

Synergy Wellness

CBD Specialists



Greetings from Synergy Wellness, your source for organically grown, artisanally crafted, full spectrum, medicinal cannabis products!

Featured in this issue:

- Excerpted interview with Dr. Michael Moskowitz
 - Ringo's Gift: This month's highlighted product
 - New Product: 25 mg AC/DC Capsules
 - *Special Newsletter Price of \$10 off Ringo's Gift!*
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The US opioid epidemic reached historic levels in 2017, claiming the lives of an estimated 49,000 people, according to the US National Safety Council's latest figures. That's more than the total number of automotive fatalities for the same year. Cannabis is an effective, non toxic alternative to pharmaceutical opioids for managing chronic pain. It is documented to reduce both the number of prescriptions and the number of fatalities related to opioids in states with legal cannabis access¹.

Michael Moskowitz, MD, MPH of the Bay Area Pain Medical Associates in San Rafael, California, heads a medical group focused on the treatment of people with intractable pain. Over the past four and a half years, Dr. Moskowitz has introduced numerous patients to cannabis as a highly effective alternative or adjunct to pharmaceuticals, with excellent results. Dr. Moskowitz is also the author of the recently released book, "[Medical Cannabis: A Guide for Patients, Practitioners, and Caregivers](#)."

Over 85% of his patients willing to explore cannabis, experienced a decrease in their need for pharmaceutical analgesics (pain killers) , with some switching entirely to cannabis for chronic pain management! Moskowitz attributes

cannabis' effectiveness in mitigating severe pain to it's ability to enhance and support the bodies regenerative abilities through the endocannabinoid system. Cannabis' unique chemical profile plugs into the receptors of this system, bringing balance to the bodies organs, tissues and glands while enhancing the immune system.

Dr. Moskowitz is quick to point out using cannabis for chronic pain management requires a certain amount of exploration and adjustment. Because of unique individual differences, discovering the best dose and ratio of CBD:THC is both an art and a science. CBD (anti inflammatory) and THC (analgesic) work synergistically towards increased effectiveness. Varying amounts of each usually provide the best result. Approximately three weeks are typically required for the body's endocannabinoid system to become receptive to medicinal cannabis and begin to show results.

One recommendation that Dr Moskowitz's regularly prescribes is the topical application for the use in superficial pain, up to 1 inch into the body. **For migraine headaches**, he suggests multiple applications of an alcohol tincture of high THC on 1) both temples and 2) the occiput (small indentation at the base of your skull on the back of your head) and 3) on the Trigeminal Nerve (located inside the mouth at the TMJ (Temporomandibular Joint)), preferably just as the headache is beginning or as early as possible. Because THC applied externally produces no psychoactive effects, those using this approach can expect to remain clear headed.

Science has yet to catch up to the varied benefits that Cannabis provides. With due research, we expect to discover that Cannabis is THE herbal medicine of our times.

¹American Medical Association

October's Featured Strain

Ringo's Gift: 60% Sativa : 40% Indica
Ratio: 24:1 CBD:THC
Potency: 20% CBD : <0.3% THC



Ringo's Gift, The result of crossbreeding Sour Tsunami, Harlequin and AC/DC, this magnificent plant is truly a "gift" -- the final strain that Lawrence Ringo of Southern Humboldt Seed Company, created before his departure in 2014. Ringo's Gift is rapidly gaining a reputation for helping a wide variety of conditions, ranging from fibromyalgia, inflammatory diseases, some forms of epilepsy, cancer and stress as well as others.

Ringo wanted to produce a strain that combined very high medicinal qualities (20:1+) with vibrant growth and high yield. In 2014, he chose his very best Harle Tsu to crossbreed with the finest AC/DC female in his garden. After being covered in pollen in the process, he hugged the AC/DC to get all the pollen off him and onto the plant. He knew it would bring something special, and in 2015 won a first and second place in San Bernardino for best CBD extract.

Note: Ringo's gift is a good choice for daytime use.

Available as alcohol tincture (**#142**) and infused organic olive oil (**#143**) in both 1oz and 2oz sizes. Regularly \$60 /oz., **SPECIAL PRICE \$50 /oz.** (through 10/31/18). Also available as [flowers](#).

