansing vibes. We may offer up a quick prayer to the Universe or the moon, and then I ask my daughter, if she's still hanging around, to give me some moments alone with my plant medicine.

I place my flower in my glass pipe, light it, and inhale. Just as I did that handful of years ago on my yoga mat, I sit patiently and observe. Then, if I feel moved to move my body, I do. There are no rules to my elevated yoga experience, only the intention to stay present. Sometimes that translates to an intense standing yoga practice full of sweat and grit; other times, it means lying on my back in savasana (corpse pose) and just being. I also love a good elevated walk or hike to bring my senses alive and remind me that, even with all the suffering in this world, there is still—mercifully!—so much beauty.

If you'd like to try your own version of this ritual, I recommend keeping a journal handy to jot down ideas, epiphanies, or mental meanderings—big or small—that arise. Cannabis is good for that.

In closing, I bow deeply in gratitude to this plant, to the people who have long loved and tended it, and to the rituals that keep me sane amidst all my responsibilities to family, work, and self. Inhalation-inspiration. With cannabis in my life, I am inspired.





WEED MOM
The Canna-Curious
Women's Guide to Healthier
Relaxation, Happier Parenting,
and Chilling TF Out
Danielle Simone Brown



DANIELLE SIMONE BRAND

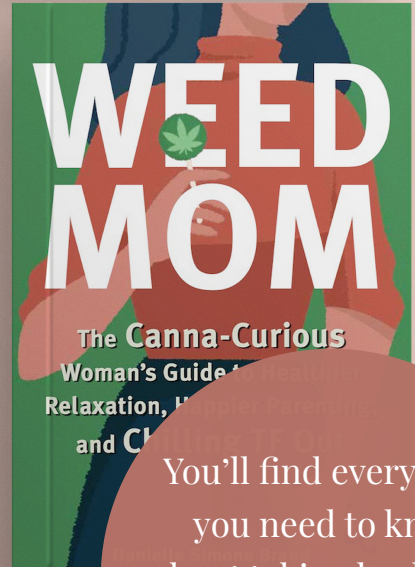
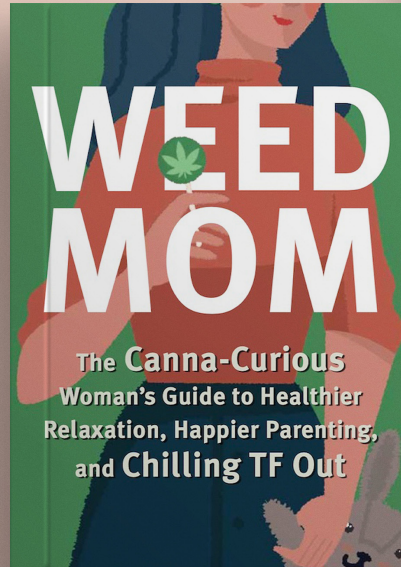
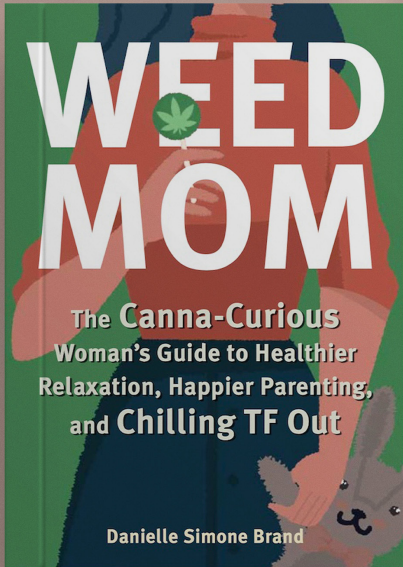
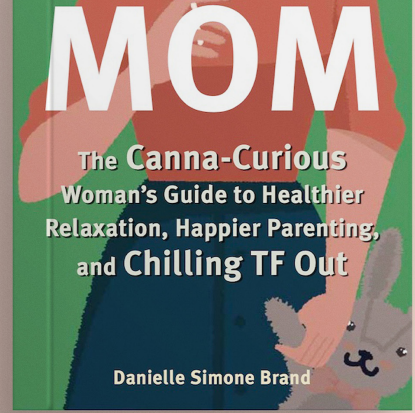
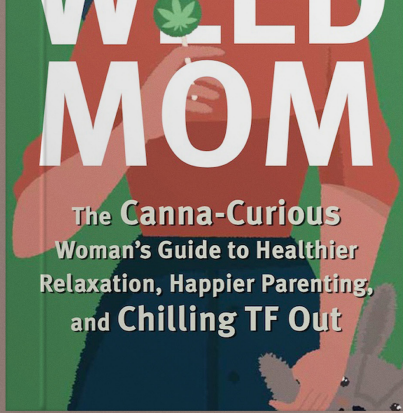
IS THE AUTHOR OF WEED MOM: THE CANNA-CURIOUS WOMAN'S GUIDE TO HEALTHIER RELAXATION, HAPPIER PARENTING, AND CHILLING TF OUT. FIND HER BOOK WHERE MOST BOOKS ARE SOLD.

For more than twenty years, I have rolled out my yoga mat most days. Whether my mood leans more toward joyfulness or despair—in sickness and in health—yoga is my ritual. My sanctity. My solace. I do not practice yoga to change the shape of my ass or to tone my abs or triceps. I practice yoga to access that deeper, quieter place inside me.

So it was on my yoga mat that I had my first meaningful encounter with cannabis. I puffed. I observed all the sensations. I moved my body with kindness and an ever-expanding sense of ease. It felt like meditation in motion, a profound window into personal alignment. The sheer goodness of what I experienced pushed me fully into my

version of the weed mom lifestyle—a version that's as unique to my family and me as any other.

It also propelled me toward advocacy for cannabis accessibility in all ways for women, moms, and women-identified folks. That means breaking down stigmas, normalizing responsible use, and using my platform and my privilege to bring awareness about the inequitable access to plant wellness for BIPOC folks. We all deserve the freedom to consume cannabis and participate in this industry if we choose—without threat to our freedom, livelihood, or relationship with our children. It's incumbent upon people like me to say it over and over and over again until that vision is realized. 🌿



You'll find everything you need to know about taking back your health and wellness, **free of stigma!**

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and how to naturally relax, de-stress, and be a better partner and parent. This first and only book made just for busy moms is packed with friendly and practical advice, including:

- THE BASICS OF THC AND CBD
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- MICRODOSING TO BOOST MOOD AND STAY PRODUCTIVE
- UNDERSTANDING THE EQUITY AND SOCIAL JUSTICE ISSUES AROUND PROHIBITION AND LEGALIZATION
- HOW TO TALK ABOUT CANNABIS WITH FAMILY AND FRIENDS
- UNDERSTANDING THE POTENTIAL DOWNSIDES
- USING CANNABIS TO ENHANCE YOUR SEX LIFE
- AND MUCH MORE!

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3. CANNA MOM GET A LIGHT TEE

\$36 // MSKINDNESSOFFICIAL.COM

4. FLEUR DU MAL CAMI W/LACE TRIM

\$225 // FLEURDUMAL.COM

5. CANNABIS LEAF RESIN PURSE

\$200 // [GANJAPRENEURGAL ON ETSY.COM](http://GANJAPRENEURGAL.ONSYS.COM)

6. BLUNTED OBJECTS BABY LEAF HOOPS

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7. JANE PARADE PLANT-BASED HOODIE

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OH, THAT'S *dope!*

WHEN AN ANCIENT ART PRACTICE MEETS AN ANCIENT PLANT PRACTICE

BY STEPHANIE DELACY

Within one minute of meeting Gabrielle Lasporte on a virtual platform, I could tell she is a busy artist, occasionally enjoys cannabis, and is warmly authentic. Authenticity is essential with the work Lasporte does, which is Modern Batik – a wax technique using fabric dyes as the medium. One of her cannabis-inspired designs graces the back cover of this issue, so we asked her how the plant plays a part in the creative process.

Once we introduced ourselves, Lasporte immediately pointed out that she was covered in paint, while bringing her paint-speckled arms and hands to the camera. After we both chuckled, Lasporte looked down at her desk, quickly popping back up, holding a packet of rolling papers to show me, and say while laughing, “I am trying to teach myself to roll joints.”

Born in France, Lasporte moved to Canada when she was eight years old and has lived there ever since. For over twenty years, Lasporte has worked as a freelance Art Director and Creative Director for corporate clients. Having been an artist throughout her life, in different capacities, Lasporte has worked in several mediums. Those mediums include paint, acrylic, and collage. In 2008, she found a new medium – batik.



