

To legcon.sen@aph.gov.au

22nd February, 2015

Committee Secretary
Senate Legal and Constitutional Affairs Committee
PO BOX 6100
Parliament House
Canberra ACT 2600

RE: The Moderator of Medicinal Cannabis Bill 2014

Dear Committee Delegates,

I am a 54 year old mother of 6, including 2 sets of twins and grandmother to 5 children. My medical conditions include:-

PTSD and associated **anxiety disorders**

Chronic Pain from a **spinal injury** and **failed surgery** 1988

Inflammatory Arthritis (my immune system is overactive and attacking all of my joints)

Raynaud' Phenomenon with Scleroderma – auto-immune, connective tissue disease

Now CREST disease – auto-immune connective tissue disease

From 1977 – 1997, I worked in the Queensland Health system. First as a Medical receptionist/surgical assistant then from 1984 onwards, first in the Private sector as a Phlebotomist, Medical Laboratory Assistant, Visiting Specialist Receptionist, After Hours Laboratory Office Manager. Then later for the Mater Hospitals, both Public & Private - Adults, Children's and Mothers Hospitals including the ICN & Special Care Nurseries, where I worked as a Phlebotomist, until I ceased my employment 1997, when as a single parent, I found was required to spend more time at home caring for my 6 children, 3 of whom were now at high school and needing closer supervision.

In **1988**, after a work related back injury, I discovered the remarkable medical properties of Cannabis. Today, I firmly believe that Pharmaceutical medications will be the death of me, whereas Cannabis has been my saviour.

In recent years, I have been diagnosed with a rare, chronic condition in Raynaud's Phenomenon with Scleroderma. Which has now become CREST disease.

Raynaud's Awareness video - <https://www.youtube.com/watch?v=gDklsZXpctY>

Scleroderma video - <https://www.youtube.com/watch?v=q7VUiab4YYI>

Living with Scleroderma video - <https://www.youtube.com/watch?v=Gl66qO8uxSM>

In 1977, after 17 years of emotional trauma at the hands, of an **abusive alcoholic**, I sort medical help. It was a time when 'nice' girls didn't leave home until they married. Thus making the situation unescapable. I also had to endure being verbally sexualized, using anecdotes of exploits from an early age

At 17, I was prescribed Serepax, which I took religiously, as prescribed by the Doctor, to calm me down and was told 'Get out of that house'. From my recollections, Serepax was the miracle cure all for anxious women of the day. My own Surgery manager and many of the receptionists throughout the 8 story medical centre building suites were all taking this drug. Marketed as such by Pharmaceutical representatives, which I have personally observed, still continues to this day with their lunches, conferences, gifts and such, to Doctors by Drug companies. In my personal experience, this practice is rife in Australia.

[http://abc7chicago.com/news/glaxosmithkline-fined-\\$4888m-for-massive-bribery-network-/316390/](http://abc7chicago.com/news/glaxosmithkline-fined-$4888m-for-massive-bribery-network-/316390/)

At that time, I was working as a Medical Receptionist at a busy, multi-doctor practice. I mention this, as, I soon had need for advice, from one of the Drs I worked for. A few weeks after starting the Serepax, I woke one night, to deafening ringing in my ears. Panic soon followed when I realized that I could not move. My arms were dead, my legs also. I felt completely numb from the throat down. I don't know how long it took, until I could finally get my head to move a fraction. I at first thought I had dreamed the event, got up had a drink and went back to bed. As soon as I was relaxed and lying down, I again realized that I again, could not move. This went on in a loop like this for hours. I was terrified and crying but unable to call for help from my parents for the before stated reason as well as his rigid attitude towards ANY drugs, including prescription medications. I had to hide the fact that I was taking something to help me cope, This eventually however, was discovered. That is another ugly story entirely. The next time, after the incident, that I worked at the surgery, I approached one of the Doctor's and told him what had happened and asked what I should do. He stated that I should immediately stop taking them. That the Serepax had built up over a period of time in my system and I had in fact, been overdosing and was lucky to be alive. I stopped taking the Serepax.

Even after I married the emotional abuse and controlling behaviour continued. I made the same mistake many victims do and ended up myself, marrying an alcoholic.

I'm not specific of the time frame, beyond 1983/4, I again sought medical help. This time, seeing a psychiatrist for quite some time, at that time, I had 3 children under 3, having had a set of twins 17 months after my first child. I was prescribed many different prescription drugs, before the Dr settled on high doses, 7-8 capsules daily, of Senequin. I was at first diagnosed with Manic Depression because of my dramatic, mood swings. Side effects included savage headaches, dry mouth. Already being a migraine sufferer since my teens, for which I often had to have Pethidine injections, the subsequent headaches I endured after beginning Senequin, were terrible. At the Drs request, I continued the treatment and prescription medication. Psychiatrist said to me eventually, that there was nothing wrong with me and didn't need further appointments as I was understandably stressed, considering my circumstances. But to keep taking the medication, which could be

prescribed by my GP on authority, if memory serves. Eventually, after some years, I couldn't stand the headaches any longer and stopped taking the Senequin. I also changed Drs so there wouldn't be any pressure to continue on them, as I had asked to be able to stop time and again and was told, "No, you need them Dear" As it turned out, the only thing that changed, after stopping the Senequin, was that I didn't have headaches as frequently. What good did the Senequin do? In my opinion, absolutely nothing but cost me a LOT of money.

