



UPLIFTING
HEALTH & WELLNESS

"Cannabis As A Global Solution"™

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Kansas City, Missouri

June 9-11, 2022

Dr. Uma Dhanabalan, MD MPH FAAFP MRO CMS

- **New Jersey Medical School-UMDNJ (Newark New Jersey)**
 - Medical Degree
- **Medical University of South Carolina (Charleston South Carolina)**
 - Residency - Family Medicine
- **Harvard School of Public Health (Boston Massachusetts)**
 - Masters in Public Health
 - Residency - Occupational & Environmental Medicine
 - Fellowship in Heavy Metals
- **Medical Review Officer Council**
 - Certified Medical Review Officer
- **American Academy of Cannabinoid Medicine**
 - Diplomat Cannabinoid Medicine Specialist

Disclosures

Founder/CEO

Global Health & Hygiene Solutions, LLC (2006)

- Promote Wellness & Prevent IllnessTM

Uplifting Health & Wellness (2014)

- Educate Embrace EmpowerTM

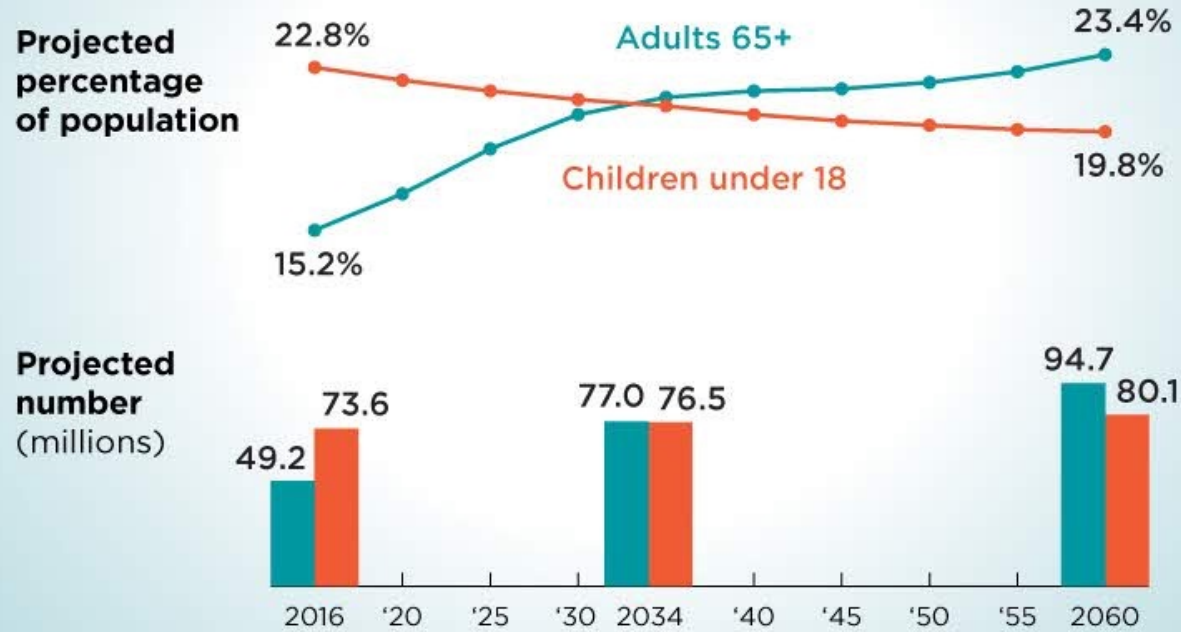
Registered Trademarks[®]

- Cannabis The Exit Drug[®]
- Dr. Uma Says[®]

Objectives

- What Are The Global Issues?
- What Is Cannabis, Difference Between Hemp & Marijuana?
- What Is The History Of Cannabis?
- What Is The Endocannabinoid System (ECS)?
- How Does Cannabis Works With The ECS?
- What Are Dr. Uma's 5 P's?

For the First Time in U.S. History Older Adults Are Projected to Outnumber Children by 2034



Note: 2016 data are estimates not projections.

United States[®]
Census
Bureau

U.S. Department of Commerce
U.S. CENSUS BUREAU
[census.gov](https://www.census.gov)

Source: National Population
Projections, 2017
www.census.gov/programs-surveys/popproj.html

10 Common Chronic Conditions for Adults 65+

Quick Facts



Hypertension
(High Blood Pressure)
58%



High Cholesterol
47%



Arthritis
31%



Ischemic Heart Disease
(or Coronary Heart Disease)
29%



Diabetes
27%



Chronic Kidney Disease
18%



Heart Failure
14%



Depression
14%



Alzheimer's Disease and Dementia
11%



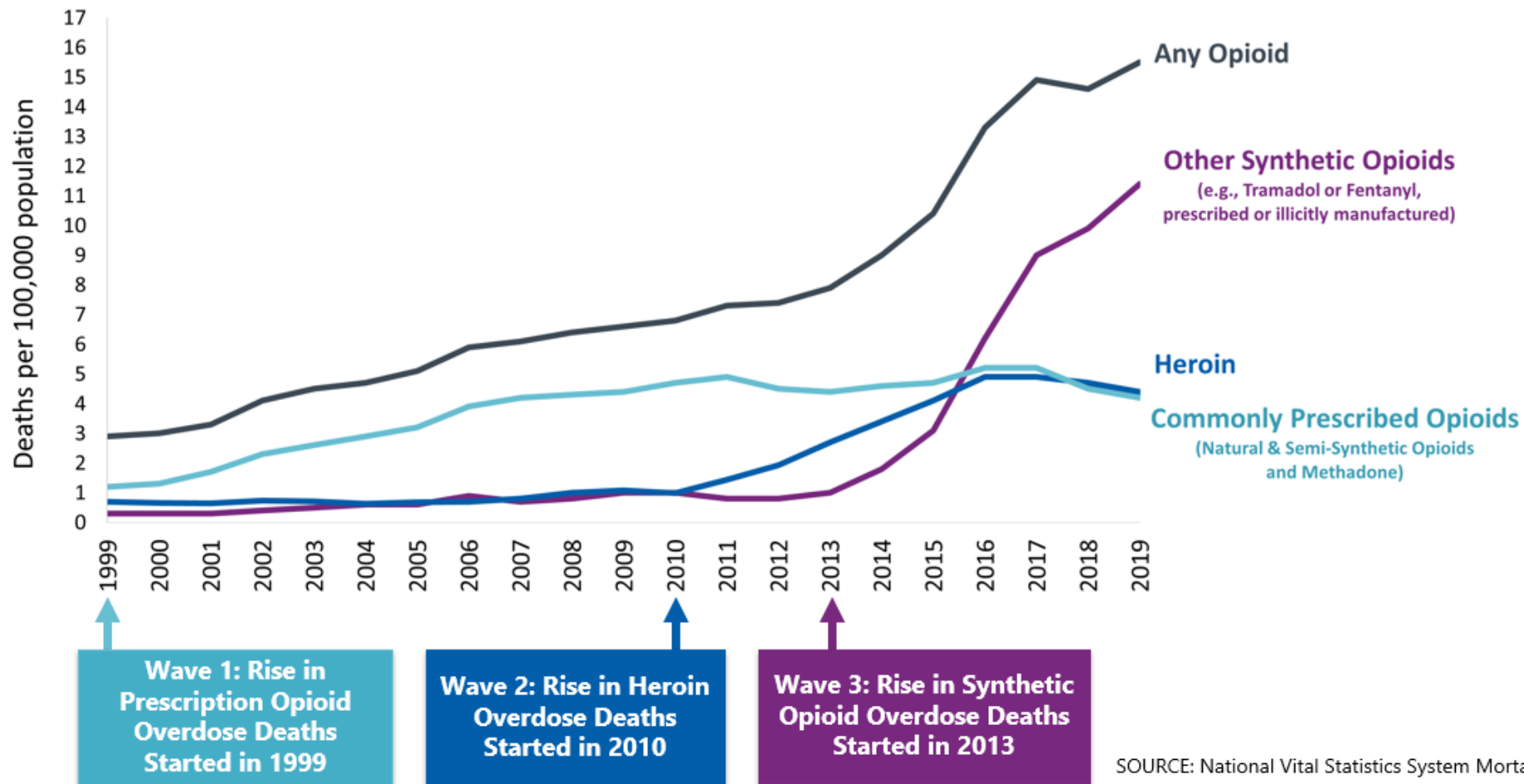
Chronic Obstructive Pulmonary Disease
11%

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence: State/County Table: All Fee-for-Service Beneficiaries, 2015

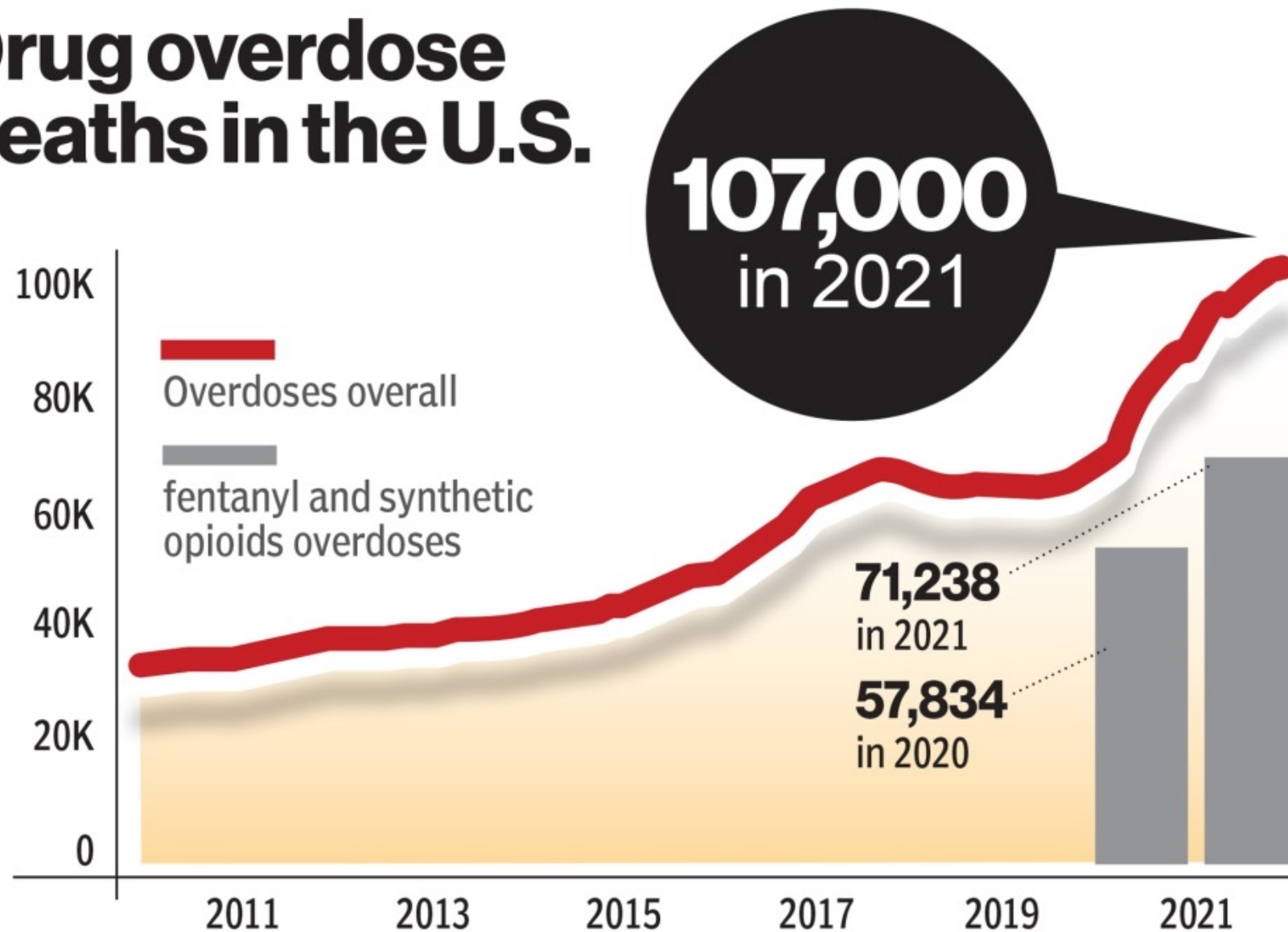
ncoa
National Council on Aging

ncoa.org
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Three Waves of the Rise in Opioid Overdose Deaths

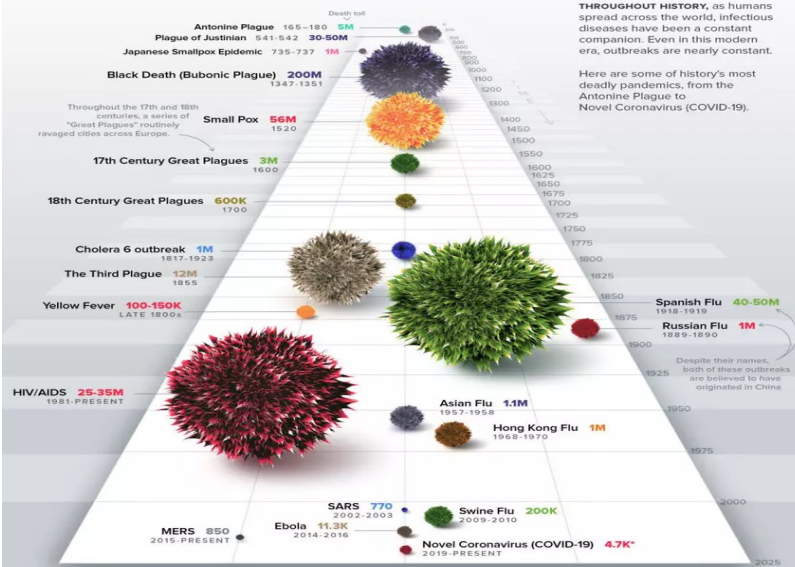


Drug overdose deaths in the U.S.



HISTORY OF PANDEMICS

PAN-DEM-IC (of a disease) prevalent over a whole country or the world.



DEATH TOLL [HIGHEST TO LOWEST]



[DEATH TOLL AS A PERCENT OF THE POPULATION]

Pandemic	% of Population	Death Toll	Population Est.	Year of Pop. Est.
Black Death	51.0%	200M	0.39B	1300
Plague of Justinian	19.1%	40M	0.21B	500
Smallpox	12.1%	56M	0.46B	1500
Antonine Plague	2.6%	5M	0.20B	200
Spanish Flu	2.5%	45M	1.82B	1919
The Third Plague	1.0%	12M	1.26B	1850
HIV/AIDS	0.7%	30M	4.46B	1981
COVID-19	0.03%	2.7M	7.90B	15/03/2021

“The Earth, our home, is beginning to
look like an immense pile of filth.”
Pope Francis



THE FACTS



10 MILLION

TONS OF PLASTIC ARE DUMPED IN OUR OCEANS ANNUALLY. THAT'S EQUAL TO MORE THAN A GARBAGE TRUCK LOAD EVERY MINUTE!



