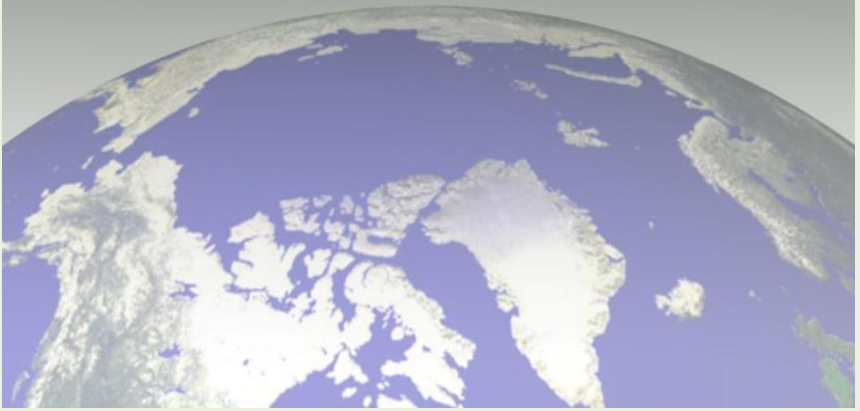




# PATIENT HANDBOOK



## From the Owner: Lisa Molyneux

As a cancer patient myself, I visited many dispensaries throughout the state. The need to provide a dispensary that could educate medical cannabis patients was evident. I was not being treated like the business professional and cancer patient that I am. I was looking for help and education for what forms of THC would help me the best and only a small percentage of dispensaries were knowledgeable, and even less were comforting and friendly. I knew in my heart, there must be a better way to approach this new and growing patient base. I thought “why doesn’t Santa Cruz have a dispensary. Why doesn’t someone open a dispensary that can educate its patients?” I realized, “the only way to see change is to make change.” I headed straight for the Santa Cruz law library to review local and state laws and the journey began.

Our goal at Greenway is to help qualified California Medical Cannabis patients with: Education, Compassion, and tolerance. Education on the uses of THC, Compassion for the condition that brought them to us, and Tolerance for the days that we all need a kind face and a friendly atmosphere.

We endeavor to bring you the best service and the most recent research into the many uses of THC, and what it can do for you.

**Please observe the state laws that keep us open, follow our guidelines and enjoy your time at Greenway.**



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## **Greenway Compassionate Relief**

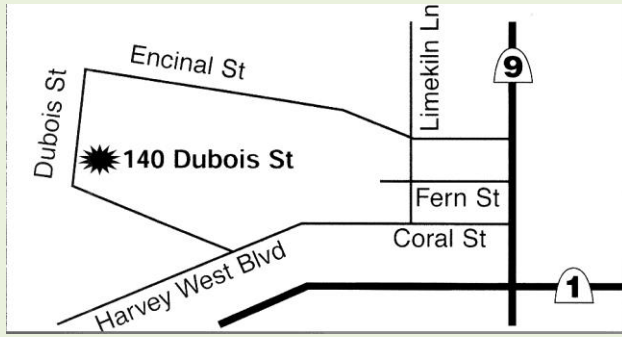
140 Dubois St. Santa Cruz CA 95060

(831) 420-1640

## Hours of Operation

**Monday-Saturday.....11am-7pm**

**SUNDAY .....CLOSED**



The people of the State of California hereby find and declare that the purpose of the Compassionate Use Act of 1996 are as follows:

- A) To ensure that the seriously ill Californians have the right to obtain and use Cannabis for medical purposes where that medical use is deemed appropriate and has been recommended by a physician who has determined that the person's health would benefit from the use of Cannabis in the treatment of cancer, arthritis, migraine, or any other illness for which Cannabis provides relief.
  
- B) To ensure patients and their primary caregivers who obtain and use Cannabis for medical purposes upon the recommendation of a physician are not subject to criminal prosecution or sanction.



Make the most of the Indian hemp seed, and sow it everywhere.”