In Feb 1988, I had a workplace accident, injuring my back. I slipped on a wet floor and came slamming down on my bum. I sought Specialist advice very quickly and was placed on Workers Comp. During this time, The Orthopedic Specialist, left the pain relief side of my condition to my GP. He had me taking high doses of Panadeine Forte for the pain. I was also prescribed Rhohypnol, as I wasn't sleeping because of the burning pain in my back and legs.

My employer, a Pathologist, was not happy that my workers comp Specialist was not trying to send me back to work and questioned my injury. Gently insisting that I see a personal friend of his, who was also an Orthopedic Spec. This Dr decided, that there was nothing wrong with me, except muscle strain and had me swimming 3 times a week. Which I complied with. I endured a Mylogram, which my employers' friend told me showed clearly that there was no injury. I continued swimming and continued to take the Panadeine Forte. After some months of this, and my condition worsening, and when I had worked my way up to requiring 3 Rhohypnol at night to sleep, I decided I was no longer doing this sleeping pill thing. I was needing higher and higher doses to get any sleep. I didn't consult my GP, but knew I couldn't just stop cold turkey, so slowly weaned myself off them over the next month or so. The next time I went to the GP for pain relief, he wanted to write a prescription for the Rhohypnol. I told him I had stopped taking them and didn't require a prescription. The Doctor was shocked and asked how long it had been since I had taken them, which was about a month and asked how I had done it. I explained how I had reduced the dose by ¼ tablet, every few days, until I was down to ¼ of 1 tablet, then just stopped. The Doctor told me that he congratulated me, that all other patients he'd ever had, had needed substitute medications to get off the Rhohypnol. Around about this time, I discovered that smoking Cannabis at night, relaxed my spasming back and leg muscles, settled the pain down to a manageable level, enabling me to sleep for some hours at a time.

Insomnia, night terrors and nightmares had always been a problem for me and I have been an Insomniac since childhood. Sleep never came easily, even before I had a back problem. Cannabis helped with that as well. I finally began having nights, undisturbed by nightmares and such, but still was wakened by pain.

Months passed and I was not getting better. I took the Myelogram results to the first Orthopedic Spec. He took one look, said these are so badly done, I can't even read them, and booked me in for his own Myelogram. The results of this showed that my L5-S1 disc was flattened and had spread inwardly, compressing my spinal cord and was immediately booked in for what I was told, was a Laminectomy. I was told, after surgery, that the disc had been removed and scar tissue would fill in the space and be stronger than the original disc. After some months recuperation, I returned to work. This was a honeymoon period of no pain though. Within 12 months I was again experiencing problems with my back and the Sciatic pain down my legs, associated. Again I was prescribed Panadeine Forte & Valium to ease the pain and muscle spasming.

Eventually, I got to the stage where I only took them when I could no longer stand the pain, as I was forever living in a fog. Knowing what was going on around me, but not really with it. Interacting but dreamlike. I hated that. This made me irritable and irrational. There are also periods of months/years where I have no recollection of events because of the Rhoypnol, my children have parts of their lives that I can not remember.

On one occasion, years later, when doses of Valium were prescribed for back spasming, I had a 3 day period, where I became, what I can only describe as Psychotic. I behaved like an abusive drunk myself and at the time. I even remember thinking my behaviour was funny. Pushing the situation further and further, till it spiralled out of control. That was the next time I seriously considered suicide. Finally, I decided to try and calm down with Cannabis. I knew I was taking chances after having taken Valium in previous days, however, the choice between taking my life and calming down enough that I didn't want to carry the idea out, at least one way I had a chance to survive. Without it I certainly wouldn't have lasted the night alive.

Some years later, by that time, I had another set of twins and another younger child, so 6 in total.

2 of my children with ADD and ADHD, when being consulted by children's psychiatrist who was managing them, the Dr thought I needed to be medicated as he said I had PTSD, and that my normal state is Hysteria and needed something to calm me and bring me back down to normal. That I actually had a form of brain damage in the coping and stress, part of my brain. Burned out by years of emotional assault. He assured me that if he did testing on my brain function, that this would show clear damage and that testing was unnecessary, he was already convinced. Dr started prescribing various anti-depressants. Many, many different ones. I can't remember them all. None of which worked. One of which gave me, genuine suicidal thoughts, which transpired into a plan. I clearly remember my thoughts and resolve on that night to take my life, the moment I was alone and had ample opportunity. Cannabis as a calmative, again saved my life. Cannabis does exactly as the Psychiatrist had said, calmed me down and brought me back to a normal emotional level.

