

A CANNABIS MAGAZINE FOR WOMEN BY WOMEN

CANNA

Curious

ISSUE NO. 8

ANNA SYMONDS

A VOICE FOR
ATHLETES WHO
USE CANNABIS

5 WAYS
TO INTEGRATE
CANNABIS
INTO FITNESS

PRE & POST
WORKOUT
MUST TRIES!



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COVER PHOTO BY NICOLLE CLEMETSON



EDITOR'S LETTER

“A body in motion stays in motion”... For many people like me, cannabis makes it easier to move. I have used cannabis to treat pain for a long time, but it wasn't until I began viewing my consumption habits holistically that I understood how it could help with stamina and physical health.

Beyond treating my chronic pain, cannabinoids (the compounds found in the cannabis plant) have made it easier for me to work out, connect with nature while taking a walk, and recover the day after an intense gym session. I use many different applications of the plant - topical, edible, transdermal, etc., and I continue to learn new compounds to add to the mix.

In this issue - my third-time guest editing - you'll learn how others use cannabis to improve their athletic endeavors. Bianca Snyder of Society's Plant and Burn Fit Tribe discusses how she fosters community through

shared smoke and fitness sessions. Anna Symonds shares how cannabis plays into her rugby practice and how she avoided scrutiny from unfair testing procedures.

Of course, we cover all the ways cannabis can improve an athletic regimen - mainly, how it helps your body recover. Skincare expert and massage therapist Jordan Person gives insight into CBD can improve skin healing after intense spa treatments. Yoga expert Tiffany Levy, or Tifftopia, discusses the impetus for her outdoor elevated stretch sessions in sunny South Florida.

This issue is jam-packed with people living their best lives with cannabinoids, and I hope you find a way to elevate your wellness routine in the pages.

DIANA-ASHLEY KRACH
GUEST EDITOR

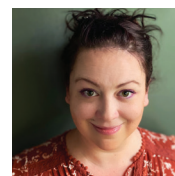
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5 Ways

Cannabis Can Improve Your Fitness Routine



Rockstar Cannabinoid THCV

One study, including two models of mouse obesity, found that while there was no proof of THCV impacting food intake or weight gain, it dose-dependently reduced glucose intolerance in genetically obese mice. In 2012, the American Journal of Pathology deemed THCV a possible treatment for Diabetes because of its ability to decrease oxidative stress and inflammation.

CBD Can Aid With Physical Health

Because CBD helps regulate the Endocannabinoid System, putting the body in homeostasis is when the biological systems function optimally, it aids in all types of physical activity.

THCA can assist in recovery

Dr. Um V.A. Dhanabalan (MD, MPH, FAAFP, MRO) believes THCa can help with abdominal spasms, bloating, inflammation, peristalsis (involuntary constriction of muscles), diarrhea, and constipation. Furthermore, she adds that THCa can help with sleep, relaxation, and overall quality of life when used with other cannabinoids.

Uplifting Cultivars Can Give a Boost

A couple of puffs before a workout of a cultivar (or strain) with high levels of terpenes that promote energy and physical activity can go a long way. However, start with the smallest dose to avoid an adverse effect and see how your body reacts.

CBN Can Help With Sleep

Minor cannabinoids like CBN have been shown to improve sleep quality, so it's a great compound to add to any wellness routine. Unlike many sleep aids on the market, CBN doesn't leave the user with grogginess the next morning.

BEAUTY



CBD FOR AFTER-CARE

THE BENEFITS OF CBD IN SKINCARE AND POST-SPA RECOVERY

Cannabis is everywhere in skincare, for a good reason. Not only can specific cannabinoids aid in anti-aging treatments, but the plant can help the body repair from more intense spa treatments. But there is no one-size-fits-all option, as **Jordan Person, the founder and Formulator of Primal Healing and Primal Therapeutics can affirm.**

Through her work and product formulations, Person focuses on how the holistic use of cannabinoids can help a body repair. Her company Primal Healing's organic hemp skincare and topical line is certified "Oncology Approved" by Oncology Spa Solutions, a leader in education and training for spa professionals working with patients undergoing cancer treatment.

WHAT APPLICATIONS (OIL, CREAM-BASED, FULL OR BROAD SPECTRUM VERSUS DISTILLATES, ETC.) OF CBD ARE BEST SUITED FOR SENSITIVE SKIN?

JP: Before we discuss sensitive skin, we need to cover the law. The answer to this question can depend greatly on where the person lives. Some states still do not allow THC even at the 2018 Farm Bill level of 0.3%. A broad-spectrum product - zero THC - would be suggested for individuals in those restrictive states. If the individual lives in an adult-use cannabis state or medical use state, seeking out a full spectrum product is suggested. The more cannabinoids, the better.



When considering sensitive skin, it is more about what ingredients should be avoided. Menthol, camphor, eucalyptus, parabens, sulfates, fragrance oils, and dyes are all aggravating ingredients for clients with sensitive skin. You will see many companies put ingredients that will cause a cooling or warming effect, and those ingredients, as listed above, are not well suited for sensitive skin.



"If you are using a clean and 100% organic product, there are no chemical preservatives or any aggravating ingredients. You can use CBD skin care after any treatment."

JORDAN PERSON
FOUNDER AND FORMULATOR
OF PRIMAL HEALING AND
PRIMAL THERAPEUTICS

HOW CAN CBD BE USED IN A POST-SPA APPOINTMENT APPLICATION?

JP: I love this question because the answer is so amazing - if you are using a clean and 100% organic product, there are no chemical preservatives or any aggravating ingredients. You can use CBD skin care after any treatment. It provides fantastic relief post-wax, can be used in oil planning facials, can be used in the massage portion, and can be integrated into any spa service offered. Clients can often purchase retail-size options of the products applied during their services for continued results via home care.

IN WHAT WAYS CAN CBD ASSIST IN RECOVERY FROM MORE INTENSE SKIN TREATMENTS?

JP: CBD works as an anti-inflammatory and as an antioxidant (which slows down the effect of free radicals produced by the body and aids in



PRIMAL HEALING'S INFUSED SKIN SALVE IS PETROCHEMICAL-FREE, AND VEGETARIAN - AND CAN BE USED FOR JUST ABOUT ANYTHING.

skin renewal). Both factors are crucial to the healing process of the skin. While research on human beings is still needed to make appropriate claims, there have been countless studies on how Cannabidiol (CBD) works as an anti-inflammatory and an antioxidant.🌿

HIGH PERFORMANCE *fitness*

Cannabis is often associated with a lazy and lethargic lifestyle, but did you know that it can also enhance your fitness routine? Many athletes and fitness enthusiasts are now turning to cannabis and CBD to improve their performance, speed up recovery time, and reduce inflammation. Here are a few of our picks to check out.