-George Washington

**W**elcome to Greenway Compassionate

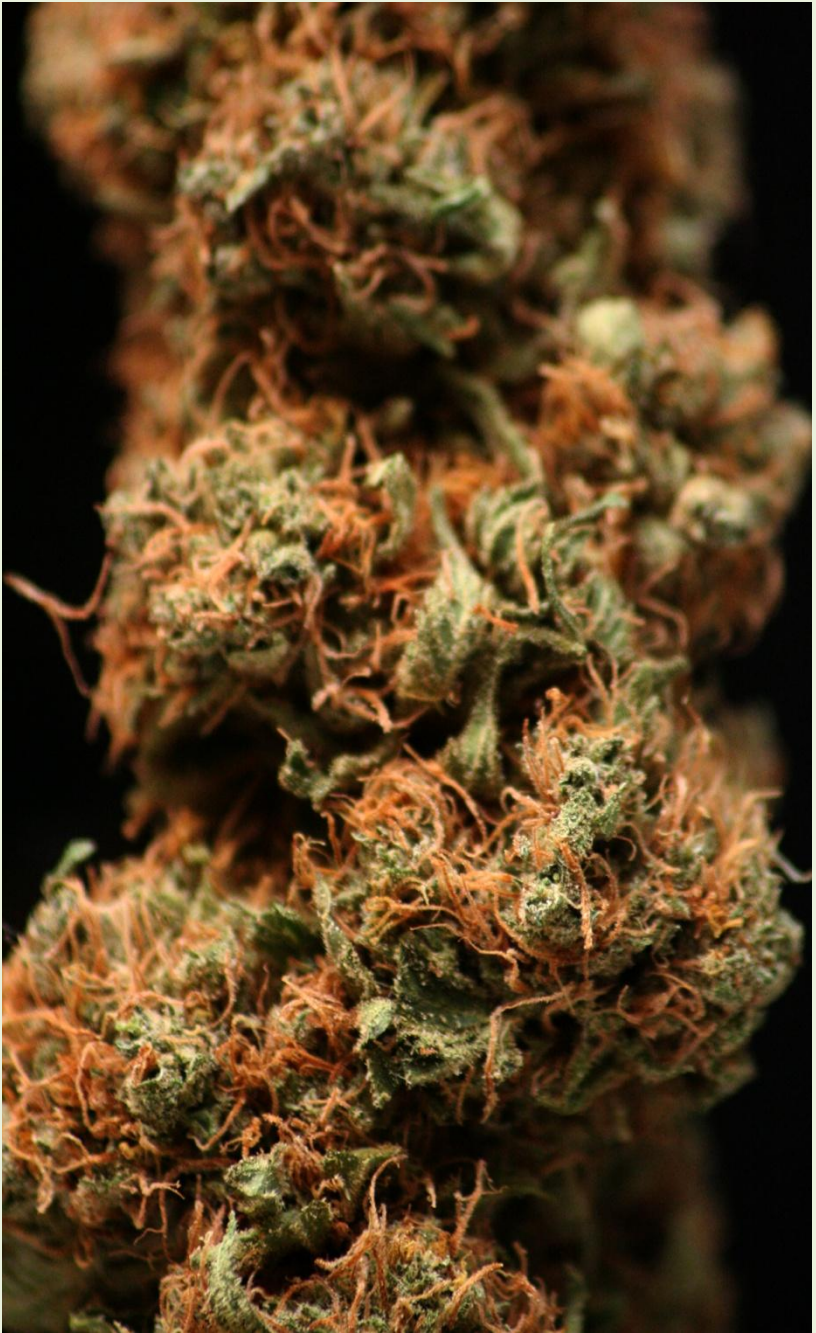
Relief, Santa Cruz County’s first medical cannabis dispensary and the first “licensed” dispensary in the state. It is our main objective to provide a safe, friendly, and enjoyable environment for you to access medical cannabis. We ask for your help in keeping Greenway one of California’s top dispensaries by using good judgment on and off the premises regarding your medication.

Furthermore we ask that you please treat everyone in the building with respect in order to generate a congenial and considerate atmosphere.

When it comes to dispensing medical cannabis, Greenway operates under the philosophy of following State and County regulations to the fullest. In order to gain access into the dispensary each patient must present a valid California driver's license, identification card, or state issued passport along with a recommendation in paper or card format (state, OCBC, Medicann card etc.). The recommendation must be issued by a licensed California MD or DO, with the recommended usage of medical cannabis for the patient explicitly mentioned in the physician's words. The physician's California license number must be displayed on the recommendation for it to be acceptable. Although you will not be required to present your recommendation at each visit we ask that you make sure to have it in your possession for your protection.

