

FF S4 Ep. 2.mp3

Caraline [00:00:00] Hello, everybody, and welcome back to another episode of your favorite. We know it's your favorite, there's not that many out there. Fibromyalgia podcast It's Fibro Friends.

Mesha [00:00:11] Yeah!

Caraline [00:00:13] I am one of your hosts Caraline. I also have with me Skye.

Skye [00:00:16] Hello.

Caraline [00:00:18] And Mesha.

Mesha [00:00:19] Hello.

Caraline [00:00:20] And we are coming to you through E.R. struggles. Computer struggles. We have everything, but we're doing it because we're not pushing back this topic anymore and we're honestly, we're going to jump right into it. We are so excited because we have a previous that's the p-word I was looking for.

Skye [00:00:39] Previous. Fibro fog.

Caraline [00:00:41] Previous podcast guest on again, because in his interview, he brought up a topic that is a hot button topic and we want to talk about it. We have our friend, Kil joining us again. Welcome Kil!

Mesha [00:00:55] Yay Kil!

Kil [00:00:55] Thank you. Thank you. Thank you. I appreciate the invite. The last time must of went right if you'll invited me back so I appreciate it.

Caraline [00:01:01] Oh yeah, we got lots of listens on your episode, so I figured might as well do it again.

Kil [00:01:08] That's dope. I just enjoy chopping it up with y'all so.

Caraline [00:01:11] All right.

Mesha [00:01:13] Yes.

Caraline [00:01:13] Well, we are covering the topic of marijuana, medical marijuana, marijuana, marijuana. I'm very new to this topic, so we're going to learn some things.

Kil [00:01:25] Yes ma'am.

Caraline [00:01:27] So Kil, what is your experience with medical marijuana because I remember in your episode you you spoke about how it's one of your treatment options for Fibromyalgia. So I just wanted to get your background on it.

Kil [00:01:38] What it was is real quick. My doctor I've been going to for a good 12 years retired because he had gotten cancer. So after that, I kind of was just like, Yo, I'm kind of

done with doctors. I don't feel like even dealing with the whole lot and not caring and just getting in and out your office and everything like that.

Caraline [00:01:55] Yeah.

Kil [00:01:56] So I went to a pain management doctor and he was like, Oh, well, you want to get off this Cymbalta, I'll put you on Lyrica. And I was like, No, I don't want to be on anything anymore. Like I'm done and he's like well I got water aerobics and I'm like, bro that's it? Like, if I'm not on these drugs, just do water aerobics? You know what I mean?

Skye [00:02:12] Lyrica or water aerobics.

Kil [00:02:12] Right? So I'm like, Just give me the weed. And he was just like, Oh, we've got to go for medical marijuana doctor for that and start their procedures. So that's what started because basically the doctor said, medical, you know, water aerobics or Lyrica. So I was like, Let's do this, went to the weed doctor and literally once I started smoking, like, I mean, usually on even a bad day is maybe a three out of 10 for me, which was never, you know, when I was on Cymbalta for two years. A good day may have been an eight out of 10. So, you know, and that was two years ago. And then those two and a half years, I mean, I've lost 50 pounds. I'm back in the gym. I can work out, I can live, you know, it feels like I can live more and you know what I mean, so.

Caraline [00:03:00] Yeah.

Kil [00:03:00] I'm I'm a huge, you know, person. I'm a back up anything. If I'm ear hustling and I hear somebody talking about chronic pain, I'm like, yo get some medical marijuana. Like, it's to that point that like I will ear hustle like, you need to get up on this type of thing you know what I mean?

Caraline [00:03:17] Yeah.

Kil [00:03:18] Yeah. So that's my background with getting to it so.

Caraline [00:03:21] Mm hmm.

Mesha [00:03:22] Sweet.

Caraline [00:03:22] And you're in Philadelphia right?

Kil [00:03:24] Nah, I'm in Maryland. I'm in Maryland.

Caraline [00:03:25] Maryland. I forget, oK. So obviously, you guys are medical marijuana legal.

Kil [00:03:30] We're good money out here. We're good.

Caraline [00:03:31] Nice.

Mesha [00:03:32] Good.

Caraline [00:03:33] That. And that's probably one of the biggest struggles is just dependent on where you live because I'm in North Carolina and it's not legal either way.

Kil [00:03:42] Right.

Mesha [00:03:42] Right.

Kil [00:03:43] It's also where you live and where you work, because I've actually talked with I was at the airport and I always, you know, I don't believe in coincidences. I believe God puts people in your path for a reason. So I was at the airport once they lost my bag, I'll go down and get the bag and the lady is like, been bending over. She's talking about all the pain she's in and I'm like, yo weed. And she's like, But I work at the airport. We can't do it, you know?

Caraline [00:04:06] Yeah.

Kil [00:04:06] I'm in WaWa one day.

Caraline [00:04:06] I didn't think about that.

Kil [00:04:07] And I overhear somebody talking about pain. I'm like, weed and they're like, I wish I could. I work for the federal government. So, you know, so it's not just where you're at but it's also, does your job, you know, look at it like that too.

Caraline [00:04:20] Touche.

Mesha [00:04:20] I got that.

Caraline [00:04:20] I'm a Preschool teacher. So that's probably not recommended.

Mesha [00:04:23] Yeah.

Skye [00:04:27] I think one of the most ironic things about working for the federal government and not being able to use cannabis is that cannabis is recreationally legal in Washington, D.C.. So our nation's capital, it's completely legal and they have medical and adult use, but it's still not nationally legal and that is.

Caraline [00:04:53] Yeah.

Skye [00:04:54] It's just an interesting it's an interesting thing going on.

Mesha [00:04:58] Make it make sense.

Caraline [00:05:00] So Kill you. Do you say you smoke it?

Kil [00:05:05] Yeah. Yeah, I smoke.

Caraline [00:05:06] Okay.

Kil [00:05:07] I have a not a vape um yeah, a vape thing like, not a vape pen, but you know, you just put the flower in it, set the temperature warms up and everything like that. And I mean, it's been great, you know, and I've never been a big weed smoker like I smoked weed back in college or whatever. But you know, back then it was I'm in college from ninety two to ninety six like weed was just whatever. Somebody was selling on

campus. So you know what I mean? Whereas now getting into it is like, Wow, I didn't know about all these different strains and this and that and you can get it for this you can get it for that. Sativa and Indica.

Caraline [00:05:38] Yeah.

Kil [00:05:39] All those things. So it was kind of like while I was waiting for the whole medical marijuana license to come through, which can take a minute. It was just trying to do as much research as I could on it and everything like that. So I mean, like, yeah, I'm I'm definitely I mean, truth be told, nothing else helped. You know, Cymbalta didn't help, physical therapy didn't help. Like nothing else helped that any doctor was talking about. So, you know, this has been great. Before I mean, I literally just come home from work and just sit down on the couch. And I was it there was no movement. That's why I gained so much weight because I couldn't do anything you know but eat, whereas now I can get up. I work out every day, you know, I mean, you know, it's the best I felt easily last 18 years.