LESS THAN

9%

OF ALL PLASTIC GETS RECYCLED



100%

OF MUSSELS TESTED HAVE CONTAINED MICROPLASTICS

50%

OF ALL PLASTIC PRODUCED (380 MILLION TONS PER YEAR) IS FOR SINGLE-USE PURPOSES - USED FOR JUST MINUTES AND THEN THROWN AWAY



1 MILLION

MARINE ANIMALS ARE KILLED BY PLASTIC POLLUTION EVERY YEAR



HUMANS EAT OVER

40 POUNDS

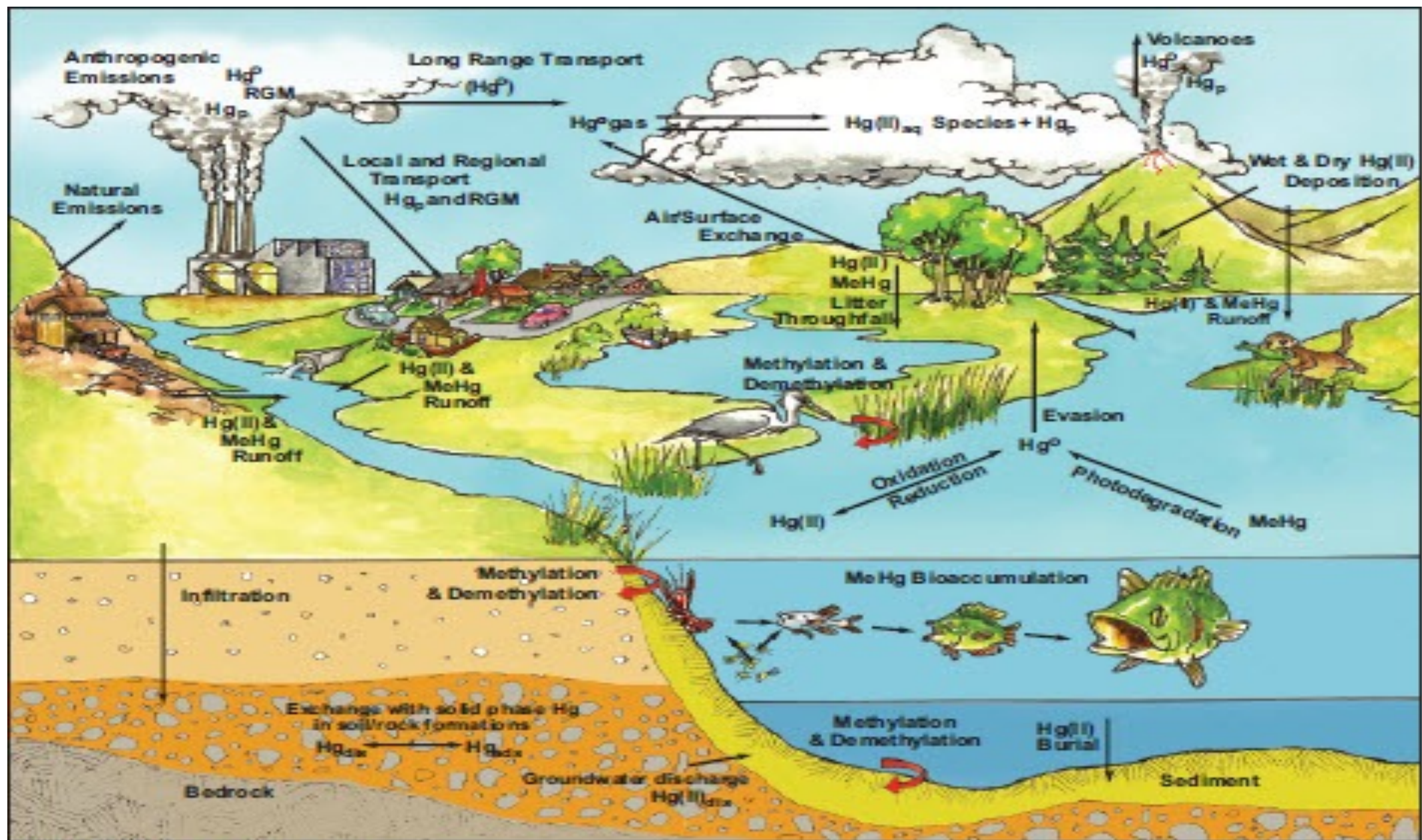
OF PLASTIC IN THEIR LIFETIME

"THERE WILL BE MORE PLASTIC IN OUR OCEANS THAN FISH BY 2050."

The Ellen MacArthur Foundation

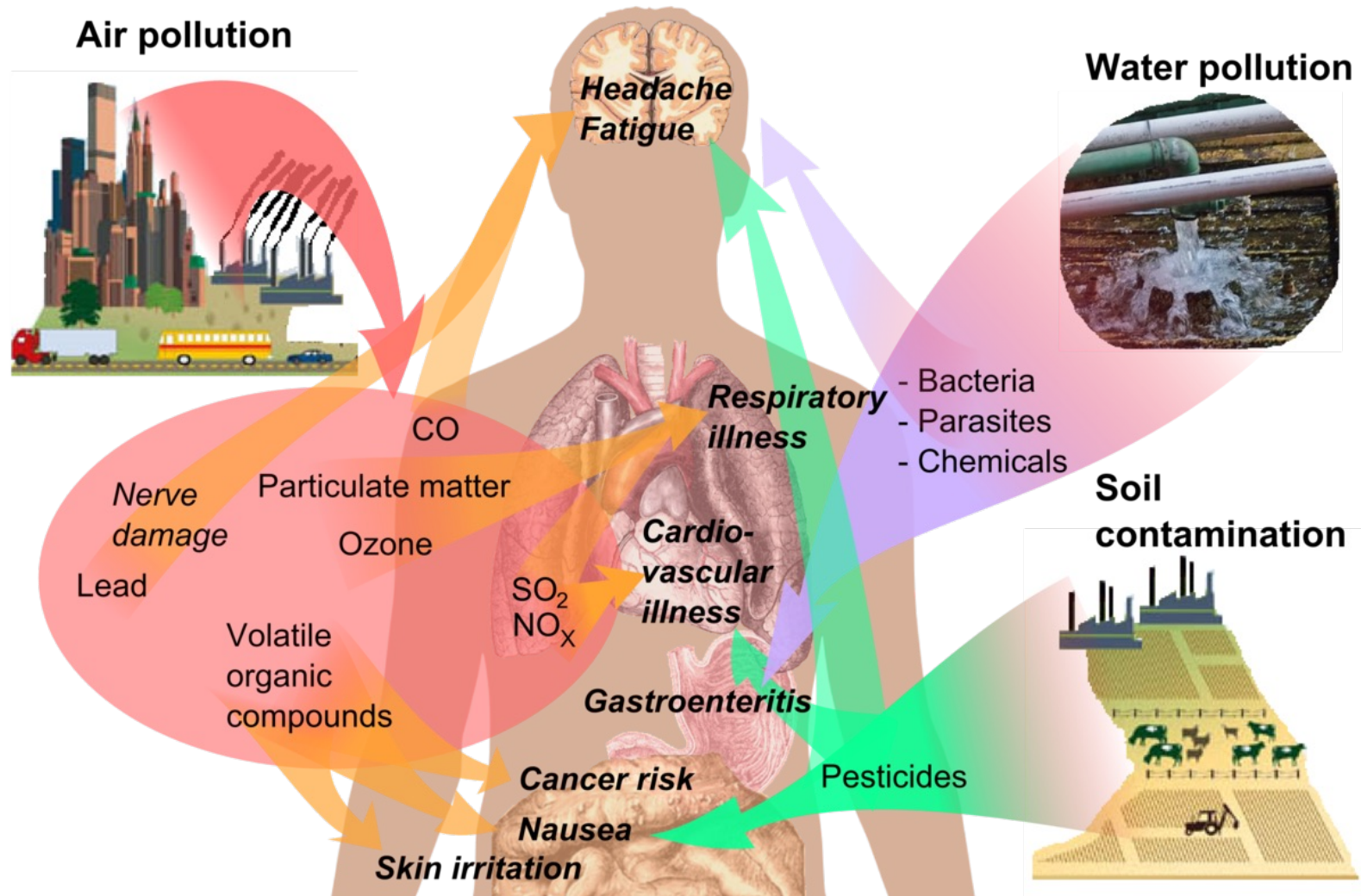


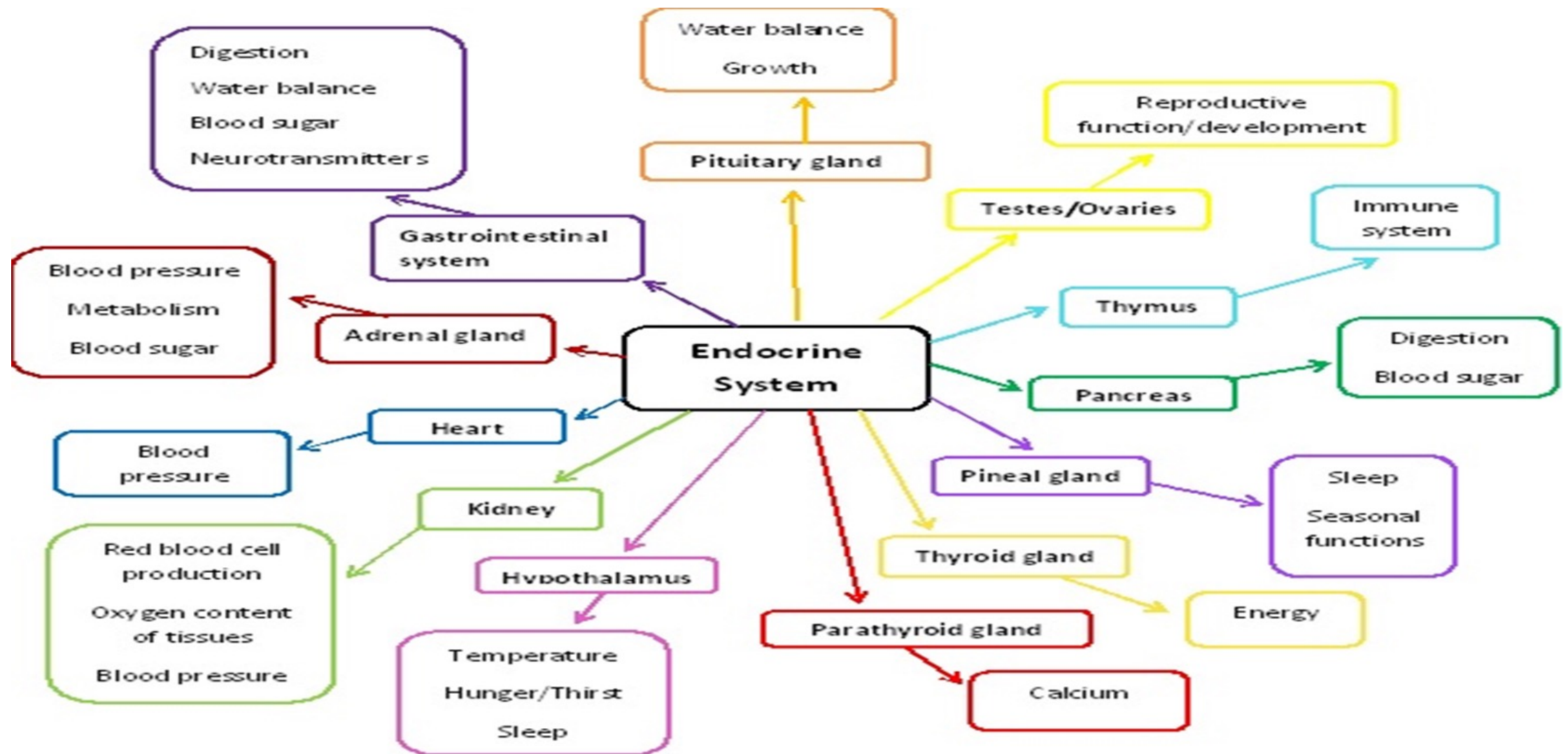
PlasticOceans.org



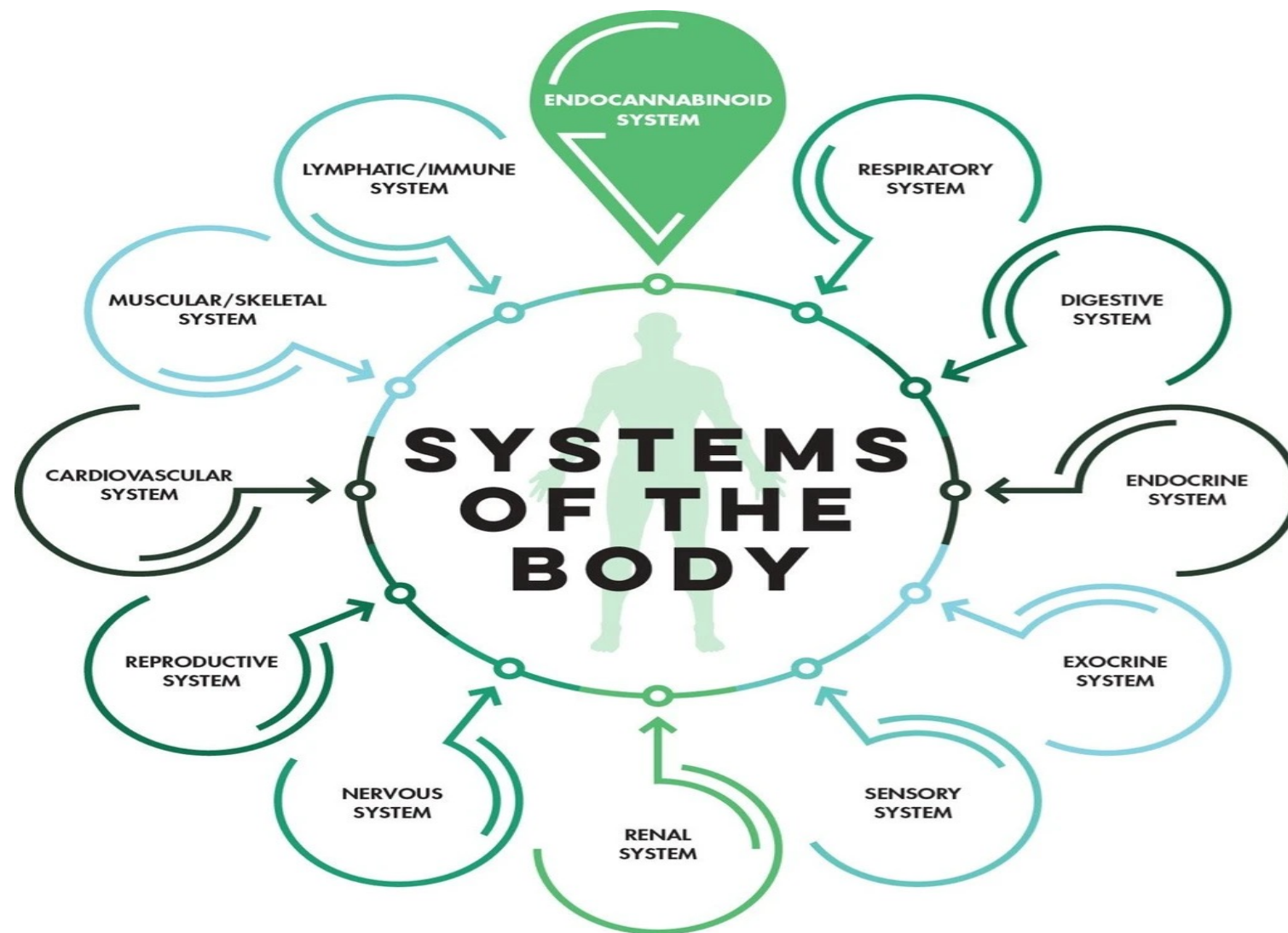
Source: Tetra Tech, Inc. 2010

Health Effect of Pollution

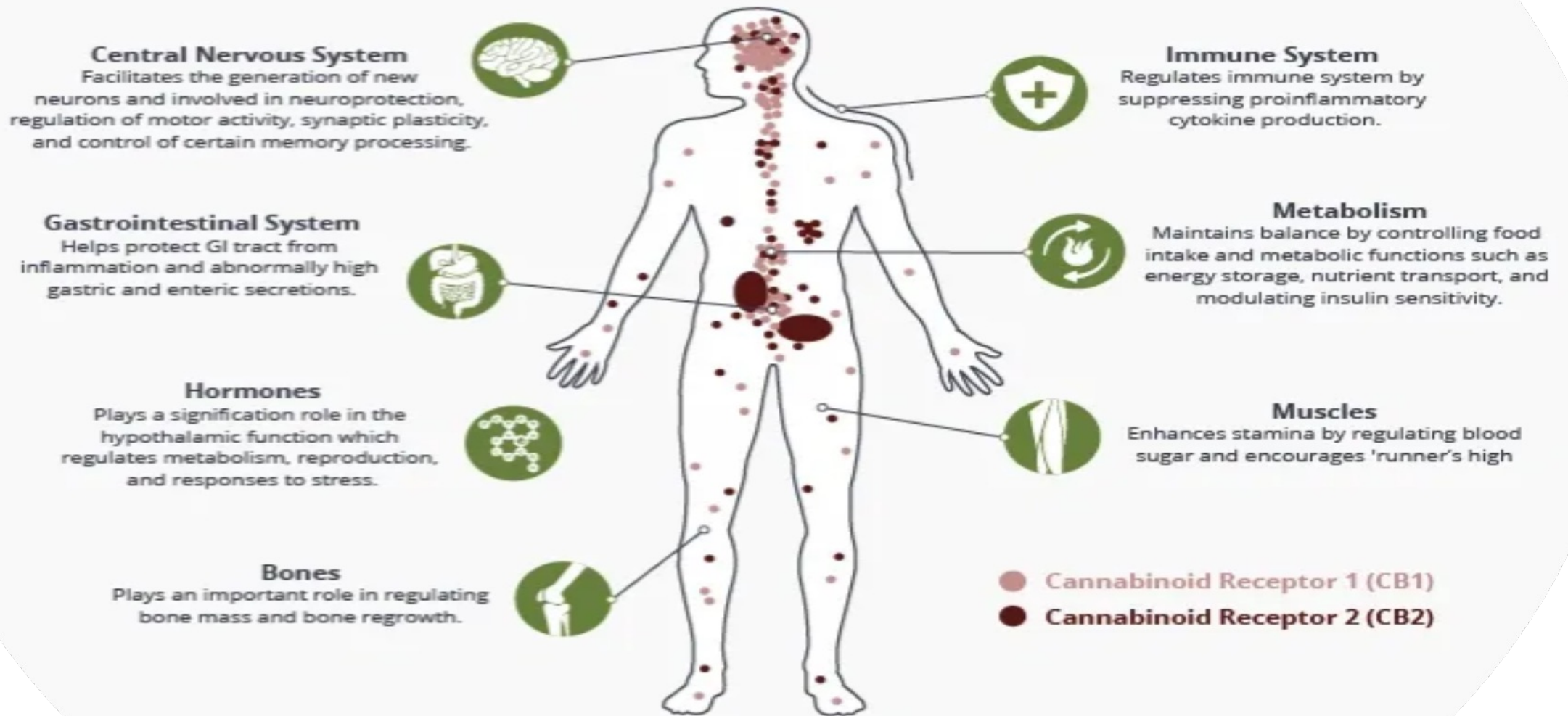




This is a graphic representation of the complicated Endocrine System, demonstrating the varied effects that pesticides can have on the body.