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\$39 // SOCIETYSPLANT.COM

2. THCV GUMMIES

ONLY AVAILABLE IN DISPENSARIES // ILOVEINCREDIBLES.COM

3. ENERGIZING DRINK MIX

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POST-WORKOUT

4. ORGANIC LEMON GINGER MENTHOL

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5. AMETHYST + ALCHEMIST

PEARLESCENT CBD BATH BOMB SOAK
\$42 // ULTA.COM

6. HEALTHY PITS & BITS PROBIOTIC DEODORANT

\$15 // BITCHYHIPPIE559.COM



Anna SYMMONDS

Speaking Out For Athletes Who Use Cannabis

BY ALLESSANDRA INZINNA

Anna Symonds chose soccer as her signature sport in high school. She filled her time with kicking a checkered ball around the field every season. But she believed she had found her soul sport when she found rugby in college.

Unlike soccer, rugby gave Symonds room to rage. She won a National Championship in 2014, selection to the National All-Star Division and Sydney Premiership Championship. In addition, she won three national championships with the Portland Hunters.

After a successful 20-year career in Rugby, Symonds had to learn how to manage her pain. So she delved into cannabis, which spun her into a world of advocacy and social change.

Symonds is the executive director of the Etheridge Foundation, a nonprofit supporting plant medicine treatments for opioid use disorder. She's also an ambassador for The Last Prisoner Project, Athletes for Care, and the Concussion Project.

WITH A CAREER LIKE YOURS, I'M SURE THAT INJURIES WERE COMMON. AND I'M JUST WONDERING, HOW DID YOU DEAL WITH THOSE INJURIES BEFORE YOU FOUND CANNABIS?

AS: Injuries are a part of rugby that you must plan for. They're inevitable. Even just with the amount of running, muscles are sore, but then add in all the collisions and tackles, and you're talking a lot of mayhem on your body. I've got a crush injury near my ankle, which looks like a bullet wound. The flesh just got crushed in, and that's permanent.

A



ANNA SYMONDS
IS VOCAL ABOUT
**THE UNFAIR
TESTING PRACTICES
THAT PREVENT
ATHLETES FROM
SEEKING SAFER
OPTIONS.**

ANNA SYMONDS

SYMONDS IS THE EXECUTIVE DIRECTOR OF THE ETHERIDGE FOUNDATION, A NONPROFIT SUPPORTING PLANT MEDICINE TREATMENTS FOR OPIOID USE DISORDER.



When you're younger, you can recover more quickly. And I used to be able to play a game or two in a day and then go out with my team after and go out dancing and drinking, wearing heels and running around. Your body doesn't tolerate those things as much the older you get. Luckily, I eventually started listening and paying attention to my body, and part of that was finding that cannabis helped with recovery and pain management.

RIGHT, RIGHT. SO, SPEAKING OF, WHAT WAS YOUR CANNABIS JOURNEY?

AS: It went from the shift of having a recreational mindset around it and enjoying it to starting to notice in my early and mid-30s that it was giving benefits. Around the end of 2012, I started to learn mixed martial arts. I trained in MMA for the next couple of years. I was still playing rugby, so my schedule was very busy. I was working and training pretty much every day of the week between the two sports. Your body is going, and dialing it back quickly is not easy. So, very small amounts of edibles would help me get to sleep and have a good quality rest.

I then dated somebody who had to have a bone marrow transplant, which was a very intense medical thing. It threatened his life, and he had to go through chemotherapy. And so he was using medical cannabis and did a ton of research. This was around 2014. And he was like there's this compound called CBD that you should look into, I think it'd be really helpful to you.

Living in Oregon, I got an opportunity in early 2016 to start working in the cannabis industry. I really had the chance to learn a lot more about all the aspects of how people grow, everything that goes into it, and what the needs of medical patients were.

I went on to be offered a position in 2017 with East Fork Cultivars as a cannabis science educator. So at that point, I really delved into research and conferences and just learned absolutely everything that I could in order to teach it to other people.

YOU STARTED YOUR CANNABIS JOURNEY USING CANNABIS FOR PAIN WHILE YOU WERE STILL PLAYING RUGBY. DID THAT EVER CAUSE ANY PROBLEMS FOR YOU IN TERMS OF DRUG TESTS?

AS: We weren't drug tested for our teams or club teams. You would only be faced with that if you were part of the national pool. Specifically, the national sevens team. I was selected for a tryout camp there at the Olympic Training Center in San Diego for the sevens team and I



After a successful 20-year career in Rugby, Symonds had to learn how to manage her pain. So she delved into cannabis, which spun her into a world of advocacy and social change.

had to be careful. I had to stop using any cannabis for a couple of weeks beforehand, just in case I got tested while I was there. I wasn't tested, but you know, that would have been a huge deal that would have blacklisted me from any further consideration.

WHAT DO YOU THINK OF THAT POSSIBILITY OF BEING BLACKLISTED AND THE STIGMA AROUND ATHLETES USING CANNABIS?

AS: I mean, it's ridiculous. If players want the 'safe option' where they're not going to risk testing positive for this banned substance, they're going to use other things like alcohol to go to sleep or treat their stress, which is much worse for the body. Or they will use pharmaceuticals that are allowed, but they're much worse for the body and potentially addictive. It's horrible. It's unfair, it's unscientific. It's against the interests of human health and well-being of athletes.

A LOT OF ATHLETES USE CANNABIS, ABOUT 26% ACCORDING TO A 2019 PLOS ONE STUDY ON SELF-IDENTIFIED ATHLETES. BUT YOU'RE PARTICULARLY VOCAL ABOUT IT. WHY?

AS: It's about telling the truth. It's incredibly frustrating when you know that science is there and it's being ignored and harming people because of it.

Separating truth from fiction is what Symonds is known for in this industry. She dedicates a lot of time to educating people about the widespread myths about CBD. Misinformation plagues the cannabis space, which is why her work of clarifying ambiguity is so essential. 🌿

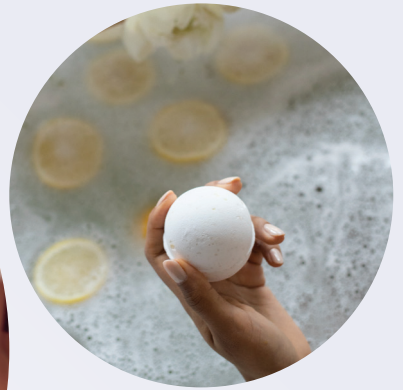
SEXUAL WELLNESS



Elevate YOUR INTIMACY WITH CANNABIS

5 CREATIVE WAYS TO

Level Up Your Sex Life



LEVEL UP YOUR LUBE GAME

Cannabis lubricants can offer many benefits beyond the obvious – they can relieve pain, relax muscles, and increase libido. However, when picking the one right for you, there is much to consider: the activation timing, compatibility with latex, complimentary cannabinoids, plant matter, etc.