Finally settling on Avanza. I took these for some years and to an extent, they settled me down somewhat, however, they also drove my Cholesterol up so high, that after some time, I was forced to take Cholesterol medications prescribed by the GP. They also made me rather constipated as well and after delivering 6 children including 2 sets of twins, became another painful, long-lasting problem in haemorrhoids. I had several episodes, not being able to cope emotionally, during the period I took these. It was also necessary to compliment the Avanza with anti-anxiety or anti-psychotic medications. After ceasing the Avanza, my lipids again returned to normal.

At some stage, I was also prescribed Zyprexa for anxiety, after the first anti-anxiety medication prescribed to me, Lexapro perhaps, I'm not entirely sure, as I couldn't take them for very long as they made me so sick I'd have to lie down, couldn't even remain on my feet.

Whenever I had bad back & leg pain, I was prescribed Panadeine Forte or something similar. These make me nauseas, if I don't end up vomiting. Make me foggy and unresponsive to life and I have to lay down in a semi-conscious state, not able to fall asleep but still aware of my surroundings. Any wonder that over time, I occasionally abused these to distance me from life and emotional pain. GP didn't seem to care how many I took. Just wrote out another script.

At this time, I wish to add, that although I do admit I abused my pain killers, aside from using Cannabis for pain, I have never had any desire to try any other illegal drug. Nor do I feel any craving

for Cannabis when I don't have it available. I do however, still desire the pain to be removed. Opiates desensitize you not only to certain levels of pain but also, in making rational choices.

I was beginning to find Cannabis not only calmed me in a crisis situation but, also was keeping my anxiety and panic attacks under control, much more effectively than any of the prescription medications ever had. And, without the foggy feeling, clouding my mind and thought processes. Rather, the Cannabis exhilarated me, clearing my thinking. I had more focus and energy and best of all, the constant feelings of panic and anxiety associated with my **PTSD**, disappeared.

Around 2006, I was infected with Ross River Fever and was quite ill for some months. Joints were very swollen and some so painful, I could not at times walk or move my elbows. Eventually this all settled down.

The following year, I had a Tick, that I picked up on South Stradbroke Island This had to be removed by a Doctor. After, I became very sick and exhibited many of the symptoms of Lyme's Disease. My blood test came back negative, but still in future weeks, I had to have the tick bite site excised and take courses of anti-biotics, the red ring would not go away, and was itchy and irritated and eventually was excised. The chest pain took some months to settle down and the arthritis never left. Another thing I now needed to take pain relief for, as well as anti inflammatory medications. Some time later, I saw that Australia apparently has a different type of Tick and the test being used for Lyme's disease in Australia, wasn't giving accurate results to some people as the test was for ticks from other countries.

I continued to follow the Drs prescriptions for anti-depressants and anti-anxiety medications. Looking back, these really did nothing and I still had instances of times where I could not cope due to the panic attacks and constant pain.

Over a period of years, I stumbled between trying to follow all of the Doctor's advice but still occasionally, needing to use Cannabis for calming and pain relieving purposes. In early 2012, I stopped taking all of the prescription medications. No anti-depressants after almost 40 years, no anti-anxiety medications, infrequent need for any prescription pain relief, although when the back pain was very debilitating, being knocked out by pain killers helped the time go by quicker.

I started having increased arthritis pain and eventually was referred to a Rheumatologist who diagnosed me with Inflammatory Arthritis. He explained that with the Ross River Fever and then the Lyme's disease (He felt that, yes I actually had had Lyme's disease) my immune system had been under assault for so long that my Immune /system had become chronically overactive. I was prescribed more pain relief, anti-inflammatories and Plaquenil. I discovered soon after starting the Plaquenil, that it made me itch to the point of tearing holes in my skin. That is if it didn't wake me and I spent hours scratching insanely, night after night. I proved, over and over again, that I can take the Plaquenil, for about a week before the itching kicks in. Then it takes several weeks before it completely abates. When getting my eyes tested, I was told that I would now need to have my eyes checked every 6 months as the Plaquenil causes Macular Degeneration and I risk going blind. I took them as infrequently as possible and only when I could no longer deal with the arthritis symptoms and stopped as soon as the itching started. These days, I don't take them at all.

In 2012, I developed, what at the time seemed to be a cross infection, after I spiked my finger with a fishhook. My finger got better, but I developed the same infected looking purple wound, first on one heel that I had a crack in and was using a topical ointment on that I also had used on my sore

finger. This developed over the next few months into abscesses on both heels and in infection of my little toe.

After over a dozen courses of anti-biotics, and no improvement, I was sent for arterial ultrasounds and a 50% blockage to my legs was discovered. I was put on 1 x Cartia each day. Not only did my feet NOT get better, taking the Cartia daily, my skin became so fragile, that if I bumped myself I took a piece out. I eventually found that I could tolerate 3 per week and no more, without side effects and now take them Tues, Thurs and Saturday's. Still, my feet did not get better.