THE BODY'S ENDOCANNABINOID SYSTEM



Dr. Raphael Mechoulam

"Grandfather Of Cannabis"

**1964, Discovered THC As The
Psychoactive Component Of The
Cannabis Plant**

**1992, Discovered The 1st
Endocannabinoid "Anandamide"**

Sanskrit: Eternal Bliss/Supreme Joy



"Make the most you can
of the Indian Hemp seed.
The Hemp may be
sown any where."

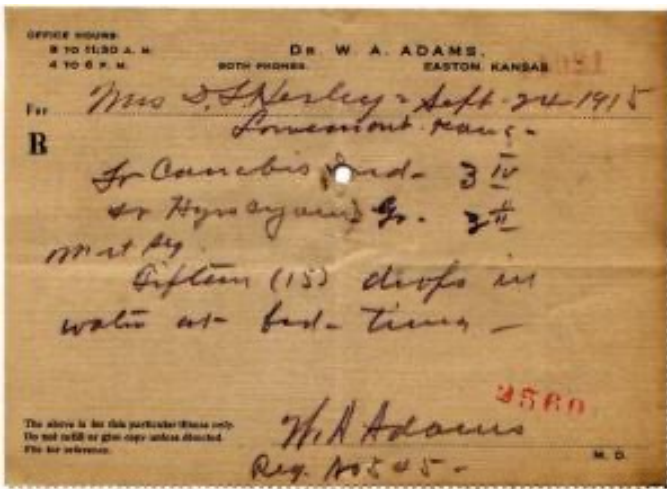
-George Washington



**Hemp is of
first necessity to
the wealth and
protection of
the country**

- Thomas Jefferson






Cannabis as treatment for: **neuralgia**, tetanus, typhus, cholera, rabies, dysentery, **alcoholism**, **opiate addiction**, anthrax, leprosy, incontinence, **gout**, **convulsive disorders**, tonsillitis, **insanity**, excessive menstrual bleeding, uterine bleeding, and others.

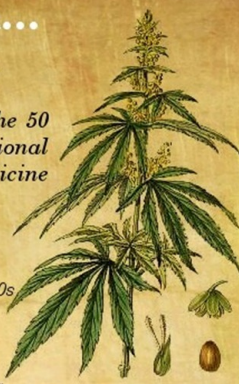


Medical Marijuana... Before Prohibition


Cannabis was listed as one of the 50 fundamental herbs of traditional Chinese medicine



The plant was first introduced to Western medicine in the mid 1800s by Dr. William O'Shaughnessy after observing its use in India



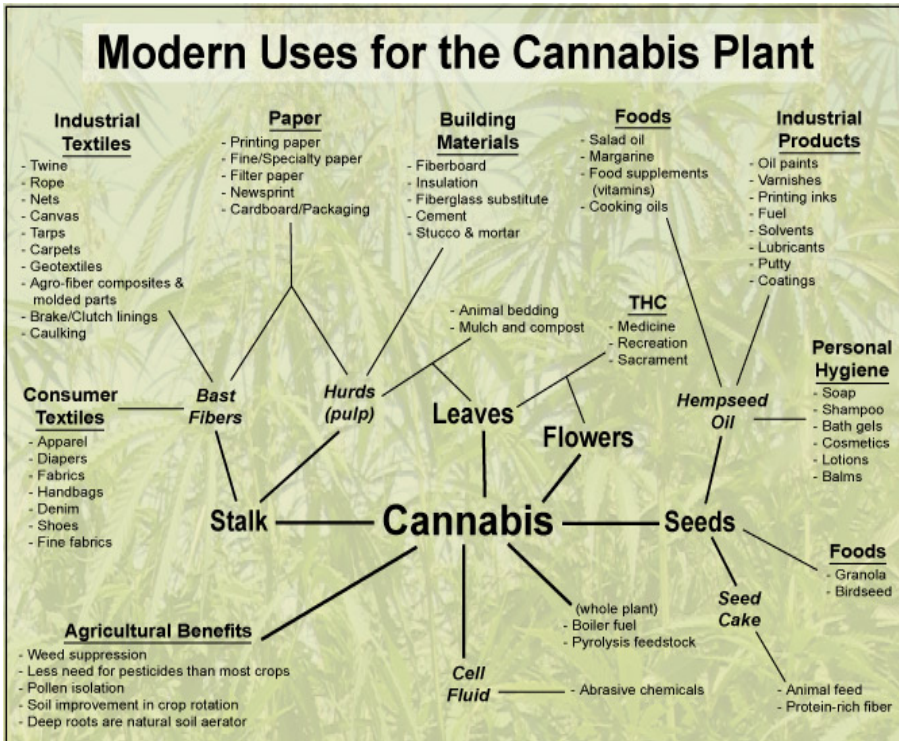
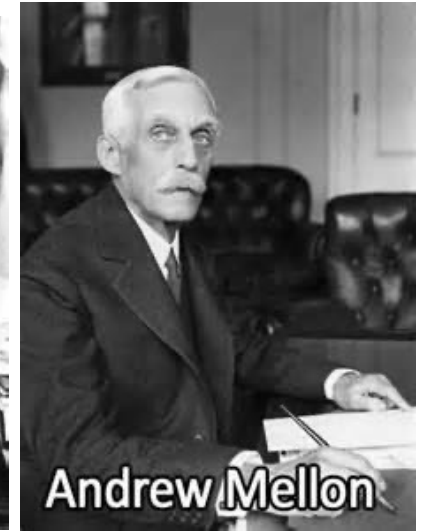
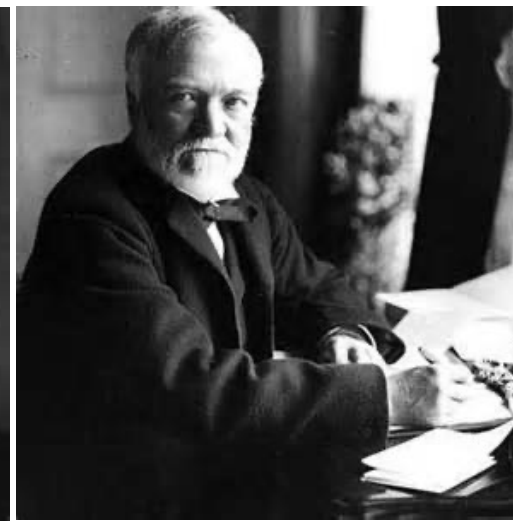
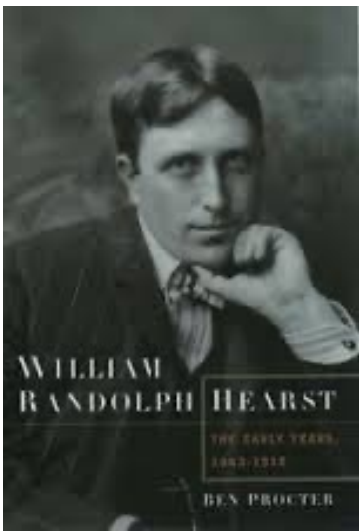
By the 20th century, over 100 papers about cannabis were published in Western medical journals and cannabis preparations were available at most local pharmacies.



The US Pharmacopoeia admitted marijuana as a recognized medicine in 1850 under the name Extractum Cannabis or Extract of Hemp, and listed it until 1942. Fluid extracts were marketed by The Smith Brothers, Parke Davis, Squibb, Lilly, Burroughs Wellcome, and other leading drug manufacturers

Cannabis Extractum Recognized 1850

Tobacco	400,000
Alcohol	100,000
Legal Drugs	20,000
Illegal Drugs	15,000
Caffeine	2,000
Aspirin	500
Marijuana	0
Cannabis	



A Brief History of... Marijuana Law

TruthOnPot.com

1619

Grow hemp

1st N. American marijuana law forces farmers to grow hemp

Jamestown Colony, Virginia

1850

Cannabis extract widely recommended & sold over-the-counter in Western pharmacies

1915-1927

9 states pass laws outlawing the 'marihuana' they smoked

"All Mexicans are crazy and this stuff [marihuana] is what makes them crazy"

-Texas senator on the floor of the Senate

1929-1936

Recreational marijuana use spreads among minorities...

"Reefer makes Darkies think they're as good as white men"

"I wish I could show you what a small marihuana cigarette can do to one of our degenerate Spanish-speaking residents. That's why our problem is so great"

Harry J. Anslinger is appointed as head of the Federal Bureau of Narcotics

Anslinger proposes Marihuana Tax Act to Congress and testifies:

"Marijuana is the most violent drug in the history of mankind"

Act passes...

Marijuana is Prohibited

The Real Reason Weed Is Illegal: RACISM

Former head of (what is now) the DEA:

Marijuana is the most violence causing drug in the history of mankind. Most marijuana smokers are Negroes, Hispanics, Filipinos and entertainers. Their satanic music, jazz and swing result from marijuana usage. He Continues...

This marijuana causes white women to seek sexual relations with Negroes. Those who are accustomed to habitual use of the drug are said eventually to develop a delirious rage after its administration during which they are temporarily, at least, irresponsible and prone to commit violent crimes. One man has no reaction at all; the next may go berserk and try to stab somebody or harm himself.

- Harry J. Anslinger, "Testimony to US Congress supporting Marihuana Tax Act, 1937"

IT WAS NEVER ABOUT YOUR HEALTH!

NaturalIndependent.com

THE U.S. COULD
SAVE AROUND 4
BILLION TREES PER
YEAR IF WE
SWITCHED BACK TO
USING **HEMP** FOR
PAPER INSTEAD OF
TIMBER.

EVERYTHING PLASTIC
CAN BE MADE FROM **HEMP.**
AND PLASTIC MADE FROM HEMP
IS **BIO-DEGRADABLE.**



BILLION- DOLLAR CROP

petition with coolie-produced foreign fiber while paying farmers fifteen dollars a ton for hemp as it comes from the field.

From the farmers' point of view, hemp is an easy crop to grow and will yield from three to six tons per acre on any land that will grow corn, wheat, or oats. It has a short growing season, so that it can be planted after other crops are in. It can be grown in any state of the union. The long roots penetrate and break the soil to leave it in perfect condition for the next year's crop. The dense shock of leaves, eight to twelve feet above the ground, chokes out weeds. Two successive crops are enough to reclaim land that has been abandoned because of Canadian thistles or quack grass.

Under old methods, hemp

(Continued to page 144A)



Top, modern version of linen duster made from hemp. Bottom, harvesting hemp with a grain binder. Hemp grows luxuriously in Texas

"HEMP is a Super Food"

Ford's **'Grown from the soil' HEMP CAR**

One of Henry Ford's first cars ran entirely on **Hemp ethanol**. The body was also constructed from **Hemp plastic**, which was 10x stronger than steel.

Of course - Hemp was then outlawed in the US in 1937 due to the potential damaging effect it would have on many powerful industries at the time, including oil, plastics & paper giants.

Imagine where we would be today had these power hungry tyrants not suppressed the amazing bio-technologies of Hemp?

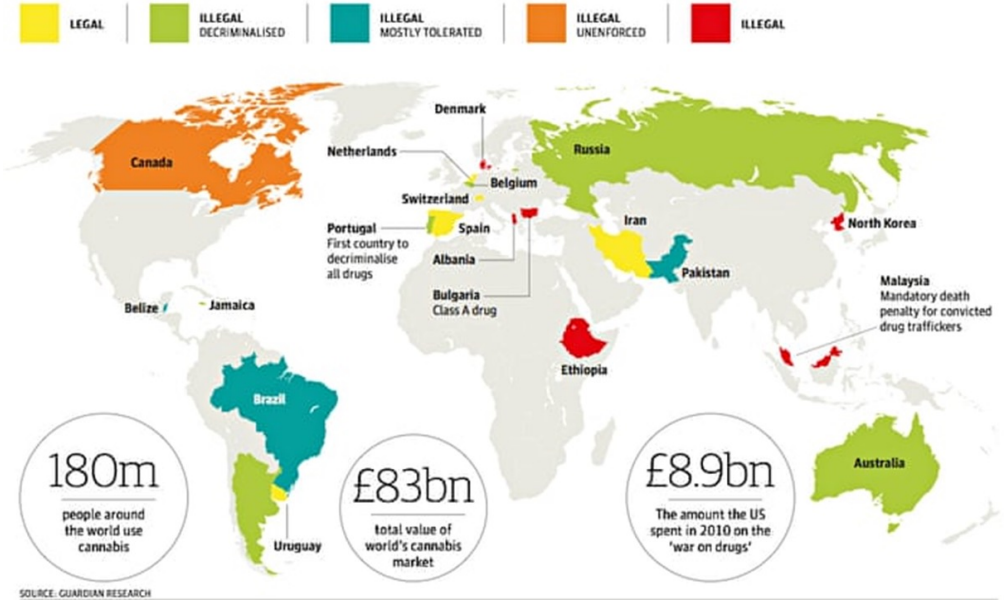


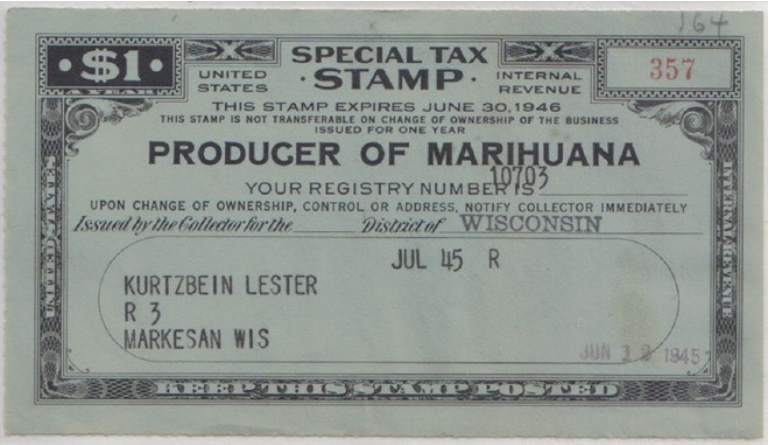
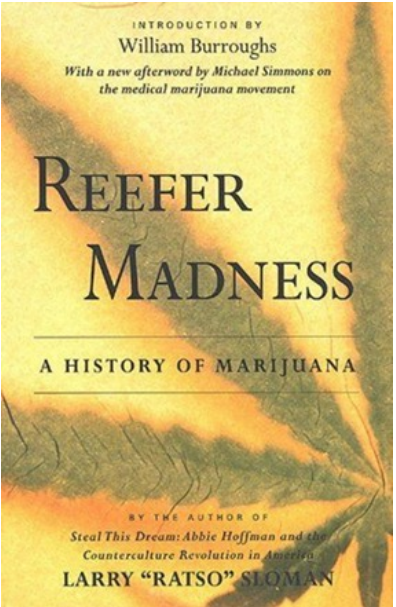
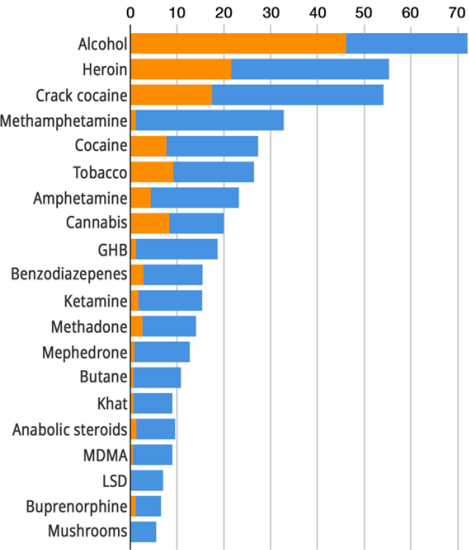
Table I. Schedules of Controlled Substances within the CSA.^{3,4}

Schedule	Definitions	Examples
Schedule I	No accepted medical use with a lack of accepted safety and high abuse potential; medications within this schedule may not be prescribed, dispensed, or administered for medical use	Heroin, peyote, ecstasy, lysergic acid diethylamide (LSD)
Schedule II	High abuse potential with severe psychological or physical dependence; however, these medications have an accepted medical use and may be prescribed, dispensed, or administered	Morphine, codeine, hydromorphone, methadone, oxycodone, fentanyl, methylphenidate, amphetamine, pentobarbital, combination products with < 15 mg of hydrocodone per dosage unit (eg, Vicodin)
Schedule III	Abuse potential less than Schedules I or II but more than Schedule IV medications; abuse may lead to moderate or low physical dependence or high psychological dependence	Products with < 90 mg of codeine per dosage unit (eg, Tylenol with codeine), dronabinol, anabolic steroids, ketamine
Schedule IV	Abuse potential less than Schedule III but more than Schedule V medications	Propoxyphene, various benzodiazepines, sibutramine
Schedule V	Medications with the least potential for abuse among the controlled substances	Robitussin AC, Phenergan with codeine, pregabalin



Overall harm of selected drugs

Drugs ordered by their overall harm scores (max score of 100), separated by [harm to users](#) and [harm to others](#).