CANNA-CREATIVE WAYS TO AVOID BORING SEX

With products like plumping lip gloss that also offers extra sensitivity when applied to intimate areas, candles that double as a massage oil, and gummies that enhance libido and sexual creativity, there is no shortage of innovative ways to spice it up. And the bonus is the increased physical pleasure the plant brings to the game.

BATH TIME FOR TWO HAS NEVER BEEN SO FUN

Infused bath salts and bath bombs can be a great way to get sexy with your partner. The THC-infused bath products relax the body and mind. It can also be an ideal setting for self-love rituals.

THE RIGHT STRAIN CAN GO A LONG WAY

Certain strains (or cultivars) of cannabis increase libido, decrease social anxiety and help with creativity. Furthermore, the uplifting effect of some cultivars can make it easier to connect with your partner and lower inhibitions.

SUPPOSITORIES CAN MAKE IT EASIER TO GET SEXY

While they might not have a sexy reputation, the benefits of this administration method will prepare you physically for any type of activity. Vaginal suppositories can prevent painful sex, often a symptom of conditions like Endometriosis or PCOS.



LEANING INTO YOUR

Juicy, *Delicious* Self

BY AMANDA FISHER-KATZ-KEOHANE

WHAT DOES IT MEAN TO FEEL YOUR DELICIOUSNESS?

Patty Suau works with other women to find that deliciousness—that juiciness—we feel when we are genuinely free to express ourselves creatively and sexually.

Suau is a public speaker, a sensual embodiment coach, and a teacher. She hosts an online “Sensuality Mastermind” course focused on connecting or reconnecting women with their sensuality, releasing shame, healing internal wounds, and building connections and sisterhood.

“Feeling into your delicious self is a context shift,” explains Suau. “I understand what delicious is, and I’m motivated by that deliciousness...I can be that [deliciousness] too. If I were to express that sentiment in more words, I would have to write a





PATTY SUAU
SENSUALITY COACH
AND EROTIC ARTIST
@pattysuau

SEXUAL WELLNESS



**TINY FCKN PIX
BY PATTY SUAU**

whole book. But I just say, ‘feel into your delicious self,’ ‘feel into your juicy self.’”

But this embodiment didn't come naturally for Suau, like many of us. It took work.

While working through a significant breakup, Suau turned to art and creative expression to heal and process what had happened. Through this processing, she created *Tiny Fckn Pix*, a series of miniature erotic drawings framed on oversized canvases.

“I knew I loved the sensual touch and the erotic...But it was my secret, so I drew them teenie tiny,” said Suau. “My work inspired me to do a lot more research and go to workshops and conferences and read the books and have the hard conversations.”

Through this self-education, Suau’s work grew, and she grew alongside it. She discovered the full potential she contained and leaned fully into her own juicy and delicious self. Eventually, she realized she had the tools, experience, and teaching ability to guide others on their healing journey.

Suau’s approach to this expression connects the body and the mind through ritual and creativity. Perhaps this ritual is sitting down with an art project, journaling, meditation, and breathing into your body. Additionally, there are many ways to incorporate cannabis into these rituals or to use cannabis to make intercourse a ritual in its own right. **For example, using THC- or CBD-infused lubes, oils, or suppositories by yourself or a partner or taking a moment to inhale or ingest before self-pleasure and partnered sex presents a moment to take those deep breaths and connect the mind to body.**

“If we can be creative in our expression, as in, we can express ourselves in the arts so that we can feel creative AND when we feel free in our sexuality. Those two together mean we’re fully expressed. **We’ve given ourselves so much permission to be alive that it’s like a life orgasm.**”

This pleasure, explains Suau, “reverberates throughout the realm. If you have kids, your kids will be happier because you feel good. Coworkers – everybody. Everyone is affected in a positive way.”

Feeling into your juicy, delicious self takes work, though. It’s not just about having a lot of good sex. It’s about facing the trauma, shame, and pain preventing us from loving ourselves fully. Through self-reflection, education, and emotional healing, we unlock this capacity within ourselves. ✨



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RETURNING TO VITALITY:

How Cannabis Can Ease Symptoms of Menopause

BY AMANDA FISHER-KATZ-KEOHANE

Dr. Magsino is a leader in functional medicine in Orlando, FL supporting women through the overwhelming challenges of hormonal imbalances. But, because of her innovative, holistic approach incorporating sexual wellness and cannabinoid therapy into her functional medicine, she has had to persevere through judgment and stigmatization for the sake of the lives she knew her methodology could improve.

“Back in 2017, cannabis was stigmatized...nobody wanted to talk to me.”

At first, Magsino focused on supporting women via functional medicine.

Shifts and imbalances in our hormones—mainly due to aging—can lead to symptoms such as vaginal dryness, menstrual cramps, discomfort or pain during sex, mood swings, and many more – all of which are directly tied to our sexual well-being.

“I started receiving bioidentical plant-based hormone therapy when I was 40, and now, after 21 years, it has helped me go through each and every challenge that I had. Functional medicine opened my eyes to how you can heal and prevent diseases as well.”

But, as more and more research was coming out about the benefits of the cannabis plant, the more Magsino saw the possibilities it could hold for her patients and her practice. So, as soon as the plant was approved for medical use, Magsino received her certificate to recommend medical marijuana for her patients.

Cannabis contains compounds called cannabinoids



DR. MARISSA MAGSINO; MARISSAMAGSINO.COM

(THC and CBD are some of the most well-known) that interact with the endocannabinoid system (ECS) when ingested. Endocannabinoids are similar to cannabinoids, except they are produced by the body. This interaction is being studied increasingly, revealing many potentials for a person’s physical and mental health.

“The more I learn about the endocannabinoid system, the more I appreciate that this is now part and parcel of how I function as a doctor,” explains Magsino.



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“It’s a transformative treatment that combines hormone therapy and medical cannabis because it focuses on getting women to tune into their bodies and understand what they need to feel their best selves. Women are transforming; their femininity is on the rise.”