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PHOTOGRAPHY / Sharifah Weir - She
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BATIK IS A TECHNIQUE OF WAX-RESISTANT DYEING APPLIED TO FABRICS IN LAYERS. ORIGINATING IN JAVA, INDONESIA, BATIK DATES BACK AS EARLY AS THE 6TH OR 7TH CENTURY. IN THE MODERN BATIK TECHNIQUE, THE ARTIST APPLIES WAX TO A BLANK UNDYED FABRIC, CREATING A PATTERN OR DESIGN. THEN IN A MULTI-LAYERED PROCESS, THE ARTIST APPLIES DYE DIRECTLY TO THE MATERIAL USING A BRUSH, KNOWN AS SECTIONING AND TONING.

AFTER THE SECTIONING AND TONING, THE ARTIST WILL SEAL IT WITH WAX. THIS LAYERED PROCESS REPEATS ALMOST A DOZEN TIMES. AFTER ALL THE LAYERS ARE APPLIED, THE WAX IS REMOVED TO REVEAL THE FINAL PATTERN OR DESIGN.

“Most people know batik from Indonesia. That’s where I studied it. In Africa, it’s known as a wax print.”

In traditional batik, the artist dips fabric into large containers of dye. “I learned modern batik. Instead of dipping, I apply the dye with brushes.”

After two years of working in batik, Lasporte wanted to deepen her practice and started using traditional tools, including the tjanting, to dispense wax. “I wanted to pay homage because it’s not from my culture. I want to do it properly and be respectful of it,” Lasporte says.

Batik is an incredibly methodical process. Compared to other art forms, it takes a lot of planning. The intricate process is what connected Lasporte to batik. “I never had this connection [to a



medium] before. It’s very soothing. I end up romanticizing my thoughts around the art form,” Lasporte shares.

Lasporte has developed her approach to creating batik – and cannabis has become an essential part of her intimate ritual through the years. Lasporte’s ritual starts by making herself comfortable on the couch. While listening to deep house music, she smokes her bong. Slipping into a natural flow, she writes and sketches out ideas in her Superwoman-themed notebook.

Despite the plant playing a role in the process, Lasporte clarifies she doesn’t smoke cannabis when creating. The plant helps Lasporte relax



and enhances her creativity, but she doesn't rely on it. Lasporte only uses it in the conceptualization stage of her artistic process. She also uses it for managing migraines and symptoms of menopause.

Lasporte discovered how potent cannabis could be when creating art through meaningful self-work and experimenting with different strains. Through experimentation, Lasporte found that cannabis made her work highly creative and spiritual. Beyond cannabis, Lasporte says her work is "goddess inspired" and is also inspired by the female form, tropical plants, and music.

After conceptualizing a piece, Lasporte heads to her studio to breathe life into it. Working with uncontrollable wax makes the process of batik unpredictable. "The thing about batik is that it never turns out the way you think it will," Lasporte says, "I work with the wax - that's what I love about it."

Her latest collection is called Canna Botanique: a line

of plant-inspired designs created to challenge the pop-culture idea of cannabis fashion. Lasporte, who likes to do things differently, uses her batik process to move beyond the iconic leaf to showcase the beauty of the plant. She incorporates vibrant colors juxtapositioned with her iconic hibiscus flowers in her Canna Tropic pattern. Then she flips it with a damask pattern in deep purple, with her version of the cannabis "buds" or flowers, inspired by the Purple Haze cannabis strain.

"The way I create the batik, it changes up the image visually. I emphasize that when I do the work. So you're going to look at it and be like, Oh, that's dope," shares Lasporte. ✨

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NO EXPLANATIONS NEEDED

BLUNTED OBJECTS

Melodie Ling is the founder and creator of Blunted Objects, an online cannabis accessories store. Melodie shares with us her relationship with cannabis and how it led to her role in contributing to cannabis counterculture.

WHAT ROLE DOES CANNABIS PLAY IN YOUR LIFE? HOW DID YOU START USING THE PLANT?

It started out as a recreational thing in college; we would just get really high, watch movies and give into munchies. Now over 10 years later, I am in therapy and finally aware that I was/am living with depression and using it as a means of escape. Although I still smoke to have fun when I'm out, when I'm at home, I'm using it much more mindfully for just the opposite effect: to connect with myself better.

DO YOU HAVE A CANNABIS RITUAL?

I used to just smoke whatever, whenever, however. I would alternate among bong hits, dabs, edibles and didn't know what I was smoking or eating half the time since the goal was just to get high. I didn't care if it was Indica or Sativa or whether an edible would knock me out for 2 hours.

Now, before I do anything, I think about the intent: Why am I doing it? How does it make me feel? Could emotional trauma be a factor into my usage? Am I trying to distract myself from painful thoughts, or perhaps physically alleviate the anger or sadness that lives in my body? There's a concept of living an examined life, in which you are mindful of your actions and the reasons



@bluntedboss



behind them. Depression had made me live life on autopilot in which I gave no f*cks about anything, and I have to credit meeting my boyfriend (who actually doesn't smoke) for changing the game for me. He made me rethink everything as I knew it - I finally started to give a f*ck.

WHAT INSPIRED YOU TO START BLUNTED OBJECTS?

At the time, it was rather shameful, especially for women, to be seen as a "stoner". But this is something I didn't understand since I loved the plant so much. I would ask everyone I encountered if they smoked. What if, I thought, I didn't have to ask anymore because I could just tell from looking at them? And thus, Blunted Objects was born.

WHAT IS YOUR WISH FOR HELPING WOMEN NORMALIZE THEIR CANNABIS USE?

I want women everywhere to know that there is nothing shameful about it. This is medicine and you deserve to live your truest and most beautiful life.

There is a whole community waiting to welcome you whenever you're ready and you no longer have to hide it. Be proud and explain yourself to no one - just wear your "high as fuck" necklace to let 'em know!

VISIT [BLUNTEDOBJECTS.COM](https://bluntedobjects.com) TO SEE THE FULL PRODUCT LINE UP.

BEAUTY



Restorative

CBD BEAUTY

CBD is slowly becoming recognized as the new “it” ingredient in skincare. With its therapeutic properties, it is great for reducing inflammation, fighting acne, and helping to support the skin in the aging process. It is also great for sensitive skin. With all these benefits, CBD is a must add to your skincare regimen. Check out our favorite brands to try this fall.

1. SHEA BRAND CBD RESTORATIVE LIP BALM
25MG CBD, \$13 // SHEABRAND.COM
2. POTENCY 710 FUTURE FACE CBD CHARCOAL FACE MASK
\$95 // POTENCY710.COM
3. TAYLOR AND TESS “THE NIGHTCAP” FACIAL MOISTURIZER
\$42 // TAYLORANDTESS.COM
4. FIFTH & ROOT MOONLIGHT COOLING GLOW CBD MASK
1 OZ. \$46 // FIFTHANDROOT.COM
5. VERTLY LIP BUTTER
50MG HEMP EXTRACT, \$24 // VERTLYBALM.COM
6. VITAL TONICS CELLULOSE FACE MASK
\$20 // SHOPVITALTONICS.COM
7. MANTRA CBD PORE REFINING MASK
30MG OF CBD, \$15 // MANTRAMASK.COM
8. MILLENNIAL BEAUTE’ BUD SCRUB
50MG OF CBD, \$29 // MILLENNIALBEAUTE.COM



THE STORY OF A *Badass Brand*

DESTIGMATIZING CANNABIS THROUGH BEAUTY



We sat down with Mandy Lile, a professional aesthetician and founder of Potency No.710, a CBD beauty line. Popular for creating a 30-day challenge asking consumers to mark the difference their anti-aging serum will make, the brand is creating a buzz on social media. Lile breaks down the science behind the line and how her innovative formula benefits many skin challenges or conditions.

CAN YOU TALK ABOUT THE PROCESS THAT LED TO THE CREATION OF YOUR FAMOUS SERUM?

As an aesthetician that has traveled the world, I have developed a deep passion for plant oils of all sorts over the past 25 plus years. I have also always been conscious about the ingredients in products, and after learning about the powers

of cannabinoid-based oils such as CBD and CBG oil, I set out on a mission.

A mission that some may say turned into me selling redemption. After all, today, my largest clientele base is from my home state of Kentucky, where my father spent more than 15 years in prison over cannabis. The process for developing the Gold Serum is a story of a badass product and one of my missions to destigmatize cannabis through a beauty-based product.