Sir Reynolds writes in the first issue of The Lancet, "When pure and administered carefully, [cannabis](#) one of the of the most valuable medicines we possess."

Source: Drug harms in the UK, by David Nutt et al. The Lancet

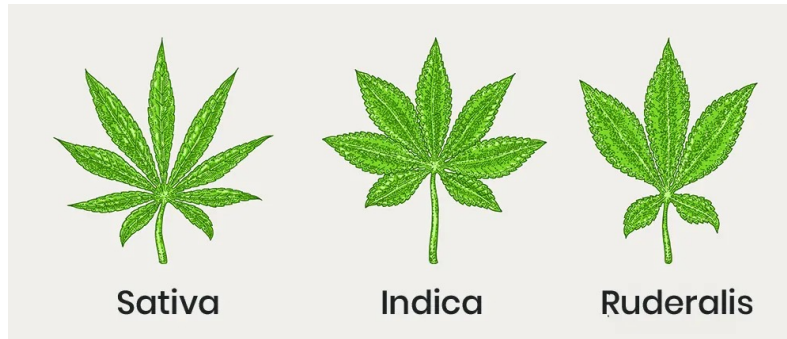
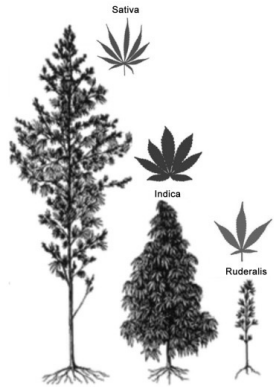
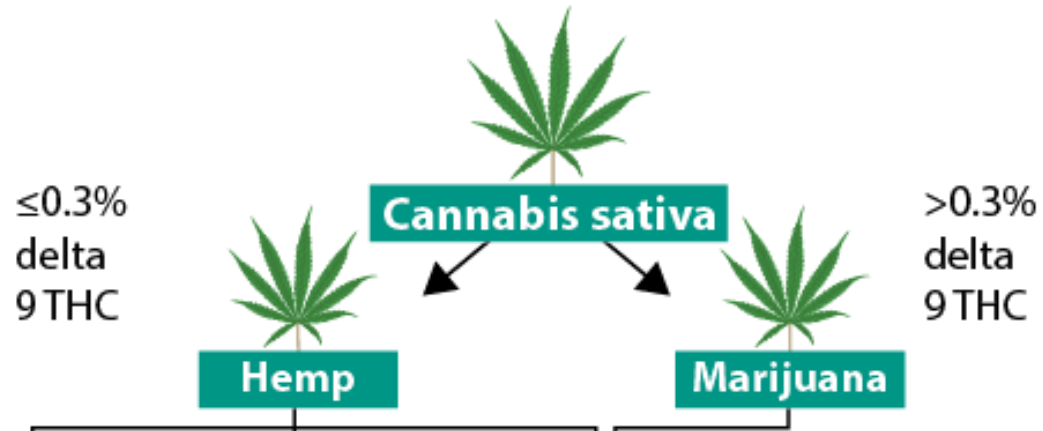
WORK THIS OUT

ALCOHOL	CANNABIS
ADDICTIVE	NON-ADDICTIVE
DEPRESSANT	ANTI-DEPRESSANT
CAUSES CANCER	CURES CANCER
1 MILLION DEATHS PER ANNUM	ZERO DEATHS IN HISTORY
COST POLICE & NHS BILLIONS	SAVES POLICE & NHS BILLIONS
DEATH VIA OD	NO OD
DESTROYS BRAIN CELLS	GROWS BRAIN CELLS
LEGAL	ILLEGAL

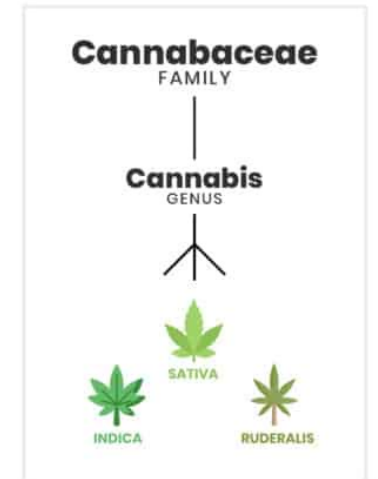
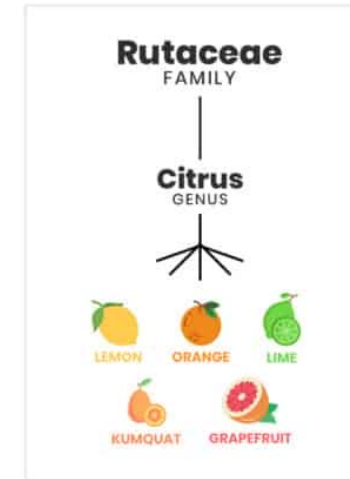
Cannabis Taxonomy

Domain	Eukarya
Kingdom	Plantae 
Phylum	Magnoliophyta
Class	Magnoliopsida
Order	Rosales
Family	Cannabaceae sensu lato
Genus	Cannabis 
Species	Cannabis sativa L. Cannabis indica Lam. Cannabis ruderalis Jan.

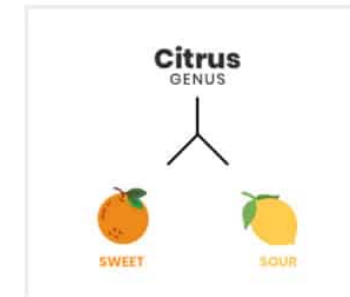
Cannabis: Hemp vs Marijuana



FUNCTIONAL HIERARCHY
BASED ON EACH INDIVIDUAL SPECIES



DYSFUNCTIONAL HIERARCHY
BASED ON A SINGLE CHARACTERISTIC

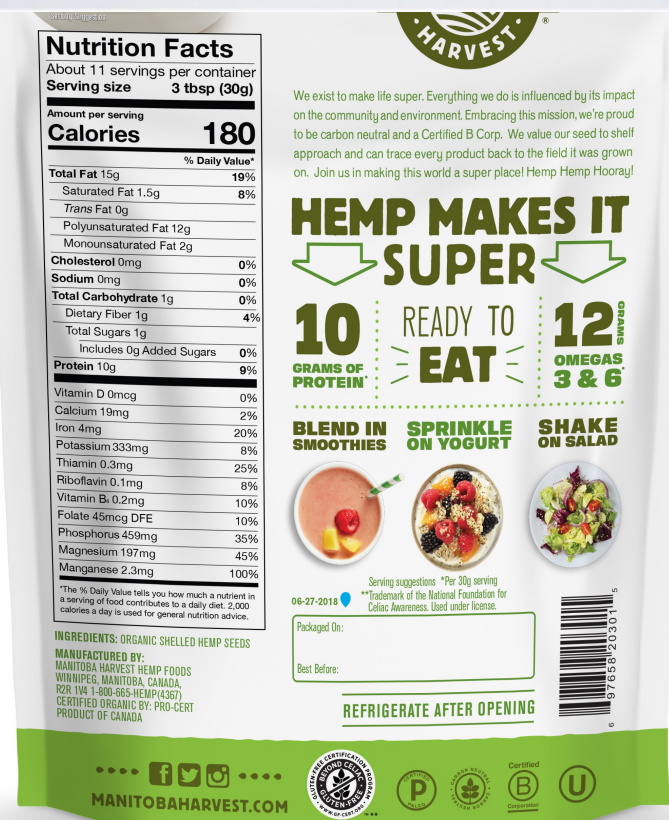


0.3%THC Cut-Off

- Dr. Ernest Small, A Canadian Scientist, Initially Defined The 0.3% Threshold In His 1976 Study, A Practical And Natural Taxonomy For Cannabis, **As A Means Of Distinguishing Higher THC containing Cannabis From Those With Lower THC Quantities.**
- This Figure Was Based On Many Years Of Real-world Cannabis Plant Use Patterns.
- **It Was Not Derived From THC 's Potential For Abuse Or Intoxication.**
- USA The 2018 Farm Bill Federally Legalized Hemp That Contains Up To 0.3% THC
- E.U. Maintains A Cap Of 0.2 %
- Switzerland, Which Falls Outside The E.U., Has A 1 % Cap On THC In Its Hemp Market, Along With Many Tropical Countries
- Thailand Mandates That Cannabis Containing 0-3% THC Is Classified As Hemp; 3-9% THC Is Classified As Adult-use, Any Marijuana Products > 9% THC Are Classified As Medical
- The UN Defines Hemp As "CBD:THC Ratio >1

Dr. Uma Says® "Food is Medicine, Cannabis is Food & Medicine"™

- Hemp seed oil contains 80% Essential Fatty Acids (EFA) e.g. Omega 3 - 6
- Hemp protein contains all 21 known amino acids, including 9 that an adult body cannot naturally produce.
- Hemp protein is a complete protein, and easily absorbable



HEMP SEEDS

HIGH FIBER
OMEGA'S
VITAMIN E
PHOSPHOROUS
MAGNESIUM
ANTIOXIDANTS
POTASSIUM
COMPLETE PROTEIN
MANGANESE
ANTI-INFLAMMATORY

HEMP, THE MOST NUTRITIONALLY COMPLETE FOOD SOURCE IN THE WORLD.

Per gram, Hemp has

- MORE DIGESTIBLE PROTEIN THAN SOY
- MORE DIGESTIBLE OMEGA'S THAN FLAX
- MORE DIGESTIBLE FIBER THAN KALE

Highs
CALCIUM
IRON
AMINO ACIDS
FATTY ACIDS
VITAMIN A
ENZYMES

Lows
SATURATED FAT
CHOLESTEROL
CARBS

What is it good for?

- BRAIN FUNCTION
- IMMUNE FUNCTION
- WEIGHT LOSS
- SKIN
- INFLAMMATION
- REDUCES THE RISK OF HEART DISEASE & CANCER



Cannabis for Livestock

Cannabis for Pets

BEYOND THE BASICS



**Why use up the forests
which were centuries in the
making and the mines which
required ages to lay down, if
we can get the equivalent of
forest and mineral products
in the annual growth of the
hemp fields? - Henry Ford**



Hemp vs Cotton

Requires **no**
chemical **pesticides**

Growth cycle goes
from **3 to 4 months**

Needs **very little**
water to grow

Uses **1/4** of the
global pesticides

Growth cycle goes
from **8 to 9 months**

Requires **5x or more**
water than hemp

Hemp As Construction Material

- "Hempcrete" Hemp Fiber Mixed With Bonding Agent
- "Hemp Bricks" Lighter Than Normal Bricks
- "Hempcrete" Is Fire Retardant
- 1 Cubic Meter Of Hempcrete Wall Will Absorb 165 Kg Of CO2 Overtime
- Hemp Fiber Turned Into Wall Insulations, Not Irritative

Natural Ingredients

Hemp Shivs
The main ingredient in Hempcrete, a 1,200 year old building system from France

+

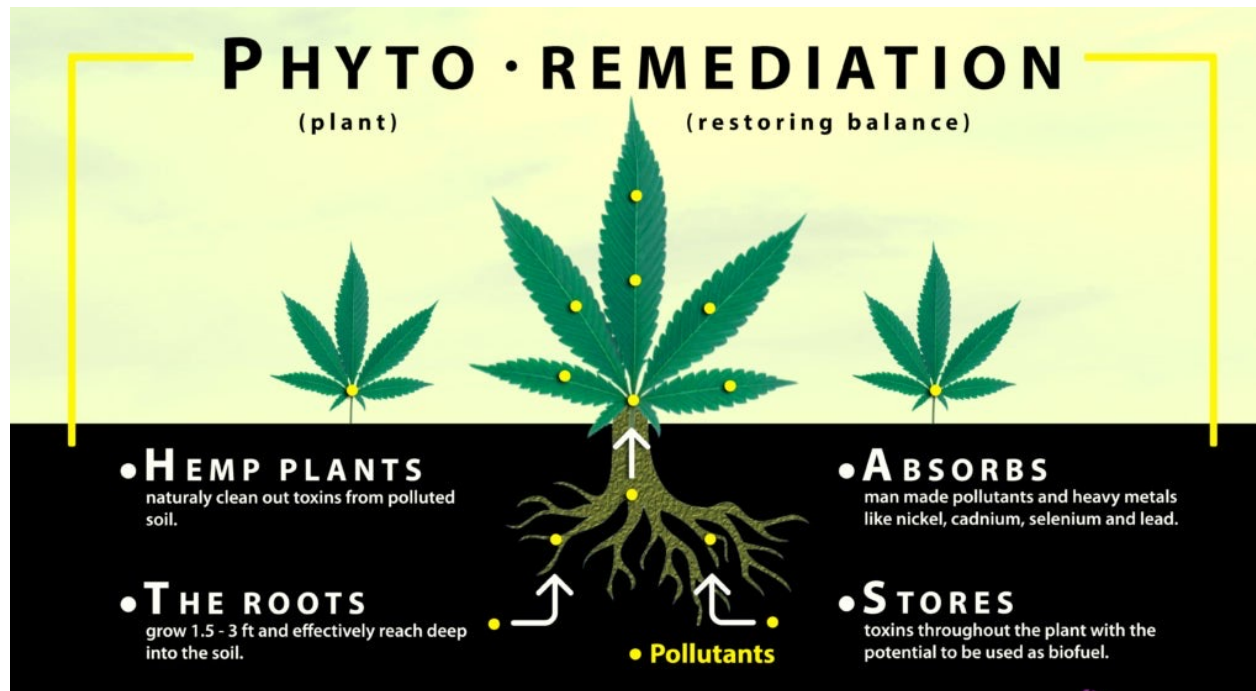
MgO Cement
The cement used to build the Great Wall of China; it has 4 to 5 times the strength of Portland cement and is an amazing binder

=

Together these form a biomass ecomasonry building material that combats global climate change



Hemp As Soil & Water Purifier



1 Metric Ton Of Hemp Removes
1.5 Metric Tons Of Carbon

Absorbs Phosphorous On
Farmland, Use Of Poultry Fertilizers

Natural & Unique Ability To
Detoxify The Land It Is Planted On

It Can Absorb Other Harmful
Substances, ex Chernobyl

Hemp As Biofuel

- Hemp Fuel Burns Clean
- Hemp Has 4X The Biomass, 8X Methanol Potential i.e. Corn
- If Hemp Was Planted In 6% Of America, It Can Sustainably Supply Demand For Gas & Fuel For The Entire Country



Hemp As Plastics

- (2050) 590,000 Million Metric Tons/Year Of Bioplastics
- 500 To 1000 Years? With Plastics Vs 3-6 Months With Hemp to Biodegrade
- Cellulose BPA Vs Plant is 5X Stiffer & 3.5 X Stronger
- (2010- 2020) 270 Million Metric Tons To 370 Million Metric Tons
- Car Makers Using Hemp Plastic Mercedes, BMW, Audi, Ford & GM (Mercedes C - Class Cars Contain 20 Kg Hemp)



Hemp Homes

- Durable; No Dry Rot
- Sustainable
- Carbon Sequestration
- Fire Resistance
- Pest Resistant; No Termites
- Mold Resistant
- Passive Self-regulation Of Temperature And Humidity
- Excellent Insulator: Vapor Permeable, Breathable
- Natural Material With No Off Gassing
- **Clean Indoor Air**

Hemp As Anti-Microbial

- 2 Million American Infected During Hospital Stays, 10,000 Die
- MRSA (Antibiotic Resistant Strain Of Staph.)-Hospital Borne Infection
- Hemp's Ability To Kill Surface Bacteria (60% Hemp/40% Rayon)
- Cotton Polyester, Polyethylene Allow Bacteria To Remain Up To Months
- Canvas, Silk Fabrics, Apparel

HEMP AS ANTI-MICROBIAL

"It is estimated that each year 2 million Americans become infected during hospital stays, and at least 90,000 of them die. MRSA (an antibiotic resistant strain of staph) is a leading cause of hospital-borne infections." One of the most important recent discoveries is hemp's ability to kill surface bacteria, while cotton, polyester, and polyethylene allow it to remain on surfaces for up to months at a time.