Please join us in our attempt to uphold and defend our voted right to medical cannabis by using the highest level of integrity and compassion. This booklet is designed to answer a good majority of questions you may have about the medication or Greenway in general. Thank you again for your interest in our facility and feel free to ask the staff any questions you may have.





## **Building Guidelines**

These guidelines are designated to facilitate the production of a safe and enjoyable atmosphere at Greenway. It is very important that each patient follows these guidelines so that we can continue to operate for years to come.

- You must be at least 18 years old and have California state issued ID to enter the building. Under certain circumstances patients under the age of 18 may qualify to participate at Greenway. Please see the management for details.
- You must show your medical cannabis ID card or Physicians recommendation to the security guard and receptionist upon entering the building.
- You may never sell or otherwise distribute any medication you obtain at Greenway. You will be permanently excluded from participating at Greenway if you do so.
- You should treat everyone at Greenway (patients, staff, etc.) with respect. You may be asked to leave the property if you use offensive or abusive language or behavior.
- No cell phones on the premises.

- You may not smoke cannabis or tobacco at Greenway.
- Never consume cannabis in the parking lot or surrounding neighborhoods.
- For your safety, place all medications out of sight before leaving the facility.
- Absolutely no alcohol, hard drugs, or weapons are allowed in the building.
- Any patients who commit, or threatens to commit, any acts of violence will be excluded from participation at Greenway. Violent acts may be subject to criminal prosecution as well.
- Be polite and respectful to our neighbors.
- Only park in legal parking spaces. Never block driveways or park illegally on the street.
- In the event of an emergency, please follow instructions from our staff.
- If you have any questions or concerns regarding our facility please do not hesitate to ask a staff member.
- Please accompany all guests into the lobby. We cannot allow patient's guests to wait in the parking lot (including automobiles).



## **Choosing Your Medicine**

Most of California's medically-qualified patients obtain their medicinal cannabis through dispensaries. In fact, there are more than one hundred cooperatives, collectives, dispensaries and the like across the state. Upon entering Greenway you will notice a wide variety of medicinal cannabis in many different forms. At times the process of choosing medicine can be somewhat overwhelming and it is our goal to make your experience with us as enlightening and informative as possible. Please do not hesitate to ask the staff any and all questions you have about the medicine. Furthermore remember to consult your Physician for symptom specific treatments with medical cannabis. This booklet is designed to facilitate the determination process to most aptly suit your medical needs.

Due to the lack of standardization encompassing medical cannabis there is often a process of trial and error involved in choosing the correct medicine for you. Individual patients must decide the dosage, variety, and potency that most appropriately suit their conditions; Because of this provision patients must think objectively regarding the effects of different medication. Your feedback is obviously pivotal in establishing a body of anecdotal evidence which will consequentially further the well-being of the medical cannabis patient.

