

Synergy Wellness



Medical Cannabis  
CBD Specialists

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

Please feel free to share your feedback!

Let us know what works or how your experience could be improved and we will do our best to incorporate your suggestions.

As always, be well.

- The Synergy Team



***~ON SALE~***

Our Cherry Wine, a 24:1 CBD:THC is on sale this month. This lovely lady will not be part of the family in 2021, so get it while it lasts. You also might enjoy our Harlequin 2:1, a great daytime sativa tincture.

*Offers good thru August 2020.*

#153....Cherry Wine - CBD hybrid 24:1 CBD:THC.....~~\$60/oz~~.....\$40/oz  
(17 mg/ml CBD : 0.7 mg/ml THC)\* (<0.3% THC)

#128....Harlequin 2:1 - Sativa hybrid 2:1 CBD:THC.....~~\$45/oz~~.....*free shipping!*  
(10.54 mg/ml CBD : 6.5 mg/ml THC)

*~Featured Article~*

How Does One Find Happiness?



This is a question that has been asked as long as humans have been able to wrap their brains around it. Various philosophers and religions have attempted to figure it out without reaching any sort of consensus, since everyone's version of happiness is individual to them. And some might wonder why I would explore this question during such challenging times.

Dictionary.com defines happiness as “good fortune, pleasure; contentment; joy.

But there are many different forms of happiness. It can be momentary or constant. “Are you happy?” is a very different question than “Are you happy with your salad?”

The term subjective well-being is used in psychology circles as a measurement of both current experience and of life satisfaction. Psychologist and author Sonja Lyubomirsky (**The How of Happiness**) describes it as “the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile.”

### Measuring Happiness

In 1780, it occurred to English philosopher Jeremy Bentham that if the principal motivation of people was to seek happiness, the worth of a government could be determined by how happy its citizens were. This ushered in research seeking to quantify happiness. Perhaps the best known is the World Happiness Report, published annually since 2012, which measures responses to “How happy are you with your life as a whole” and “How happy are you now?” and ranks the world's countries in order of reported happiness.

Finland has topped the list for the last three years, followed by Denmark, Norway, Iceland and the Netherlands. Countries high on the list have high scores for income, healthy life expectancy, social support, freedom, trust and generosity. The United States came in 19th. China was 93rd.

### The Lure of Intoxicants

Humankind has a long tradition of seeking happiness in a more do-it-yourself way, through the use of substances that alter brain chemistry in a way that produces a greater sense of well-being, or happiness. Many of these are problematic...the downsides of alcohol and opiates are significant and widely known. Cannabis, which has a relationship with humankind as long as that of alcohol, provides a much more benign way to elevate your mood. As more is learned about this amazing plant and the stereotype of the aimless stoner gives way to perception of cannabis as a valuable self-care aid, products now enable you to feel better from both THC-oriented and CBD products applied topically, orally or by inhalation. If too much THC tends to make you nervous, we offer many products that are blended with CBD, some with negligible amounts of THC.

If you're responsible in your use of cannabis products, you are likely enjoying an enhanced sense of well-being on an ongoing basis, and are doing other things that contribute to your own happiness, such as meditation, spending time in nature or aligning yourself with something larger than yourself.

Or simply heed the 4-word advice of Meher Baba and Bobby McFerrin:

*Don't worry. Be happy.*



*Words of Wisdom  
By  
Leonard Leinow*

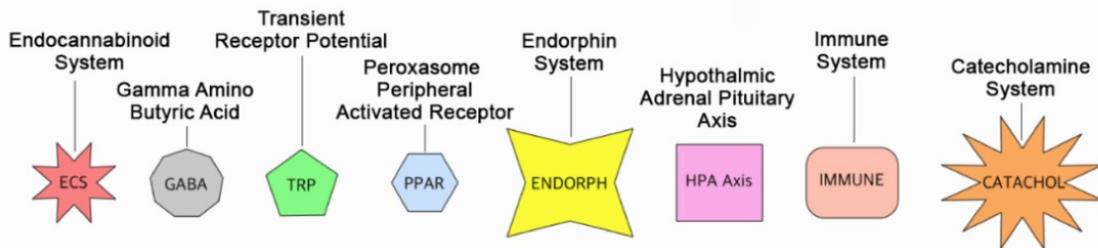
THC amplifies your feelings,  
CBD centers and grounds,  
The Synergy of the two enhances  
Happiness.