Her approach with most patients is to treat symptoms with cannabis while waiting for the hormone replacement to reach a therapeutic level, which can take a few weeks to a few months. In the meantime, cannabis can help to ease anxiety, depression, anger, joint pain, headaches, insomnia, and other common side effects of hormone changes due to aging, menopause, childbirth, etc.

The key, she says, is the consistent and disciplined use of the right products for you and your symptoms. In addition, it has to be a proactive approach, not reactive. Otherwise, you still feel terrible daily, constantly working to manage symptoms. Instead, regular and appropriate use of cannabis means being ahead of any adverse symptoms and living more fully, even throughout menopause.

“It’s a transformative treatment that combines hormone therapy and medical cannabis because it focuses on getting women to tune into their body and understand what they need to feel their best selves. Women are transforming; their femininity is on the rise.”

Magsino is guiding women in the reclaiming of their sexuality. For example, a reduction in estrogen might decrease moisture and make sex less desirable or even painful. However, a bio-identical hormone replacement method can bring your estrogen back into balance and get the pleasure back to sex.

In conjunction with the therapy (or even just on its own), cannabis can be a powerful tool to ease back into the bedroom and enter a space of sexual wellness.

“Before intimate moments,” says Magsino, “you can apply a medical THC gel to that area topically. It takes about 40–60 minutes to kick in, though you can combine this with inhalation for faster effects.” For a genuinely transformative sexual experience, Dr. Magsino is adamant about the importance of self-pleasure and self-exploration. Until you know what you like, you won’t be able to guide your partner(s) and embody your sensuality fully.

At Magsino’s practice, her patients receive a hormone therapy plan and cannabis regimen that is completely customized to the individual.

“When a new patient comes in, we have to look at everything. Thyroids, sex hormones, stress hormones, growth hormones, and all the vitamins need to be checked... We ask about eating habits and nutrition—food is medicine. What is their lifestyle? Where is their stress coming from? It’s a completely integrative approach to medicine.”

Magsino describes the impact that her approach has had on her clients. Women have reported feeling happier and healthier and rediscovering their sense of purpose. “At the end of the day,” explains Magsino, “we are saving people’s lives.” 🌸



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WELLNESS



TIFFTOPIA

AND THE *Yoga Stoners*

BY ALESSANDRA INZINNA



Club Space bustles with both the sober and intoxicated every Saturday at 4:20 p.m. Dozens of yogi, or people dedicated to the practice of yoga, surround TiffTopia as she starts off the class.

“What a beautiful space to do yoga in and be able to be in our element, together, with a like-minded community,” she said, at the beginning of a live-streamed lesson on Feb. 25.

TiffTopia, or Tiff Levy, is a yoga enthusiast, founder of 420 Space Yoga, mindful-based stress reduction professional, and a leader of retreats across the globe. Based in Miami, her weekly yoga classes take place there, whether on a beach or in the iconic venue Club Space.

Levy started practicing yoga in college to help with general stiffness and body pains. As she graduated and transformed into an, as she says, “extreme corporate girly,” yoga and cannabis became her calm, safe space. Prone to an overactive mind—once tousling with the nickname “ADD”—both cannabis and yoga provided Levy with tools to unclench her body and mind. The prescription drugs just weren’t helping.

TIFFTOPIA

“The journey started with wanting to find ways to help myself move without pain and how to release traumas,” Levy said. “The medicines that they give you these days – sorry – they just don't help as much.”



In 2016, a little over 20% of U.S. adults, about 50 million people, suffered from chronic pain. A few studies found that cannabis is particularly helpful in treating discomfort from damaged nerves, but more studies are needed about cannabis becoming a tried and true alternative for pain management, according to the CDC.

Some, like Levy, stepped ahead of the studies.

Before Levy became TiffTopia, she worked with local municipalities, hospitals, and businesses as a business-to-business saleswoman. Her days were filled with pressure, looming quotas, and never a true minutes' rest, except for yoga. Through meditation and mindfulness, she reached an epiphany.

“How I ended up turning my business into a business is realizing that you don't have to be one thing,” she said.

Almost a decade ago, Levy took her health into her own hands. With yoga and cannabis, she was able to look inward and decide what she wanted her life to look like.

“[Weed] can be one of those things that just takes you from super hyper to super relaxed so you can focus,” she said. “You pause and think it through because you're on THC.”

Studies show that pure THC, the psychoactive component in cannabis, decreases anxiety at lower doses and increases anxiety at higher doses. For Levy, the relaxation it provides puts her in a deeper mode of reflection and meditation—perfect for practicing yoga.

“Yoga and THC have definitely been my calm and my peace, it's the right combo for me,” She said. “Doesn't mean that it's for everybody.”

The scientific research on combining weed and exercise is a bit wishy washy, with limited studies shown on whether it hinders or promotes athleticism. The general reasons for using cannabis while exercising is equally indecisive. A study in the *Journal of Cannabis Research* found that participants reported using weed as a tool to both increase body awareness and decrease body awareness, though more reported an increase in awareness and focus. Many studies on the subject call for the same thing—more research.

But, for Levy, combining the two into one cohesive class just made sense.

Levy founded 420 Space Yoga in 2016 with a meager group of about 10 friends. Attendance has grown spectacularly in recent years, with the entirety of Club Space stacked with 300+ yoga mats every Saturday.

Whether participants smoke before, during, or after the session is completely up to them. But Levy prefers that they have a moment together to toké, talk and share with each other before or after. She walks in, ready to teach, and waves hello to participants she recognizes. Then, the room slowly clouds with smoke.

“I get teary-eyed thinking about it. Just to fill people in the room, unclench their bodies and their jaws and just smile and to understand that they're normal,” she said. “We're all going through this crazy human experience.”🌸



ABOUT 300+ YOGIS ATTEND 420 YOGA EVERY STAUDDAY AT CLUB SPACE TO BE GUIDED IN THEIR PRACTICE BY TIFFTOPIA AND HER TEAM.



HIGH *on* Wellness

A CONVERSATION WITH MICHELLE SAN MIGUEL

BY AMBER DORSEY

Cannabis, health, and wellness go hand in hand, and there are so many individuals in the cannabis community who are daily examples of that mentality. It has long been noted that plant medicine benefits the body and mind, and we were lucky to chat with someone who embodies how to incorporate cannabis and wellness as part of their daily practice.

We asked Michelle San Miguel, a Regional Operations Manager for MUV, how she embodies that philosophy by incorporating cannabis into her everyday life and wellness practices.