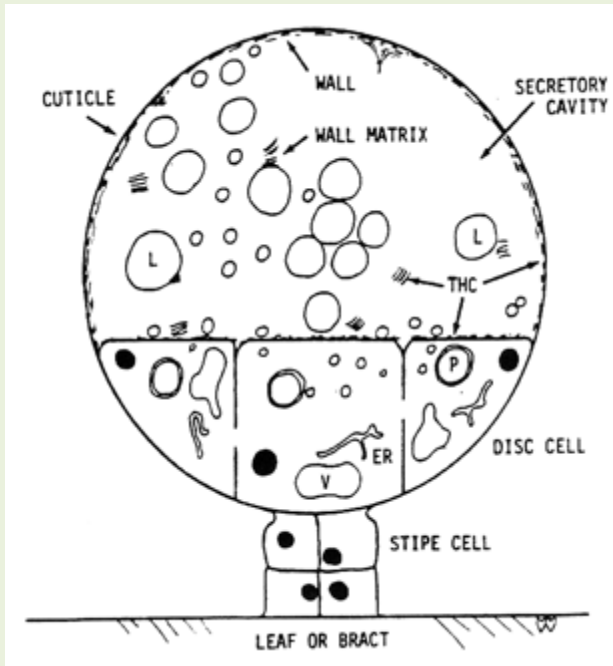


## **Differences between Indica and Sativa.**

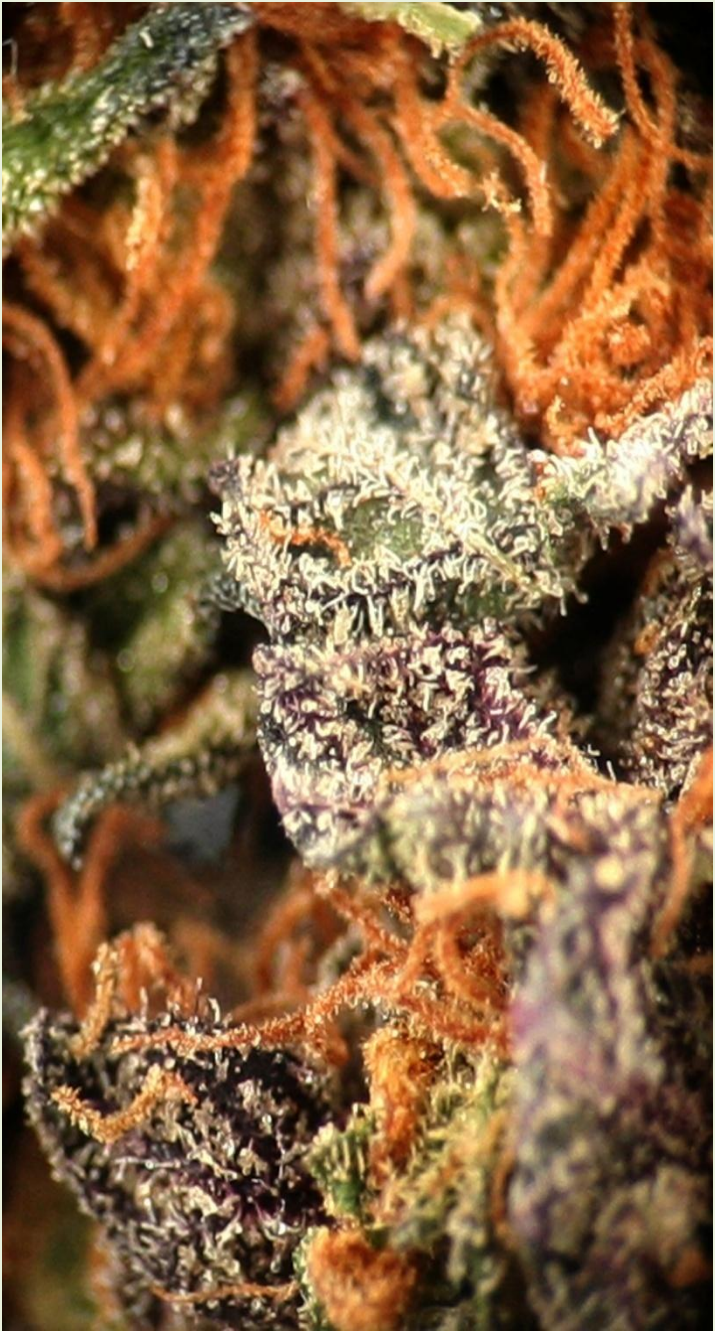
The trial process that some patients encounter in deciding which medicine best suits their needs can be assisted by understanding the effects of different types of cannabis. The terms Indica and Sativa refer to subspecies within the species *Cannabis sativa*. While it is rare to find medicine today that is exclusively Indica or sativa, genetic predominance of one subspecies can lead to distinguishing effects between the two. Refer to the table below for reference:

<i>Cannabis sativa</i> subsp. <u>Indica</u>	<i>Cannabis sativa</i> subsp. <u>Sativa</u>
<b>Heavier body effects</b>	<b>More pronounced head effects</b>
<b>Sedated, relaxed feeling</b>	<b>Energetic, lively cerebral sensation</b>
<b>Higher CBN, CBD to THC ratios</b>	<b>Higher THC to CBD, CBN ratios</b>

## Science Behind the Medicine



Disc cell and secretory organelles -  
<http://www.hempreport.com/issues/17/malbody17.html>



While research on medical cannabis has been met with some federal skepticism, it is obvious that there are medical benefits to certain chemicals produced by the

