



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

Can Cannabis Help Me Sleep?

by Elana Cydney Vollen



Sleep Foundation.

SLEEP - it's something completely essential to human life; something we, in fact, require on a daily basis. It's a huge component of having a healthy immune system and can completely govern our moods. Yet, 30-40% of adults in the U.S. struggle with some form of sleep disorder or insomnia at some point during their lives and 10-15% deal with chronic insomnia according to the National

[...READ FULL ARTICLE](#)

In Leonard's Words

"Each person has different reactions and experiences. While most people prefer high THC Indica, personally, this does not work for me. THC makes my mind too active for sleep, even Indica.

I prefer CBD. I use ACDC at high doses, like 50 mg, either caps or tincture with sesame oil helps me sleep. ACDC is "bi-phasic". While stimulating in small doses, it is sedating at large doses. This works for me.

As they say, your mileage may vary."

Leonard Leinow

About the Synergy

by Michael Moskowitz MD, MPH

Synergy Wellness was named for the power to treat illness by combining medical cannabinoids. There are currently nine identified medically active cannabinoids. While THC and CBD are well known and are frequently topics in the news, THCa, CBDa, THCV, CBDV, CBG, CBC and CBN all possess medical properties. Together they treat more



than 30 medical conditions and symptoms, involved in most serious illnesses.

[...READ FULL ARTICLE](#)

ACDC in Sesame Oil



NEW ITEMS

Legendary ACDC* **NOW**
in Sesame Oil* !

What have you got in your dreams?

ACDC was developed from a cross of Canna Tonic and Ruderalis parents. It is the ultimate super rich CBD medicine. It is a 50/50 sativa/indica hybrid. Its lab tests have a content of 19% CBD and .9% THC. This is extremely rare to have such high CBD combined with extremely low THC, making this strain virtually "THC Free".

ACDC has a fresh pine scent and the flowers have lots of sticky resin glands (trichomes). It is especially beneficial for cancer, shrinking tumors, inflammation, pain, and associated ailments. Because it has a very low THC value, it is good for people that have issues with anxiety, nerve tremors and paranoia. We have had great success with epilepsy, especially in children, showing immediate results. ACDC is very close to a strain called "Charlotte's Web" used for epilepsy. The high CBD, low THC also gives it anti-psychotic properties. It is very good for people who need to work, drive and function in the world, while providing great medicinal effects.

Many people find this strain ideal for relaxing, and yes, also sleeping!

#101 ACDC* Infusion in Organic Sesame Oil.....\$65/oz

Just packaged! ACDC, one of our most highly regarded strains is now combined with with Indica to create the 1:1 CBD:THC blend (8.5 mg/ml CBD : 8.5 mg/ml THC) members have been asking for! More potent than our 4:1, not as much THC as our full strength blends (129 & 117), #155 strikes a balance as a sleep remedy and CBD tonic. This versatile formula has been recognized and appreciated for its effectiveness in addressing pain, cancer, inflammation and yes, sleep.

Try some today and tell us YOUR experience: Newsletter@SynergyCBD.com

#155 ACDC* + Indica* Formula 1:1 CBD:THC - Infusion in Organic Olive Oil..\$60/oz

* Indicates Organically Grown
[Find Prices and Order Form HERE](#)

ACDC Flower Capsules Now Packaged in Glass



Dried, sungrown, Organically Grown ACDC NOW in GLASS BOTTLES, for environmentally friendly packaging and optimal product freshness.

ACDC Is Synergy Wellness's flagship strain, with a 24:1 CBD:THC ratio it's our best CBD value. Our 'go to' product for addressing a multitude of issues when the very best CBD supplement is indicated.

Available in both 25 mg and 50 mg capsules in bottles of 10, 30, 60, 90, 120 (50 mg only).

#651- #659 ACDC Powdered in Capsules:.....Prices vary with quantity

Outstanding Sleep Specials @ 10% Off!

Oral Tinctures and Infusions

#117 Indica Blend in Organic Olive

Oil.....\$36/oz*

An infusion made with a mixture of high-THC strains that have strong Indica-dominant genetics such as Kashmiri Kush, Purple Kush, Barry White to name a few. Standardized to yield roughly 17 mg. Of THC Per 1 ml. Of oil. 500 mg. total THC per 30 ml. Bottle.

#129 Indica Blend in Organic

alcohol.....\$36/oz*

An extract made with a mixture of high-THC strains that have strong Indica-dominant genetics such as Kashmiri Kush, Purple Kush, Barry White to name a few. Standardized to yield roughly 17 mg. Of THC Per 1 ml. Of oil. 500 mg. total THC per 30 ml. Bottle.

#125 - Indi-Moon in Organic Olive Oil -

1:3.....\$40.50/oz*

An infusion made with a mixture of high THC strains that have strong Indica-dominant genetics combined with an infusion of ACDC 24:1 high CBD to yield a 1:3 CBD:THC ratio. Standardized to yield roughly 15 mg. THC and 5 mg. CBD per 1 ml. Of oil. 450 mg. total THC and 150 mg. total CBD per 30 ml. bottle

* **SPECIAL PRICES** reflect 10% OFF! (Until 12/31/19 @ 5:00 PM PST)

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.

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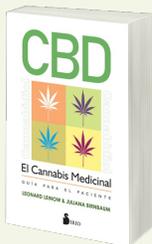
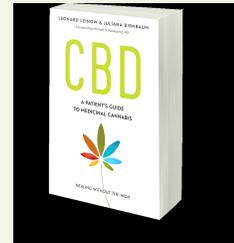


The Organic Alcohol Company

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

[VISIT...](#)

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 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](#).

[Review Past Newsletters](#) [HERE](#)

Memberships & Direct Orders:

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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.