Michelle has a long history with the plant, beginning with an introduction in her late teens. Like many, she initially started using it recreationally, and as she suffered injuries due to her active lifestyle, she also began to take note of its medicinal benefits.

Sure, she enjoyed the high, but it also alleviated the intense shoulder pain she was suffering from after surgery. Having been prescribed a cocktail of medicines by her doctor, she began looking for other ways to ease her pain and used THC capsules and sublingual drops. Along the way, she discovered CBD oil helped with her anxiety and began to form



MICHELLE SAN MIGUEL
REGIONAL OPERATIONS MANAGER FOR
MUV, A CANNABIS DISPENSARY CHAIN

"Michelle feels it's part of her mission to normalize her everyday use for others like her and has slowly introduced THC to the elders in her family..."

a deeper relationship with the plant as it related to her health and well-being.

Around the time Michelle started her foray into the world of legal cannabis, where she first worked with many agencies, doctors, and

medical patients, she found herself eager to learn more about how THC and CBD helped brain functionality, especially after seeing how it had affected her own beloved grandmother's dementia.

Over the last decade, Michelle has spent much time learning how to help patients alleviate their pain and other varying symptoms by incorporating cannabis in its many forms and ratios into their daily wellness routines. She's personally witnessed the benefits in the lives of various patients in her work, and it continues to inspire her daily. She tells those just starting their journey, "It's something that helps you get back to yourself without losing yourself to medication."

Michelle is an active athlete and continues to push her body in new ways with the help of cannabis, and she incorporates the plant into all her routines, even her ritual pre-skydiving. She consumes to help ease anxiety and alleviate any pain lingering from her previous shoulder injury and finds that the plant helps her stay focused and in her body while preparing for each jump.

One of Michelle's hidden talents is that she's a master roller and can "literally roll a joint anywhere," which is also part of her wellness practice.


The ritual of rolling a joint is as much a part of the process as smoking it. She realizes, as many plant enthusiasts do, that even consuming it recreationally is still medicinal, and she considers that when incorporating her usage into her daily life.

Completely open about her consumption, Michelle feels it's part of her mission to normalize her everyday use for others like her and has slowly introduced THC to the elders in her family in the form of creams and tinctures to ease their ailments. She feels she has a mission to break into the Hispanic community in Miami, FL, and open the eyes of those in her family and beyond.

Michelle hopes to inspire others by encouraging them to learn more about the plant and use cannabis in a way that benefits them and work with physicians to show them how to treat their patients better using cannabis. In addition, she encourages new consumers to take their curiosity to the next level and not be afraid to ask questions of a more seasoned consumer.

She says, “go ahead and try that first gummy/ tincture/ toke - you might be surprised with how well it works with your system” and enthusiastically suggests to “go get out of your comfort zone and ask questions, this might be a game changer for you.”

The road to overall wellness is paved with questions, and only by taking those first steps can you find the answers to what works for you. 🌿



MICHELLE CONSUMES TO HELP EASE ANXIETY, ALLEVIATE PAIN AND FOCUS HER BODY WHILE PREPARING FOR EACH JUMP.



SHENE REDDEN
HOLISTIC WELLNESS COACH

We chatted with Shene Redden, holistic wellness coach and owner/operator of Write to Heel in Atlanta, GA, a health and wellness coaching company that empowers women 40 and over to live and lead balanced, sustainable, and fulfilling lives—without sacrificing their health, careers, relationships, or happiness. A self-proclaimed ‘cannabis queen,’ Shene has drastically changed her life with her holistic healing approach and is a champion for others to do the same.

An active lifestyle and fitness enthusiast, Shene uses cannabis daily in various forms - from sublingual tinctures to topicals - to relax her muscles after a workout. She doesn’t generally begin her day with cannabis, as she feels elevated first thing in the morning. However, if she’s experiencing any anxiety or uneasiness, she might turn to an indica-leaning gummy to ground herself and perhaps a puff or two at the end of the day to wind down.

HOLISTIC WELLNESS COACH
AND ‘CANNABIS QUEEN’

Empowering

WOMEN OVER 40

BY AMBER DORSEY

Like many women who fully embrace plant medicine in their daily wellness practice, Shene is unapologetic about her consumption and usage.

“I am who I am. I enjoy life in my own way, much more than most people can say for themselves. I am 100 percent as real as they come.”

and learning what combination of products works best for her daily.

When asked what her favorite method of consumption was, she mentioned she was a big fan of edibles and long hikes. She loves to be outdoors and move her body while stimulating her mind; that is the perfect combination for her to commune with nature and her highest self. For personal preference, she enjoys an ingestible over a smokeable consumption experience. One of the things Shene loves about cannabis is its many healing properties and how it allows people to relax and slow down.

She firmly believes the world would be much better if everyone consumed cannabis. Shene exemplifies this belief in her care taking care of her community and recognizes that cannabis is the plant helping her do that. Not the church and religion. For her, cannabis is the higher power, and she believes what takes people to the elevated states. 🌿

One of the things
Shene loves about
cannabis is its many
healing properties
and how it allows
people to relax and
slow down.

Due in part to the legality of the plant where she lives, she is getting creative with her consumption

AINE BODEN

#ARTIST #WRITER #ENTERPRENEUR #LIFEBEGINSAT50
#ARTTHERAPY #CANNABIS #THERAPY



"Life is not a dress rehearsal"

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BIANCA SNYDER

Burn fit Tribe

BIANCA SNYDER AND THE
OTHER CANNAMOMS OF
BURNFIT TRIBE.

FITNESS, CANNABIS, & COMMUNITY

BY DANIELLE SIMONE BRAND

It's nearing the end of a long day in the life of a working mom, and, like most days, I've been on the go since early morning—getting the kids fed and off to school and then working at a frenetic pace to try and accomplish all the things. By early evening, I'm tired and creaky, the glow of this morning's short yoga session having worn off. Dinner, family time, housework, and my never-ending inbox await.

But my favorite reward also awaits. A few puffs from a limonene-rich strain of cannabis usually leaves me feeling uplifted and euphoric. Ten minutes later, I'm far from vegetating in a couch-locked-and-inhaling-Doritos state. Instead, I'm moving, sweating, and pumping up those feel-good endorphins with Bianca Snyder and the other cannamoms of BurnFit Tribe.

Fitness is also a priority for participant Alyssa Marie Flores, who studied exercise sports science at Texas State

University and formerly worked as a volleyball coach.

“I love that I can do it online, from home,” says Alyssa, who’s been taking classes with BurnFit for about a year. “I have three kids, so going to the gym—or any type of planning—is exhausting. Doing it from my phone or laptop is the easiest and best way to get a workout in.”