HOW DID YOU DESIGN A FORMULA THAT DOESN'T CLOG PORES?

My extensive knowledge and experience utilizing essential oils of various sorts were vital in formulating the Gold Serum. Because essential oils are very low

molecular oils - meaning that when they are extracted from the source plant - they exist in very tiny, microscopic forms. The skin readily absorbs them rather than clogging the pores.

To create the Gold Serum in a formula in which would not clog pores, I simply took advantage of the natural state of essential oils, including that of which come from cannabis, being CBD and CBG oils, to create the Gold Serum which is going beyond beauty these days helping to address a plethora of different issues. By combining essential oils with CBG and CBD, the entourage effect of the oils working synergistically is very evident. This formula is packed with active ingredients, and you can both feel and see the difference!



MANDY LILE
FOUNDER POTENCY No.710

DO YOU HAVE ANY BEAUTY
RITUALS
THAT INVOLVE ANY OF YOUR
PRODUCTS?

Absolutely! After all, self-care is a ritual in itself, right? Potency No. 710 is more than just a brand; it is a vibe. I want people to crave not only my products but self-care in general. When we find a product that makes us both feel and look good, we tend to crave that experience, and that is what I am doing with Potency products.

Personally, my favorite ritual embraces the aromatherapy aspects of essential oils. Every time I utilize my products, whether the Gold Serum, one of my mineral sunscreens, the Modern Mist, or even my charcoal CBD face mask, I first put the product in my hands and take a deep inhale. The science and history of the benefits of aromatherapy from various plant oils have been proven timeless. By utilizing and smelling the products, I get the most out of each of the amazing plant oils found in Potency No. 710 products. 🌿





NEVER GIVE UP. NEVER QUIT.

I've dedicated my life to soccer, sacrificing to reach the top. An injury won't be the obstacle that gets in my way. **CBD Medic™ Muscle & Joint Pain Relief Spray** helped me on the road to recovery. Now I'm able to give everything I have to the game I love.

Carli Lloyd



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WELLNESS



CANNABIS AT EVERY AGE

BY ALYNA PAPARAZZI



Growing older means changing approaches to wellness. As priorities change, so do the tools people use to help manage them. Luckily, cannabis and CBD can benefit women of all ages, for various reasons.

HOW DOES WOMEN'S CANNABIS CONSUMPTION CHANGE OVER TIME?

The incredible thing about the cannabis plant is the various ways to consume and create products from it. It's not about secretly smoking in your room and spraying everything down with Febreze anymore. Hundreds of testimonies and personal stories shared by other women prove how our lifestyle, health, and wellness can improve with cannabis.



MY CANNABIS CONSUMPTION BEGAN AS A WAY TO SOCIALIZE WITH MY PEERS, BUT HAS EVOLVED INTO A CONSCIOUS RITUALISTIC PRACTICE.

Miki A, 29.

CBD IS MY GO-TO. I STOPPED TAKING ANYTHING ELSE FOR CRAMPS AND MUSCLE PAINS.

Annie K, 28.

PMS, SEX, & ALCOHOL

Women in their 20's will likely experiment with higher dosing products and try finding CBD or cannabis-infused beer and cocktails. It is used to help improve mood and reduce social anxiety for socializing with friends.

There's even more evidence of women at this age consuming it to heighten their sexual experiences and intimacy. Since cannabis is excellent for relieving stress and helping you relax, it can make women feel more comfortable with their partners. There's even weed lube! (Yes, really.)

And who can forget about PMS? Well, cannabis can help with this, too.

The endometrium, or lining of our uterus, has a high concentration of endocannabinoid receptors. As cannabinoids bind to these receptors, they can provide pain relief from cramps. Cannabis also has anti-inflammatory properties, which could help handle some of the period bloat.

MOTHERHOOD, MENTAL HEALTH, & SKINCARE

We can be kind of intimidated by the big 3-0, but we shouldn't be! Especially since cannabis can help ease our way into this new decade of life. Women going on 30 can utilize cannabis more for their skincare and potential new role as mom.

CBD has made a huge appearance in the cosmetics industry. Multiple studies have found it could help protect the skin against free radical damage and reduce inflammation and hyperpigmentation. CBD has also been shown to have antifungal and antibacterial properties, which could reduce acne breakouts.

Moms who consume cannabis are still great moms, and they deserve a way to relax. Motherhood is a stressful, hectic job and involves a lot of self-sacrifices. If their mental health is poor, especially if they're dealing with postpartum depression, then it can be harder to show up as the type of mom they want to be.



"I USE A DAILY FACIAL OIL WITH HEMP SEED OIL AND I CAN FEEL THE SUPPLENESS OF MY SKIN. IT HELPS ME RETAIN MOISTURE, A GLOW AND KEEPS THE ACNE AWAY."

Nina L,
32.

LIBIDO & MENOPAUSE

Our hormones and body will drastically change the older we get; it's just nature's way. But it can also be hard dealing with such a huge transition in life. Thank goodness for cannabis!

A decrease in libido is a common part of all these internal changes. Some studies report that consuming cannabis in low doses could improve desire.

Did you also know that more women are consuming cannabis to ease symptoms of menopause? One study found that 1 in 4 women have at least tried it. Edibles, tinctures, and topicals are considered the best and safest methods for consumption. Women have reported cannabis helps with mood changes, insomnia, vaginal dryness, and hot flashes.

SLEEP ISSUES, PAIN REDUCTION, & MEDICATION REPLACEMENT

More women over 50 are either getting their medical cards or visiting recreational dispensaries. Some admit wanting to try cannabis now because they never have before, but most are looking for improving their quality of life.

Pain, insomnia, and anxiety are some of the common reasons older women consume cannabis and CBD. Topicals are amongst the top choice joint pain, soreness, and inflammation. Some studies believe cannabis could even help with psoriasis, dermatitis, and arthritis.

Older women are also turning to cannabis to try and replace some of their other medications. Of course, getting approval from a doctor is needed before making any switches with medication.

A WOMAN'S NEXT CHAPTER IN LIFE IS MADE BETTER WITH CANNABIS

Our health and wellness should always be a priority, and the

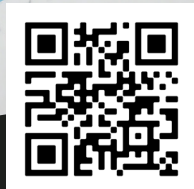
cannabis industry has something for women of all ages. No matter the intentions, we owe it to ourselves to care for our bodies. Aging gracefully is much easier and honestly, more fun thanks to the benefits of just one plant! 🌿

I HAVE FOUND THAT I AM ABLE TO BE A BETTER MOTHER AND WIFE AFTER I DISCOVERED CANNABIS AS I FEEL CALMER AND MORE IN CONTROL.

Lauren C,
40.

I USE CREAMS EVERYDAY ON MY KNEE THAT HAS ARTHRITIS. I DO COMBO TINCTURES WHENEVER I AM ANXIOUS OR CANNOT SLEEP. IT'S REALLY HELPED COPE WITH THE PANDEMIC.

Roslyn D,
68.



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ASK

Dr. Dawson

CANNABIS EDUCATOR AND ADVOCATE

BEFORE INCLUDING PLANT MEDICINE INTO YOUR WELLNESS ROUTINE, IT IS A GOOD IDEA TO CHECK IN WITH YOUR PHYSICIAN, ESPECIALLY IF YOU HAVE ANY PRESCRIPTIONS OR HEALTH CONDITIONS. EVEN THOUGH ACCEPTANCE IS GROWING SOCIALLY, THERE ARE STILL MANY MEDICAL EXPERTS WHO DON'T ACKNOWLEDGE THE PLANT'S BENEFITS. BECAUSE OF THIS, IT CAN BE INTIMIDATING TO APPROACH A DOCTOR ABOUT USING CANNABIS.

ENTER DR. FELECIA DAWSON, MD, WHO OFFERS SOME EXCELLENT ADVICE FOR NEWCOMERS IN THE FOLLOWING Q & A. DAWSON IS A DUAL BOARD-CERTIFIED PHYSICIAN IN OBSTETRICS AND GYNECOLOGY, AS WELL AS INTEGRATIVE MEDICINE, WITH OVER 30 YEARS OF EXPERIENCE IN WOMEN'S HEALTHCARE. SHE CURRENTLY WORKS AS A CANNABIS EDUCATOR AND ADVOCATE, HOLISTIC GYNECOLOGIST, AND WELLNESS CONSULTANT.