I insisted on seeing an Infectious Diseases Specialist and that Doctor, treated me with anti-fungal medication. My feet improved for some time, but did not get better altogether. 3 months later when I stopped taking them, the condition returned with a vengeance. I was again put on anti-fungal meds but this did not make any improvements this time. The infectious Diseases Specialist, sent me off to see my vascular surgeon, who very quickly said, you'll need a stent at some stage but a stent won't fix this problem, but offered me no solution. I next went to see my Rheumatologist, who diagnosed Raynaud's Phenomenon with Limited Scleroderma. I responded well to the trans nitro patches and my feet began to heal. He also explained the oesophageal dysphasia I was experiencing. I've also now been advised that a stent of any sort is now out of the question, as with my auto-immune disease, I have a ridiculously high risk of rejection.

At the same time, I was seeing a Gastro-enterologist for oesophageal Dysphasia. I had an endoscopy, but no cause could be found. I was given Norvasc and taking them, I was sleeping 18 hours a day. I stopped taking them and waited for another outpatients appointment. When I attended my Gastro OP appointment, I was able to let them know about the Raynaud's and was prescribed Nifedipine. This stops some of the dysphasia but not all. I seldom eat solid food and mostly live on milk, latte's and a few mouthfuls of food when, I can occasionally eat solids. I do have to be very careful though, as my normal BP is only 90/60 without the Nifedipine, so I get lightheaded easily. Swallowing solids has become an ordeal and I live for the most part on fluids. There are frequent times when I can not even get fluids down without painful spasming first. I also find that I am chronically tired now from the Nifedipine.

With the Scleroderma, comes all sorts of new skin issues. GP sent me to an Allergy Specialist. I was diagnosed with aquagenic urticarial, for all water, which explains the constant hives I have whenever I am wet, or damp from sweat. Fresh, salt, chlorine, sweat, it makes no difference. I break out in hives. For this I was told to take 2 x 180 Telfast twice daily as well as 1 x Rani2 twice daily. This has settled the hives. She gave no explanation for the dry flaky, itchy spots I had visited her for and she suggested I see a skin specialist. These spots, have turned into burning itching lesions that respond to nothing, that cover my buttocks and all the way up my back to my shoulders. Advantan, steroid creams, nothing settles it, though a Pinetarsol soak every few days eases it somewhat.

In recent months, I developed a scaly, cracked area between my thumb and forefinger. This quickly turned into a painful, deep ulcer that took weeks to heal. I visited my Rheumatologist when I developed a very sore, index finger, which had a large purple spot and was so painful, that I think cutting it off, without anaesthetic would hurt less. Rheumatologist referred me to a Cardiologist who would perform a Prostaglandin infusion. As soon as the infusion started, my arthritis was the most painful, that it had been for years and was still like this, when I left the hospital. My sore finger got better quite quickly, however the opposite index finger then flared up and at the moment, I have an ulcer which runs along the join between my nail and nailbed at the tip and down under my finger nail.. As well as this, the finger is purple, skin on tip of finger is hard and cracking and very very painful. When I accidentally bump it though, the pain is so bad that it has taken my legs from under

me and I've ended up on the floor sobbing in pain. I returned to the Cardiologist and he took me off the transderm nitro patches and Nifedipine and put me on Viagra. If this didn't work, I was told to just stop them and he would see me in May, in 6 months, time. The Viagra has shown no difference to bloodflow to my affected finger and since stopping the Nifedipine, the oesophageal dysphasia has returned along with constant nausea. As advised I discontinued the Vedafile (Viagra) and again began the Nifedipine and Transderm Nitro patches. These offer some relief but not much.

Living with Raynauds, is excruciating. Even a trip to the grocery store is painful as any change to temperature up or down around me, causes agony as my finger/s adjust to the environmental temperature. Cold is a huge problem. A stroll down through the fruit & veg, meat section, freezer or deli areas, are much cooler and I now need to wear a ski mitten or glove with a chemical heat-pack inside (hothands) to keep the temperature around my fingers warm and protected. The alternative is the pain is so bad I sob in pain, as I rush around the store as quickly as possible.

This condition is debilitating in so many ways. Housework is out of the question. No matter how hard I try, I switch without thinking, from concentrating on 'How' I'm doing something to 'what I'm doing' at that time and inadvertently, re-injure my fingers. Healing of a tiny scratch takes months of swelling, chilblains, ulcers, scleroderma and agonizing pain, and that is without considering any Raynaud's flares. Even through leather gloves I am still open to injury. Any impact through the gloves still can be felt and is also extremely painful. The gloves themselves sometimes become too much to bear, when I can't stand anything touching my fingers. I can no longer drive my car, as the vibrations through the steering wheel cause unbearable pain. Air-conditioners in cars, stores etc are a huge, problem. Particularly the colder sections of Fruit & Veg or the meat dept.