Mesha [00:06:23] Wow.

Caraline [00:06:23] And that's not. Usually I feel like what you're thinking of when you hear someone who. Like partakes in marijuana.

Mesha [00:06:32] Mmhmm.

Caraline [00:06:33] Usually I feel like the stereotype is the exact opposite, like you're just laying on the couch like a bum, eating snacks.

Kil [00:06:39] And then again.

Caraline [00:06:41] No!

Kil [00:06:42] I always smoke at night, like I always do when I go to bed because I'm always like, I don't drink. So I've always never understood, like drinking and driving just because, you know, I know friends who drink recreationally. But I'm always like, Well, how do you know you're good enough to drive? Well, how do you? So I always smoke in night like before I go to bed for the pain because I'm just too paranoid about, like am I high?

Mesha [00:07:02] Right.

Caraline [00:07:02] Right.

Kil [00:07:04] You know what I mean? Different things like that. But that's just me.

Mesha [00:07:08] Makes sense, yeah.

Kil [00:07:08] I have professional weed-smoking friends who can smoke all day every day.

Mesha [00:07:09] Professionals.

Kil [00:07:13] Yeah, they're professionals.

Caraline [00:07:13] But that's the thing, like you have like responsibility about it too, and you take ownership and and you are responsible about it. And I think that also makes a

huge difference in how you are partaking in it. Now, Skye, I remember, one of the first YouTube videos I saw of you. You somehow put weed into a pie crust, but not weed. You put the oil in there, right?

Skye [00:07:37] Yes.

Caraline [00:07:38] And there's just me sitting on my computer going, I wanna make a pie like that?

Skye [00:07:43] Yeah. So Kil, previously, I wasn't on that episode with you, so I never got to talk to you. But I recently graduated from Florida Gulf Coast University and part of my degree, I studied cannabis. And when I studied cannabis, that is what made me want to get my card because, you know, at that time, I guess how many years ago, I guess four years ago, I was 20. It was opioids and a bunch of drugs or weed. And for me, I'm like, I would rather use a plant and everything I learned about it.

Caraline [00:08:19] Yes!

Skye [00:08:19] It just shows how misinformed and mis educated we've been about it. So I just really like dove super deep into it, and I'm like, I for me, smoking doesn't work. It hurts my lungs, something I continuously try to do, but it hurts so bad. So I eat it. And like Caraline said, I made. I tried to incorporate it in fun food, so it didn't it. It just didn't taste like crap. So I took distillate and I made my own butter with it like I have my my KitchenAid standing mixer. So I whipped the cream and the salt, and I put the distillate in it, so I had my butter and then I made. Like a pie crust with that butter and made an apple pie.

Mesha [00:09:10] Whoa.

Kil [00:09:12] Ooh.

Skye [00:09:12] Which just sounds amazing right now, it just sounds so good right now. And I totally forgot I did that. Thank you for reminding me.

Caraline [00:09:18] Mmhmm.

Mesha [00:09:20] Wow.

Skye [00:09:20] I'm going to be chefin' it up soon, probably.

Mesha [00:09:23] That's right.

Caraline [00:09:24] Yeah.

Skye [00:09:24] The two things I specifically wanted to ask you about because weed. Weed news and everything surrounding cannabis is always changing every single day, like since I got my degree last year. It's it's completely different.

Caraline [00:09:40] Yeah.

Skye [00:09:40] So the first thing is a study came out recently by the University of Oregon that cannabis use could possibly prevent the user from getting COVID 19.

Kil [00:09:51] I saw that.

Caraline [00:09:51] Whoa.

Mesha [00:09:51] Interesting.

Skye [00:09:53] You saw that?

Kil [00:09:54] I saw that. I saw that.

Skye [00:09:57] Yes. What are your thoughts?

Kil [00:09:59] It's funny because I actually heard it. I was. It's an M.C. who's now a podcaster out of Philly, Gillie da Kid. He was joking about it with his wife, like, you know, like, Yo, you had COVID and I slept in the bed with you and our son got it, and all these people got it. You know but I'm the only one who hasn't gotten it, you know what I mean? I have never tested positive, he says. Because all the weed I smoke. Y'all don't smoke as much weed as I do. And I thought he was joking. And then it kind of made me kind of like Google it. And I'm like, Oh, Snap, like, you know, this is really a study that's coming back stating that. So I mean, I think it's just a testament again to, like you said, there's such a negative connotation with weed. You know, that's gone on for years. You know what I mean? I'm forty seven and I've never heard weed be talked about in a in a good way. You know, I mean, of course, I mean, not by my friends or people.

Caraline [00:10:51] Right.

Kil [00:10:51] My age.

Caraline [00:10:51] Definitely recommend.

Kil [00:10:52] Right.

Mesha [00:10:53] Right.

Kil [00:10:54] Society.

Mesha [00:10:54] Society.

Kil [00:10:55] And everything like that. It's always been, you know, horrible cancer and all these other things. And just like. It's like even before when I started going and I was going to these dispensaries, I always expected to see young people. I see nothing about old people, you know, I mean, literally like 60 and up. I mean, literally I'm having conversations with people who are in their 80's you know, just talking about how much this helps with their pain. You know what I mean? And you know, to me, it's a blessing to be able to see people who have been in pain years finally get this relief from it. And that's why I like, you know, normally I'm mind my business. I don't ear hustle. But if I hear you say something about pain it's like.

Mesha [00:11:34] Same. Like, huh?

Kil [00:11:35] Yeah, I need I need to pass this off to you right here. I understand what that's like to be in pain and have to, you know, I used to have to do things every other day,

like if my daughter wanted to go to Six Flags I'm like, OK, boom, we can't go Sunday because I gotta go to work Monday. So that means we gotta go Saturday, so I can give my body, a whole day off to rest.

Mesha [00:11:53] Sounds about right.

Kil [00:11:55] Nobody wants to live like that, you know? So like I say, if I hear the word pain, it's like I'm in your ear. Like, you need to do x y z. And it's heartbreaking when people tell me that their jobs won't allow it because like me and I got the magic ticket for you, but I can't give it to you, like. You know, it was just, you know, I'm wishing more organizations and jobs and things like that would, you know, become more open-minded about it. Because, I mean, at the end of the day, it's just it's a whole nother world. You know what I mean? And we have to learn to be able to call that audible. We can't keep running the same play over and over again and people are in pain from it. You know, so.

Mesha [00:12:32] Right.