1. WHAT IS THE BEST WAY FOR A NEWCOMER TO BEGIN INCORPORATING CANNABIS INTO THEIR ROUTINE?

Educate yourself about the cannabis plant and whether or not it will benefit your condition. Historically, your ancestors have used cannabis and other plants for thousands of years to regain and maintain their health. Even if you have used cannabis before, it's important to start low and go slow.

Additionally, each person is unique, and cannabinoids like CBD and THC can behave in a biphasic manner (having two phases). Put simply; this means you may get one reaction at a low dose and the opposite one at a higher amount. It also means you may miss the dose that's optimal for you if you start at a high dose or increase it too rapidly. There's often a sweet spot in terms of dosing, and you'll miss it if you're not patient. A starting dose for THC could be 2.5 mg and for CBD 10 mg, for example.

Some people may need lower or higher doses. Experiment with different delivery systems. Perhaps, taking a tincture or oil may be more convenient and longer-lasting (5 to 8 hours). If you prefer to bring it into your lungs, there will be a faster onset but shorter duration (2 to 4 hours).

A word of caution for inhalation delivery methods: the occasional smoking of a joint is not harmful but burning, or combusting plant material causes the loss of half of your product and creates hundreds of toxins. While smoking cannabis does not cause cancer, it can cause chronic bronchitis and periodontal disease.

Due to federal prohibition and the lack of regulation, vape pens can also be dangerous due to heavy metals leaking from poor-quality hardware. Substances, like vitamin E, weren't meant to be inhaled and are used to dilute cannabis oils, which can cause pneumonitis and death. An electronic vaporizer made for



dry herbs is the safest way to bring cannabis into the lungs as medicine regularly.

It all depends on what you're treating and the duration of action you want. For example, if you're treating heavy, painful periods, a vaginal suppository may make more sense. That would be putting the medicine close to the organ that needs treatment. Lastly, keep track of the product name, dose, composition, and results obtained. There are even apps for that!

2. HOW WOULD YOU ADVISE A NOVICE APPROACH TALKING TO THEIR DOCTOR ABOUT CANNABIS?

Unfortunately, most physicians are taught in medical school that cannabis is a drug like heroin and cocaine. Some medical experts believe our government's propaganda about the evil of cannabis. In addition, physicians come into medicine with their baggage. Someone in their family may have been addicted to drugs, been in and out of rehab, or died. Some may have family members whose lives were destroyed by the war on drugs or may have been incarcerated.

In addition, most mainstream medical organizations discourage the use of cannabis; therefore, physicians may be concerned about any liability that may arise from a patient's use. If you think that your condition can be helped by using cannabis or CBD, simply ask your healthcare provider how they feel about the subject. It's better to ask at the beginning of the visit versus when your

provider has their hand on the doorknob exiting the exam room. Consider a consultation for your condition separate from your wellness exam, so you both have time to give the subject the consideration it needs.

3. WHAT IS ONE OF THE MOST IMPORTANT ELEMENTS OF PURCHASING CANNABIS PRODUCTS FOR THE FIRST TIME FROM A MEDICAL STANDPOINT?

Cannabis is a bioaccumulator, which means it draws toxins out of the air, soil, and water into itself. Therefore, your product should be Clean Green Certified for the highest level of safety, which is analogous to the USDA's National Organic Program. The Clean Green Certified label means your product was not raised with synthetic fertilizers or pesticides, genetically modified organisms and has not been irradiated.

In addition, your product should be tested by an independent third-party lab, and this information will be in the certificate of analysis (COA). This lab may test for mold, pesticides, solvents, heavy metals, microorganisms, terpene, and cannabinoid content. Often there is a QR code on the product you can scan to take you to the COA.

Unfortunately, due to cannabis' federal prohibition, there are no uniform requirements for testing. It varies from state to state. Lastly, wait until you know how your body responds to cannabis before operating a vehicle, heavy machinery, or engaging in any activity that may put you or someone else at risk. 🌸



Dr. Desta Meghoo

AN ADVISORY BOARD MEMBER OF APHRIHELIOS, TALKS ABOUT THE IMPORTANCE OF RITUALS IN THE AFRICAN CANNABIS SPACE:

“Plants are an integral part of African sacred practices and Cannabis is no exception as seen in Ethiopia, Central, and Southern Africa, historically. In contemporary times Africans in Jamaica, Rastafari, have also placed cannabis aka ganja, at the center of spiritual life, referring to the plant as ‘healing of the nation’.”



APHRIHELIOS

ABOUT APHRIHELIOS

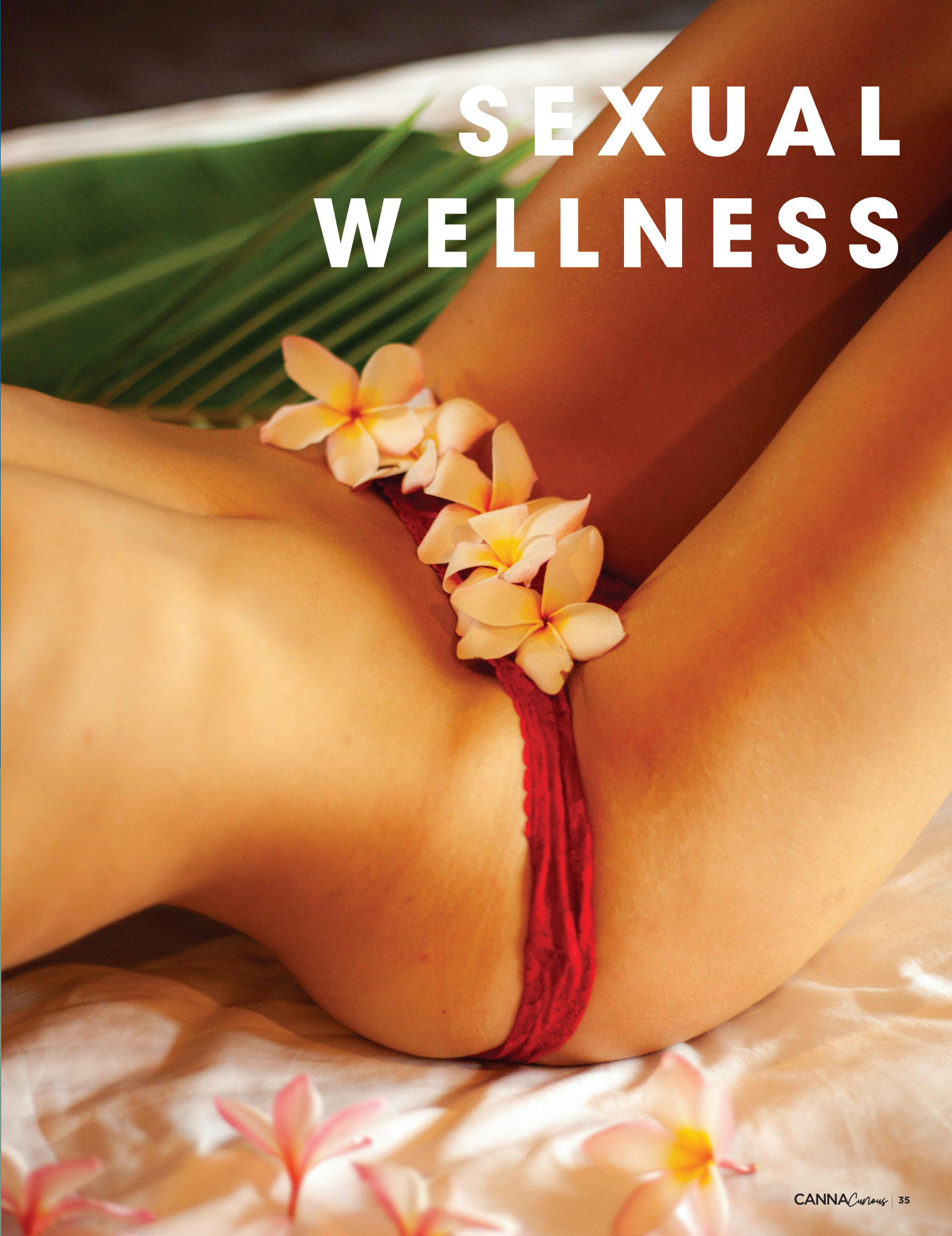
AphriHelios Global is headquartered in Bethesda, Maryland, with active offices in Cape Town, South Africa, and Maseru, Lesotho. The company was awarded its initial license in 2019 from the Kingdom of Lesotho’s Ministry of Health to cultivate, process, package, and export cannabis-related products to global markets from the capital Maseru.