Not being able to use my hands at the moment, has given me time to think about my medical issues and research further. I realised that Cannabis had already taken the place of my anti-depressants and anti-anxiety and anti-psychotic, medications and my family and I have a happy, productive life with strong close relationships now. So different to the chaotic, dysfunctional years, I spent taking prescription medications. My thinking is now clear, not like so many years where I felt like my head would explode, as it was jumping around from one idea to another in the blink of a moment, yet still felt like I lived in a confused fog. Chaos even in my head. Through this clarity, I realized that Cannabis was already helping with the PTSD, anxiety, OCD tendencies and my mental health as a whole. As well as a being a muscle relaxant and give some pain relief when my back was very painful, and I was only smoking Cannabis occasionally.

<https://www.youtube.com/watch?v=0eDy5zdAt9o&feature=youtu.be>

<https://www.youtube.com/watch?v=YR8A0lSkwTY&feature=youtu.be>

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<http://archive.saferchoice.org/content/view/24/53/>

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<http://www.leafscience.com/2013/10/30/cannabinoids-help-scientists-explain-mysterious-stress-pain-relationship/>

<http://www.leafscience.com/2013/12/01/study-explains-marijuana-helps-arthritis-pain/>

<http://www.raynauds.org.uk/scleroderma/digital-ulcers> - in a stress/anxiety triggered condition ulcers are constantly unavoidable.

<https://www.facebook.com/theiwcc/photos/a.762455627104622.1073741828.746130168737168/1020995097917339/?type=1>

http://www.huffingtonpost.com/2015/02/06/marijuana-depression_n_6622126.html

<https://www.facebook.com/notes/charlie-renaud/cannabis-cures-cancer-links/481538365244452>

<https://www.facebook.com/groups/644543642281234/permalink/770222816379982/> - 95% of Australians consistently support Medical Cannabis availability to patients.

<https://www.facebook.com/video.php?v=690585871019717>

http://www.freedomleaf.com/marijuana_does_not_harm_the_human_brain

<http://news.therawfoodworld.com/cannabis-use-traditional-chinese-medicine/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2241751/>

I started to research Cannabis and learned more about all of the positive studies done overseas and the fact that so many countries were now relaxing their prohibitions to Cannabis. I read case studies and various other educational material, easily available on the web. Some I have attached to this submission.

After doing quite a deal of research and again experiencing being let down medically, regarding my chronic acute pain, experiencing nausea and vomiting from the pain relief, I tried Cannabis Oil as I am really pushing the boundaries of my coping skills at the moment. Being in constant agony 24 hours a day. At night I sleep for perhaps 1-2 hours before the pain wakes me and I spend an hour sobbing whilst I wait for opiate pain killers to give me some relief, then vomiting for the next half hour. The cycle repeats and sleep deprivation is also now a serious consideration.

On the Cannabis Oil, my arthritis pain was gone in a few minutes, I was calm and focused and my dysphasia, occurred only once, in a 30day period, not several times daily. The only thing it didn't help was my wounds. So I researched proportions for a topical ointment and mixed some of the cannabis oil with coconut oil and applied this to the affected finger. The relief was instantaneous and lasted for some 2 hours before needing to be applied again.

Personally, with 40 years experience, taking a variety of prescription medications, none of which worked, or if it did work to some extent, the side-effects were as bad if not, in some cases

dramatically worse than the original condition. Also constantly give me suicidal thoughts as my emotional resolve/strength is altered significantly, by these opiates affecting my thought processes and coping skills. I also, now have 30 odd successful years, of part time experience, using Cannabis as a medical treatment.

There is no comparison. Using Cannabis in just the few ways I have already tried, fresh leaves for anti-inflammatory effect etc in juices, baked goods, smoking/vaping, oral ingestion of **activated THC/CBD Cannabis Oil**, and topical application of cannabis infused coconut oil, I can control my pain, am bright, alert, focused and most importantly, with an anxiety/cold triggered condition, in Raynaud's, I'm happy. This enables me to cope even when the pain is acute. My anxiety and depression issues are non-existent while treated with Cannabis therapies, except for the influence of the chronic pain. My PTSD is controlled. Arthritis pain in some areas eg elbows and shoulder, completely disappeared during treatment. Remaining pain areas were at a manageable level for up to 8 hours at a time. I experienced no fogginess, no drowsiness and best of all no post painkiller hangover or vomiting or emotional roller-coaster. The itchy lesions which I have on arms, legs and starting at my buttocks, which go up my back and neck, through my hair and into my ears, I also tried with the infused cannabis oil. For the first time in 8 years, they are clearing up! I'm over the moon. CBD alone, cannot, effectively do the job of the entourage effect of THC and CBD's together. Whole plant therapies are necessary. My quality of life was returned!!

I am at a stage in my life where I have already tried every suitable pharmaceutical medication available to treat me. Not one, I can say, was successful. Cannabis however, has been and I am so much better for it.

