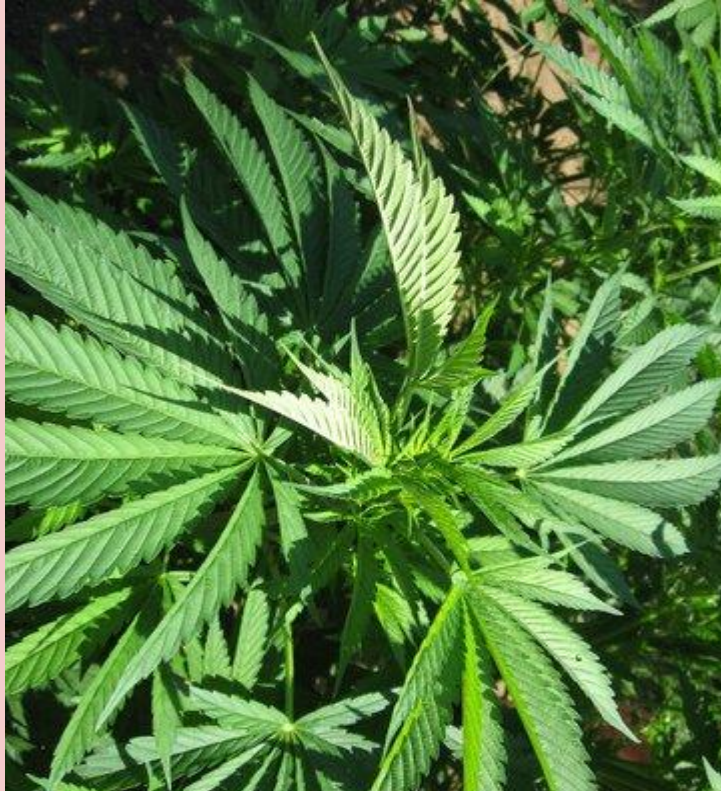


Welcome



DISCLOSURE

I have no financial ties with any organization

My advocacy is all volunteer as both a patient and caregiver

Ehlers Danlos-Syndrome and Medical Cannabis

ellen lenox smith

**The Ehlers-Danlos Society 2017
Global Learning Conference**

Overview

- Inspirational Letters
- Why I Turned to Cannabis
- Different Methods to Administer
- DNA Drug Sensitivity Testing - Food Sensitivity Testing
- Society's Stigma
- Photos
- Resources

Letters of Success...

- Fredda Hallford - EDS
- James Day - migraines, seizures, high BP
- Diana - EDS

Why I Turned to Medical Cannabis

- reactive since birth
- twenty-three surgeries - what do you turn to?
- suggested by pain clinic doctor
- unable to smoke due to sarcoidosis
- legal since 2006
- oil taken at night - allows sleep and dignity back

Ways to take your cannabis....



Different Ways to Administer Medical Marijuana

- oil - bud vs clippings / concentrated oil
- juicing
- vaporize
- pops / candies
- tincture - glycerin or alcohol based
- topical
- edibles/smoking



How To Convert Product to the Oil

Medicinal Oil Directions

- **Heat up 1 cup of extra virgin olive oil; careful to get hot but not Boiling (or purchase a Magical Butter Machine - Amazon)**
- **Grind up your product in a coffee bean grinder or cuisinart; careful that all seeds are removed first**
- **Measure out 10 TBS of the ground product**
- **Spread the ground medicine over the heated oil and turn the heat off. You will hear the properties being released into the oil!**
- **Allow the mixture to cool**
- **Strain the oil**
- **Store in a container, away from the sun**

Oil continued:

To take for your medicine:

Remember, that ingesting the medicine, you have to allow time for it to be absorbed before you will get relief from your pain. When first taken this way, it may take up to a full hour to feel the changes. Eventually, it will take less time. So, it's important to figure out when the relief is needed by, so you are sure to get it into your system before this time.

Dosage to start with:

I started with 1/4 tsp and now am up to 1 tsp per evening. I am 5'2" and weigh around 105 lbs. You need to slowly adjust your dose for your size and needs. Increase slowly with 1/4-1/2tsp more until you reach the goal of good sleep and not waking up groggy.

Oil method continued:

Advantages this way:

- It is much safer for your lungs to not be smoking the Medicine.
- This is easier to store and travel with.
- * It seems to stay in your system when ingested and many days continue offering relief during the next day with no side effects.
- * You can carefully measure out your dose.



Juicing the large fan leaves:

Juicing Cannabis Leaves

Select 10 or more large fan leaves

Clean leaves, even if organically grown

Place leaves into pot of cold water and soak for five minutes

Juice the leaves using a LEXEN Juicer

Place juice in a glass container and **mix with other juice** to improve the flavor

Sip the juice throughout the day.

Store it in the refrigerator.

Lexen Juicer

Store in refrigerator
mixed with juice of
choice.



juicing continued:

** If you make more than a day's supply, pour the liquid into ice trays and freeze. This stores well for months and can be thawed out and mixed with other juice when you are ready it.

Remember - you do not get any sensation drinking this juice - it does it's magic when ingested.

Store extra juice in ice tray and freeze!



other ways to administer:

Tinctures

glycerin - one hour using a crock pot

alcohol base - two months to cure

Topical

Pops/candy

Edibles

Vaporizing / Smoking



Reduce Inflammation: DNA Drug Sensitivity Testing

What you need to know about personalized prescribing
800-TEST-DNA ; 800-837-8362 or visit online at www.HealthandDNA.com
for more information.

GeneMedRX can help you minimize the risk of adverse drug reactions (ADRS). ADRS are the fourth to sixth greatest killer in the U.S. with more than 100,000 deaths per year. These are not errors; they occur within the FDA-approved dosage and labeling recommendations. Many may be preventable if potential drug-drug and drug-gene interaction risks are better considered.

Food Sensitivities

ALCAT Food Sensitivity

MRT Food Sensitivity Testing

Removing from your body any drugs or foods you are sensitive to will reduce the inflammation and thus reduce your subluxations!

Will you get stoned or high using Cannabis?

Let's find out.

Society's Stigma - is it still there?

- Getting “high or stoned?”
- reaction of family and friends
- education
- advocating for other states

Rhode Island's wording to consider

“Severe, debilitating, chronic pain”

We Never Stop Having to Advocate for Our Medical Cannabis Program



Is It Safe?

- less invasive, no organ damage, no deaths
- Addictive?
- A study published by The Journal of Bone and Mineral Research, conducted by Tel Aviv University and Hebrew University shows the chemical in cannabis (CBD) strengthens bones and accelerates healing of fractures.

Are you in A Legal State?

Are you allowed to grow?

Cloning











Hold on To HOPE

In 2014, I was referred to Hospice - failed for not wanting to use their Physical Therapist coming to the home with no understanding of ehlers-danlos....

A few months later, I was referred to palliative care and failed for the same issue

And today - For the first time in 12 years, almost two years after neck fusion, my 23rd surgery, I am starting to drive, walking up stairs, walking on the street and in stores and feeling huge improvements.

Thank You.....Ellen Lenox Smith

Stu and Service Dog

Maggie



Resources

- <https://ellenandstuartsmith.squarespace.com/chronicpain-1/>
- <http://blog.mpp.org/video/the-next-states-to-legalize-marijuana/08082014/> Find out where your state stands
- <http://www.painnewsnetwork.org/stories/>
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