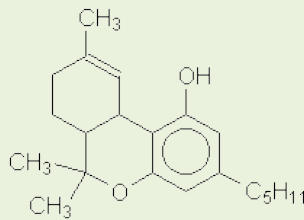


Close up of female bract with glandular trichomes -

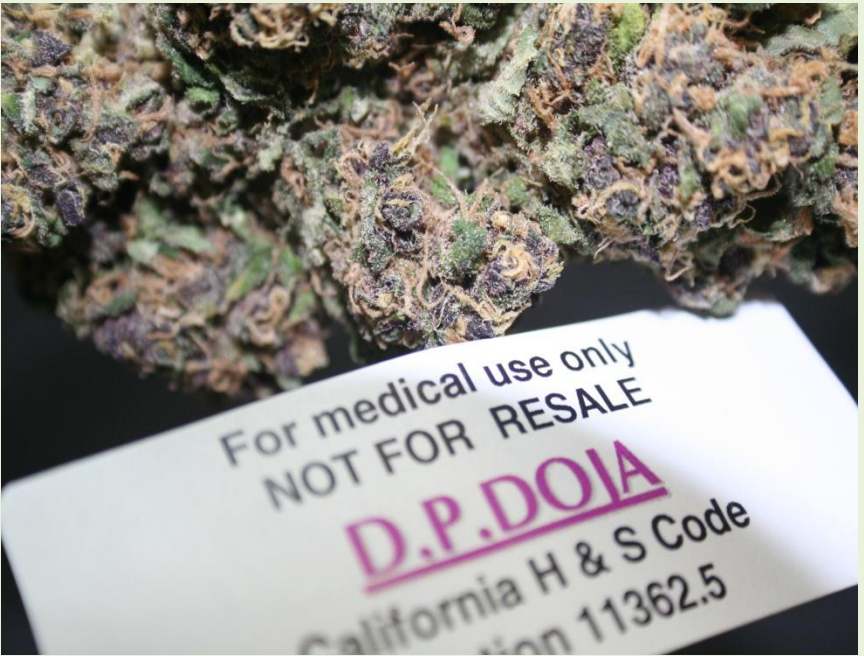
cannabis plant. The groups of chemicals that appear to exhibit the broadest range of human physiological effects are called Cannabinoids. These chemicals are found primarily in hair like projections called trichomes. Near the apex of a trichome is a glandular secretory cell called a disc cell (Mahlber, Paul, 2004). The building blocks for basic cannabinoid molecules are secreted by plastids and vacuoles of the disc cell and travel to a secretory chamber. Cannabinoids are unique to the genus *Cannabis*. There are over 60 known types of Cannabinoids (Burnes, Ineck, 2006) with many of them having unknown physiological effects. Some of the most pharmacologically active, and most heavily researched, Cannabinoids include:

# THC

## Tetrahydrocannabinol

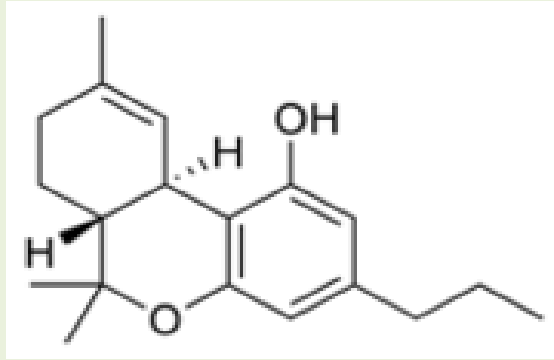


- Primary psychoactive component of genus *Cannabis*.
- Found predominantly in *C. sativa*.
- Mimics the action of anandamide (a naturally produced neurotransmitter).
- Attaches in higher concentrations to cannabinoid receptors in the brain to create a cerebral effect.



# THCV

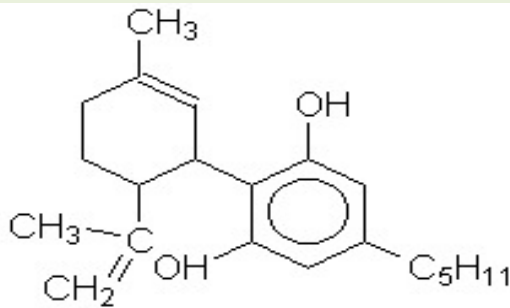
## Tetrahydrocannabivarin



- Found predominantly in *C. Indica*.
- The shorter hydrocarbon chain (near the bottom right of the figure) is believed to cause a more intense yet shorter lasting effect.
- Blocks cannabinoid receptors in the brain to cause a more somatic effect.