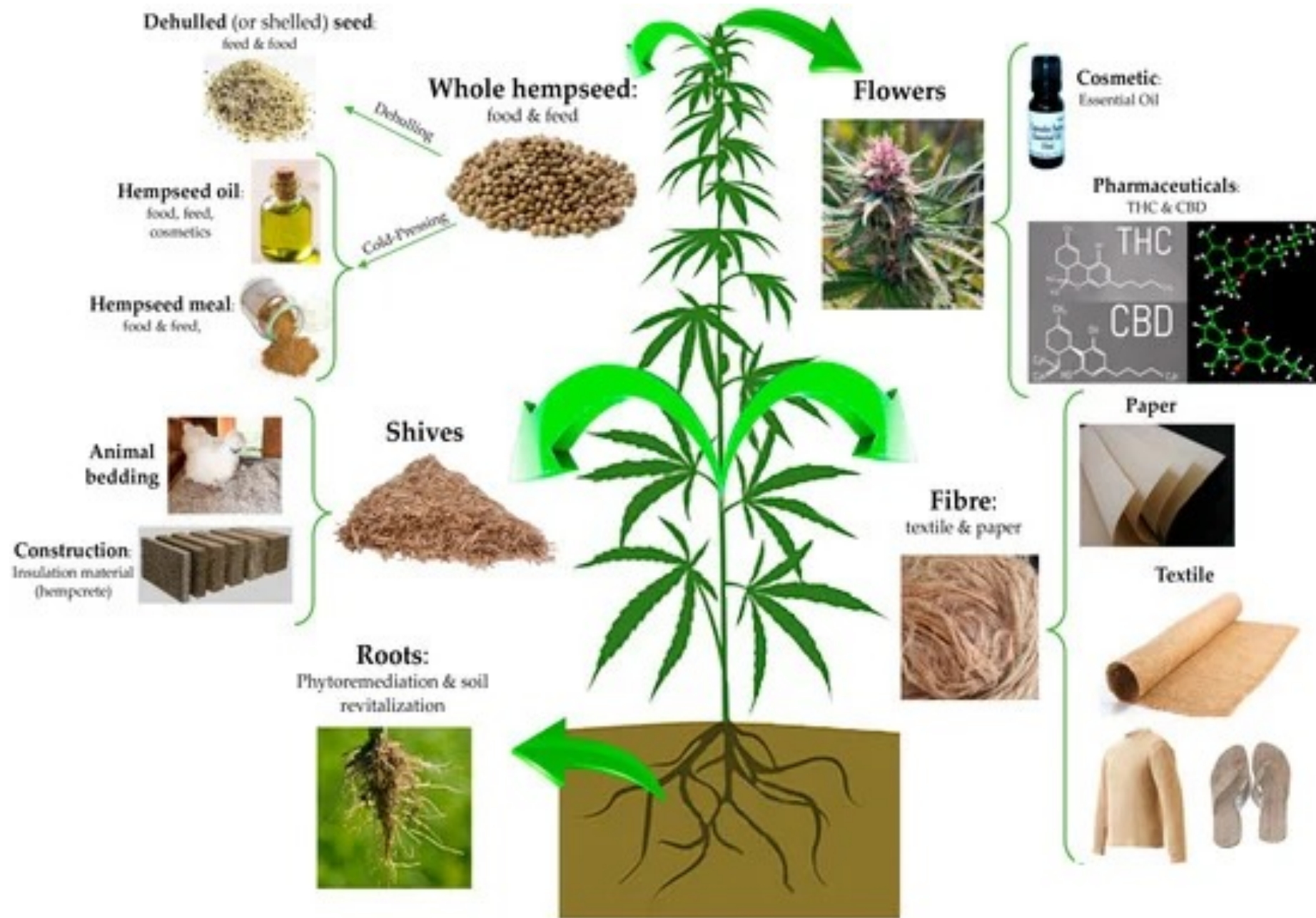
Hemp fabric was tested against two bacteria strains, *Staphylococcus Aureus* (staph) and *Klebsiella Pneumoniae* (pneumonia). The fabric tested was a hemp blend, 60%hemp and 40%rayon. The staph test sample was already 98.5% bacteria free during the first measurement of the testing, while the pneumonia fabric sample was 65.1% bacteria free.



Test Method	Staph	Pneumonia	Control
Initial Count (CFU/cm²)	1.5 x 10⁶	1.5 x 10⁶	1.5 x 10⁶
Count After 24 Hours (CFU/cm²)	1.5 x 10⁴	1.5 x 10⁴	1.5 x 10⁶

Figure 1: Microscopic images of bacteria on different fabric surfaces. The left image shows a high concentration of bacteria on a control fabric, while the right image shows a significantly reduced number of bacteria on the hemp fabric.

Twilite Linens



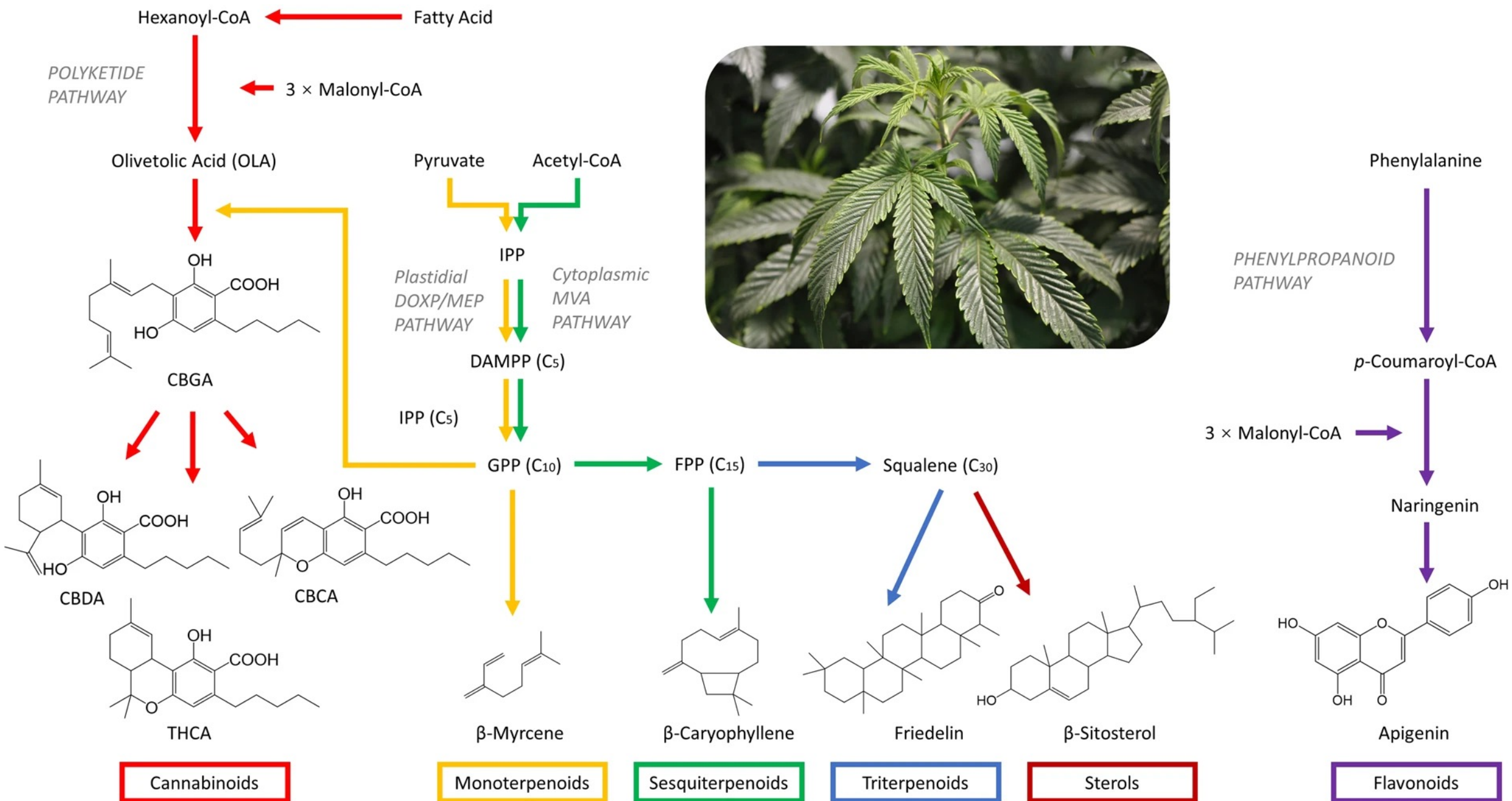


**"I couldn't find a
single confirmed
overdose death."**

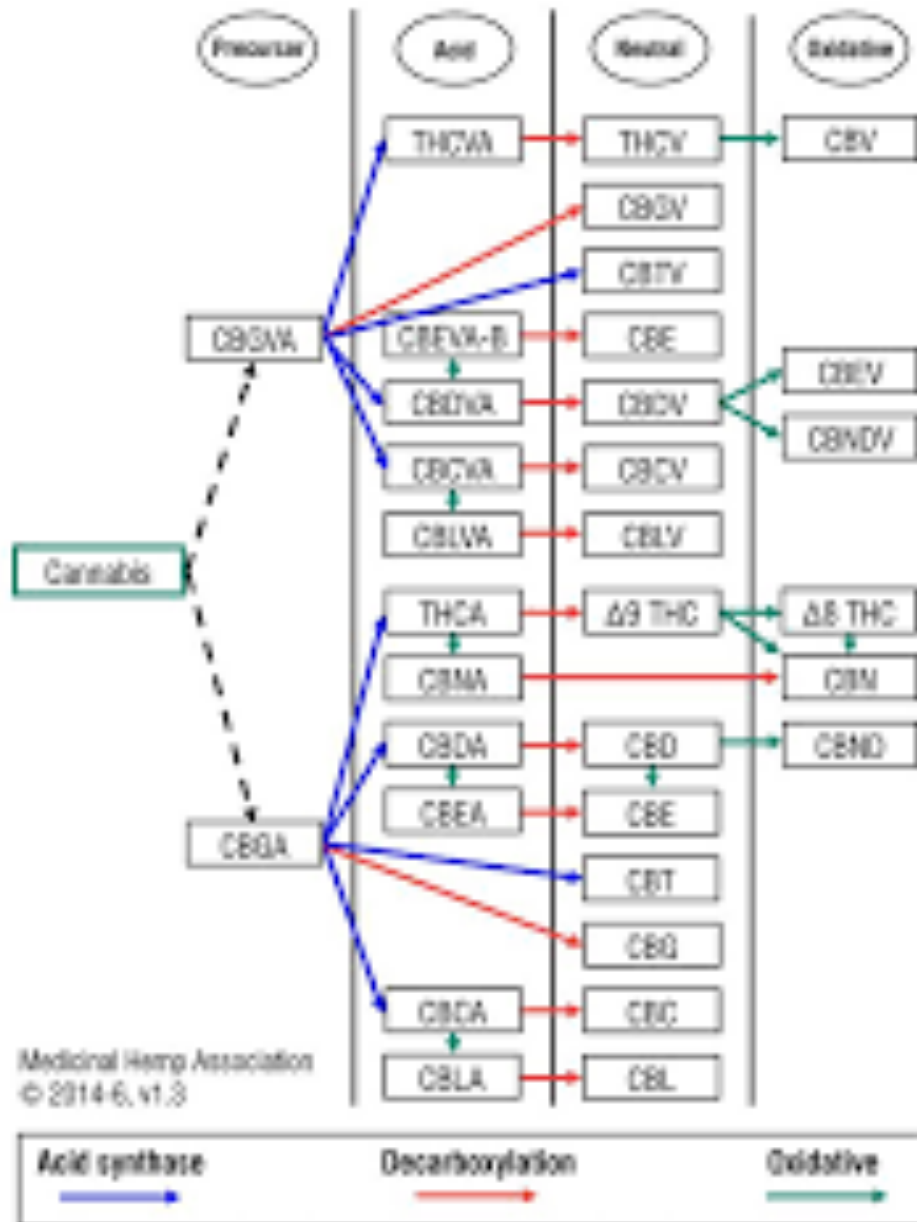
Dr. Sanjay Gupta



CBDiNStEAD.COM



Cannabinoid Pathway



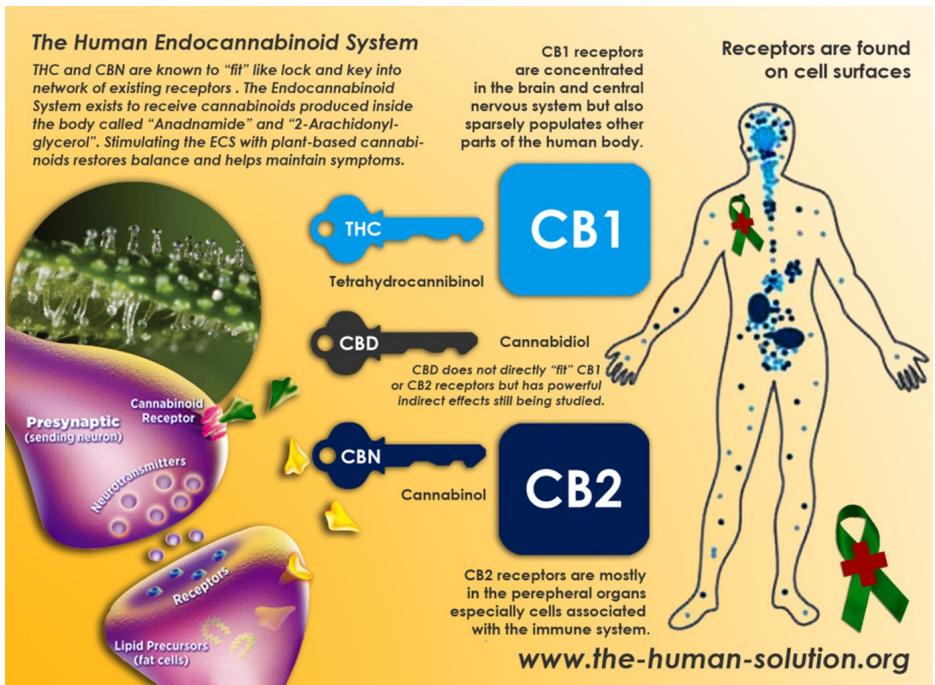
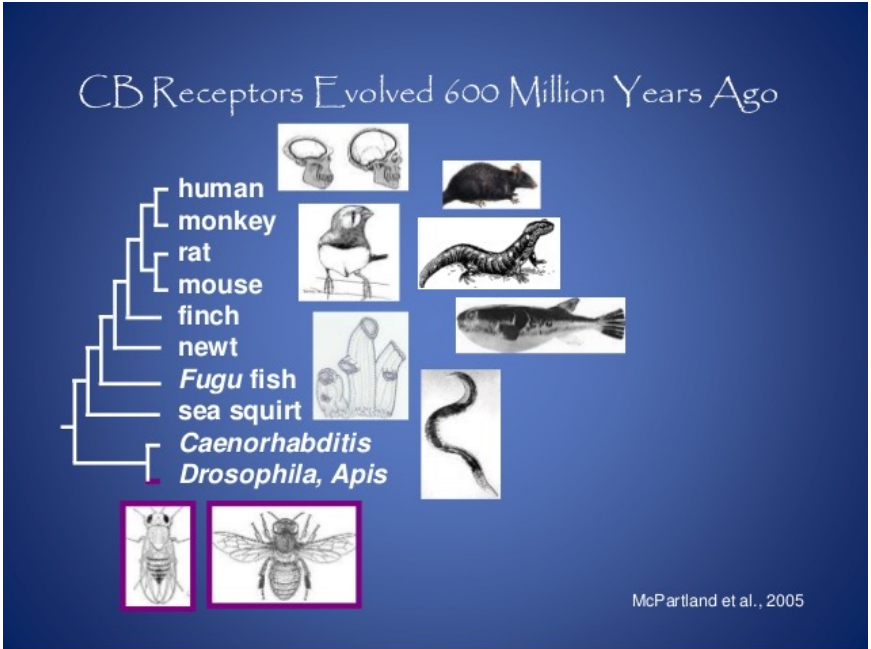
COMMON CANNABIS TERPENES



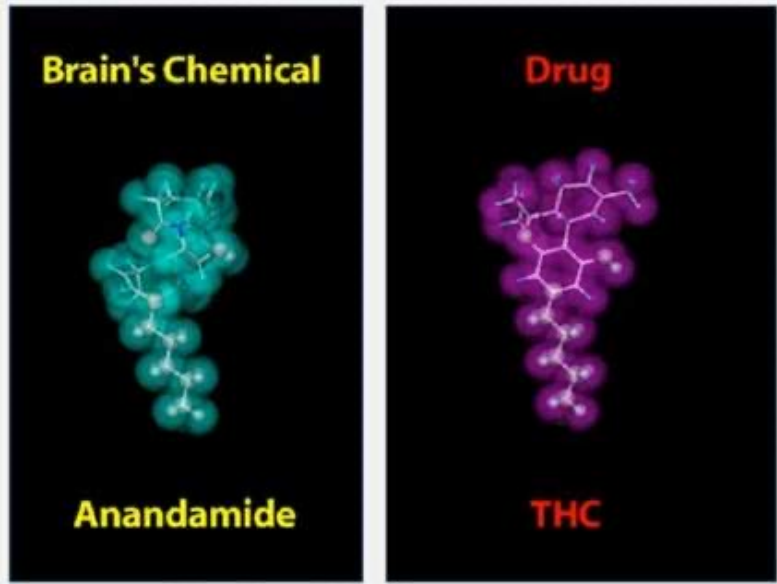
LIMONENE	PINENE	MYRCENE	LINALOOL	CARYOPHYLLENE
CITRUS, LEMON	PINE	MUSKY, EARTHY	FLORAL, SWEET	WOOD, SPICE
AROMA				
STRESS RELIEF, ELEVATED MOOD	CREATIVITY, ALERTNESS, EUPHORIA	SEDATION, BODY HIGH, RELAXATION	CALMING, RELAXATION	NO NOTED EFFECTS
EFFECTS				
ANTI-ANXIETY, ANTIDEPRESSANT	ASTHMA, ANTIFLAMMATION	ANTIOXIDENT, INSOMNIA	ANTI-ANXIETY, SEDATING	CHRONIC PAIN, INSOMNIA
MEDICAL BENEFITS				
SUPER LEMON HAZE, LEMON SKUNK	TRAINWRECK, BUBBA KUSH	WHITE WIDOW, BLUE DREAM	SKYWALKER OG, HEADBAND	WHITE WIDOW, OG KUSH
STRAINS				
CITRUS PEPPERMINT	PINE, PARSLEY, BASIL, ROSEMARY	MANGO, THYME, LEMONGRASS	LAVENDER, ROSEWOOD	PEPPER, CLOVE
ALSO FOUND IN				

"I use the words of Dr. DiMarzo*. He stated it so beautifully. He states that the endocannabinoid system is meant for us to relax, eat, sleep, forget and protect. What I say is in one word, if any of those five words are not at ease. We are at dis-ease, which leads to illnesses. Ultimately, I described the endocannabinoid system as life"

Endocannabinoid vs Phytocannabinoid vs Synthetic Cannabinoids



Also Found In High Concentration In Breast Milk, Cannabinoids Teach Our Babies How To Eat, The Munchies.