Let's take a look at the opposite scenario. No Cannabis, just prescription medications. I would be taking pain medication that makes me feel worse than coping with the pain, unless the pain is of such a degree that I need to knock myself out to get relief. I am nauseas, vomiting, unable to function at a high standard and the after effects of the post pain killer hang over, leave me at a very vulnerable place emotionally. Add to that, arthritis medication which causes me more problems with itching and the risk of blindness. BP medication for my dysphasia which with my BP, I have to be constantly vigilant, not to become lightheaded and pass out, which I have done on more than one occasion. During the Prostaglandin infusion, my BP dropped to 60/40. Don't believe? Check my Princess Alexandra Hospital, hospital records. I grant permission.

More pharma meds in, Nitro glycerine patches, advantan fatty ointment, antihistamines, the list goes on and on.

My emotional resistance to the pain is reduced on opiates. My emotional well-being is compromised and with my history, I am well aware that I need to be vigilant to keep suicidal thoughts away when I am feeling the hopelessness which goes along with chronic pain and the realization that I have perhaps another 30 years ahead of me, trying desperately to cope with these chronic physical conditions. Raynaud's with Scleroderma being quite a rare disease, I find I am the one guiding the doctors. From Specialists who casually, under inform regarding symptoms, to GP's who openly admit – I know what your disease is – that's it. I am left to holistically treat my condition while each individual Specialist treats his/her little bit symptomatically. This condition affects me as a whole, not in parts, and this trivializes the complexity of my rare condition! Leaving me alone to hold all the pieces together.

I will be brutally frank. I doubt, that without the pain relief, that the Cannabis oil and topical ointment has occasionally, given me, the hope and the strength, freshness and clarity of mind and

the absence of anxiety and panic attacks, I truly doubt that I will survive those next 30 years. I have no doubt, the pain, depression and hopelessness will eventually win and I WILL end up taking my own life.

In saying that, you can now see how, my very survival, relies on my ability to treat myself with Cannabis. I can not afford to purchase the correct amount that I would need to treat myself completely and successfully, on a full-time basis. That is why we also need growing rights for those patients who need to supply themselves with this herb. A medicine which can be grown at home for the cost of a tomato plant. Do not try and convince me that the pharmaceutical companies can come up with a suitable product. If that were possible, it would have already been done by now. Nor would I ever trust a Pharmaceutical drug again. I will never be convinced, as I have 40 actual years, experience behind me.

I have found my treatment, if not my cure. To my emotional issues, chronic pain issues, spasming, chronic pain and skin conditions. I will continue to use this cure, as I am able to afford it, until such time as, common sense and education prevail and replace ignorance and stigma associated with Cannabis. I hold no fear of being arrested. Unlike those that produce on a mass scale, to provide life giving medicines to those that truly need it, I have nothing of any consequence. Only my medicine. The police can come and take it away. They can arrest and charge me. That will change nothing. If I am to survive, I have no choice but to show civil disobedience and continue with this, medical treatment, that I am already convinced, with decades of my own proof, works.

I have no real faith in the Medical Profession where my disease is concerned any more. Not one of my multitude of specialists have any real idea of how to adequately treat my rare condition. Experience has taught me this, nor am I willing to continue to take pharmaceutical medications, which I know cause me extreme suicidal thoughts and side effects.

<http://www.winedirect.com.au/?group=AMA+Queensland> Particularly when the Medical Fraternity as a whole, support alcohol to the extent they have their own special 'link' on an online wine store.

<http://www.abc.net.au/news/2014-07-31/15-australians-die-each-day-from-alcohol-related-illness-study/5637050>

<http://www.dailykos.com/story/2015/02/08/1361231/-The-war-on-some-drugs-has-some-surprising-causalties#>

Whole Plant Medical Cannabis therapies are required, for a number of reasons.

First and foremost The Entourage Effect - and here is why:-

<http://www.medicaljane.com/2014/05/14/thc-cbd-and-more-the-entourage-effect-of-whole-plant-cannabis-medicine/>

<http://www.projectcbd.org/news/whole-plant-cbd-rich-cannabis-better-medicine-than-single-molecule-cbd/>

<http://www.medicaljane.com/2013/04/13/terpenes-terpenoids-what-are-they-what-do-they-do/>

Whole plant therapies are required to work in concert with one another, for combined overall therapeutic effect.

Fresh

- Ability to be able to juice fresh leaves for **anti-inflammatory** and **anti-spasmodic** properties. Both important with my medical conditions, particularly with spasming from my oesophageal dysphasia.

Heated/Aged

- **Analgesic, Anti-bacterial, Anti-inflammatory, Anti-spasmodic, Appetite stimulant, Bronchodilator, Neuroprotective, Bone Stimulant** (Vitamin D deficiency goes with this condition), **Anti-anxiety, Anti-depressant, Anti-insomnia, Anti ischemic, Anti-psychotic, Immunosuppressive, Anti-emetic.**
- All of these are required to treat my conditions.
- **Availability of enough plant matter to adequately treat with Medical Cannabis.**
A large amount of plant matter is required to adequately produce enough oil for a 30day treatment. With an oil yield of approximately 3ml for every ounce. A minimum of 10oz is required for a treatment of 1ml per day. If a higher dose is required, then the bulk plant matter required increases accordingly.
- Fresh leaves for juicing or in salads, sandwiches etc.
- Dry 'buds' for vaping/smoking for acute pain. Also for producing cannabis butter, coconut oil etc for baking edibles. As well as for ointments, creams and salves.