## CBD

### Cannabidiol



- Found predominantly in *C. Indica*.
- Has greater affinity for cannabinoid receptors located on specific cells of the immune system (T cells).
- Believed to be the main cannabinoid associated with anti-inflammatory responses.
- Focal point of many medical studies due to positive physiological reactions and lack of psycho activity.



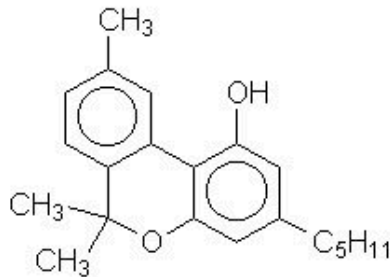
For medical use only  
NOT FOR RESALE

**SATORI**

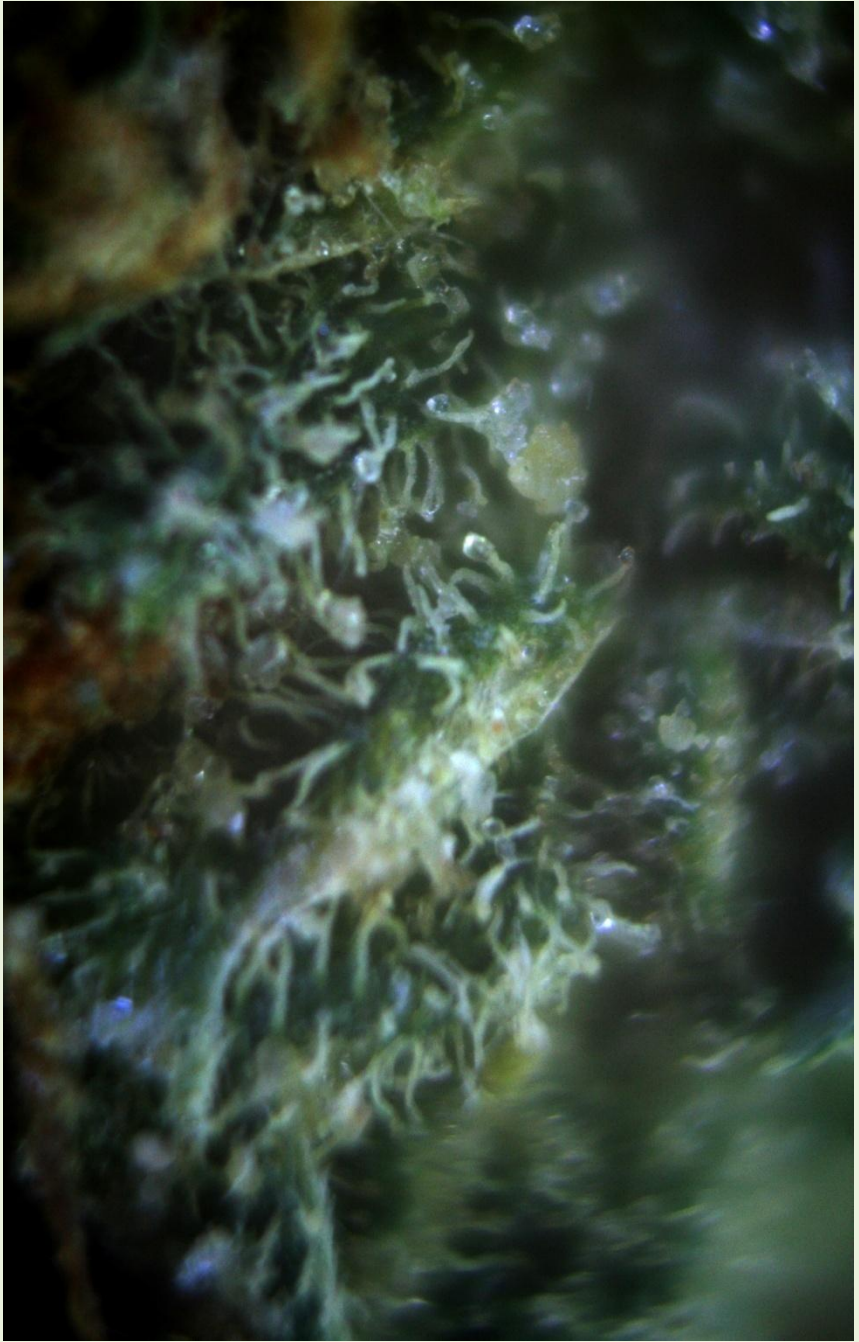
California H & S Code  
Section 11362.5

## CBN

### Cannabinol



- Non psychoactive cannabinoid concentrated in *C. sativa*.
- Thought to manipulate anti-body production.
- Some research shows potential to fight microbial infection by increasing anti-body production.



**T**etrahydrocannabinol (THC) is believed to be the main

pharmacologically active cannabinoid and has exhibited a wide range of physiological effects including dilation of bronchioles of the lung and decreased pressure on the eye. Some antioplastic (anti-cancerous) activity has been attributed to THC's ability to inhibit certain DNA synthesis. CBD appears to increase coronary flow without increasing heart rate along with antiepileptic and muscular relaxation activity. The effects of CBN have only been exhibited intravenously and include anticonvulsive and a decrease blood clotting activity (Grotenhermen, Russo, 2002).

The human body produces an endogenous (self-made) cannabinoid called anandamide (named after the Sanskrit word for bliss). This molecule acts as a neurotransmitter in the pain perception pathways (among others) in the brain and spinal cord. THC appears to be roughly 4 to 20 times more effective in stimulating these nerves as endogenous anandamide. This endogenous molecule appears to be extremely important in the pain management systems of the human body. (Grotenhermen, Russo, 2002).