Skye [00:12:34] Yeah. Last year, my living situation was different. So there was five of us in a house. All of us use cannabis. And I jokingly said I was like, Look, all of us have jobs. All of us are on different types of people every day, and we're the only ones that aren't getting it like we are. None of us. None of us are getting it. I said it has to be because we have weed in our system I said it has to be. There's no there's no other way like all of us are exposed all the time and none of us get it. And when I saw the study come out, I immediately called my boyfriend. I was like, Hunter I told you, so I was like yeah. And for us, you know, recently, our close friends, like people that have been in our house or like my sister in law and brother in law's house, we were there. All of them tested positive and we were totally fine. We both got tested and we were negative. And now. Could it have been a false negative? I don't know. We felt fine, but I saw that study and I was like, It is so much more useful than people think. And the study shows, if anyone's wondering that. The CBD binds to your cells, and it prevents the COVID like spiky virus or whatever from entering your system. Which is really freaking cool and which is another possibility as to why it could prevent other illness as well. And it's something that really needs to be looked at, and I hope this isn't just a one shot study and people brush it off like, I really hope.

Caraline [00:14:01] Yeah.

Skye [00:14:02] It's looked into.

Caraline [00:14:04] And I love Skye how you said, like, broke it down to it's a plant.

Skye [00:14:08] Yeah.

[00:14:09] Think of all the plants that are going into like those supplements you are taking or your tea or like. It literally is a plant and break it down to its simplest forms and see what it can do like. And it's crazy to me that it gets such a bad rap right when you break it down to what it is and how it affects people in the medical world. That's what's most intriguing to me because I remember and I don't know if it was marijuana or if it was CBD oil, and that's something I want to talk about, too, because I feel like I get confuzzled with the differences and stuff. But I feel like I remember seeing this like clip of a child who had like seizures and they were like using CBD oil and it helped them and like they had a quality of life again. And I feel like that was like the first time that I was like, I wonder what this is, because that's pretty much the only realm of that that I've gone into is like CBD, and most

recently I did try some. Oh, shoot, what's it called? Delta eight? And that actually was the first time that I didn't feel the constant like wringing of numbness in my entire body, like the way I describe it is like it quieted everything. Like, I knew the pain was still there, but it's like at least some temporary relief from how loud my body is. And I know that's strange to compare it to like noise, but that's kind of how I.

Skye [00:15:39] It makes total sense.

Caraline [00:15:41] Equate it. But yeah, so Skye. If you have any knowledge of to share CBD versus marijuana versus other things, please educate me.

Skye [00:15:51] Yeah. I'm wondering if the video is always about Charlotte's Web.

Caraline [00:15:55] Oh probably.

Skye [00:15:56] There was a little girl. And if you haven't seen this video, we'll link it in the comments. But there is a little girl named Charlotte, and she was having debilitating seizures. I believe at one point they put her on hospice because they just they thought. She was going to pass away after having hundreds of seizures a day. And there was this company that her family reached out to about getting her marijuana. So this these two brothers created a strain specifically for her called Charlotte's Web. And there was no THC and it was all CBD, and they started giving it to her and she stopped having her seizures and she was finally able to have a quality of life. It's an amazing video and that that's a video that really changed my aspect on it, and it changed my thought about giving it to children. You know, there's there's a really big debate and there's there's families that travel and or move, pick up their whole lives and move to a state like Colorado so that they can administer cannabis to their children so that they can have a quality of life.

Caraline [00:17:05] Yeah.

Skye [00:17:08] And they're not doing it to get your child high because your.

Caraline [00:17:10] Right.

Skye [00:17:10] Child is more than high on on the opioids that they're giving them and all the other medicine. And it's it's really terrible that people have to. To pick up everything that they've ever known in order to make sure that their kid has a quality of life. And that's one of the deeper rooted issues in something like this.

Mesha [00:17:33] Right.

Caraline [00:17:34] Yeah.

Skye [00:17:35] In regards to like the Delta eight stuff. So from my understanding, Delta nine is like regular cannabis THC, Delta nine is the chemical inside cannabis, there's hundreds of them hundreds of chemicals. THC, CBD, CBN is one that helps you sleep. There's like CBV that they're studying to help you lose weight. Like there's all all these chemicals. Delta eight is a step down from Delta nine. It's a little less. I believe there's THC in it.

Mesha [00:18:09] Call it weed light.

Caraline [00:18:12] Yeah.

Skye [00:18:12] Yes. Yes, it's weed light.

Caraline [00:18:17] Yeah.

Skye [00:18:17] It's like generic brand.

Kil [00:18:18] Not even weed.

Skye [00:18:22] I guess?

Mesha [00:18:22] Great Value.

Skye [00:18:22] But it's a loophole that has been found to make it legal.

Caraline [00:18:28] Mmhmm.

Skye [00:18:28] In a way.

Caraline [00:18:30] Right.

Skye [00:18:31] Is it a marketing ploy? Could be is it a loophole for companies to actually be able to help people and get it out there? Could be?

Caraline [00:18:42] Right.

Skye [00:18:43] I don't know too much about it in the law. I'm not sure how long it's going to remain legal.

Caraline [00:18:51] Right.

Mesha [00:18:51] Right.

Skye [00:18:51] In certain states.

Caraline [00:18:53] Yeah.

Skye [00:18:54] But recently I saw something that was like Delta 10.

Mesha [00:18:57] I was just thinking about that yeah I saw that too.

Skye [00:18:58] And that kinda made me. Right.

Caraline [00:19:00] They're going up!

Skye [00:19:01] Right. I don't know Kil, if you know about Delta 10 or if you even heard of it, but.

Kil [00:19:05] I have not.

Skye [00:19:05] Now it's like they're coming out with all these things.

Mesha [00:19:09] Yeah.

Skye [00:19:09] And I think that's another reason why cannabis needs to be regulated because companies just take it and they run with it and they're like, Oh, this is, it's not Delta eight. This is Delta 10. Let's ride, guys, and they make it look like this magical thing. People don't know what they're buying because consumerism in America is it's off the charts. So if you see something you're like, Oh, this Delta 10 is the next best thing, but they don't know anything about it. So I'm not sure how you feel about the whole Delta 8, Delta fifty five thing.

Kil [00:19:42] The wild part is I didn't know anything about the Deltas. So this is informative for me. But it's crazy just because, like you said, I was in Bed Bath and Beyond and they got CBD oil in there.

Skye [00:19:53] Right.

Kil [00:19:54] So, yeah, like different places have it now. And you know, again, I don't know how they get around the, you know, I'm assuming they can't be the same that I would get because, you know, the medical marijuana license. But yeah, it just goes to show you, I mean, just with anything else, you know, this is about the economy and people want.

Mesha [00:20:11] Capitalism.

Kil [00:20:12] They're going to figure out a way to get this in Bed Bath Beyond. I'm like, I'm checking out, I'm like, there's CBD oil is like, you know how you check out of places. You know you got sharpies. All this stuff you thinking about. I'm like, CBD oil now you know but. You know, again, it just it just goes to, I think people really, really understanding it better. Like I went out, I forgot I'll grab it before we get off like I went I bought this whole book on just everything about medical marijuana, just so I could understand it because I didn't know anything. It was just like, you smoke to get high. Like, That's it. Like, there is no other reason to do this, and it's like reading this book. I'm like, Wow, you know what I mean? Or even trying to get? The people in my family, my aunt, who's now in her 70s and her knees is hurting I'm like, Yo, we gonna smoke out over the next time I'm in Philly you know. I'm not smoking weed and then I'm like, smoke weed. Get out the pain or be in pain. Like.

