

WEED WORLD™

ISSUE 151

2021
NEW STRAINS

What is
CBN?

CANNABIS

REDUCES
BLOOD
PRESSURE

**INTEGRATED PEST
MANAGEMENT**

STRAIN REPORT
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WELCOME TO WEED WORLD

ISSUE 151

WEED WORLD was founded in 1991 and is a bi-monthly (published every 2 months) magazine. We always knew the true benefits of medical marijuana so, with this in mind, we became a fighter for the cause and a true innovator. Our job was to keep people informed about this wonderful plant and how they can medicate themselves. We are still doing that to this day! Thanks to all of our readers for supporting us over the years and to all of the people who work with us to help create this amazing magazine.

WELCOME TO ISSUE 151

Hopefully lockdown is nearing an end near you. To brighten up your day, we have some amazing articles in this issue!

NOT TO BE MISSED:

In "The French await Cannabis Revolution", Dario takes a peek at the latest survey created for the French public, which aims to discover their views on cannabis and understand what drug policies people want. Dutch Passion investigate the life stages of cannabis in hydroponics and, in his second piece this issue, Dario explores what the cannabis and psychedelics industries can learn from each other. Paul James writes a controversial piece relating to cannabis' effects on mental health and also looks at Cannabinol (CBN) – the next cannabinoid that should be on your radar. Sharon Letts visits some unlikely cannabis users in, "The Sisters & Brothers of the Valley Around the World" and Barney's Farm bring us a Wedding Cake strain story.

Plus we have so much more...

NEVER MISS AN ISSUE!

Weed World magazine subscriptions are available in print and digital formats.



The Weed World magazine app is available to download for your tablet and phone.

WARNING! Germination of Cannabis seed is illegal in the UK. Weed World Ltd sells seed as a collectible adult souvenir only. Please note: You have to be at least 18 years old to order any seeds.

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THE ITALIAN VERSION OF WEED WORLD MAGAZINE will vary slightly from the English version. It features cannabis news, laws and legalization news relevant for the Italian market.

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IN THIS ISSUE:



NEW SWEET SEEDS® STRAINS FOR 2021

At Sweet Seeds® we are proud to present our new strains for the season of 2021...



IPM (INTEGRATED PEST MANAGEMENT) METHODS

Over the past few years, we have been learning more and more about working with nature in our gardens...



CANNABINOL (CBN)

The Next Cannabinoid that Should Be on Your Radar. When it comes to the array of cannabinoids found within...

PLUS...

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The French Await **CANNABIS REVOLUTION**

Written by Dario Sabaghi

Most French people want to legalize cannabis and the French politicians have started to notice it. That's why the National Assembly, the lower house of the bicameral French Parliament, launched an online consultation on cannabis legalization on 13th January 2021. However, this survey won't legalize cannabis. Instead, it will provide information about the French public's views about cannabis, and help understand what drug policies people want.

Photo: Dan Novac



Cannabis Alleviates Fibromyalgia Symptoms

in Patients Who've Exhausted Treatment Options

STUDY

By Bethan Bee Rose

Do you experience aches, pains and discomfort in the bones, joints and muscles? If these symptoms are also accompanied by fatigue, you may be one of the millions of people around the world who endures fibromyalgia.

So far, approximately 10 million people in Europe have been diagnosed with the medical condition, which is believed to be the second most common ailment affecting the bones and muscles.

Although doctors remain unsure about what exactly causes fibromyalgia, it is believed to be associated with an abnormality in the pain signaling process between the brain, spinal cord and nerves.

Thankfully for the people who fall victim to fibromyalgia, scientists are beginning to learn more about the potential treatment options, one of which is cannabis.

In fact, data recently published in the *Journal of Cannabis Research* has showcased the plant's therapeutic ability for fibromyalgia patients.

Conventional Treatment Options for Fibromyalgia

Many over-the-counter medications are usually prescribed to patients who've been diagnosed with fibromyalgia, with the dosage varying based on symptom severity. Much like other treatment options, cannabis-based medicines can be administered in specific dosages; cannabinoid content is the focal point of potency.

Some of the most common symptoms of fibromyalgia include:

- Exhausting fatigue;
- Insomnia or sleep disturbances;
- Difficulty concentrating;
- "Brain fog" or memory problems;
- Feelings of worry, depression, anxiety and/or nervousness;
- Poor pain threshold;
- Muscle tightness, twitching, pain and/or burning.

In most cases, doctors will prescribe fibromyalgia patients with antidepressants, sleep-inducing drugs, muscle relaxers and/or pain relievers. Three examples of the most commonly prescribed drugs for fibromyalgia include Duloxetine (Cymbalta), Milnacipran (Savella) and Pregabalin (Lyrica). While these OTC meds may be prescribable, this is not to

say that they come without their side effects.

Moreover, OTC painkillers that fall into the opioid class of drugs have been known to cause dependency and may even prove fatal if abused. With that being said, cannabis – which has never caused a fatal overdose – is emerging as an appealing alternative.

What does the research say about cannabis for fibromyalgia?

The cannabinoids contained in cannabis may ease fibromyalgia by influencing pain perception pathways in the brain. Moreover, thanks to its anti-inflammatory effects, medical cannabis is favored as an alternative to nonsteroidal anti-inflammatory drugs

Scrog CBD from Medicann Seeds is known to alleviate symptoms of Fibromyalgia