AphriHelios Global LLC. is poised to become the leading vertically integrated cannabis cultivation, processing, and distribution company on the African Continent, bringing Africa and African diaspora cannabis product brands to the global market. AphriHelios recognizes it is part of a global community and its long-term success and sustainability are inextricably tied to how it shares the value created with communities.

Consistent with its drive to create transformative economic opportunities, AphriHelios has launched a crowdfunding campaign concurrently with a traditional Regulation D private placement. With a minimum investment of \$250, the crowdfunding campaign provides access to individuals who do not usually have access to these kinds of investments. The private placement campaign is focused on accredited individuals and institutions.

TO FIND OUT MORE ABOUT APHRIHELIOS, ITS ADVISORY BOARD, OR ITS CURRENT CAPITAL RAISE, PLEASE VISIT THEIR WEBSITE AT WWW.APHRIHELIOS.COM.

SEXUAL WELLNESS



A SEX RITUAL TO TRY WITH CBD/CANNABIS

Shani Hart

BY AMANDA FISHER-KATZ-KEOHANE



LIKE SO MANY OF US IN THE SEXUAL WELLNESS FIELD, SHANI HART DIDN'T SET OFF IN LIFE EXPECTING TO TALK ABOUT ORGASMS AND LUBRICATION, PLEASURE, AND ANXIETY-FREE SEX, DAY IN AND DAY OUT. YET, HERE SHE IS, UNABASHEDLY HERSELF AND BREAKING ALL THE RULES AS A CERTIFIED SEXUALITY COACH AND SEX EDUCATOR.

After starting to work at her partner's erotic boutique and gradually developing more of a role in the business, Shani noticed a massive lack of education and empowerment in Black women's pleasure.

"I felt like I wasn't welcome to purchase their products in their store," Hart told me. "No one was helping me. I wanted to start a company that educates Black people on the benefits of CBD: the Noire Leaf."

Most people know that CBD has a variety of benefits. It can ease anxiety, soothe pain, treat epilepsy, reduce inflammation, and so much more. While these qualities may not seem to relate to sex, they're incredibly interconnected.

"CBD does a lot of things. It's great for people who have painful sex, endometriosis, fibroid issues, vaginismus, and all kinds of pelvic issues," Hart says. "It helps relax all those vaginal muscles and especially, your pelvic floor muscles."

“IT HELPS RELAX ALL THOSE VAGINAL MUSCLES AND ESPECIALLY, YOUR PELVIC FLOOR MUSCLES.

Incorporating CBD- and hemp-infused products into your sexual wellness rituals, solo play, or partnered experiences can help end painful sex by relaxing muscles and increasing blood flow. They get you into the right mindset for sex by helping ease anxieties or insecurities.

HERE ARE A FEW IDEAS TO GET YOU STARTED:

EDIBLES

Products that can be eaten or smoked are an excellent option for easing anxieties. “I like smoking one of my pre-rolls,” explains Hart, “to get the CBD in my system immediately so that I can relax, forget about the powers of the day, get into the frame of mind to focus on all the stuff that’s about to happen.”

For those who want instant relaxation and get in the mood quickly, a pre-roll is critical. Have a bit more planning in your routine? A CBD gummy is a great option when you have 45–60 minutes of foresight.

CARNAL PRE-ROLLS, STARTING AT \$9.99

AROUSAL OILS

“Sometimes, you have to use more than one product. Maybe I’ll smoke my pre-roll, but then I take a couple of drops of my CBD arousal oil and drop that on my clitoris, so now my head is all in the game, but now my body is getting into the game,” says Hart.

CBD is a vasodilator, which means it increases blood flow and increases sensitivity to the places you apply it.

SPARK CBD AROUSAL OIL, STARTING AT \$22.99



SUPPOSITORIES & LUBRICANTS

“When you have a lot of anxiety, you clench a lot, and it’s not good for your pelvic floor muscles. When you put CBD lubricant on that, it helps relax those muscles and, therefore, have more pleasurable sex,” says Shani.



Not only can suppositories act as a lubricant to ease pain and enhance pleasure during penetration, but they’re also an excellent resource for relieving menstrual cramps, pelvic pain, and local muscle tension.

Once inserted (either vaginally or anally), the suppository melts, and the hemp properties permeate into the bloodstream, allowing for further relaxation, lubrication, sensation, and, therefore, pleasure.

SET OF 5 CBD+ CBG SUPPOSITORIES, STARTING AT \$26.25

As Shani explains, “if you’re someone who, every time you have sex, it hurts, like your brain is going to be wired to say I don’t want to do that! Once you get in the habit that it’s like, oh my goodness, I’m looking forward to this because it feels good; it eventually helps rewire your brain to want sex more.”

The reality of the situation is that CBD changes your entire relationship with sex. If you’re focused on your pain points (whether physical, emotional, logistical, or otherwise), it’s easy to choose the right product to shift how you experience and interact with sex. 🌸

ALL PRODUCTS AVAILABLE AT THEOIRLEAF.COM

CULTURE



THE LOWDOWN ON CANNABIS

Microdosing:

WHAT, WHY AND HOW

BY SARAH SARITA RATLIFF



Since 1996, when California ended the prohibition on cannabis as medicine for its residents, medical cannabis has been gaining traction as a legitimate treatment for a wide variety of conditions. As of 2021, medical marijuana is legal in 39 states and four of the five U.S. territories. Cannabis is fully permitted for adult use in 19 states, Washington, D.C., the Northern Mariana Islands, and Guam. Thirteen states have fully decriminalized cannabis use, while CBD-only forms are available in five other states.

Along with this slow but steady progress in mainstreaming cannabis as a viable option for those with health conditions, the availability and range of products have made various consumption methods possible. In the dark days of illegality, marijuana was sold with unknown concentrations of THC.

Today's dispensaries sell products with known quantities of THC, CBD, other cannabinoids, and terpenes to produce a reasonably predictable response by the consumer. Although, of course, that depends on the person's previous use of cannabis and body chemistry (including their endocannabinoid system) and perception.

If you are new to consuming cannabis, you are likely approaching it with a hope for relief from chronic pain,

depression, anxiety, or another condition you have been unable to treat with Western medicine. You may also be apprehensive about whether the course of treatment will cause you to feel too high to function or engage with the world. If so, microdosing may be the answer for you.

WHAT IS MICRODOSING?

The term "microdosing" refers to taking a minimal amount (less than the usual dosage) of a drug to receive the benefit of its physiological action while reducing unpleasant (or undesirable) side effects. Microdosing is regularly used in pharmaceutical studies when titrating (starting with a low dose and raising it over time) medicinal doses. In addition, microdosing has become popular in recent years when using psychedelics like mushrooms, ayahuasca, or LSD. However, it is vital to note that using psychedelics in this way is not currently legal.

When microdosing, you want to use the minimum amount of the substance that produces a noticeable effect on your symptoms. When it comes to medical cannabis, that means finding relief from your symptoms without feeling high.

You may be wondering why you should try microdosing

instead of using CBD products that don't contain THC and can therefore be used without the psychoactive effect. Of course, CBD is a valuable treatment option in its own right, and it is worth trying products that contain only CBD to see if they work. However, when CBD is not enough, it is essential to remember that THC and cannabinoids also have medicinal benefits and might be the missing link to treating your symptoms. In addition, THC and CBD have a synergistic effect, and using them together may improve the symptom relief you experience.

WHY SHOULD I TRY MICRODOSING?

Although the medical community is split on the safety and efficacy of cannabis, the National Institutes of Health has conducted multiple studies and committed millions of dollars to guide future research. Currently, there isn't an abundance of evidence for microdosing, but what is available is compelling nonetheless.

With that disclaimer, there are particular conditions for which those who microdose report a positive

effect. These include depression, chronic pain, anxiety, chronic stress, lack of focus, insomnia, fibromyalgia, and PTSD symptoms.

HOW DO I BEGIN MICRODOSING?

First off, if you have been using marijuana regularly, you will want to start by abstaining for 48 hours, which according to a recent study, is the amount of time needed to clear the endocannabinoid system. From there, you can start with a THC dosage of 1mg, combined with 1mg of CBD for a 1:1 ratio. Continue with the dosage for three days, then increase by 1mg while keeping the exact THC to CBD ratio. Increase in 1mg increments every three days until you see a noticeable effect. If you still have the same comfort level after four days on the same dose, there is no need to increase the amount further.