Caraline [00:21:06] Yeah.

Kil [00:21:06] You know what I mean? So you're still, you know, people have it set in their mind like, you know, I now people look at weed the same way people look at cocaine and I'm like, Bro.

Caraline [00:21:15] Yeah.

Mesha [00:21:15] I know that.

Caraline [00:21:16] Absolutely.

Kil [00:21:17] Totally different. Different drugs like, you know what I mean?

Caraline [00:21:20] Yeah.

Kil [00:21:21] So you know, I think that's the thing and then just the breakdown of CBD between THC and just the differences like Skye. Like you was saying, it was all CBD oil that they would give them to Charlotte. You know what I mean? People watch the THC, which actually gets you high. So if you had their strength, there's an AC DC strain. It's for pain and it's no T THC in it. There's just for pain. So you could smoke all day and you're not going to get high. It's just for that. But again, if people are willing to listen, if people are willing to do the research, then you will really kind of understand that. You know, that's not why I'm not on cocaine use. So I don't know, but I'm assuming it's not a part of cocaine where you can not get high and it just helps knee feel good.

Caraline [00:22:01] Right.

Kil [00:22:02] You know, so there is? There Skye?

Skye [00:22:07] Actually.

Kil [00:22:09] Okay. See, I didn't know.

Skye [00:22:10] I learned this cocaine comes from the coca plant in South America. So if you just consume the plant, like a lot of people in South America, coca leaves are good for altitude sickness and they have a lot of mountains there. So what they do is they roll up the leaves and they like, pack it in their like almost like a dip and they suck on it. And it's like having an espresso or a strong cup of coffee. That's how it makes you feel, but it helps with altitude sickness. But the way cocaine is made is they they pull it out and they derive it from the coca plant, and then it's in its purest form. So when it's in its purest form. That is what is dangerous, and that is also why cocaine is a Schedule two drug and not a Schedule one drug, because it's also a local anesthetic and it's used in dentistry. So recently I was at the dentist and I was like, Hey, you guys used cocaine, right? And he was like, Oh my god. How did you know that?

Caraline [00:23:15] Didn't it used to be in Coca-Cola wasn't that like a thing.

Skye [00:23:19] Yeah. So the guy who made Coca-Cola had an addiction to morphine. And he wanted to get himself off of morphine. So he made Coca-Cola.

Kil [00:23:27] I had no idea.

Caraline [00:23:28] Bad choices friend, bad choices.

Skye [00:23:30] And this is what I learned in drug class.

Caraline [00:23:32] Hey, I was going to say honestly, like education, and I hope this is helping someone because I'm already learning a lot. But like, that's what I want to get behind is like education. Even if you never want to do any of this in your life, I at least would hope you want to be knowledgeable enough to understand why people do, especially people with chronic pain, because it truly makes a difference for some people. Kil can obviously attest to that, and I hope there's other people who are able to find some relief from this as well and and not get any flack from anyone, because if you do, then you don't need them in your life.

Mesha [00:24:07] Off and on. For the past couple of years, my mom has been the one to say, You should try marijuana, you know, see if helps you.

Caraline [00:24:15] Go Mom.

Mesha [00:24:15] Right? And I'm like, Yeah, I should. I don't know where to go with this. I'm going to keep a long story short of. Throughout the years, I've tried vaping. One time I got really paranoid and giggly at the same time I was in college it was kind of hilarious. And then twice on separate occasions I've tried edibles ended up eating too much and. Had a really bad experience, right? I think I told.

Skye [00:24:45] Happens to the best of us.

Mesha [00:24:45] Yeah.

Caraline [00:24:47] Yeah.

Mesha [00:24:47] It was. It was rough. And then also I tried a Delta eight cartridge as well and also the same thing. I was so desperate to feel relief that I used too much of the vape and also had a bad like reaction. Usually, when I have those who are reacting, my body's my body starts like shaking and it's like, I'm like moving in slow motion. It's weird.

Caraline [00:25:15] Right.

Mesha [00:25:16] But recently, like maybe two months ago, there's a. There's a CBD shop called Brown Box near me in in Jersey, and I bought their CBD honey. And they also have a secret, a secret menu. I'll just say that they have a secret menu and I bought their secret honey as well, right?

Caraline [00:25:45] Mmhmm.

Mesha [00:25:46] It was a lot of money, but I said, you know what I wanted to see. I wanted to see how the the THC honey versus CBD honey can really.

Skye [00:25:57] Was it green? Is the honey green?

Mesha [00:26:01] The THC honey? No, it wasn't green, but it was different, it was off color, but also had some of the flower like leftover inside.

Caraline [00:26:10] Cool.

Mesha [00:26:10] And so you smelled it.

Skye [00:26:12] OK.

Mesha [00:26:12] Yeah.

Skye [00:26:13] Right, so they mixed. They mixed the flower in the in the honey.

Mesha [00:26:18] As far as I know.

Skye [00:26:19] But, there are bees. When they pollinate off the plant, the honey they make, is green.

Mesha [00:26:25] Oh!

Skye [00:26:26] Which is like really cool.

Caraline [00:26:27] Magical!

Skye [00:26:27] Right? Yeah.

Mesha [00:26:29] Oh, that's cool.

Skye [00:26:30] So instead of them, like pollinating regular plants that they pollinate a cannabis plant. They're like producing that. Isn't that really cool?

Caraline [00:26:37] We can keep the bees alive.

Skye [00:26:41] That's what I'm saying.

Caraline [00:26:41] Grow the bee population and feel no pain at the same time. See we're helping everybody.

Mesha [00:26:47] I need to look into that.

Caraline [00:26:48] Except for the weenies who don't want to learn why this a good thing.

Mesha [00:26:51] Yes.

Skye [00:26:52] The weinies.

Caraline [00:26:52] And you can stay weinie.

Mesha [00:26:53] Right. I don't honestly know if it helped me physically because. I didn't know what I was doing as far as dosage wise, I was started, I started off with half a teaspoon and gradually went up to like a table, a teaspoon or two teaspoons. I was like, I don't know if this is way too much honey for me, too much sugar. I was a little nervous about all that and I was I was using it in tea and sometimes in my oatmeal in the mornings. And I was I was kind of trying to do like a portion or a ratio of CBD to THC. I guess I don't know if I physically like felt less pain, but immediately like after a two or three days my mood. Immediately lifted like I actually was in a good place, I was happy, I was elevated, I had a clearer mind. So I was like, You know what, if I didn't? Since, like I said, I didn't know about how I was like kind of doing the dosage. I didn't. I hadn't figured that out, at least like mentally and emotionally. It helped me a lot, so I'm hoping to buy some again. In another month, if I could and then.

Caraline [00:28:18] But that's similar to how you do medication.

Mesha [00:28:20] Right.