FRONTAL LOBE
*Thinking
Speaking
Memory
Movement*

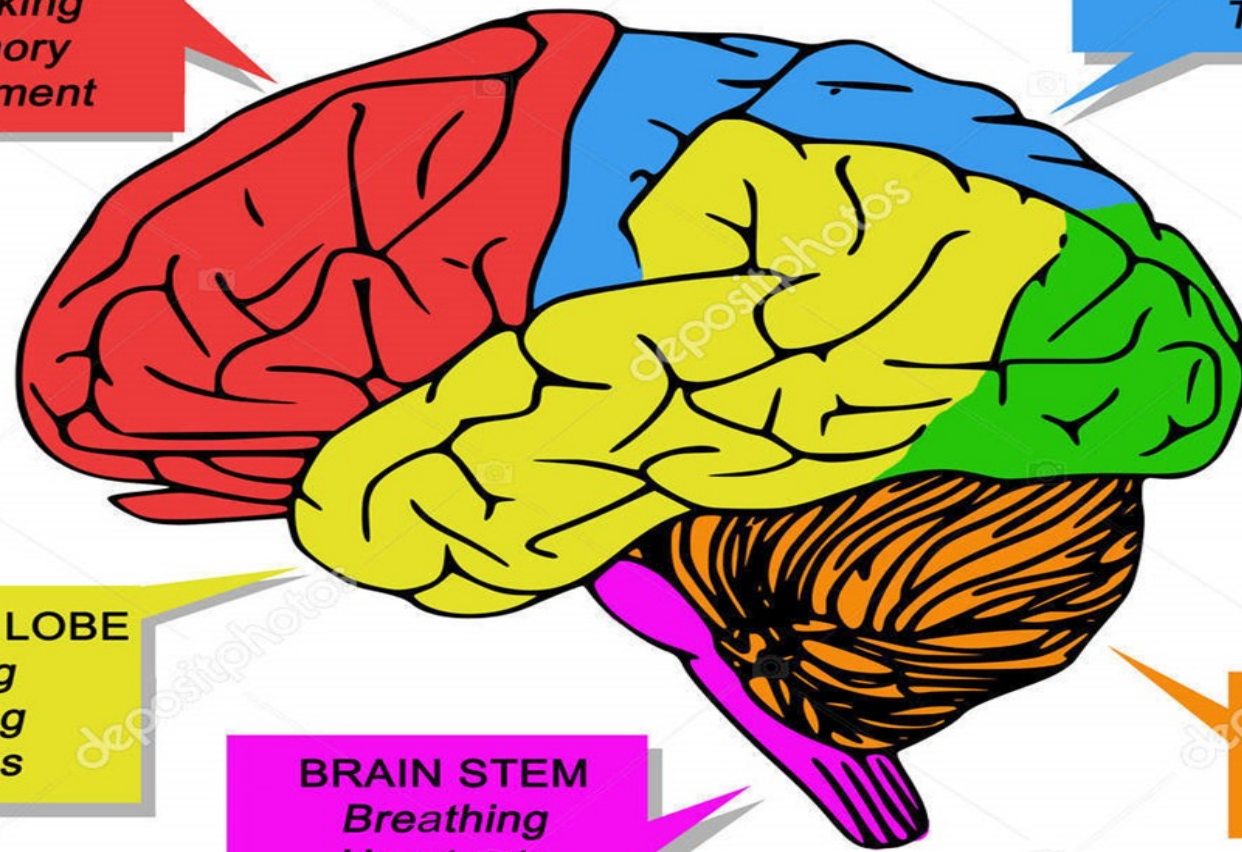
PARIETAL LOBE
*Language
Touch*

OCCIPITAL LOBE
*Vision
Color perception*

TEMPORAL LOBE
*Hearing
Learning
Feelings*

BRAIN STEM
*Breathing
Heart rate
Temperature*

CEREBELLUM
*Balance
Coordination*



Synthetic Cannabinoids

Marinol™

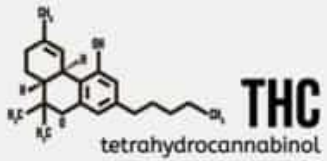
Cesamet™

Acomplia™

Epidiolex™

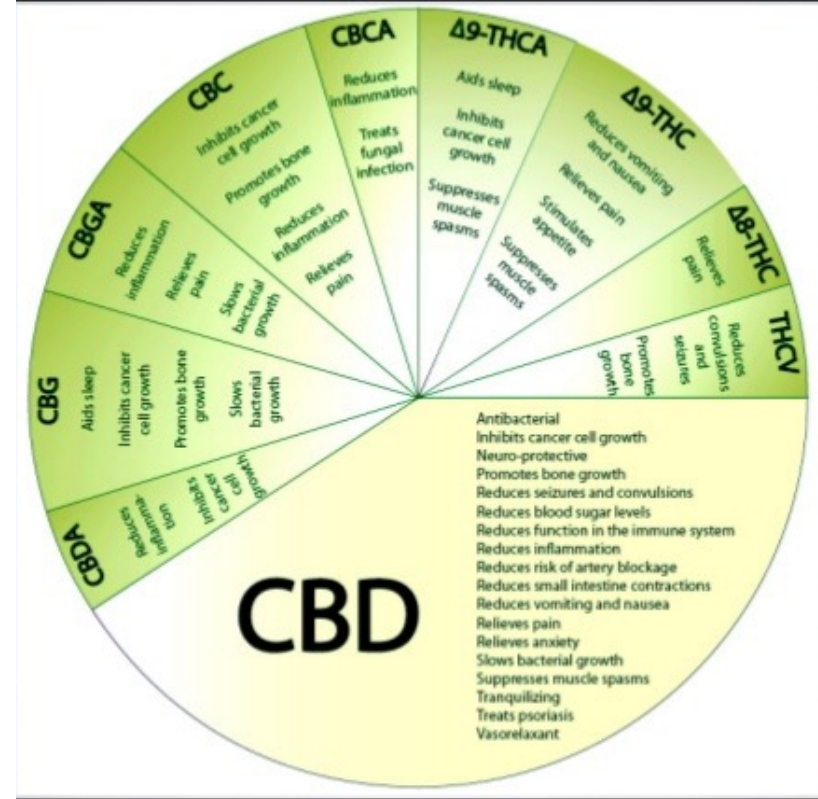
Cannabinoids

THE LIST OF CANNABINOIDS



THCP
and
CBDP

New Potent Marijuana Cannabinoids Discovered



THE ENDOCANNABINOID SYSTEM

HUMAN CANNABINOID RECEPTORS

CB1

Receptors are concentrated in the brain & the central nervous system but are also present in some nerves and organs.

CB2

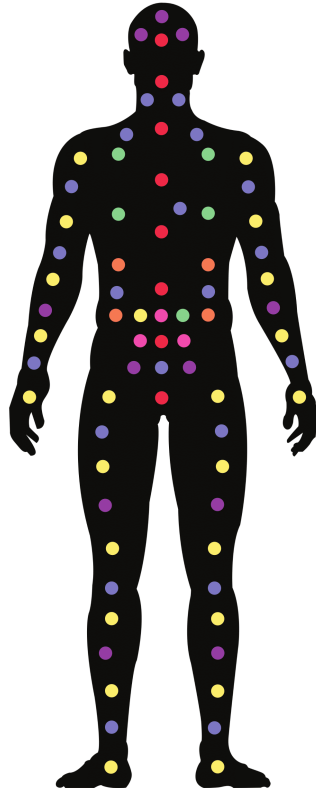
Receptors are mostly in peripheral organs, especially cells associated with the immune system.

TRPV1

Receptors are concentrated in the blood, bone, marrow, tongue, kidney, liver, stomach & ovaries.

TRPV2

Receptors are concentrated in the skin, muscle, kidney, stomach & lungs.



GPR 18

Receptors can be found primarily in bone marrow, the spleen and lymph nodes, and to a lesser extent the testes

GPR55

Receptors are found in the bones, the brain, particularly the cerebellum, and the Jejunum and Ileum.

GPR 119

Receptors are found predominantly in the Pancreas and the intestinal tract, in small amounts



[/MCANewZealand/](#)

[@MCAwarenessNZ](#)

[mcaawarenessnz.org/](#)

CBD

- Antibacterial
- Inhibits cancer cell growth
- Neuro-protective
- Promotes bone growth
- Reduces seizures and convulsions
- Reduces blood sugar levels
- Reduces function in the immune system
- Reduces inflammation
- Reduces risk of artery blockage
- Reduces small intestine contractions
- Reduces vomiting and nausea
- Relieves pain
- Relieves anxiety
- Slows bacterial growth
- Suppresses muscle spasms
- Tranquilizing
- Treats psoriasis
- Vasorelaxant

CBDA

- Reduces inflammation
- Inhibits cancer cell growth

CBGA

- Reduces inflammation
- Relieves Pain
- Slows bacterial growth

CBCA

- Reduces inflammation
- Treats fungal infection

CBC

- Inhibits cancer cell growth
- Promotes bone growth
- Reduces inflammation
- Relieves Pain

Δ8-THC

- Relieves pain

THCV

- Reduces seizures and convulsions
- Promotes bone growth

Δ9-THCA

- Aids sleep
- Inhibits cancer cell growth
- Suppresses muscle spasms

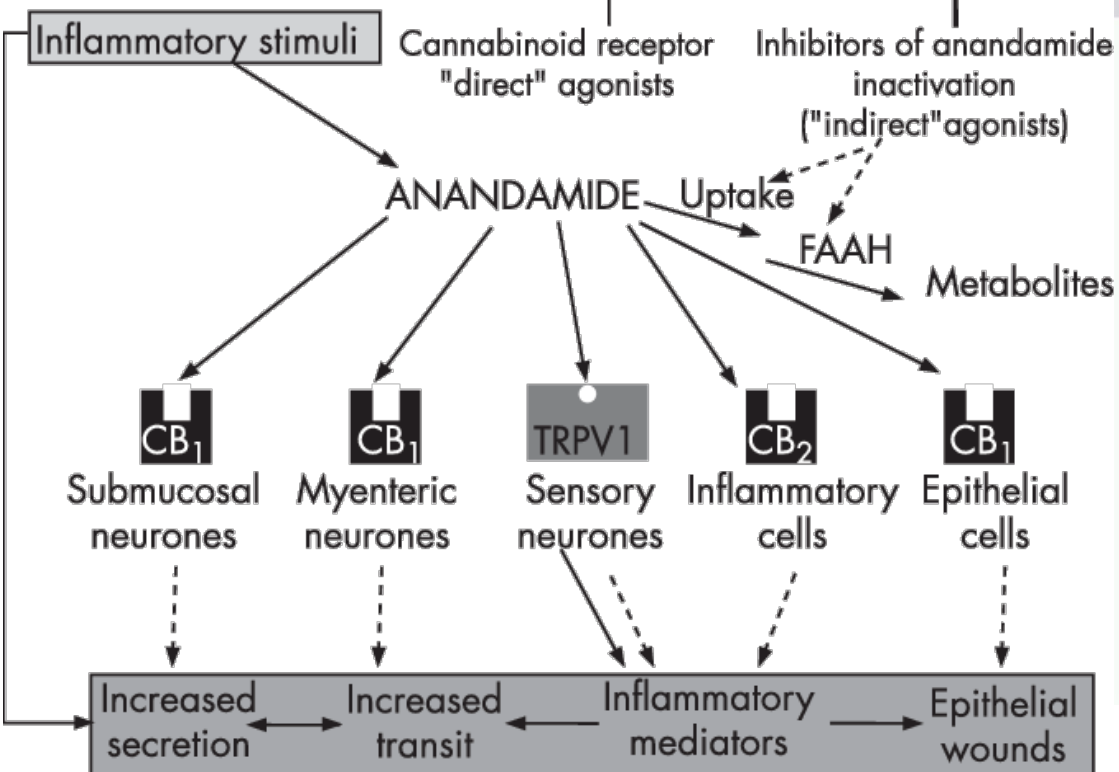
Δ9-THC

- Reduces vomiting and nausea
- Relieves pain
- Stimulates appetite
- Suppresses muscle spasms

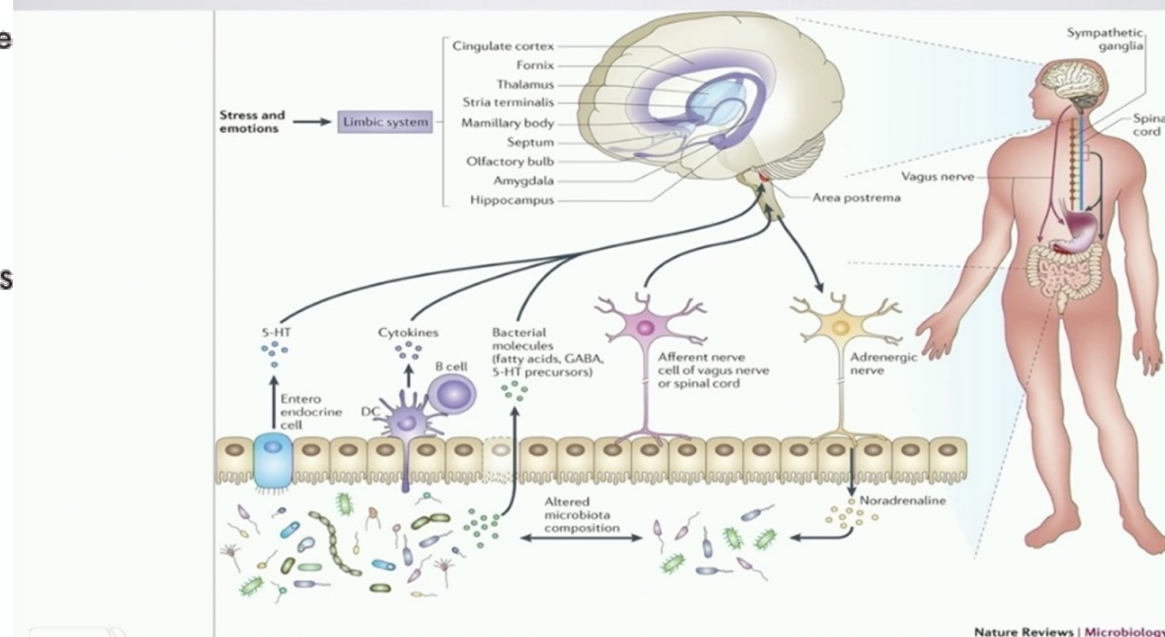
CBG

- Aids sleep
- Inhibits cancer cell growth
- Promotes bone growth
- Slows bacterial growth

Beneficial effects on inflammatory bowel diseases



Epithelial microbes "talk" with the host



Nutrition, immune, epithelial integrity, brain

Nature Reviews | Microbiology
Collins et al 2012

Dr. Uma Says®

The Problem

Opiate Abuse, Dependency and Over Sedation

Morphine, Heroin, Codeine, Oxycodone, Hydrocodone


The Solution

Alternative and Complimentary applications of
Cannabinoid based products


Cannabidiol (CBD) Cannabigerol (CBG) Tetrahydrocannabinol (THC)

- **"Cannabis Is Not For Everyone, YET It Should Be A First Line Option NOT The Last Resort."**™
- **"Safety 1st, Do NO Harm"**™
- **"Open Your Hearts, Open Your Minds, Open Your Doors"**™
- **Dr. Uma's Rules "TITRATE" vs Dose**™
 - **HYDRATE** Before You Medicate™
 - Start out "Low and Slow" (Very Low & Slow) with **FOOD**™
 - **JOURNAL**™
- **Dr. Uma's Model Total Health Care (THC)**™
 - Educate Embrace Empower™

CHOICES



Zero Deaths
Treats Hundreds
of Disorders
FREE



Kills Millions
Making
Corporations Rich
Costs You Years



Side Effects

Hyperemesis

Increased Vomiting Nausea
Relieved with warm shower

Paranoia

Anxiety

Overwhelmed

Ataxia

NO DEATH!