The medical significance of Cannabinoids is undeniable and hopefully with time certain restrictions will be lifted pertaining to medical cannabis research. Cannabinoids are labeled by researchers and physicians alike as being an extremely exciting new frontier for therapeutic drug discovery. Lester Grinspoon, an emeritus professor of psychiatry at Harvard, once wrote "The mountain of accumulated anecdotal evidence that pointed the way to the present and other clinical studies also strongly suggests there are a number of other devastating disorders and symptoms for which Cannabis has been used for centuries... If Cannabis were a new discovery rather than a well-known substance carrying cultural and political baggage, it would be hailed as a wonder drug." Please do your part by researching the scientific benefits of medical cannabis and lobby your local congressperson to create serious reform to medical cannabis research and usage laws.

## Patient Journal

Keeping a journal can help you track forms of medical cannabis that are particularly beneficial for your specific medical needs. Please ask the staff if you need assistance.

<b>Strain name:</b> _____	<input type="checkbox"/> <i>Indica</i>
<b>Rating (1-10):</b> _____	<input type="checkbox"/> <i>Sativa</i>
<b>Comments:</b> _____	<input type="checkbox"/> <i>Indica/ Sativa</i>
_____	<i>hybrid</i>
_____	

<b>Strain name:</b> _____	<input type="checkbox"/> <i>Indica</i>
<b>Rating (1-10):</b> _____	<input type="checkbox"/> <i>Sativa</i>
<b>Comments:</b> _____	<input type="checkbox"/> <i>Indica/ Sativa</i>
_____	<i>hybrid</i>
_____	