Caraline [00:28:22] You have to kind of work through what is the right dosage and go back and forth, so.

Mesha [00:28:25] Right. I'm going to also look into getting my card as well, but I was kind of sad to find out that you can't get it through insurance. It's like all out of pocket.

Caraline [00:28:37] Yeah. What is the process of? Can anybody?

Mesha [00:28:40] That's a good question.

Caraline [00:28:42] Explain.

Kil [00:28:43] In Maryland, I know that you have to one, get go to medical marijuana doctors. So like I said, I was at the pain medication doctor, I was thinking he could do it. He said, No, you have to find a medical marijuana doctor, which I never heard of. So now this.

Caraline [00:28:57] Right.

Mesha [00:28:58] Right.

Kil [00:28:57] Google is your friend. So I'm googling medical marijuana doctors. I live in Waldorf, Maryland, just so happens. I don't know if this ever happened to y'all like you've never seen a Corolla before, but then you look for or are buying a Carolla and now you see them every day.

Skye [00:29:12] Yeah.

Mesha [00:29:12] Yeah.

Kil [00:29:13] I never, like, I'm just driving and it's like a medical weed doctor, but I'm like, Yeah, where did all these signs come from. Like were they always there? I don't know. But then you go to medical marijuana doctor. I want to say like \$250 for basically him to just say, Hey, take the card and you have to bring your medical records with you to say, what's wrong? It's like, OK, I Fibromyalgia the appointment literally five minutes, you know?

Caraline [00:29:37] Yeah.

Mesha [00:29:37] Wow.

Kil [00:29:37] It was just like, OK, here you go, and then you have to with the state. So with Maryland, I think I have to pay like one hundred and fifty every two years or something, and somebody just emailed me the other day like, this is just part of your license is coming up for renewal. So it's like it's so many different things that you can't have to stay on top of.

Caraline [00:29:56] Yeah.

Kil [00:29:56] That's how it was in Maryland, and then it's like, once you get in, I always tell people like, I would say, you Mesha like, start the process now because it's not a quick process. Like it may have took me three to four months to get it. So, you know, which is frustrating because now that I'm like, OK, fine, I'm going to smoke weed. Now I'm excited to smoke weed and you're telling me, it's going to take me three to four months to finally get everything together.

Mesha [00:30:19] Right?

Kil [00:30:20] So, I mean, I even tell people if you're even thinking about doing it. I tell people this with childcare because daycares here take forever. It's like if you're thinking of having a kid in the next year put your name on a waitlist right now, by the time you have the kid and the kid, then they'll call your name. But if you wait until you have the kid, you're trying to put name on the waitlist. So even if you're thinking about it, start the process now because they can, you know, depending on your state. Depending on now with COVID I don't know things that you can take even longer.

Caraline [00:30:48] Yeah.

Mesha [00:30:48] Yep.

Kil [00:30:49] Just start the process early. But Skye I don't know how it works for you in Florida.

[00:30:53] Yeah, so every single state is different and makes their own laws. It's the same thing here in Florida, you have to go to a specific weed doctor, and what they do is they're regular doctors who have their MDS that decide to get a certificate in this so that they can prescribe it. So the first doctor I had was actually a plastic surgeon by trade, and he decided to take the certificate and become a weed doctor. But it's the same thing. You know, it's like two hundred dollars for the appointment for them to tell you, OK, here you go. Here's your prescription. And some states you can only have certain condition. So it's like glaucoma, Alice mass cancer, the terminal illness, those are the big ones. In Florida, there is one that says any condition deemed by a doctor deserving of this or your condition is similar to another one. I guess like Fibro, they're like, Oh, it's similar to PTSD. So here you go.

Caraline [00:31:56] OK.

Skye [00:31:57] OK, right? Or, you know, epilepsy is on there so since I have a history of seizures. They're non epileptic, but it's like epilepsy.

Caraline [00:32:07] Close enough!

Skye [00:32:07] That's right. Those are the loopholes. And for here, it's seventy five dollars to the state every year and you have to renew your prescription with the doctor every two hundred ten days. So every 210 days you're paying one hundred fifty dollars, two hundred two hundred three dollars for the doctor a year, seventy five to the state. For me personally, it only took about two weeks to get it approved. It was really it was really, really quick. I know in Jersey my grandmother got hers rather quickly, but again, it varies. It varies by state. And that's that's another thing that can be unfortunate, especially and this is one thing I and I am pro legalizing for adult use, which means if you're 21 years old, you should be able to have the choice to use it. And for me, I believe that making it nationally legal, federally legal will allow it to be more readily available to disabled people. Because if you're disabled, you. You're already living on a fixed income or your Social Security. You're living on an extremely fixed income and this is not something that you're able to use. And if you were able to use it, well, maybe you wouldn't have to be on SSI because then you could have a more functioning life and you could actually go and work.

Mesha [00:33:30] Exactly.

Caraline [00:33:30] Facts.

Skye [00:33:31] You know, if your fixed income might not allow you to pay two hundred fifty dollars to go to a doctor and then like Kil, said his, it's like one hundred and fifty dollars to the state of Maryland.

Kil [00:33:40] Right.

Caraline [00:33:40] Right.

Skye [00:33:41] So for me recently, I haven't updated my card because I just haven't had the funds to do it. And you know, you have to you kind of have to pick when you're living on a fixed income. And it's it's sad and it's very, very common story. So making it recreationally legal for adult use, more disabled people can just walk into a store and use that seventy five dollars to go buy their medication or medication by themselves some cartridges and.

Caraline [00:34:10] Yeah.

Skye [00:34:10] They have everything patches. They have suppositories for people who have Crohn's disease. They yeah, patches.

Kil [00:34:17] They've got water. They've got weed water.

Skye [00:34:18] Everything.

Caraline [00:34:19] Yeah.

Mesha [00:34:20] I need my card now.

Skye [00:34:21] Yes.

Kil [00:34:24] I mean, I think that that's the great thing about it for the people don't want to smoke, there's so many other options.

Skye [00:34:29] Yeah.

Caraline [00:34:29] Absolutely.

Kil [00:34:30] That are there for you. You know, so it's almost like, you know, taking away the excuse of I don't want to smoke. It's like Caraline was saying with the dosage like Skye was smiling is the same thing. We've all been there. You know, I had some kind of I forgot which strain it was, but the guy was like, Yo, this is some serious stuff. Like seriously you take two tokes of this and leave it alone. But when you're a beginner it's like, Let me, I think I took eight. You know what I mean? You know, I literally was laying in the couch. My wife and my daughter came home. It was freezing in the house. Everybody was like why is it so quiet because I can't get up. They were like, Why can't you get up I was like, because I'm in the couch and I was like, No.

Skye [00:35:11] I'm in the couch.

Caraline [00:35:11] I'm in the couch.