May Cause Happiness

Bodily effects of
Cannabis

Eyes:

- Reddening
- Decreased intra-ocular pressure

Mouth:

- Dryness

Skin:

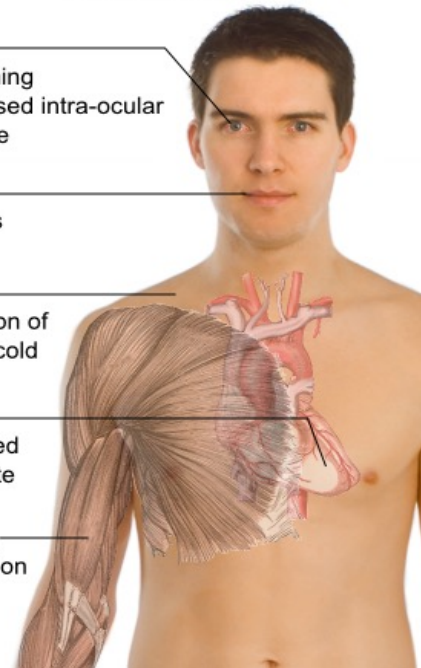
- Sensation of heat or cold

Heart:

- Increased heart rate

Muscles:

- Relaxation

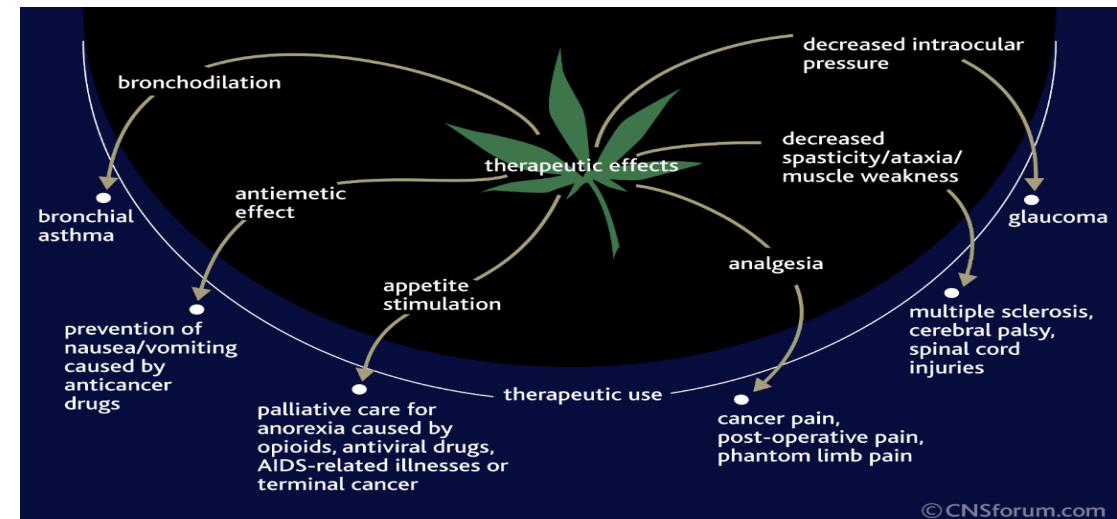
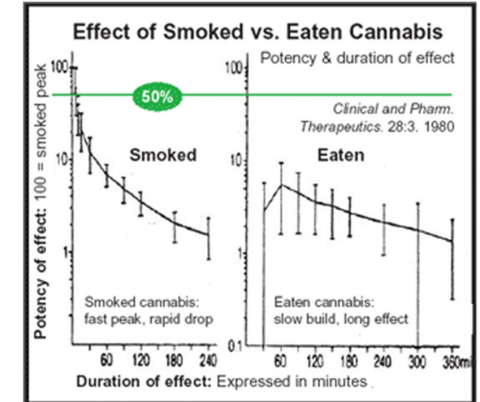
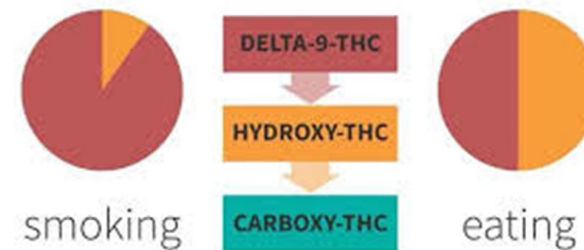


Drug Interactions

Metabolized By The Liver By The Cytochrome P450 (CYP) Enzyme System

Drugs Either "Ramp Up" Or "Ramp Down" The CYP Metabolic Pathway
Which Can Affect CBD/THC and DRUG Concentration In The Blood

That Metabolize Coumadin; Coumadin Blood Levels Elevate Resulting In An
Increased Risk Of Bleeding



Modes of Administration

Inhalation Vapor Or Combust

Quickest Onset

Greater Bioavailability

Topical Lotions/Creams/balms

Transdermal Skin Patch

Suppositories

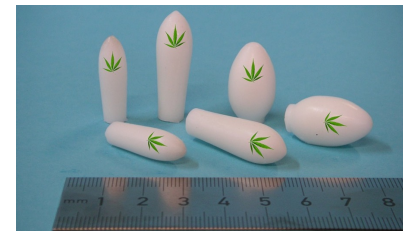
Oral Sublingual Or Ingestion

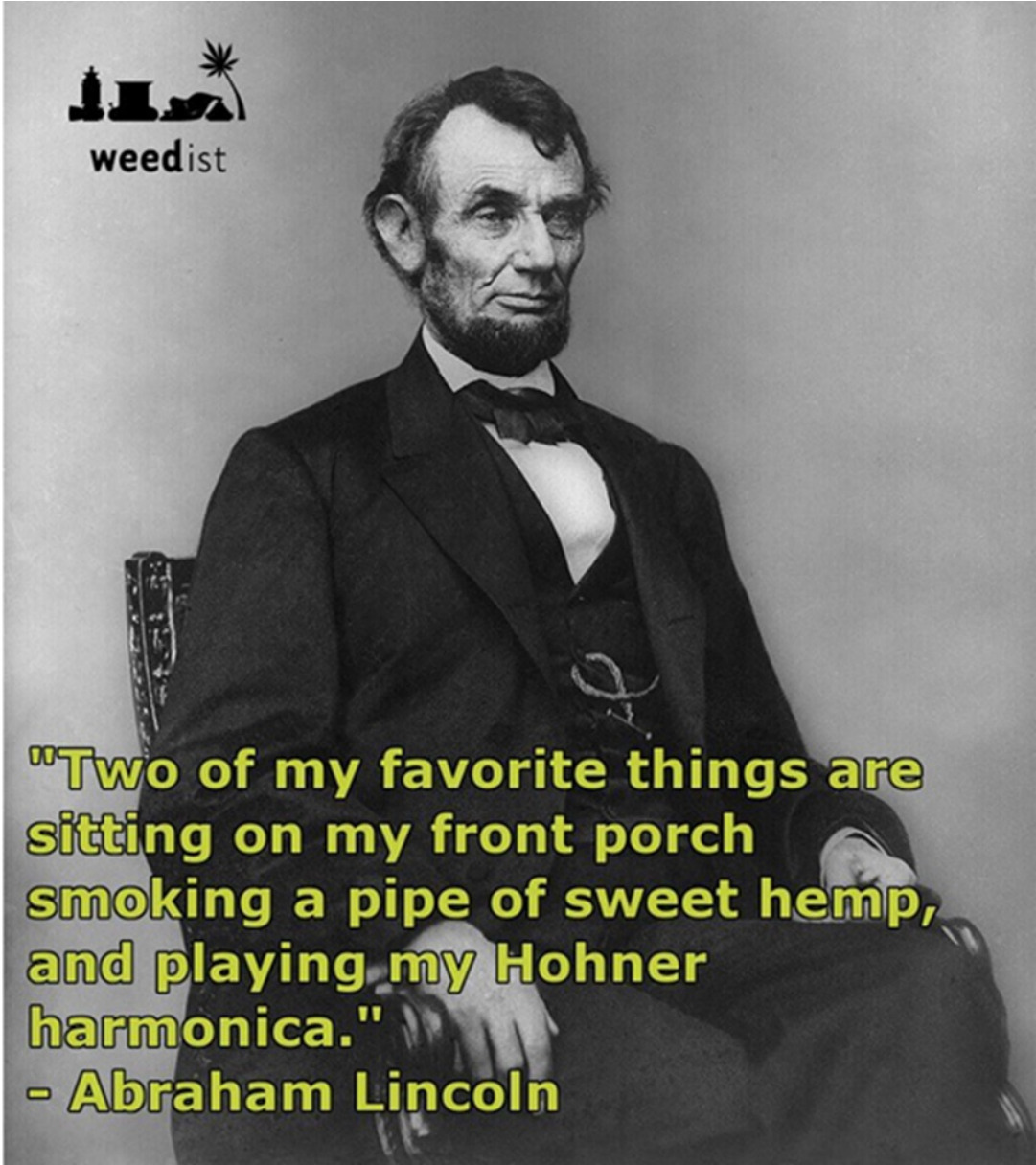
Liquid, Strips, Capsules, Tinctures

Edibles Candies/ Food

Longer Duration

Beverages +/- Alcohol



A black and white portrait of Abraham Lincoln, seated in a chair, wearing a dark suit and a bow tie. He has a serious expression and is looking slightly to the right.

**"Two of my favorite things are
sitting on my front porch
smoking a pipe of sweet hemp,
and playing my Hohner
harmonica."
- Abraham Lincoln**

Cannabis & Cancer

- Antiproliferative
- Antimetastatic
- Antiangiogenic
- Apoptosis



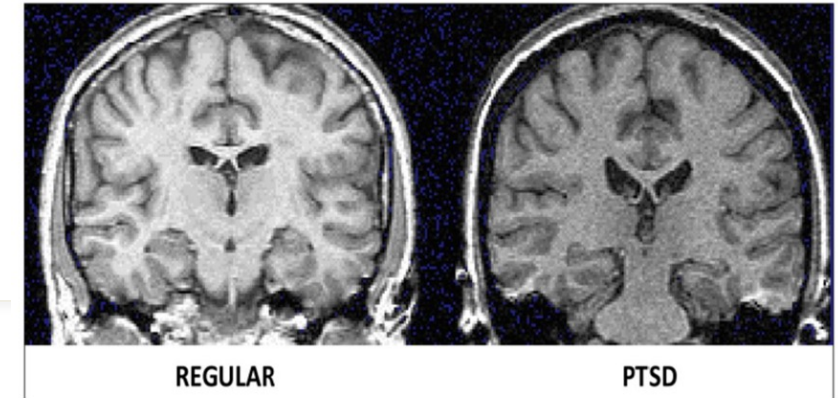
Clinical Endocannabinoid Deficiency

- **CONCLUSION: Migraine, Fibromyalgia, IBS** and related conditions display common clinical, biochemical and pathophysiological patterns that suggest an underlying clinical endocannabinoid deficiency that may be suitably treated with cannabinoid medicines.

Neuro Endocrinol Lett. 2008 Apr;29(2):192-200. Russo EB

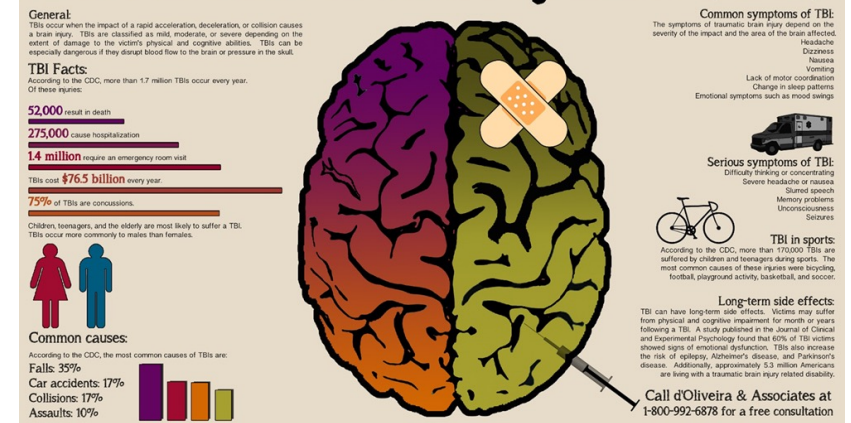


PTSD IS A REAL PHYSICAL INJURY

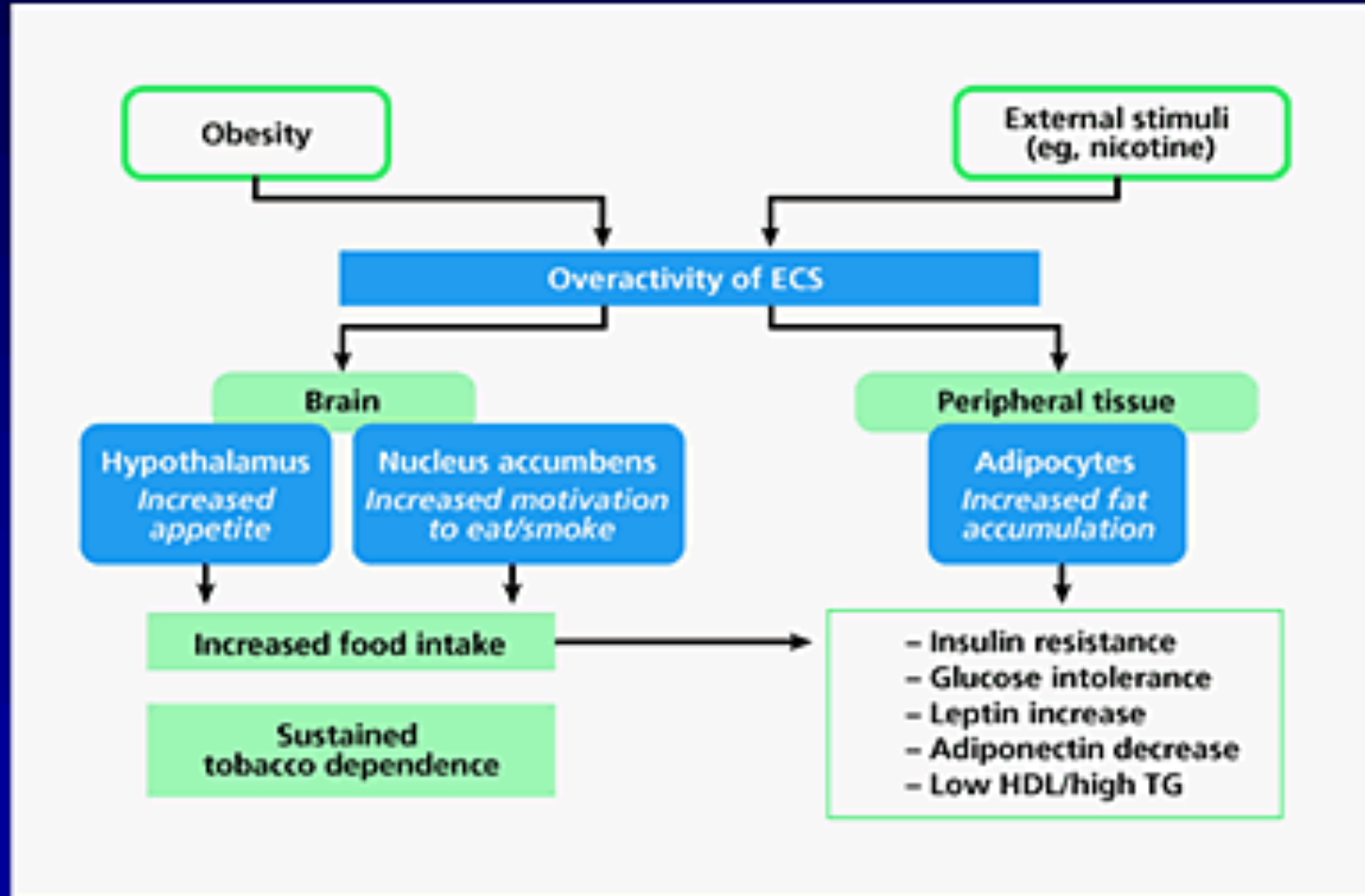


NOT A SOCIAL OR POLITICAL OPINION.