## *~COVID-19 and CBD~*

Exciting New Research Suggests Possible Therapeutic Value

*By Michael Moskowitz, MD*

## Array of Cannabinoid Targets (ACT)



The above graphic shows the range of targets in the body of plant based cannabinoids. As can be observed, this is a huge range of potential effects that go well beyond the endocannabinoid system and cover many other systems in our bodies, that are basic to our function and survival. Cannabidiol (CBD) has the broadest range of effects of any of the cannabinoids. Others work in synergy with it to hit a broader range of targets, even in extremely small amounts. All of this plays upon the role of the endocannabinoid system, which also has broad range effects around the body in these other target systems.

A recent letter to the British Journal for Pharmacology, by Esposito, et al, The Potential of Cannabidiol in the COVID-19 Pandemic: a Hypothesis Letter, points out that CBD has four potential positive effects on preventing COVID-19 and in treating it in those who have been infected. The article strongly

recommends further research on CBD due to four factors:

1. CBD blocks two receptors (ACE2 and TMPR2) that give the virus access to our bodies.
2. CBD has a huge range of anti-inflammatory and immunomodulatory effects.
3. It works on PPAR receptors, which are part of our built in anti-viral responders.
4. This same activity on PPAR receptors protects the lungs from an overactive immune response that causes lung damage.

[~READ MORE~](#)

We'd like to leave you with some inspiring words from John Lewis, whose tireless dedication to the cause civil rights spans decades and who passed away this week:



*"You are a light. You are the light. Never let anyone—any person or any force—dampen, dim or diminish your light. Study the path of others to make your way easier and more abundant. Lean toward the whispers of your own heart, discover the universal truth, and follow its dictates. Release the need to hate, to harbor division, and the enticement of revenge. Release all bitterness. Hold only love, only peace in your heart, knowing that the battle of good to overcome evil is already won.*

*Choose confrontation wisely, but when it is your time don't be afraid to stand up, speak up, and speak out against injustice. And if you follow your truth down the road to peace and the affirmation of love, if you shine like a beacon for all to see, then the poetry of all the great dreamers and philosophers is yours to manifest in a nation, a world community, and a Beloved Community that is finally at peace with itself."*

## ~Our Mission~

*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.*

## ~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



Gold Ridge Organic Farms:  
Ultra Premium California Olive Oil

In our continuing effort to support sustainable agriculture and local farmers, we are proud to now use organically grown olive oil from Gold Ridge Organic Farms in Sebastopol, California in our products.

[VISIT...](#)



The Organic Alcohol Company

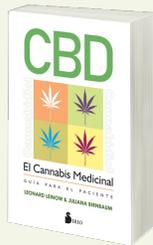
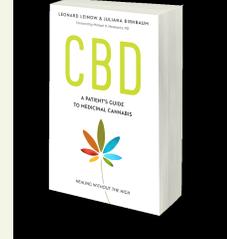
We now proudly use organically grown alcohol from The Organic Alcohol Company in Ashland, Oregon in our premium tinctures.

[VISIT...](#)

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In 2017 Leonard Leinow co-authored, *CBD: A Patient's Guide to Medicinal Cannabis ~ Healing Without the High*, quickly becoming a best selling, authoritative guide for those seeking to improve the quality of their lives through the correctly applied use of of

medicinal cannabis. Now, over 36,000 copies in print!  
For details and ordering information please click [HERE](#).



¡Ahora disponible en traducción al español!

En 2017, Leonard Leinow fue coautor, *CBD: Guía del paciente para el cannabis medicinal ~ Sanación sin lo alto*, convirtiéndose rápidamente en una guía autorizada y de mayor venta para aquellos que buscan mejorar la calidad de sus vidas a través del uso correcto del cannabis medicinal. Para obtener detalles e información sobre pedidos, haga clic [AQUÍ](#).

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Review Past Newsletters [HERE](#)

Memberships & Direct Orders:

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Medicinal Cannabis**  
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These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.