

Synergy Wellness



Medical Cannabis
CBD Specialists

Introducing Synergy's Fresh New Look!

Many members are starting to notice we are introducing a fresh new look for our company. Gradually our new logo design will begin appearing on our Synergy products – Keep your eyes out for it and let us know what you think.

Your source for organically grown, whole plant, small batch, artisanally crafted, full spectrum, medicinal cannabis products!

We at Synergy Wellness are continually exploring ways of offering our members the finest possible medicinal cannabis products. We make every effort to not only use sustainable, organically grown ingredients but support local growers and minimize transportation impact.

Continuing as a membership-based collective, Synergy Wellness is committed to the medical aspects of the industry. Members need to have a medical recommendation for cannabis from a physician and proof of California residency. We appreciate your interest in our products and look forward to expanding the health of our planet together.

Become a Member Today!

Membership in our collective is absolutely FREE and is required in order to purchase our products. You'll find instructions and our Online Membership Application -> [HERE!](#)

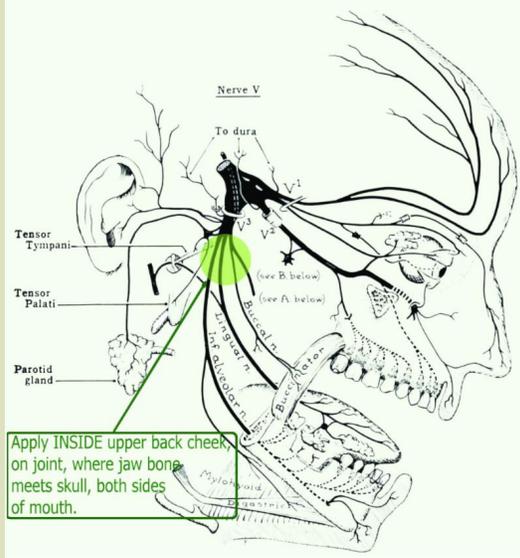
Moskowitz Migraine Protocol

Excerpted from: [CBD: A Patient's Guide to Medicinal Cannabis ~ Healing Without the High](#)

by **Leonard Leinow** c.2017

recommended by **Dr. Michael Moskowitz**, MD, MPH
of Bay Area Pain Medical Associates, San Rafael, California

Migraines impact approximately one billion people globally and about 38 million men and women in the United States. Migraines are the third most prevalent illness in the world. In many cases, migraines cause



such severe symptoms that patients are unable to focus on work, children or other responsibilities. The underlying causes are not fully known. Migraines are commonly believed to involve the nerves and blood vessels of the brain but may also be caused by problems in the cervical spine. Depression, anxiety and sleep disturbances are common for those with chronic migraine.

Oral CBD products with a ratio of 20:1 CBD:THC or higher, administered as drops, capsules or edibles, can effectively address the pain. Most discussions of treating pain with CBD suggest that finding the right dosage is critical. Always start with a micro-dose to test sensitivity and increase the dosage until symptoms subside. Patients need to monitor their condition and experiment to find the right dosage.

What's the best way to use Cannabis to manage a Migraine?

[...READ FULL ARTICLE](#)

Let us know your experience: Newsletter@SynergyCBD.com

The Entourage Effect: Real or Just Marketing Hype?

by Dan Reich



Cannabis industry insiders, medical practitioners, researchers and patients alike are discussing the “entourage effect.” We at [Synergy Wellness](#), join many in the industry who regard the entourage effect as the most compelling reason to employ whole-plant remedies instead of

synthesized ingredients. Embracing the entourage effect, particularly with respect to enhancing the potency of CBD, is at the heart of what we do here at [Synergy Wellness](#)! Others view the entourage effect as a signal the trend in cultivation is moving away from a focus on raising THC dominant strains at the expense of everything else. Still others regard it as simply a marketing “hook” and nothing more.

[...READ FULL ARTICLE](#)

Forbes Features Synergy Wellness!



"4 Cannabis Sleep Aids Baby Boomers Should Know About"

by Abbie Rosner Contributor

Tinctures

Synergy Wellness is the relatively unusual California company that specializes in cannabis strains that are actually high in CBD. I spoke about sleep issues with the company's founder and head, Leonard Leinow, who is also the author of [CBD: A Patient's Guide to Medicinal Cannabis – Healing Without the High](#). Synergy offers "Indie Moon" an indica tincture for sleep, with 3:1 THC to CBD. But Leinow, like me, finds that THC – even indica strains, which are considered to be relaxing - activates his monkey mind when he'd rather be sleeping, as is the case with 25% of people, he explains.