By this you can see that home growing availability must be an option. Security issues for plants, of course, must be addressed and ensure a secure space, which is inaccessible to anybody else.

Different 'Strains' are also a consideration - – Although Cannabis plants each contain the various elements required for health/healing, the strain of plant will also influence the way each strain affects you.

<http://www.medicaljane.com/2015/01/14/the-differences-between-hemp-and-cannabis/>

<http://www.medicaljane.com/2013/12/03/learn-how-different-strains-of-cannabis-affect-you/>

<http://www.leafscience.com/2014/09/11/medical-marijuana-entourage-effect/>

<http://www.medicaljane.com/2013/07/22/cannabis-sativa-as-explained-by-medical-jane/>

<http://www.medicaljane.com/2013/07/25/cannabis-indica-as-explained-by-medical-jane/>

<http://www.medicaljane.com/2013/06/28/cannabis-indica-vs-cannabis-sativa-differences/>

Sativa

- For **Daytime** use, a Sativa strain, or Sativa dominant strain, will energise as well as invigorate, without the heavy body feeling. This will still contain the required **THC, CBD and associated elements** levels, necessary to treat effectively.

Indica

- For **Nighttime/Heavy pain periods**, then an Indica or Indica dominant variety is required. This strain will also give relaxing heavy body feeling, 'so called couch-lock' which assists significantly, with pain particularly nerve pain, PTSD & anxiety related issues and insomnia to name a few.

Mixed strains

Sativa 20% Indica 80%

Sativa 40% Indica 60%

Sativa 60% Indica 40%

Sativa 80% Indica 20%

Sativa 100% - very rare

Indica 100% - very rare

A third strain, Cannabis **Ruderalis**, is also often blended in crossbreeding, in varying percentages, but usually compliments the breeding process.

Choosing a strain or a combination of strains and/or mixed strains, involves a little research to compare **THC & CBD** requirements for each condition. Required Terpenoids, with a variety of smells and therapeutic effects are also necessary and contained in the Cannabis plant for medicinal use.

<http://www.medicaljane.com/2013/09/23/terpenes-may-improve-effectiveness-of-medical-marijuana/>

Several different 'named' strains eg Girl Scout Cookies (high in THC – Indica dominant strain) <http://www.leafly.com/hybrid/girl-scout-cookie> are available. Each with different properties.

Some are lucky and find a strain that suits immediately. Othertimes, several strains, may be tried before the individually suited strain for each individual, is found. Every plant is different, just as each person is different.

Thereby requiring variety, in required Medical Cannabis product, from morning to night. Depending upon the circumstances of that day.

It really isn't as simple as a generalized, One Cannabis 'fits all' This just isn't the case, quite the opposite. A variety/strain which doesn't suit you, isn't going to effectively produce the same health benefits, as one suited to you personally.

Home growing options really MUST be available, to adequately treat each person with their own individual strain/variety, with the Raw, Heated or Aged Plant material required for adequate Medical Cannabis therapies.

Volume of product also needs to be addressed. A minimum of 14g each day is required to produce 1g of Medical Cannabis oil. This means that under the current allowable amounts of Cannabis, I or my carer/s would need to source product, every single day, more than once a day, if I required more than 1g of MC oil. If I require more than 1g to manage my many symptoms, then for each 1g of MC oil, I would require an additional 14g of product. Leaving nothing over for fresh juicing, converting into baked goods, additional amounts of MC oil for vaping during heavy pain periods and in my case, to make ointments and salves for my dermatological and pain relieving requirements. More product would be required to produce these items for my daily use. The volume of product that you state does not equal what is required in reality. Each person is different, requiring an assortment of different variables and absorption methods. Raw leaf, buds for making products, capsules, suppositories, so many different applications and necessities, on which necessary product volume has not been considered under these current weights of allowable product.

You will see in the following videos, how much product is required to make certain items:-

<https://www.youtube.com/watch?v=gUTCmb0-le0> Medical Grade Cannabis Oil

<https://www.youtube.com/watch?v=N19oTPRoCzg> Cannabis Butter for cooking/baking

<https://www.youtube.com/watch?v=E37RxzsRJ-k> Cannabis Coconut oil – is used for baking and in *making ointments and salves.*

<http://www.wakingtimes.com/2015/02/24/5-new-cannabis-discoveries-that-you-wont-hear-about-in-the-corporate-media/>

I have attached a very good reference, Understanding Medical Cannabis pdf which explains the different constituents of Cannabis eg THC & CBD along with all others, Terpenoids, and the other various plants which also carry these same Terpenoids. You will also see how Cannabis changes with is different states from Raw through Aged. You will also see the therapeutic benefits available from each of these elements.