[00:35:14] Like I can't get up. I literally was sitting here like, I can't get up. But she was like, You really think that you're in the couch? I was like, I don't think I'm in the couch. I'm part of this couch and I'm not strong enough to lift the whole couch up, to go over there and turn the air down. So just like with anything else, like Caraline was saying is that, you know, when your doctor tells you, take two of these, take two per hour or, you know, just with Tylenol, you take two every six hours. It's like if you go above it now. So that's the hard part with weed, and it's kind of like you have to figure it out. So I always tell people, start slow, you know, if they tell you take two tokes. Take two tokes.

Mesha [00:35:48] Low and slow.

Kil [00:35:51] Like don't with edibles. I've heard horrible stories about edibles because people are thinking it's going to kick in immediately and it's like, No, if they say, take two bites, take two bites, you know, and instead. So I think that that's the difference, because if we didn't know if the Tylenol didn't say, take only two every 12 hours and your headache isn't gone in an hour, you probably take another two and another two, you know, but because weed.

Mesha [00:36:13] There goes your liver.

Kil [00:36:15] Right, you know what will happen? That's the thing that you kind of have to kind of regulate with this. And even with the vape that I use, I always tell people the great thing about vapes is because you can control the temperature. So, you know, I didn't really realize that when you're burning, you know, a blunt or spliff is like, burn something crazy, like eighteen hundred degrees. And you're saying, like, Go when it's burning that hot, that hot, you really can't enjoy the flavor because so many of these strains have amazing flavors, like one of my favorites is Grand Daddy Purp.

Skye [00:36:45] You're burning it off.

Kil [00:36:45] Yeah, you're burning it off. So like with the vape, I can keep it at 350 degrees so that it's just enough that, you know, I can inhale it. I'm not people like, Oh, I don't want to be coughing, I'm not coughing because you're controlling the temperature. You know what I mean? So if I went out, smoked a blunt tomorrow, I'd be coughing all over the place because it's so hot and my body isn't used to that because so that's the only thing with the vape that I like. You can kind of control the temperature so it goes from anywhere from 350 to maybe 500, which so you're also able to enjoy the weed because people like, what do you mean? It tastes like this way. It tastes like that, then I'm like, Yeah, you can taste what it's like, you know so.

Caraline [00:37:23] Yeah. Going back to edibles. I would like to say I laugh when I hear like people because it's like the same story every time and I've never done edibles, but because I know myself so I've never in my life eaten a bite of a brownie.

Mesha [00:37:42] Uh-huh.

Kil [00:37:42] Right.

Caraline [00:37:42] You put a brownie in front of me it's gone.

Skye [00:37:44] Exactly.

Caraline [00:37:45] And especially if these people who are making these are actually good bakers, that's going to be a problem.

Kil [00:37:51] Right.

Skye [00:37:52] Yeah.

Mesha [00:37:52] Right?!

Caraline [00:37:53] Same thing with the gummies, like you can tell, people can't even eat just one whole gummy. Tell me you open a bag of gummy bears and eaten one. OK. Yeah, right.

Mesha [00:38:01] Listen.

Caraline [00:38:01] And you not even supposed eat just the one whole. Like people are like, take a little nibble.

Skye [00:38:05] Yep!

Mesha [00:38:07] Bite the ear.

Caraline [00:38:07] I can't do this.

Mesha [00:38:07] Bite the ear off. But you know, that's that's a good point. Because like I, when I was looking into edibles, I said, I can not get anything that's that's sweet or dessert because I have a control problem. I will eat the entire thing.

Caraline [00:38:25] Yeah.

Mesha [00:38:26] And I'll end up on the floor. So when I was trying to actually find out about like if there's infused foods like foods like that, I can actually.

Mesha [00:38:38] And I mean, there there are, but it's a lot of money and.

Caraline [00:38:43] Yeah.

Mesha [00:38:43] I don't have time for that.

Caraline [00:38:45] Give me an edible that's like a tomato or something.

Mesha [00:38:47] A tomato.

Caraline [00:38:49] A celery stick.

Mesha [00:38:50] Or a salad dressing or something like.

Kil [00:38:52] Yeah.

Mesha [00:38:53] Olive oil, stuff like that. Like, that's that's why. Yeah, that's why I said, I use the honey in my tea and something like something I can control and something that actually makes me feel good. And I know I won't overindulge because I know myself.

Skye [00:39:11] That's what I liked about the butter, because you can just take the butter and just put it on a piece of toast or. What an English muffin or whatever, it's it's like the same thing as honey, but you have more control over it and everyone has done the rookie mistake of like eating an edible and after forty five minutes, you're like, Oh, it hasn't kicked in yet. Maybe I should eat some more. And as soon as you eat some more it hits.

Mesha [00:39:35] Yeah. And then you're in the sink.

Skye [00:39:36] And people don't realize it also depends on when you previously ate. So if you're doing on an empty stomach, it's going to work quicker. But if you just had a whole meal and you eat it and you're like, Oh no, it's not working well, your body's still digesting everything.

Caraline [00:39:50] Yeah, right.

Skye [00:39:51] So a lot of factors that go into it, and that is kind of the beauty of cannabis is that you can control it. You know, there's so many ways that you can consume it and use it. Tha, it's not. It's not like you're just taking a pill, and that's the only way you can have it. You know, like there are patches if you like. If you don't like consuming it, you can smoke it if you like to smoke it, if you can't smoke it. Well, guess what? You can eat it. If you don't like eating it, guess what? You can shove it up your butthole. It's there's so many ways that you can do it and.

Caraline [00:40:24] Right.

Skye [00:40:24] That is what rocks. And you know, like I was gonna say earlier, this topic shows how ignorant, not meaning like not in a negative way. I like it now, as can be certain topics, and we don't want to learn about them just because there is a negative stigma against it.

Caraline [00:40:46] Yeah.

Mesha [00:40:46] Right.

Skye [00:40:47] And you know, we live in a world of misinformation and people have crazy opinions and beliefs about things and especially in the medical community and people who have chronic illness. There's all these things that can cure us and make us, you know, better and all this stuff and is that you really have to research. And that's something.

Caraline [00:41:07] Yeah.

Skye [00:41:08] I'm thankful I learned at a young age the beauty of research, researching for myself and looking at, yes, that solid sources and looking at multiple sources, looking at articles that are your opposite point of view. So you can you can understand the entire topic better. And that is something that I'm really thankful I decided to do about cannabis because I was like, I don't know about this my whole life. I was told if I ever smoke, I get my ass beat.

Mesha [00:41:38] Yeah.

Caraline [00:41:38] Right.

Skye [00:41:39] No, not actually.

Caraline [00:41:41] Right.

Skye [00:41:41] You know, so I'm I'm glad that I decided to immerse myself in it because I learned so much and I was able to use those tools to help me and help other people. And I'm thankful that we're doing this topic and because I love spreading the knowledge and it's something that has always that has been really important to me since I learned about it.

Caraline [00:42:06] Yeah. And of course, we're not saying that this is like the end all be all cure.

Skye [00:42:10] Right.

Caraline [00:42:11] Obviously, everyone is different.