Traumatic Brain Injuries (TBI)

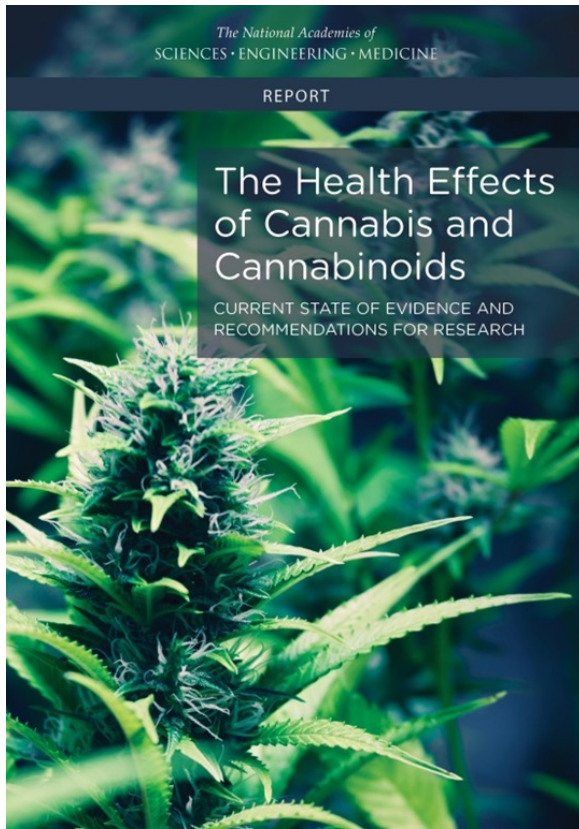


Effects of Endocannabinoid System Overactivity



Medical Benefits

- Relief Of Chronic Pain
- Improves Lung Capacity
- Help **Lose Weight**
- Regulate & Prevent Diabetes
- **Fights Cancer**
- Helps Treat Depression
- Shows Promise In Autism Treatment
- Regulate **Seizures**
- Mend Bones
- Helps With ADHD/ADD
- Treatment For Glaucoma
- Alleviate Anxiety
- Slow Development Of Alzheimer's Disease
- Deal With Pain Linked To Arthritis
- Helps **With PTSD** Symptoms
- Helps Provide Relief To Individuals With Multiple Sclerosis
- Reduces Side Effects Linked To Hepatitis C And Increase The Effectiveness Of Treatment
- Treats Inflammatory Bowel Diseases
- Helps With Tremors Associated With Parkinson's Disease
- Helps With Alcoholism
- **AUTISM**



A new study found that nearly 100% of respondents say they would use cannabis as a substitute to their prescription opioid medications if it was available.

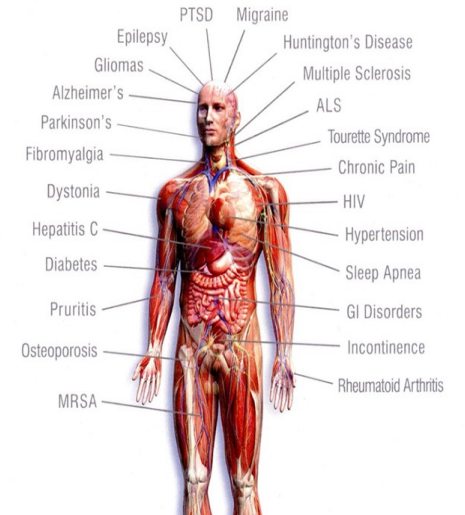
WWW.PUBMED.GOV
Google Scholar

**New Study Says
97% Of Elderly
Patients Say
Cannabis Makes
Them Feel
Better, Decrease
Prescription
Meds**



EMERGING CLINICAL APPLICATIONS FOR CANNABIS AND CANNABINOIDS

A Review of the Recent Scientific Literature
EXPANDED AND REVISED EIGHTH EDITION



**PRESCRIPTION PAINKILLER
DEATHS
HAVE DROPPED**

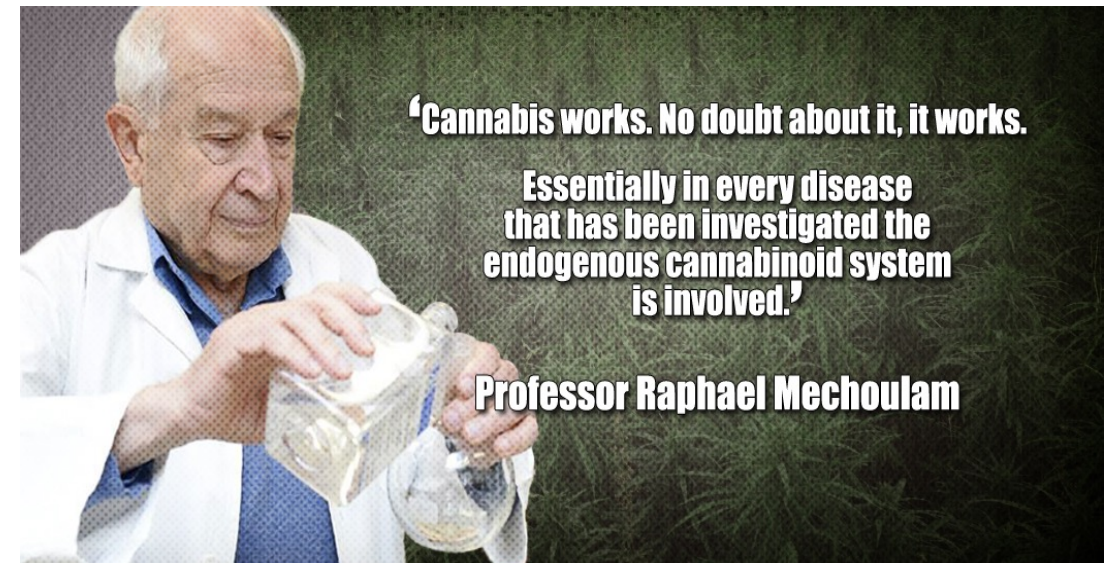
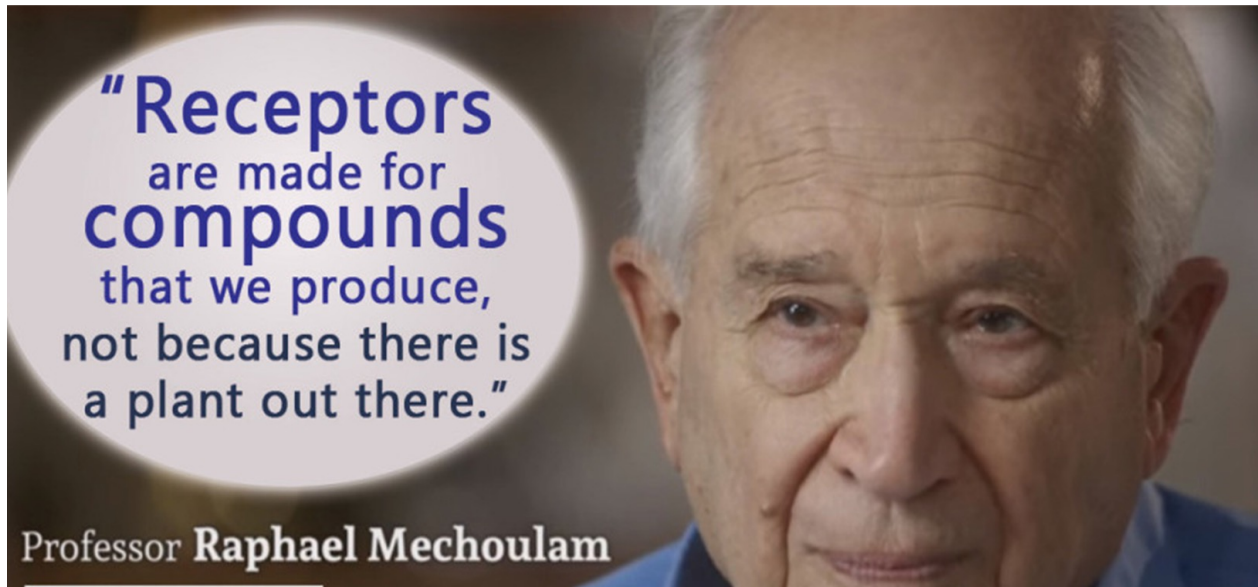


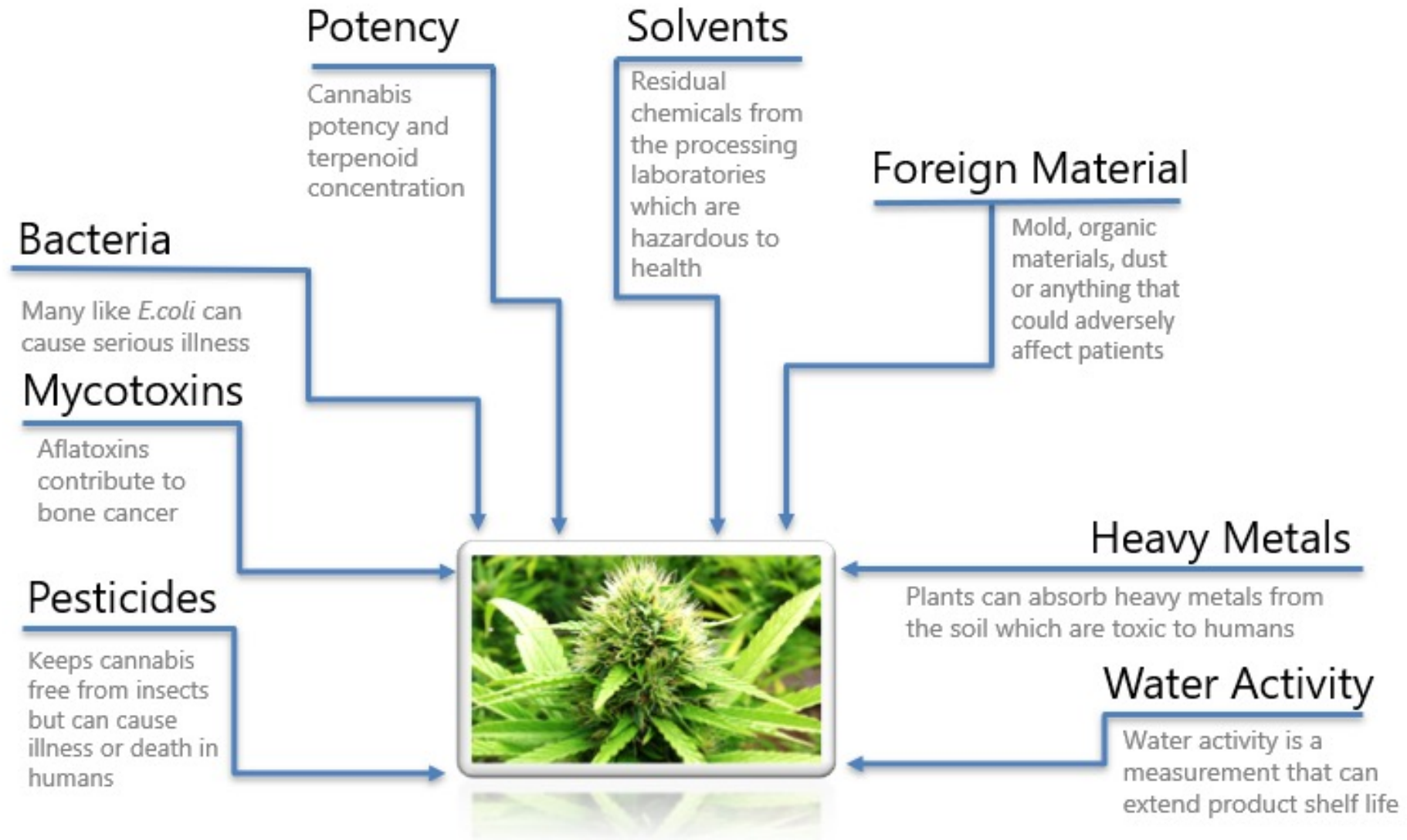
**IN STATES
WITH ACCESS TO
CANNABIS**

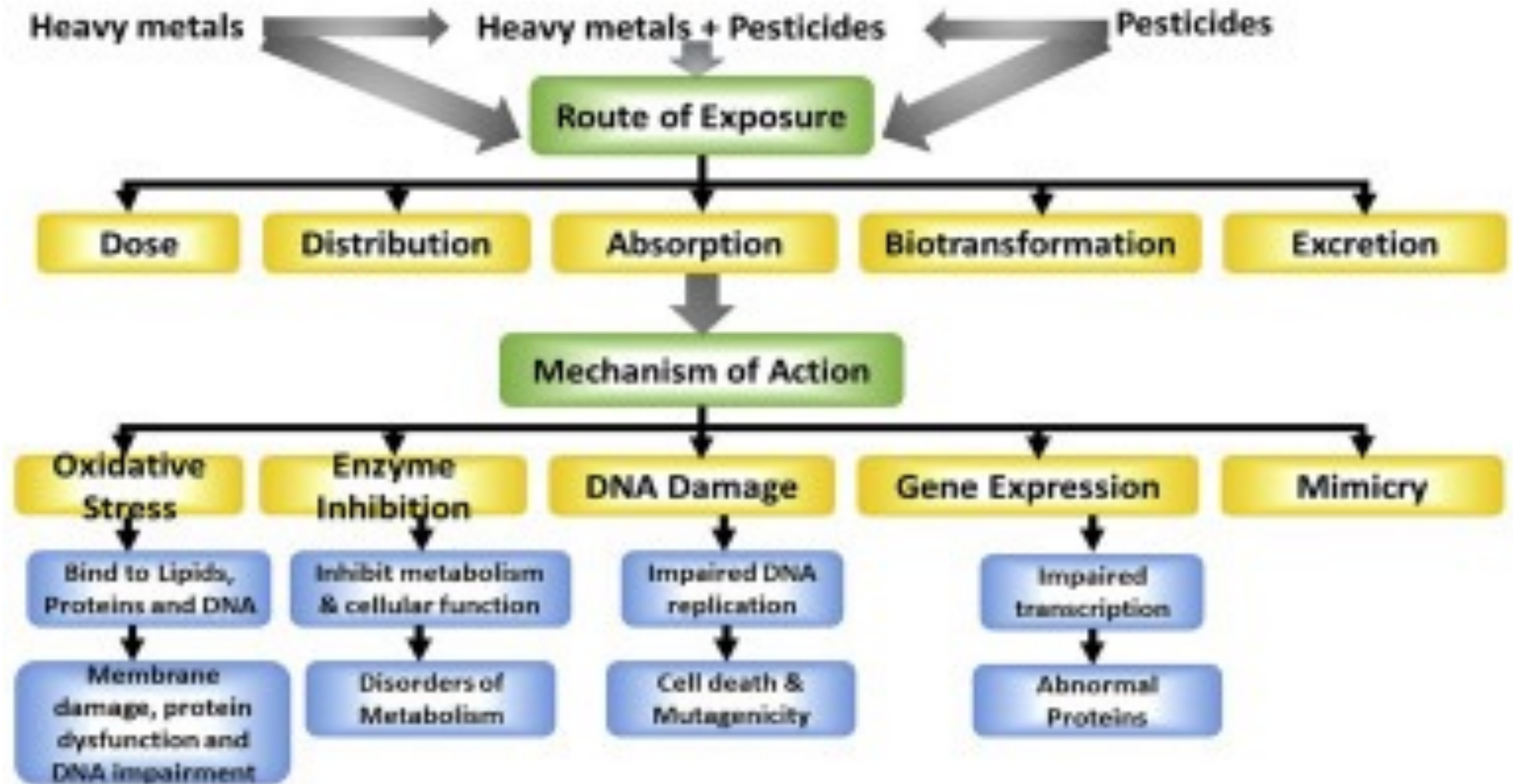
UPLIFTING NG
HEALTH & WELLNESS .NESS

2022 Jan 10;acs.jnatprod.1c00946.
**Cannabinoids Block
Cellular Entry of SARS-CoV-
2 and the Emerging
Variants**

[Richard B van Breemen¹](#), [Ruth N Muchiri¹](#), [Timothy A Bates²](#), [Jules B Weinstein²](#), [Hans C Leier²](#), [Scotland Farley²](#), [Fikadu G Tafesse²](#)







Dr. Uma Says® Cannabis C.A.R.E.S.™

Choice Alternative Research Education Solutions

Dr. Uma Dhanabalan, MD MPH FAAFP MRO CMS



Dr. Uma Says®
"Cannabis The Plant-
5P's"™
(People Pets Planet Peace Profit)



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UPLIFTING
 HEALTH & WELLNESS

Dr. Uma Says® **"Cannabis The Global Solution"™**

Dr. Uma Says® "Cannabis Is For Health & Wellness Locally & Globally"™

Dr. Uma's 5 Pillars

- Legalization
- Laboratory Standard
- Cultivation
- Products
- Education (Stigma & ECS)





Hemp will be the future of all
mankind, or there won't be a future.

— *Jack Herer* —

HEMP...WILL.....

- Reduce Pesticides Pollution
- Reduce Soil Erosion & Restores The Land
- Produce Biodegradable Plastic
- Absorbs Lethal Metals
- Produce Inexhaustible Biofuel
- Reduces Carbon Emission Impacts
- Reduces Deforestation



Dr. Uma Says®



"Safety 1st, Do NO HARM"™

"Reach One Teach Ten, Teach One Reach Ten"™

"Cannabis Is An Entrance To A Better Quality Of Life, An EXIT Drug From Pharmaceuticals, Narcotics, Alcohol & Nicotine."™

"Cannabis The Exit Drug"®

UpliftingHealthandWellness.com 508-444-2324