For his insomnia, he uses their [AC:DC tincture](#), with 24:1 CBD to THC, extracted from "premium extra-strong hemp." I took home a bottle and fell in love.

[...READ FULL ARTICLE](#)

Synergy Answers Your Questions



Which Synergy product is best for me?

by Elana Cydney Vollen - Synergy Team

The emergence of medical cannabis in the open marketplace can be confounding – so many companies, so many products, so much flowery language.

How do you know what will work best for you?? This is a complex question with no simple answer. Because of individual differences, no single answer applies to everyone.

Many factors come into play to determine which product will be most effective for which person. Individual brain chemistry plays the largest role, because we all have unique endocannabinoid systems, with a network of neural receptors that are specifically designed to receive the compounds in cannabis. Some people have receptors that will eagerly receive a particular medicine, while others have a system that needs to slowly awaken to these compounds in order to receive their benefit. For some, this system may not be well-attuned to receive these cannabinoids at all. Many people find cannabis to be beneficial, even miraculous; some may not realize the benefits they expect. Basically it comes down to experimentation with strains, combination and dosage.

[...READ FULL ANSWER](#)

Canna Yoga Anyone?



That's right! One of our staff members is also a yoga teacher and has great interest in facilitating a weekend 'Canna Yoga' retreat sometime in the late Fall of 2019. This would be a very relaxing retreat at a beautiful center in Northern California where people can have a guided retreat that brings together Yoga with the therapeutic and spiritual aspects of CBD and/or THC.

Leonard Leinow, the founder of Synergy CBD and the author of 'CBD - A Patient's Guide' will come and do a guest lecture sometime during the retreat weekend.

If this is something that would be of interest to you, whether you are in California or out of state, drop us a line just to let us know you could be interested in such an event so that we can start planning it in earnest.

Info@SynergyCBD.com

...a few CLOSE OUT SPECIALS, members only, while supply lasts:

#126 Canna Sue (13.2 mg/ml CBD : 4 mg/ml THC) Indica hybrid 3:1
CBD:THC (alcohol tincture) **NOW: \$35/oz** (~~\$45/oz~~)

#140 Sour Tsunami (10.54 mg/ml CBD : 6.5 mg/ml THC) Sativa hybrid 2:1
CBD:THC (alcohol tincture) **NOW: \$35/oz** (~~\$45/oz~~)

#145 Migraine Tincture (Custom blend: Sour Tsunami, Swiss Gold & Harle
Tsu) (11 mg/ml CBD : 1.0 mg/ml THC) Sativa hybrid 11:1 CBD:THC (alcohol
tincture) **NOW: \$40/oz** (~~\$50/oz~~)

Our Affiliated Partners



Medicinal Cannabis Research Consortium of Marin (MCRCM)

Five long-term Marin County residents are making Marin County the national research center for vertically integrated medical cannabis research...

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Gold Ridge Organic Farms:

Ultra Premium California Olive Oil

In our continuing effort to support sustainable agriculture and local farmers, we are proud to

GOLD RIDGE ORGANIC FARMS



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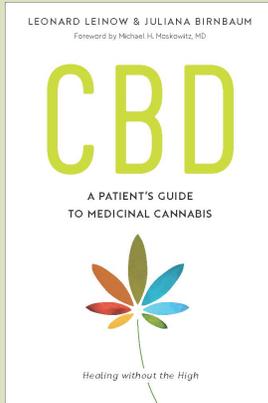
[VISIT...](#)



The Organic Alcohol Company

We now proudly use organically grown alcohol from The Organic Alcohol Company in Ashland, Oregon in our premium tinctures.

[VISIT...](#)



CBD a Patient's Guide to Medicinal Cannabis: Healing Without the High by Leonard Leinow & Juliana Birnbaum Forward by Michael H. Moskowitz, MD

"Medical Cannabis is revolutionizing the practice of medicine in America. On the forefront of that revolution is 'CBD: A Patient's Guide to Medical Cannabis', a must-read for health care practitioners and patients alike." - Joel Samuels, MD

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