Skye [00:42:12] No.

Caraline [00:42:13] But it's an option and it's out there. And if you want to explore it, here's your opportunity. We're giving you a little fire under your heinie that you needed to look into it.

Mesha [00:42:22] Yeah.

Skye [00:42:22] Yeah.

Caraline [00:42:23] We're already doing enough research on our own health. You might as well just Google like marijuana.

Skye [00:42:27] That's what I'm saying.

Mesha [00:42:27] Just Google it, yeah.

Kil [00:42:30] I was just grabbing the book.

Skye [00:42:31] Oh!

Kil [00:42:31] "The Leafly Guide to Cannabis".

Caraline [00:42:36] I'm going to put a link to it in our description.

Kil [00:42:38] On Amazon, it does. I mean, it literally is smoking. I mean, it literally breaks down. You're talking about putting it in foods different things like that. Edibles, they have a whole thing edibles 101.

Caraline [00:42:53] Wow. With the photography.

Mesha [00:42:55] Need!

Kil [00:42:56] Basic baking with cannabis, you know, so everything that you have, you want to bake with it all. They're giving you recipes that you can put in your soup.

Caraline [00:43:05] Wow!

Kil [00:43:06] So this is a very dope book it kind of breaks down everything that you would want to know and need to know about, so.

Skye [00:43:14] Yeah.

Caraline [00:43:14] Awesome.

Skye [00:43:15] Leafly has profiles on their website of every single strain that exists.

Kil [00:43:20] Right.

Skye [00:43:20] And they break it down. Like, is it Sativa, Indica, or Hybrid, which is like the type of plant it is, what the terpenes are in it and terpenes are different scent and flavor profiles that enhance it and do certain things for you. And they break it. They break it all down. And Leafly is a really good, really good resource to learn.

Mesha [00:43:44] Nice.

Kil [00:43:44] Yeah. Everything.

Caraline [00:43:46] We'll put all that in the description.

Kil [00:43:48] How long does THC stay in your system if you have a job so.

Caraline [00:43:52] Hey!

Mesha [00:43:53] Oh!

Kil [00:43:56] Literally everything. A very dope book.

Caraline [00:43:56] Awesome, I'm so happy we got to talk about this, honestly.

Mesha [00:43:59] Yes.

Skye [00:44:00] Yes.

Caraline [00:44:00] Because I'm already 10 times more educated than I was when I came into this podcast recording.

Mesha [00:44:05] Same.

Skye [00:44:07] In in other weed news in closing, which I think this is. When I saw this, I was very excited. There is a Senate candidate in the state of Louisiana, you just released an ad. And in the ad, he is smoking weed and the ad is.

Caraline [00:44:23] Get it!

Skye [00:44:24] Thirty seven seconds.

Kil [00:44:25] I saw that too.

Skye [00:44:25] The ad is thirty seven seconds because every thirty seven seconds someone is arrested for the possession of cannabis. So in this in this ad, he is running against somebody who I guess was elected in 2016. But you know, he he is supporting legislation that has been brought up about cannabis. And I just think it's really fricking cool that in his ad, he was like, You know what? I'm going to do it, and I totally I totally love that and respect that.

Caraline [00:44:58] Well do we want to do some Visible Victories and Tender Points?

Mesha [00:45:02] Sure.

Skye [00:45:03] Let's ride.

Caraline [00:45:04] We'll, keep it quick. I'm sure we have like.

Mesha [00:45:05] Too many.

Caraline [00:45:07] We have to do the sparks note version on some of our Tender Points from this week.

Mesha [00:45:10] Yeah, yeah.

Skye [00:45:14] Spark notes.

Caraline [00:45:16] Skye wanna go first?

Skye [00:45:17] Sure, I'll say my Tender Point was absolutely passing out in the target last night and being sent to the E.R.

Caraline [00:45:25] Whoopsie.

Skye [00:45:26] That was rough. Whoops. Oops. Sorry, my car is still in the Target parking lot, so I got to go pick that up tomorrow. Hunter called the manager and they said, My car is safe. They're not going to tow it. Thank God.

Caraline [00:45:39] Oh good.

Skye [00:45:39] That. I'm like, I have a new car for two weeks and you already towed me.

Mesha [00:45:43] Right?

Caraline [00:45:44] No!

Skye [00:45:44] And my Visible Victory. I guess would. I don't know if I have one.

Mesha [00:45:57] Oh no!

Caraline [00:45:57] Sometimes that's the hard part.

Mesha [00:45:58] Right?

Skye [00:45:59] I didn't I didn't die in Target.

Caraline [00:46:02] Yay!

Mesha [00:46:02] Yay!

Kil [00:46:02] Yeah!

Skye [00:46:05] I made it out, guys. I made it out and I didn't spend any money there either last night. So I guess that's a good thing.

Mesha [00:46:12] That's so dark, but.

Caraline [00:46:15] Your body was like, we're not buying anything.

Skye [00:46:17] Yeah, you guys know, I used humor to cope, so.

Kil [00:46:22] The dope thing is too is that they're still good Samaritans out there to help you.

Caraline [00:46:26] Yes.

Skye [00:46:27] Yes.

Mesha [00:46:27] Yeah.

Kil [00:46:27] You have some folks that will see somebody passed out and just keep on walking. Won't even, you know.

Skye [00:46:32] I was very thankful that that two people stopped to help me. So when I when I came to there was two beautiful ladies that were in my face talking to me. They they called my boyfriend. They called 911 and they were holding me. They held my hand the whole time. You know, the bystander effect. Wasn't existent last night, and I'm really thankful that I had people that were like, Oh crap, maybe I shouldn't leave this girl on the floor?

Mesha [00:47:00] Yeah.

Caraline [00:47:00] Mmhmm.

Skye [00:47:01] So.

Caraline [00:47:01] Which it's sad to think that people do, like what?

Skye [00:47:05] Yeah, absolutely. And that that's always been my fear about going in public with having chronic illness. And I will say, I know this spark notes version. I have my medical bracelet on. And I think if you are concerned about going in public by yourself, one hundred percent get a medical bracelet because when I was on the floor, I could hear

someone say, Look, she has a bracelet on. She needs help like she has something, you know, if she has a medical condition, look at her wrist. And that was the first thing that I heard someone say. And you know, the EMT said, No, this makes our job 100 times easier when we see that someone has it because they can know what you're allergic to and they know the conditions you have, so they immediately know how to treat you.

Mesha [00:47:51] Awesome.

Caraline [00:47:52] Yeah.

Skye [00:47:52] So if if you were ever considering getting a medical band or you didn't know one existed, I got mine custom made off Etsy. So many people make them. It's kind of like a dog tag please get one.

Caraline [00:48:04] And too if you have the iPhone, and I don't know if this is on Android, like fill out the medical ID.

Mesha [00:48:10] Yes.

Caraline [00:48:11] That's easily accessible without your passcode, so.

Mesha [00:48:13] It is yes.