MICRODOSING IS IDEALLY DONE ONCE OR TWICE PER DAY. DOSES ARE TYPICALLY TAKEN IN THE MORNING, WITH AN ADDITIONAL AMOUNT IN THE EVENING AS NEEDED. KEEP IN MIND THAT IF YOU FEEL LIKE YOU ARE HIGH, YOU SHOULD LOWER THE DOSE.



Since having a predictable dosage of THC is vital to microdosing, you will want to choose products for which the amount of THC is easily controlled. Products like tinctures allow for precise low dosing, and they are fast-acting. If you are unsure where to begin, ask for help at your dispensary. When done correctly, microdosing can be an enormous benefit to your health.

Regardless of your background or experience with cannabis, whether recreational or medical, microdosing may be the way to consume without the high. With the proper dosage and products, you can again find enjoyment in the things you love and give time to the people you love. 🌿



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“ SAYING ”
I Do
WITH CANNABIS & CBD

BY NEASHA HODGE



FALL IS UPON US, AND SO IS THE SEASON OF LOVE! WITH MANY COUPLES RESCHEDULING THEIR POSTPONED NUPTIALS DUE TO THE GLOBAL PANDEMIC AND NEW ENGAGEMENTS HAPPENING DAILY, THE WEDDING SEASON IS BUSIER THAN EVER. AS MORE STATES LEGALIZE CANNABIS FOR MEDICAL AND ADULT-USE, THERE IS A GROWING TREND OF CBD AND CANNABIS BEING INFUSED INTO WEDDING CELEBRATIONS. HERE ARE A FEW WAYS YOU CAN ADD SOME “CANNA” WEDDING VIBES TO THE BIG DAY.

Something “Canna” One wedding ritual still popular today is gifting the bride-to-be something old, something new, something borrowed, and something blue. These items were traditionally given to ward off evil spirits and bring good luck and prosperity. Today, however, less emphasis is put on superstition, and it is now seen as an excellent way to shower the bride with a bit of extra love on her wedding day. For our 420-friendly brides, consider mixing it up and adding something canna into the mix. Some fun ideas include cannabis-inspired jewelry or bridal accessories like a garter or hairpin.

Did someone say, “bud bar”?

While alcohol is traditionally seen as the best way to get the party started, having a “bud or cannabis bar” is guaranteed to have everyone lit, both literally and figuratively. Some wedding and event planners now offer mobile cannabis bar services. Irie Weddings & Events, for example, offers bud bar packages that include a team of highly trained budtenders and everything you and your guests would need to indulge responsibly.

Cheers with CBD cocktails

If you need some pre-wedding stress relief, a CBD-infused cocktail is perfect for calming any wedding day jitters. No THC is included, so it will not get you high, but you will feel relaxed and refreshed! Consider having some in the wedding party suite as everyone gets ready for the big day. You can also add it as a non-alcoholic cocktail option at the wedding reception.

Share the Canna Love

Make a lasting impression on guests with cannabis or CBD-inspired favor for them to culminate your canna wedding experience. There are so many options, from custom packaged edibles to CBD or cannabis-infused soaps. If you are in a state where cannabis is legal for adult use, you can even opt for giving out hand-rolled joints to go!

There are lots of ways to incorporate CBD and cannabis into wedding celebrations. From adding a little canna touch to old wedding rituals to sipping on a CBD-infused cocktail to lighting one up with your guests at your very own “bud bar,” there is no shortage of options. Don’t be afraid to venture outside the box and make some new memories by saying “I DO” the CannaCurious way this wedding season. ✨



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PRO TIP: ATTENDING A CANNABIS WEDDING EXPO IS A GREAT WAY TO CONNECT WITH LOCAL CANNABIS AND CBD BRANDS OR WEDDING SERVICE PROVIDERS TO HELP YOU INFUSE YOUR WEDDING CELEBRATION. VISIT **CANNABISWEDDINGEXPO.COM** TO FIND UPCOMING EVENTS NEAR YOU!

EVERYONE WHO HAS TRIED WEED IS FAMILIAR WITH ONE OF THE COMMON SIDE EFFECTS KNOWN AS "THE MUNCHIES". IT CAN BE A FUN WAY TO INDULGE IN FOODS THAT YOU WOULDN'T EAT ON A DAILY BASIS... LIKE YOUR KID'S LUNCH BOX SNACKS OR A BATCH OF WARM CHOCOLATE CHIP COOKIES. HOWEVER, IF YOU'RE USING CANNABIS TO HELP WITH THINGS LIKE FOCUS, ANXIETY, OR PAIN RELIEF, GAINING WEIGHT FROM HAVING THE MUNCHIES CAN BE A BARRIER TO USE. UNTIL NOW. INTRODUCING SKNY WKND, A NEW BRAND OF CANNABIS THAT DELIVERS A "MUNCHIE-FREE" EXPERIENCE.

GET THE

SKINNY

ON SKNY WKND

BY TEKISHA HARVEY

MUNCHIE-FREE CANNABIS

SKNY Weekend is a new cannabis brand launching this year in California. It is the brainchild of founder 'Aine Bolden, a former corporate executive who uses cannabis medicinally. She was looking for a product to alleviate her symptoms while focusing and functioning. It didn't exist in the cannabis market, but she knew there was an opportunity.

“The beauty of the cannabis plant is all of the cannabinoids working together with your body. We've captured the entourage effect in [SKNY] beautifully” says Boden.

There are hundreds of unique compounds or cannabinoids in the cannabis plant. They are stronger when used together in the whole plant. This particular strain has been organically cultivated on an outdoor farm in northern California to optimize the entourage effect of the plant. There are no additives.

SKNY Weekend products feature an expertly cultivated high THCv strain. Their cannabis profile is balanced with naturally occurring THCv, THC, and impressive amounts of CBD and CBDV. It provides a very active, functional high that is equivalent to a glass of wine.

The team at SKNY describes the effect as “the lighter, friendlier, peppier, more upbeat sister” to THC.



It will get you a good buzz and get you going, without appetite stimulation. It is giving women another option for wellness, weed and weight loss (and we love options!). SKNY is starting with pre-rolled joints and expanding later to edibles, tinctures and beverages.

“Try The High That Doesn't Bloat, Burn, Or Bum You Out”

I had the pleasure of trying a SKNY Weekend pre-roll, and it did not disappoint. As an occasional cannabis user, I usually find the effects to be very soothing. Therefore, I typically use it to wind down at night before bed.

However, with SKNY, I did experience a smooth wave of energy, focus, and clarity, along with a nice calm. I smoked half of a pre-roll, and the effects lasted a little over an hour. I organized my kitchen, did a little work, and then whipped open my sketch pad because I felt a creativity boost. Even more illuminating, I didn't feel the usual surge of hunger that typically accompanies my cannabis consumption. I enjoyed the product and see it as a great alternative to wine, given its wellness benefits. 🍁

FIND OUT MORE ABOUT SKNY WEEKEND AT [SKNYWKND.COM](https://www.sknywknd.com) AND ON INSTAGRAM @SKNYWKND.

WHAT IS THCv?

Many active cannabinoids in the cannabis plant exist outside of the two most well-known, THC and CBD. Tetrahydrocannabivarin, or THCv is found most prevalently in Sativa strains of cannabis. It is a minor cannabinoid that is beginning to be researched more and more to help with weight loss, diabetes, inflammation, and bone health. In addition to its wellness benefits, it produces a psychoactive effect that primarily stimulates and promotes mental clarity.

CAN YOU TRAVEL WITH CANNABIS?

The short answer is, it depends. There are ways to travel with the plant, especially if you visit one of the many states allowing medical cannabis patients reciprocity (when states recognize an out-of-state certification and enable the plant's purchase). Having a medical card or certification while obeying local laws will keep you safe from criminal prosecution, but it's important to understand the nuance before leaving for a trip. Check state (and country) websites for cannabis laws before you go. DISA.com has a great resource here: [HTTPS://DISA.COM/MAP-OF-MARIJUANA-LEGALITY-BY-STATE](https://disa.com/map-of-marijuana-legality-by-state).



AYANNA LAWSON, CEO OF FRONT ROW TRAVELS, SHARES SOME TIPS ON WHAT TO CONSIDER WHEN TRAVELING WITH CANNABIS NEEDS:



1 If you're a cannabis patient, make and carry copies of your certification/card. Store it with your passport/ID/travel documents.