**Strain name:** \_\_\_\_\_

**Rating (1-10):** \_\_\_\_\_

**Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

- Indica*
- Sativa*
- Indica/ Sativa  
hybrid*

**Strain name:** \_\_\_\_\_

**Rating (1-10):** \_\_\_\_\_

**Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

- Indica*
- Sativa*
- Indica/ Sativa  
hybrid*

**Strain name:** \_\_\_\_\_

**Rating (1-10):** \_\_\_\_\_

**Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

- Indica*
- Sativa*
- Indica/ Sativa  
hybrid*

**Strain name:** \_\_\_\_\_

**Rating (1-10):** \_\_\_\_\_

**Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Indica*
- Sativa*
- Indica/ Sativa  
hybrid*

**Strain name:** \_\_\_\_\_

**Rating (1-10):** \_\_\_\_\_

**Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Indica*
- Sativa*
- Indica/ Sativa  
hybrid*

**Strain name:** \_\_\_\_\_

**Rating (1-10):** \_\_\_\_\_

**Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Indica*
- Sativa*
- Indica/ Sativa  
hybrid*

**Strain name:** \_\_\_\_\_

**Rating (1-10):** \_\_\_\_\_

**Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

- Indica*
- Sativa*
- Indica/ Sativa*  
*hybrid*

**Strain name:** \_\_\_\_\_

**Rating (1-10):** \_\_\_\_\_

**Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

- Indica*
- Sativa*
- Indica/ Sativa*  
*hybrid*

**Strain name:** \_\_\_\_\_

**Rating (1-10):** \_\_\_\_\_

**Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

- Indica*
- Sativa*
- Indica/ Sativa*  
*hybrid*

<b><u>Negative Phrases</u></b>	<b><u>Better Terminology</u></b>
<b>-Marijuana</b>	<b>-Cannabis</b>
<b>-Pot, Weed, Dope</b>	<b>-Medicine</b>
<b>-Smoke Pot</b>	<b>-Medicate</b>
<b>-Dealer, Seller</b>	<b>-Cannabis Provider</b>
<b>-Buy</b>	<b>-Acquire</b>
<b>-Sell</b>	<b>-Provide</b>
<b>-Vender</b>	<b>-Patient Cultivator</b>
<b>-Hash</b>	<b>-Concentrate</b>
<b>-Buzzed, High, Stoned</b>	<b>-Medicated</b>
<b>-Dank, Chronic</b>	<b>-Higher Grade Medicine</b>
<b>-Shwag, Dirtweed, Bammer</b>	<b>-Lower Grade Medicine</b>
<b>-420</b>	<b>-Not Appropriate</b>

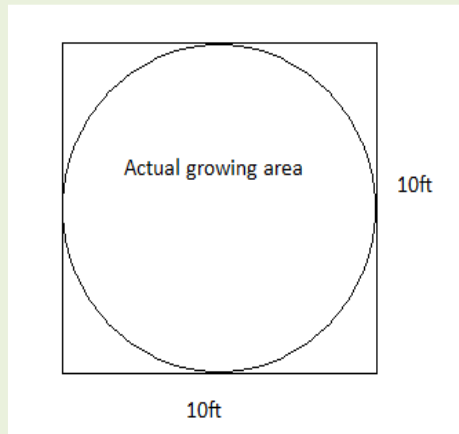
# Santa Cruz County cultivation guidelines

## Santa Cruz County Code

### 7.124.105 Medical Cannabis guidelines.

A. Possession. A qualified patient or a person holding a valid identification card, or the designated primary caregiver of that qualified patient or person, may possess amounts of Cannabis up to three pounds of dried cannabis bud or conversion per year.

B. Cultivation. A qualified patient or a person holding a valid identification card, or the designated primary caregiver of that qualified patient or person, may cultivate cannabis in an amount not to exceed more than one hundred square feet of total garden canopy, as measured by the combined vegetative growth area.



C. If a qualified medical Cannabis patient or primary caregiver has an attending physician's written, dated and signed recommendation that the quantities described in subsections A and B of this section are not sufficient to meet the medical Cannabis patient's needs, said patient or caregiver may possess and/or cultivate an amount of Cannabis consistent with the attending physician's written recommendation.

D. The name of the qualified medical Cannabis patient and/or the primary caregiver's designation shall be and remain posted at any garden site where medical Cannabis is being cultivated.

E. A primary caregiver's designation shall be in the possession of the caregiver whenever he or she possesses or cultivates Cannabis subject to this chapter. (Ord. 4773 § 3, 10/19/04)

## Resources:

- Americans for Safe Access – National organization promoting safe and legal access to medical cannabis.
  - [www.safeaccessnow.org](http://www.safeaccessnow.org)
  - 888-929-4367
- Medicann – A group of physicians that specialize in medical cannabis recommendations.
  - [www.medicannusa.com](http://www.medicannusa.com)
  - 866-632-6627
- American Civil Liberties Union – A lobbyist group interested in extending the rights of citizens that have traditionally been denied.
  - [www.aclu.org](http://www.aclu.org)
- Santa Cruz County medical cannabis ID program.
  - 265 Water St.
  - Santa Cruz CA 95060
  - 831-454-3431
- Santa Cruz City Council
  - 809 Center Street, Room 10
  - Santa Cruz, CA 95060
  - 831- 420-5020

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