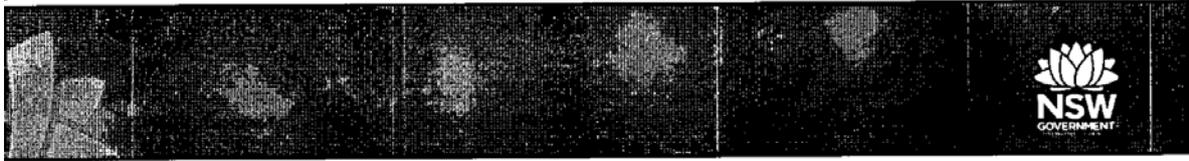
Also, copy of my Application – NSW - Terminal Cannabis Scheme, on which my Rheumatologist lists, suicide from intractable pain levels associated with my condition as my reason for inclusion.

There is a massive Medical Cannabis Movement in Australia (MCUA – Medical Cannabis Users Association with over 5600 members just to name one). We have many knowledgeable Doctors, patients and producers of Medical Cannabis, we are the people you need to consult and listen to so that we can have successful, effective and safe Cannabis Medicine in Australia. You already have a vast knowledge base from which to draw, any and all questions you may have, or assistance that is required.

The alternative, in my particular case, to treating my chronic multiple conditions with Cannabis, really is death, all things considered. What choice would you make? I support Medical Cannabis with whole plant therapies and home growing rights, the only possible way, to successfully, make Medical Cannabis available, for treatment.

I hope you will consider making changes to the Moderator of Medicinal Cannabis Bill before it is argued, as in it's current form, greatly limits the patients and their accessibility to the strain/type/method of administration and amount of Cannabis Medicine that works best for each patient and their specific illness. Please do not force me to join the ever growing 'I Will Defy' movement and make whole plant medical cannabis therapies, with home growing rights, available for patients in Australia.

Thank you for allowing my contribution.



For completion by medical practitioner

Part B: Medical certification

Terminal Illness Certificate

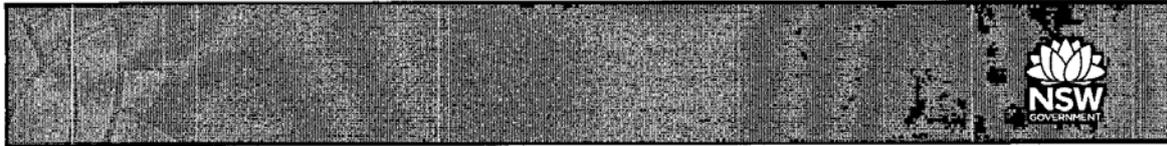
This report is made as a certificate of the opinion of a registered medical practitioner that the patient has a terminal illness for the purposes of the NSW Terminal Illness Cannabis Scheme. It is not an endorsement by the medical practitioner of the use of cannabis.

For the purpose of the Terminal Illness Cannabis Scheme, the definition of terminal illness is:

'terminal illness, in relation to a patient, means an illness which, in reasonable medical judgment will, in the normal course, without the application of extraordinary measures or of treatment unacceptable to the patient, result in the death of the patient.'

1. Medical practitioner's details

First name	e name	
Last name		
Provider OR AHPRA number		
Practice name		
Phone number		
Practice address		Postcode

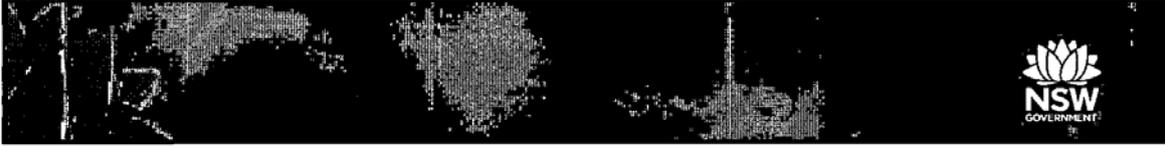


2. Patient details

First name	<i>Debra</i>	Middle name	
Last name	<i>Lynch</i>		
Date of birth	<i>17/5/60</i>	Place of birth	
Usual residential address			
Postal address (if different to above)			

3. Relationship with patient

Length of care relationship	<i>2010 - 2015</i>
Nature of care relationship (eg: general practitioner, oncologist etc)	<i>Chronic telephoner</i>



4. The basis for my opinion is as follows

(Evidence relied on as a basis of certification of terminal illness)

has
of digits
sclerodermia
intractable pain
new Regard - loss
prolonged CIT involvement
pain = depression
= suicidal
thoughts

(Details can be continued on a separate page, if necessary)

For the purpose of certification, this medical certificate expires 1 year from date of certification.

In my opinion, the patient is a person with a terminal illness as defined by the Terminal Illness Cannabis Scheme:

Signature of Medical Practitioner

(Note to medical practitioners: This statement may be relied on by a member of the NSW Police Force when deciding whether to charge your patient with a criminal offence. Giving false or misleading information is a serious offence and may also amount to unsatisfactory professional conduct or professional misconduct for the purposes of the *Health Practitioner Regulation National Law (NSW) No. 86.*)