2 When traveling with cannabis, be mindful of the amount you are allowed to possess at your destination.



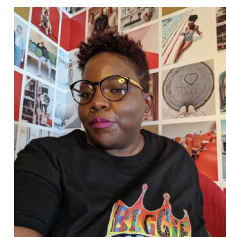
3 If you must travel with flower, invest in an airtight traveling case.

4 Before traveling to your destination, join travel Facebook groups (or other social media platforms) to ask questions. Social media is an excellent resource to find out where to find cannabis and the current social climate regarding cannabis.



5 Pack edibles and tinctures (even if they're not your usual method of consumption). They are less conspicuous than raw cannabis flower, and having some form of medication is better than having none.

6 Be mindful that some destinations have zero tolerance when it comes to cannabis. Not only is possession illegal, but having it in your system may also be considered illegal (like in Dubai).



AYANNA LAWSON IS THE OWNER & CANNABIS TRAVEL CURATOR OF FRONT ROW TRAVELS. HER MISSION IS TO BREAK THE STIGMA OF MEDICINAL PLANT

USE, ESPECIALLY IN THE BLACK COMMUNITY, THROUGH TRAVEL & EDUCATION. **VISIT FRONTROWTRAVELS.COM TO LEARN MORE.**

look good FEEL GOOD

There's so much more to cannabis than just smoking a joint! Get stylish, have fun and elevate your cannabis game with these picks from a few of our favorite feminine-friendly brands.

1. MY BUD VASE CANNABIS LEAF JEWELRY TREE
\$25 // MYBUDVASE.COM

2. VERDEUX THE WILDFLOWER DREAMS CONES
6PK \$12 // VERDEUX.COM

3. VERDEUX MUSE QUARTZ PIPE
\$60 // VERDEUX.COM

4. FORTI GOODS CARTRIDGE BLOCK
\$45 // FORTIGOODS.COM

5. HOUSE OF PUFF LE PIPE
\$32 // HOUSEOFPUFF.COM

6. STAY LYFTED STASH BAG
\$20 // STAYLYFTED.COM

7. HAPPY THOUGHTS & CO GOLD SIGNATURE VAPE BATTERY "SELF CARE" WEED STASH BOX
\$60 // HAPPYTHOUGHTSANDCOMPANY.COM

8. STASH AND JAR LASER ENGRAVED "SELF CARE" WEED STASH BOX
\$24.99 // STASH AND JAR ON ETSY.COM



BUSINESS

A close-up portrait of a woman with long dark hair, wearing large black over-ear headphones. She has vibrant, multi-colored makeup on her face, including orange and blue eyeshadow, green eyeliner, and orange lips. She is looking upwards and to the right. The background is a solid, vibrant blue.

WOMEN CURATING THE *Cannabis Conversation* IN MEDIA

BY CANNACURIOUS STAFF

Despite recent evidence that women are consuming cannabis at higher rates than men, there is still a lack of representation in business ownership. Because of this, women are carving a place in cannabis media through revolutionary content that intersects many societal issues. Through media platforms like podcasts and niche publishing, women are curating new and essential conversations.

Beyond the discussion of plant medicine, women in cannabis media are connecting topics like metaphysics and psychedelics, motherhood and sexuality, and cooking infused recipes to food literacy. Additionally, some women creatives are using the freedom of podcasting to explore deeper issues like how cannabis and the child welfare system intersect, or how social equity programs are lacking. The cannabis industry offers a unique camaraderie because everyone has a story to share when it comes to the plant, and luckily, women are finding new platforms to share those experiences.

GOOD MOMS BAD CHOICES

ERICA AND MILAH



Meeet Erica and Milah, two uncensored and outspoken sex and cannabis-positive parents who are redefining what modern motherhood looks like and breaking life's archaic stereotypes. Warning, this is not your everyday mommy podcast! In fact, this audio diary is not only for parents but for women who feel alone in their good and bad choices. From guests like social activists, Shaun King, to porn star parents, every week Good Moms deliver personal perspectives and voices that inspire and empower. Erica and Milah's sometimes "bad choices" keep this weekly podcast as entertaining and unpredictable as life itself. New episodes drop every Wednesday! ✨

CANNABIS *Ritual*



"As two cannabis-positive moms, this beautiful and magical plant has offered us peace, relief, and enlightenment. We use cannabis to activate the playfulness needed to play barbies for an hour. We smoke to ease stress and anxiety and also to assist in meditation and manifestation. The ritual of breaking down weed allows us to stop for a second and focus on what is in front of us. The art of rolling up and smoking with intention allows us to think about what we want to manifest from our high or just overall. We are big believers in the power of manifesting, and cannabis is a great tool to help pause and tap into your natural god-given powers with a god-given plant.

IT'S NATURE, BABY!"

METAPHYSICAL AF PODCAST

MAGGIE WILSON

Maggie is the Chief Marketing Officer for the first Certified Kosher and vegan edible in the state of California, Fruit Slabs. Raised in the south eastern part of Tennessee, she was raised to believe she was allergic to cannabis for fears of getting in trouble at a young age in a very unforgiving state. Her career began in Cannabis in 2015 as the Partnerships Manager for with the first weed wedding event guide LoveandMarij.com.

Throughout the years since she has spent time with Cultivating Spirits training as the first black female cannabis sommelier, worked briefly in the cannabis hospitality space with a tourism company in California and Colorado. Her background in holistic therapies dates back a decade leading her to teach and develop wellness programming at some of the nation's top rated festivals including Suwannee Hulaween, Desert Hearts, & JamCruise.

She has a successful podcast where she discusses and interviews experts in their fields that continually charts in the Top 100 on Apple Podcast charts in several countries including the US, the UK, Australia, Botswana, Sweden, Vietnam, and many others. She offers an online academy where listeners of the podcast can go to learn more about the subjects she covers in each episode. 🌿

VIEW ON
Rituals

"There is an ancient story that mankind has a plant for every illness, some believe cannabis is the golden blueprint for many to heal. To heal you must be present and doing rituals with cannabis that can bring great healing. Rituals entail being aware of the present moment more than you usually are. I was performing rituals before I really knew what I was doing as a young child. Now as an adult, I have developed a conscious bond with this plant and work with it on so many different levels, I feel as though my entire life is the ritual instead of just a few moments."

PHOTOS BY
DANIELLE WEBSTER

YOUR HIGHNESS PODCAST

DIANA-ASHLEY KRACH

In 2017, Your Highness Podcast was born from the premise that women-identifying folks can find more opportunities, both professionally and personally, in the cannabis industry. Subsequently, the podcast featured women industry leaders and fearless entrepreneurs from all over the world. Over the years, the show continues to evolve, with a strong focus on accessibility and inclusiveness.

Season 4 gets comfortable with uncomfortable (but much-needed) conversations about the intersection of cannabis and other social, political, and environmental issues. Guests in season 4 discuss topics like food literacy, custody concerns, racial injustice, cannabis education for children, and toxic positivity. There will be many new developments in season 5, including a global conversation series with other cannabis podcasters.

Diana-Ashley Krach is a freelance writer, digital publicist, content creator, and tiny human wrangler. Krach's writing can be found on Vanguard Media Online, High Times, Civilized, Emerald, Cosmopolitan, Miss Grass, DAME, SheKnows, Everyday Feminism, and more. She is also the creator and host of Your Highness Podcast. ✨



CANNABIS *Ritual*

"COVID taught me to be more mindful with my self-care, so I began incorporating baths into my routine. I use a nice CBD bath bomb or THC-infused bath salts when I'm sore and smoke a pre-roll while listening to a podcast. I also love doing a couple of dabs of concentrate before practicing meditative yoga. At night, I use a THC-infused cherry limeade that I mix with ginger ale for a way to wind down before bed."



FOOD



See Recipe
page 56



Chef

COREEN CARROLL

BRINGING CANNABIS INTO THE KITCHEN

BY ALESSANDRA INZINNA

As the oldest female of 22 cousins born and raised in Germany, a young Coreen Carroll frequently found herself pulled into the kitchen.

“That’s really where it began, with my mother and grandmother in a small German kitchen feeding a large family,” she said. “My love for food just kind of continued all of my life.”

After a brief and unsatisfying stint in regulations for a medical device manufacturer, Carroll followed her passion into the San Francisco Cooking School, diving head-first into focusing on cannabis.

But before cooking school, cannabis and the kitchen first intersected for Carroll in the early 2000s when she attempted and failed to make the notoriously tricky edible staple, canna-butter.