And the fact that it’s 420-friendly is a huge plus, says Alyssa. Online she’s an outspoken advocate, but living in an illegal state curbs Alyssa’s natural enthusiasm for her favorite plant.

BURN FIT TRIBE’S ORIGIN

“I wanted to incorporate cannabis and fitness, but not in an ‘in your face,’ obtuse, or obvious way,” says BurnFit Tribe founder and cannamom, Bianca Snyder. The verb “burn” speaks to Bianca from a fitness standpoint (remember “feel the burn”?), but the word also applies to cannabis, i.e., burning and smoking a joint.

“It’s important for people to feel like they belong, that they’re part of something and have community,” says Bianca, whose online presence as @highsocietymama and @highsocietyofmamas centers on community and connection.

It’s the trifecta of accessible fitness, cannabis, and community that prompted Bianca to found BurnFitTribe in 2020. She’d taught fitness classes since her teen years and had been a fitness buff her whole life.

“As a kid, I would get up every day, put on my leg warmers and leotard, and do Mousercize using the mini trampoline with Mickey and Minnie and the whole crew.”

In March 2020, the pandemic interrupted Bianca’s live teaching schedule in Chicago. “I was sitting on my butt until mid-April,” she says when students asked for a virtual option.

By then, she lived on a hemp farm with her family in rural Michigan.

“I had to Zoom from my cell phone to teach the class—we don’t even have the internet at the farm. So it started rocky,” she remembers, laughing.

With everyone suddenly working out from home, Bianca challenged herself to create Cardio Burn as a dancey, muscle-sculpting class using one to two-pound hand weights that can easily be subbed out with food cans. She describes Cardio Burn as a workout that’s “fun, easy to follow, but hard” (agree!) that provides both cardio and the kind of muscle definition that comes with low weights and high repetition. But it’s not a torturous, weight-lifting slog: “There has to be an element of fun and joy in fitness,” says Bianca. And she brings those elements in spades.



Bianca encourages participants to make the practice their own by adding dancey, innovative features to the yoga flow. “When people are in the comfort of their home, she says, they’re a little more willing to let go.”

THE ROLE OF CANNABIS

Cannabis has been used for athletic enhancement and recovery for a long time, but combining cannabis and fitness is “a personal experience,” says Bianca. The right cannabinoid balance can help improve workout motivation and energy during your session. Still, too much THC can increase anxiety or, conversely, make you feel too sleepy to work out.

“It’s not something I preach to be done a certain way,” says Bianca, who invites each participant to consume cannabinoids (CBD, THC, or one of many others) in whichever way they wish (tincture, edible, flower, etc.)—or not. Cannabis is only one of the three pillars of the BurnFit experience.

Modern parenting can be isolating, and Bianca finds that many cannamoms in her circle seek community and fitness. “So when you combine the community aspect with the ritual of cannabis—however you choose to consume—and then the aspect of doing something that’s good for your body and helps you feel good—you have three methods to fill your cup and bring you more joy,” she says.

BURN FIT TRIBE IS FOR THE CANNA-CURIOUS, TOO

The moms of BurnFit Tribe often trade cannabis tips and tricks in the 15-minute “sesh” before working out—so it can be a great place for the canna-curious to learn and ask questions.

“We have this safe container of moms who are there to support you—not just in your fitness goals, but also in your cannabis journey and your life trials and tribulations,” says Bianca. “It’s an amazing, supportive community that we invite more moms to join.” 🌸

BURNFITTRIBE OFFERS SIX LIVE CLASSES WEEKLY AND HUNDREDS OF WORKOUT VIDEOS ON DEMAND. CHECK THEM OUT AT BURNFITTRIBE.COM

MOTHERHOOD



HOW TO talk to kids *About Cannabis*

BY DANIELLE SIMONE BRAND

Talking to your kids about cannabis will look and sound different depending on their ages, personal relationships with the plant, and where they live. Still, it's a vital conversation nonetheless—and best started early.

“It is important to talk with your children about cannabis,” says Leah Maurer, founder of TheWeedBlog.com and a mother of three. “If you don't do it, someone else will...and that someone else may not give them factual or truthful information about this plant and how it is used.”

Offering facts and guidance, not fear-based misinformation (remember D.A.R.E.?), will build trust in your relationship and give children tools to help navigate life independently one day. It can also help develop their critical thinking skills and make them better citizens, says cannabis educator, entrepreneur, and children's book author, Mskindness B. Ramirez. “Demystifying plant medicine for future generations is a vital step in reversing the damage caused by historically biased policies and the war on drugs.”

Use Age-Appropriate Language and Concepts



“My kid is very inquisitive by nature, and I welcome that curiosity,” says Jocelyn Harris, founder of the nonprofit group, Mommies and MaryJane and mother to a four-year-old. “**It's Mommy's flowers**” or “**Mommy is taking a break**” are her go-to phrases. Other parents call it medicine and teach kids to identify and avoid any cannabis products they may come across, particularly edibles. (Here's your friendly

MOTHERHOOD

reminder to keep cannabis edibles locked and out of sight.)

And while simple explanations can suffice for preschoolers, older kids deserve more complex and nuanced information. Because the subject of cannabis bridges areas like science, policy, and social justice, it can provide a way into conversations as varied as health and wellness on the one hand and systemic racism on the other. You don't have to be an expert, but you do need to be willing to share what you know, stay open to your kids' questions, and get curious about finding answers together.



Use Books & Media

For younger ones, picture books like *It's Just a Plant* by Ricardo Cortés, *the Root Family's Very Special Garden* by Mskindness B. Ramirez, and

Why Mommy Gets High by Wendy Brazile introduce the concept of plant medicine in a non-threatening way. With legalization and access progressing quickly, many shows and movies today address cannabis—at least in passing. With older kids, pay attention to cannabis references in the media you watch together and take the opportunity to explore the concept, introduce a fact, or ask questions.

Model Responsible Use

Parents and caregivers set the tone in the home regarding regulating emotions and relating to others kindly, even in stressful situations. And without saying a word, parents also model important lifestyle habits around food, sleep, movement, and, yes, cannabis.

"It must begin with a review of our own reasons for use," says Mskindness. "Then it can easily translate into a thoughtful and age-appropriate discussion around ethical

consumption." While many parents still reflexively hide cannabis consumption from their kids, she encourages parents to end the secrecy.

Keep the Conversation Going

Meaningful conversations are rarely a "one and done" kind of deal. Instead of sitting down for an intense heart-to-heart about cannabis, consider initiating mini-conversations that feel more digestible for younger brains and reduce the risk of kids and teens tuning out.