Caraline [00:48:14] But you usually have your phone on you so they can get into that as well. Yeah, with the medical ID bracelets, even if you don't want a whole bracelet, I know that there's like little like links that can go on, like Apple Watches and Fitbits.

Skye [00:48:25] Really?

Caraline [00:48:26] And it's just the little like cuff.

Mesha [00:48:28] Woah.

Caraline [00:48:29] That goes around it. Yeah.

Mesha [00:48:30] Woah!

Skye [00:48:30] Interesting.

Caraline [00:48:31] It's pretty cool. So in case you want like a whole nother accessory, if you're already wearing a like a Fitbit or Apple Watch to check your heart rate, then it just has like a little link that goes around it, so.

Skye [00:48:43] Wow.

Caraline [00:48:43] I don't have it, but I've seen other people wear it, so.

Skye [00:48:45] Right.

Mesha [00:48:45] Nice.

Kil [00:48:45] That's dope. That's dope.

Caraline [00:48:47] Meesh, what's up with you.

Mesha [00:48:49] Ooh child. Mercury in Gatorade, right? You guys know my very expensive MacBook that I got in 2020. Broke on Saturday, a couple of days ago, I had a. Pretty, pretty rough night when it first happened, but this is a highly upset I'm having, I don't even know like the Fibro flair I had for a couple of weeks finally settled down. So that's I guess good. But I'm. Oddly enough, speaking of like passing out today, I don't even know what category this would fall in I'll keep this short to what I witnessd someone collapsing as well, and it was infuriating because it took an hour for the EMT to show up to help him. So I don't know what would. I don't know why it took so long.

Caraline [00:49:49] What the hold up was?

Mesha [00:49:49] What the hold up was.

Caraline [00:49:50] Yeah.

Mesha [00:49:50] But. If you're listening, sir, which I doubt he knows about our existence. You know, how he's okay.

Caraline [00:49:57] He most definitely listens to Fibro Friends.

Mesha [00:50:00] Yeah, yeah, that was that was sad to see today. But I guess, you know, the victory was that eventually after 60 Minutes, he was able to get some help. Oh, and another Visible Victories that I. We start in a little part time job in February. I finally have a little bit of money to pay off a new. Mac book that I have to find because, you know, money that I didn't want to have to buy a new computer again, but I'm remoting in the computer through the phone like. Yeah, I'll show you guys after.

Caraline [00:50:40] Mesha hooked it up.

Mesha [00:50:41] I hooked it up I was like, this has to work.

Caraline [00:50:43] We are blessed to have her on tonight because she MacGyvered something.

Mesha [00:50:47] I MacGyvered this.

Caraline [00:50:47] That we don't even know. Kil, what about you? What's your Visible Victory and Tender Point?

Kil [00:50:51] I guess the Tender Point is just right now. Maybe about four or five months ago, I found out now, almost a year ago, I thought I scoliosis. Also, because of the wintertime and Fibro pain in the wintertime, I don't know if my back pain is Fibro or if it's scoliosis so I have had two epidurals so far.

Skye [00:51:10] Wow.

Kil [00:51:11] To try to help with that and they're saying well we could do, another one, I think my insurance does like three every six months. So it's kind of just like I've already done two. I mean, the pain feels better, but it's just the frustration of not knowing when you

have two diseases or scoliosis isn't a disease I guess. But when you have Fibromyalgia and scoliosis, you really don't know where the pain is coming from or what the pain is. So and then I hate epidurals. I mean, who wants an epidural twice in two weeks? So that's it. And I guess the Visible Victory is just, you know, I'm always looking at the positive. I have health insurance, so, you know, I'll just be happy that I'm able to go to the doctor. And if I have to get epidurals I can get them. And you know, the co-pay is only thirty dollars or not \$3000, so.

Mesha [00:51:57] Nice.

Caraline [00:51:58] Yeah, and let's see, Tender Point for me would be that my stomach is really rude and not doing what's supposed to right now. So just use your imagination. Visible Victory would be that I finally watched Encanto.

Mesha [00:52:19] Yes.

Skye [00:52:20] Ooh.

Caraline [00:52:22] What a movie!

Mesha [00:52:22] How many times did you cry?

Caraline [00:52:25] OK, so I love my grandma so, so much. And so like Moana killed me and this one killed me any movies with like a grandma granddaughter connection. I just die.

Mesha [00:52:35] Yeah.

Caraline [00:52:35] So this one, I was like, and this was like, I sometimes, like most of the time, Disney you're like tearing up this one I would like, burst out sobbing, and I was like, Oh.

Mesha [00:52:48] Yeah, you and me both.

Caraline [00:52:49] This hit.

Mesha [00:52:49] It hit.

Skye [00:52:49] Yeah.

Caraline [00:52:50] And the music is just so beautiful. And I know how much work Disney puts into, like making sure the culture is well represented in the music, in the in the scenery and the costumes. And it was such a bright, beautiful movie.

Mesha [00:53:07] Yeah, in Columbia.

Caraline [00:53:08] And I loved it. I suggested to anyone. And it's funny because I knew most of the songs already from TikTok. So I was like I already know this, I got it, but they're really good. Speaking of watching slash listening to things, our friends Milly, who is the leader of the Fibromyalgia Care Save America, was just on an episode of a podcast, and I will put the link to that, as well as a link to a podcast that our friend Francisco did as well, both talking about Fibromyalgia. So give them a listen because it's important that we're

listening to our other Fibro Friends in our Fibro universe. We will put all the links to whatever we talked about tonight because we talk about so many things. I tried to keep up with the notes, so you'll see what you'll find there. You'll it'll be a little surprise.

Mesha [00:54:02] Yeah.

Caraline [00:54:02] We also still have our playlist on Spotify. We'll have a link to that jam out and leave us a voice message. I think the poo is like seeping into my brain.

Skye [00:54:15] Probably. Could be. Could be.

Mesha [00:54:15] Y'all are too much.

Caraline [00:54:20] Anyway. Kil, thank you so much for joining us.

Kil [00:54:23] Thank y'all for the invite I love chopping it up with y'all.

Caraline [00:54:26] Check out Kil's podcast. Kil, shout out your podcast .

Kil [00:54:29] Apartment 5B, we're on every Monday at midnight, every Sunday at midnight, willmakebeatsforfood.com You can check out everything I'm doing. kil889 on IG and Twitter. Yeah, and thank you guys for the invite. I love chopping it up with y'all, Skye it was dope meeting you for the first time today.

Skye [00:54:46] You too.

Kil [00:54:47] Caraline, Mesha you know, always dope chopping it with y'all.

Mesha [00:54:50] Yeah!

Kil [00:54:50] So any time you put up the Bat-signal, I'm here. Just let me know and I'm clearing everything.

Mesha [00:54:55] Thank you.

Skye [00:54:55] You got it!

Caraline [00:54:58] All right. And on that note, we love your guts.

Mesha [00:55:01] Peace out.

Skye [00:55:01] Bye.

Mesha [00:55:01] Bye.