“Back then, it was just my trial and error,” she said. “This was the early days of the internet; there was no one telling you how to make canna-butter in a proper way.”

Somehow, she figured it out. Now, the internationally booked and renowned chef and winner of the competition cooking show “Cooked with Cannabis” has

earned recognition and several awards, including a label as one of **AMERICA'S TOP TEN CANNABIS CHEFS** by GreenState in 2017.

She has also founded Cannaissance Series; a cannabis-infused food catering company started in 2015 by her husband, Ryan Bush. What began as a monthly pop-up event in the Bay Area evolved into international bookings and helping to decrease the stigma and all-around bad press centered on cannabis in past decades.

“I found out very early on that there was something about this flower being illegal that rubbed me the wrong way,” Carroll said.

As an adult, Carroll has accepted weed into her life with open arms. However, the first time her mother caught her with a joint, they sat her down for a stern talking-to against smoking weed--that didn't stick.

“There was no argument really that they could give besides the fact that this was just illegal, and that's valid, but it didn't explain to me why it was illegal,” Carroll states.

Over the years, Carroll has learned more about the tumultuous past and present of cannabis regulation and propaganda and has worked to counter it with delicious food, her cookbook, and education to all who book with Cannaissance Series.

Her and Stephanie Hua's cookbook titled *“Edibles: Small Bites for the Modern Cannabis Kitchen”* dropped in 2018, with the first pages delving into the multitude of cannabinoids and their equally essential roles in making weed a great experience to consume. The same attitude is reflected in Cannaissance Series.

Each dish focuses on a different cannabinoid. The beginning mocktails and appetizers usually feature THC, the prominent intoxicating cannabinoid in cannabis, and from there, the meal moves into CBD, CBDA, CBN, THCN, and other cannabinoids. Carroll's clients experience a balanced high and education on all the plant parts, besides its two most famous components: CBD and THC.

“Cannabis has just had a lot of rough propaganda over the last 90 years, and it's been just plain out wrong,” Carroll said. “It is something that both helped me in a multitude of ways and hundreds of people around me in a multitude of ways, and I see it as a very beneficial thing that should be a part of our lives.” 🌿



“There was no argument really that they could give besides the fact that this was just illegal, and that's valid, but it didn't explain to me why it was illegal,”

-COREEN CARROLL

FROM THE BEST-SELLING CANNABIS COOKBOOK, **EDIBLES BY STEPHANIE HUA AND COREEN CARROLL (CHRONICLE BOOKS, 2018)**.

Green Eggs and Ham

Time needed: 35 minutes hands on, 15 minutes inactive
Makes: 12 egg and ham cups
 (GLUTEN FREE)

Wake n' bake done right. We would eat these here or there, we would eat these anywhere. These adorable, conveniently portioned egg cups are the perfect brunch offering. If you have access to fresh cannabis leaves, they make a great addition to the herb pesto here—which, by the way, can be used a hundred different ways on its own. Spread it on a sandwich, dollop it over grilled meat, or stir some into pasta or cheesy grits. Oh, the possibilities . . .



EGG AND HAM CUPS

- 8 oz | 230 g thinly sliced prosciutto
- 12 large eggs, at room temperature
- Freshly ground black pepper
- 1 garlic clove, minced
- 12 tsp | 29 g grated Parmigiano Reggiano cheese

HERB PESTO

- ½ cup | 40 g packed fresh cannabis leaves or parsley leaves, finely chopped
- 1 Tbsp fresh thyme leaves, finely chopped
- 1 Tbsp fresh rosemary leaves, finely chopped
- Zest of ½ lemon
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 2¼ tsp | 10 g Canna Coconut Oil, melted (see Dosage Note)
- ½ cup | 108 g extra-virgin olive oil

ON THE SIDE

Toast points or buttered and griddled brioche sticks for serving

SPECIAL EQUIPMENT

12-cup muffin pan

PREHEAT THE OVEN TO 375°F (190°C).

TO MAKE THE EGG AND HAM CUPS: Line each muffin pan cup with 1 to 1½ slices of prosciutto, making sure to cover the entire bottom and sides of the cup. The prosciutto will shrink a bit as it cooks, so be generous with the amount of area it covers and don't try to stretch it.

CRACK 1 EGG INTO EACH CUP. Top each egg with a crack of freshly ground pepper, a pinch of minced garlic, and 1 tsp of grated Parmigiano cheese. Bake for 10 to 12 minutes until the whites have set but the yolks are still runny. If you like your yolks firmer, bake for up to 5 minutes more.

WHILE THE EGGS COOK, PREPARE THE HERB PESTO: In a liquid measuring cup, combine the cannabis leaves, thyme, rosemary, lemon zest, salt, and pepper. Stir in the canna coconut oil until well combined. Scrape down the sides of the cup with a rubber spatula. Add enough olive oil to the measuring cup to reach the ¾-cup (180-ml) mark. With a fork or small whisk, stir the pesto vigorously to combine thoroughly. Evenly divide the pesto among the egg cups—1 level Tbsp pesto per cup. Stir the pesto as needed so each spoonful has an equal amount of herbs and oil.

SERVE WITH TOAST POINTS OR BUTTERED AND GRIDDLED BRIOCHE STICKS TO SOP UP ALL THE GOODNESS.

DOSAGE NOTE: This recipe was developed using our recipe for Canna Coconut Oil with a potency to yield approximately **5 mg THC per serving**.

FROM THE RELEASED BOOK,
**EDIBLES BY STEPHANIE HUA AND
COREEN CARROLL
(CHRONICLE BOOKS, 2018).**



Peach + Ginger Ale Float

Time needed: 10 minutes hands on,
0 minutes inactive

Makes: 4 floats

(DF | GF)

Take your mocktail game to the next level with this cool and refreshing sorbet float. The sorbet is particularly good in summertime when nectar-sweet, ripe peaches are at the ready. A zing of lime juice perks these up, and fragrant basil adds a subtle floral herbaceousness. If you're lucky enough to find purple basil (sometimes called opal basil), snag it—those deep purple leaves make a spectacular garnish.

- 2 cups | 280 g frozen diced peaches (2 medium peaches) or one 10-oz | 280 g bag frozen peaches
- Juice of 2 or 3 limes, depending on how juicy they are
- ½ tsp | 2 g Canna Tincture
- 1 bunch purple basil or regular basil
- 32 fl oz | 960 ml ginger ale
- Fresh ripe peach slices for garnishing

In a food processor or blender, combine the frozen peaches and 1 Tbsp lime juice. Blend until the mixture is the consistency of sorbet.

SET OUT 4 GLASSES. Place ½ tsp (½ g) canna tincture, 1 tsp lime juice, and 4 basil leaves into each glass. Using a muddler or the end of a wooden spoon, press down lightly on the leaves until they are fragrant. Fill each glass with ginger ale and stir. Using an ice cream scoop, top each glass with 2 scoops of peach sorbet. Garnish with basil leaves and peach slices. Cheers!

DOSAGE NOTE: This recipe was developed using our recipe for Canna Tincture with a potency to yield approximately **5 mg THC per float.**



start low, GO SLOW

Sweets for the sweet!
Enjoy our latest roundup of cannabis edibles that will satisfy your palette while giving you all the “feel good” feelings. Remember when dealing with edibles, ALWAYS start low and go slow!

One last thing...

THESE BRANDS ARE ONLY AVAILABLE WHERE ADULT-USE CANNABIS IS LEGAL.

- 1. KIVA CONFECTIONS TERRA BITES IN MILK AND COOKIES**
\$25 // KIVAConfections.com
AVAILABILITY: CA, IL, MI
- 2. DETROIT EDIBLE COMPANY PEANUT BUTTER**
\$20 // DetroitEdibleCompany.com
AVAILABILITY: MI
- 3. REVOLUTION KUSHIE CARAMELS**
\$25 // RevolutionEnterprises.org
AVAILABILITY: IL
- 4. GOOD CHEMISTRY DUTCH GIRL STROOPWAFEL**
\$20 // GoodChem.org
AVAILABILITY: CO, MA
- 5. LOVE'S OVEN TURTLE BROWNIES**
\$24 // ChooseTheLove.com
AVAILABILITY: CO, FL
- 6. CODA SIGNATURE ARIA COLLECTION TRUFFLES**
\$25 // CodaSignature.com
AVAILABILITY: CA, CO
- 7. 1906 GO DARK CHOCOLATE FOR ENERGY**
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