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In our member's own words:

"I have been using Synergy's CBD products for six years to help with the many ailments brought on by my MS, but especially for pain relief! Since initiating the use of CBD, most days are really good, but I still struggle with low pressure systems and windy days.

I take CBD every day but not all strains give me the same pain relief. Ringo's Gift provides me with needed pain relief on my bad days without making me high. By itself, Ringo's Gift works as well as other CBD strains that I have to combine with small amounts of THC to keep ahead of the pain. I can experience a normal day, doing whatever the day brings. I am so thankful for this strain. Note: I do use various high CBD strains from day to day so that my body does not adapt to a single strain."

Eileen B
San Jose, CA

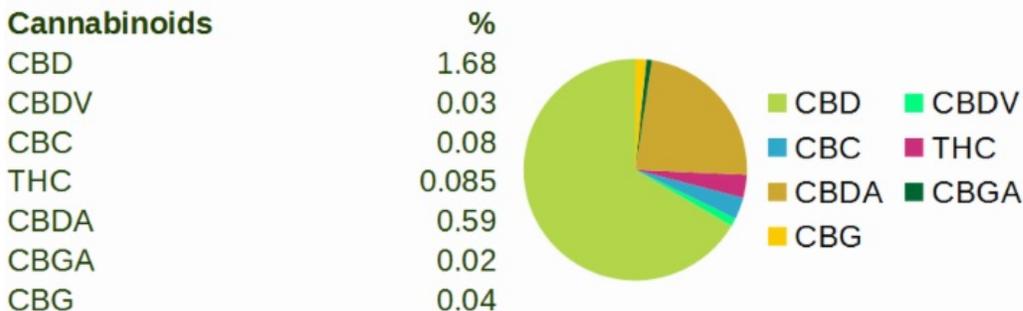
Ringo's Gift:

Type: 60% sativa, 40% indica

Potency: CBD 17 mg/ml; CBDV 1.7 mg/ml; THC 0.8 mg/ml

Ratio: Between 24:1 CBD:THC (Contains <0.3% THC)

Cannabinoids



Terpenes



October Newsletter SPECIAL
Mention **THIS** ad and receive \$10 per oz. off
your 'Ringo's Gift' Tincture purchase!
Regularly \$60 /oz., **SPECIAL PRICE \$50 /oz.**

Items #142 & #143 only

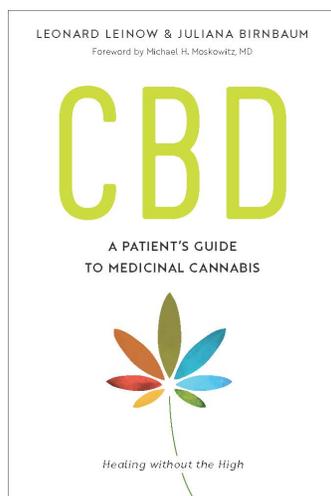
Offer good for orders placed 9:30 AM 10/01/18 through 5:30 PM 10/31/18

NEW PRODUCT:

- 25 mg. **AC/DC Capsules** in quantities of 10,30, 60, 90
- Contains same high quality, organically grown flowers as our tinctures!

An excellent way to divide your daily dosage into two convenient doses, maintaining even CBD levels in your system through the day.

Research Participants Sought: Synergy Wellness is a founding member of MRCRCM, the Medicinal Cannabis Research Consortium of Marin. This is a fairly new research group that includes Michael Moskowitz, MD, MPH, AnandaMedicine and the Bay Area Pain Clinic, George Bianchini, M.C. Pharma, Bill Heriot, Lipomix and Leonard Leinow, Synergy Wellness. We have begun a research project to explore the properties of CBDV. This research will ultimately take the form of a clinical trial. We are interviewing subjects for our research project, to help study the medicinal effects of CBDV. **If you would like to participate in our study, please contact us: Research@SynergyCBD.com. We are particularly interested if you have neurological or epileptic disorders or imbalances.**



**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

Call Us to Order your copy today!

317 Pages ~ US \$21.95 / \$28.99 CAN

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and are not intended to diagnose, treat, cure or prevent any disease.