"I cannot stress enough how important it is to build a trusting and open dialogue with your children around cannabis, and all substances, really," says Leah, mother to two teens and an 11-year-old.

When your children know it's safe to come to you—at any time or for any reason—with their questions or concerns, you've prioritized open communication and their wellbeing.

Adds Leah, "Keeping the conversation about cannabis going with your children as they grow and change will likely help strengthen your relationship with them overall and allow them to have even more confidence and trust in you as their parent." 🌿



friendly
REMINDER

KEEP CANNABIS
EDIBLES LOCKED
AND OUT OF
SIGHT.

CANNAMOMS SOUND OFF ON *Social Media*

@opinion_lushes



"Like most things, I think it's always good to engage based on age AND maturity of that child (not implied maturity, quiet kids aren't always mature). And to talk about the science of it. Not just the social implications, stigmas, etc. The history is also great to talk about."



momsteaandcannabis



"My 10 year old son does know that I consume. He also knows that it's my medicine and even offers me to go medicate when he sees that I need it. I had a very open and honest conversation with him about the cannabis plant and why people use it. How it helps if used correctly but can also be abused if not used correctly. Then I explained in detail, both to his level of understanding that I know he understands. He is also my biggest advocate!"



fecomom



"I started making cannabis oil to help manage my Crohn's disease when my four children were toddlers. That's not a smell you can easily hide and since honesty is important to me it wasn't a secret. They watched me go from being very sick to being able to do things with them that I couldn't do before I started ingesting cannabis oil. So while I was learning how to make tinctures, full extract cannabis oil, and edibles I taught them, too. I never wanted them to fear the plant the same way I did growing up."



FAMOUS

Canna-Curious

MOMS

BY BETHAN ROSE JENKINS

As the outlook for national cannabis legalization continues to improve, a growing number of mothers are exploring ways to safely and responsibly consume cannabis. This ever-expanding "cannamom" demographic reflects the fading stigma of cannabis use, which has so far been legalized in 21 U.S. states for recreational purposes and 37 for medical.

HERE ARE SOME OF OUR FAVORITE FAMOUS MOMS THAT ARE OUT OF THE CANNACLOSET.



MELISSA ETHERIDGE

Grammy winner and mother of four Melissa Etheridge has not been shy to express her admiration for marijuana and the role it has played in her breast cancer recovery process. "I believe anybody who smokes cannabis is using it medicinally, whether they consider it so or not," she says.



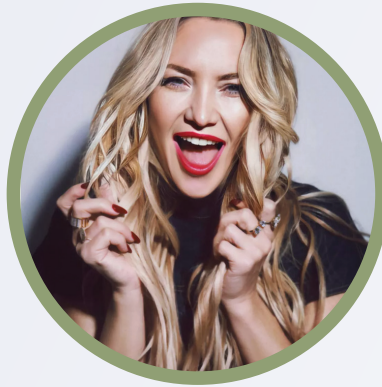
WHOOPI GOLDBERG

Whoopi is an actress, author, comedian, television personality, and cannabis advocate. In 2016, she launched her very own range of medical cannabis products to relieve menstrual discomfort under the name 'Whoopi & Maya.' Although the brand has since been shut down, the 67-year-old has plans to launch another cannabis brand in the near future.



DREW BARRYMORE

Many people may still associate the fresh-faced Hollywood starlet with her character in the 1982 movies E.T. the Extra-Terrestrial, but Drew has matured into a 48-year-old cannabis advocate. The Californian Charlie's Angels star is mother to two young daughters, Frankie and Olive.



KATE HUDSON

Hudson, daughter of Goldie Hawn, teamed up with a cannabis drinks brand in 2021. The campaign sees the mother of four demonstrate how to safely mix alcohol and cannabis. She stars alongside her childhood friend Baron Davis in the commercial, which spotlights King St Vodka brand and cannabis-infused beverage Cann. The Los Angeles native believes the plant can be used in "amazing ways" and should be used "to enhance, not forget."



ANNE HATHAWAY

This brunette beauty. Renowned for her many movie appearances, including the Devil Wears Prada, the angel-faced Brooklynite is not necessarily the type of person you'd picture smoking a joint. However, she has confessed to being a "cannamom."



GWYNETH PALTROW

American actress and businesswoman Gwyneth Paltrow is mother to son Moses and daughter Apple. The Academy Award- and Golden Globe Award-winner said that cannabis is the "hero ingredient of the future" when she invested in cannabis-infused beverage maker Cann.



MARTHA STEWART

Nicknamed "the secondhand queen" by Snoop Dogg during their time judging together on The Voice, celebrity chef Martha Stewart claims that (despite the fact she has not taken up the habit herself) his secondhand smoke makes her feel "fabulous."

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BUSINESS



PERFECT PITCH

How to make an effective pitch deck

BY KAYLA HARVEY



JEANNE SULLIVAN
CO-FOUNDER AND CHIEF INVESTMENT
OFFICER OF ARCVIEW VENTURES

We connected with Jeanne Sullivan, Co-Founder and Chief Investment Officer of Arcview Ventures – a vertically integrated company servicing the cannabis and hemp industry, built with social justice and responsibility at its core.

Jeanne is passionate about delivering ideas, information, and inspiration to entrepreneurs. She is also a fierce advocate for cannabis reform and understands how common mistakes in the initial pitch cycle can lead cannabis entrepreneurs to lose the opportunity.

TO START, CAN YOU PROVIDE A BRIEF OVERVIEW OF WHAT AN INVESTMENT PITCH DECK IN THE CANNABIS INDUSTRY SHOULD LOOK LIKE?

A serious investor in any sector appreciates a well-written pitch deck (10–12 pages at most) that tells the story about the product or service. It should look clean, have no typos, and be precise.

A BASIC OUTLINE WOULD INCLUDE:

1. The **vision** and a simple description of the product or service.
2. The **problem being solved** and a compelling description of the solution provided.
3. A simple chart with 3-year projections and a graph showing conservative revenue growth, operating expenses, and net income works well for early-stage companies.
4. How will this business attract customers? If partners or resellers are in the sector, list them as potential partners for this business.
5. Who else is playing in your sector?



"THE #1 MISTAKE

I see is entrepreneurs who don't understand how to articulate their competitive advantage with their product or service."

6. The **team slide** with short bios of the business' core team. I like to see the pedigree of experience of those involved. An organization chart is also good to include if the team is established.

7. A **timeline**, where it is essential to show the beginning of the business and what you are creating.

8. THE ASK:

How much are you raising, and what type of financing vehicle? Entrepreneurs should NOT put the valuation of the business on this slide but be prepared to talk about "aspirational valuation" if asked.

9. Do you have a **"social equity"** focus? Are you planning to contribute a percentage of revenue or income to a significant cause in the cannabis sector? Who do you support in the sector as your mission?

BESIDES THE DECK, WHAT ADDITIONAL RESOURCES SHOULD CANNABIS ENTREPRENEURS BE READY TO PROVIDE POTENTIAL INVESTORS?

Any CEO raising financing should create these tools: The Executive Summary, The Pitch Deck, and The Deal Room or VDR – virtual data room). An executive summary provides enough information that the potential investor

will want to dig in and hear the business plan's specifics.

I recommend using the executive summary to get a meeting, then using the pitch deck during the in-person or online meeting. A deal room is a secure online repository for document storage and distribution. You can send the potential investor (if they signal strong interest after the initial pitch) to the deal room for more company data and to review key documents.

FOR THOSE PUTTING TOGETHER A PITCH DECK FOR INVESTMENT OR PARTNERSHIP WITHIN THE CANNABIS INDUSTRY, WHAT ARE SOME BIG MISTAKES YOU HAVE SEEN BUSINESSES MAKE IN THEIR PRESENTATION?

The #1 mistake I see is entrepreneurs who don't understand how to articulate their competitive advantage with their product or service. "Competitive advantage" refers to factors that allow a company to produce goods or services better or sometimes cheaper than its market rivals.

IS THERE A WAY TO APPROACH CANNABIS INVESTMENT WITHOUT A TRADITIONAL PITCH DECK? ARE THERE DEALS BEING MADE THAT SKIP THAT STEP? WHAT WOULD BE AN EXAMPLE OF A SCENARIO WHERE THIS COULD WORK?

Sure, there is a way if you are a seasoned entrepreneur with an incredible track record. However, a pitch deck helps keep the conversation organized and helps deliver a complete story. I would always recommend a Pitch Deck—even if you don't use it and talk with the investor—but it provides an outstanding record of what you are building. 🍀

CBD for your FURRY FAMILY MEMBERS

Nothing stands in the way of providing relief from pain or other adversities when it comes to fur babies. Unfortunately, it can be costly and frustrating to find the best treatment for your pet's condition, but there are a lot of alternatives available in the cannabis space. From chews to treats, there is no shortage of safe options for your loved ones. Here are a few of our favorites:

1. CALMING CHEWS FOR DOGS

\$19.99 // ICHARLOTTE.COM

2. FULL SPECTRUM JOINT SUPPORT CBD DOG CHEWS - SALMON

\$20 // LAZARUSNATURALS.COM

3. CHILL, PUPPY! 600MG CBD TINCTURE

\$49.99 // VERDECOLLECTION.CO

4. SOFT CHEWABLES FOR CATS SURF 'N' TURF FLAVOR

\$32 // TREATIBLES.COM

5. PAWS A MOMENT BROAD SPECTRUM PET CBD OIL 250MG

\$44 // ONYXANDROSEHEMP.COM



FOOD



See Recipe
page 46

Fueling Your Body

WITH CANNABINOIDS

BY ANGELIQUE SANTANA



With the discoveries of THC, CBN, and CBD, researchers have identified the benefits of these phytocannabinoids in aiding sleep, appetite, inflammation, memory, mood, reproduction, and pain, among other things.

There is still a ton of research that needs to be done in order to understand the medical benefits of cannabis fully. Recovery from intense exercise leaves us tired, hungry, dehydrated, and sore, which means that our bodies require replenishing fluids, getting enough sleep, and eating nutritious foods. Cannabis, specifically CBD (hemp-derived cannabis), can aid in the recovery process post-workout by improving muscle recovery, reducing muscle and joint inflammation, and improving sleep recovery.

HERE ARE A FEW RECIPES THAT CAN AID IN THAT PROCESS...

Essential Fatty Acid (EFA) Oil Blend

- ½ cup hemp oil
- 1 T. flaxseed oil
- 1 T. pumpkin seed oil

Combine all ingredients and shake in a dressing bottle or other container. **Do not blend.**



GREEK CHOPPED SALAD

- 1-cup English cucumber, chopped
- ½ cup red onion, thinly sliced half rings
- 1 (4-oz.) jar of capers
- 1-pint grape tomatoes, quartered
- 1 (15-oz.) can of chickpeas, rinsed and drained
- 1 (15-oz.) can artichoke heart, rinsed and drained
- ¼ cup EFA oil
- ¼ cup red wine vinegar
- ½ tsp. sea salt
- ½ tsp. black pepper

Combine cucumber, red onion, capers, grape tomatoes, chickpeas, and artichoke hearts in a large mixing bowl.

Add the remaining ingredients and mix well to incorporate the dressing.

If you prefer to serve the dressing on the side: separate bowl, add red wine vinegar, sea salt, and black pepper, and whisk. Slowly pour the olive oil and whisk to combine. You can also use a blender for the dressing, using a low speed while adding the olive oil as the last ingredient.

VEGETABLE LENTIL SOUP

- 1 tsp. EFA oil
- 1 tsp. Turmeric
- 1 tsp. Cumin
- ½ tsp. sea salt
- ¼ tsp. black pepper
- 1 cup yellow onion, diced
- 4 cloves garlic, minced
- 1 c. carrots, diced
- 1 c. celery, diced
- 1 T. ginger, minced or grated
- 1 c. lentils, rinsed
- 6 c. vegetable broth
- 1 bay leaf

Heat a medium to large pot for 30-60 seconds on medium heat. When the pot is hot, add EFA oil, ginger, celery, carrots, garlic, yellow onion, turmeric, cumin, sea salt, and black pepper and saute for 3-5 minutes until onions are translucent, stirring to keep from sticking and cooking evenly. Add 1 cup of lentils and stir to season.

Finally, add vegetable broth and bay leaf and cook until lentils are tender; reduce heat to low-medium, and cover the pot with a lid for 20-30 minutes.

ANGELIQUE SANTANA is the author of *Food Is Love: there are no rules in food and love*, a founding chef on *KITCH*, a certified Integrative Nutrition Health Coach and is also certified in Plant-Based Sports Nutrition. She is currently writing her second cookbook, *Food Is Love: there are no rules in food and love*.

CBD
DOES
NOT
MAKE
YOU
HIGH



CANNA *Curious*

A CANNABIS SPACE CREATED
FOR WOMEN, BY WOMEN.

JOIN THE CONVERSATION

