
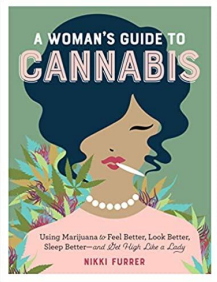
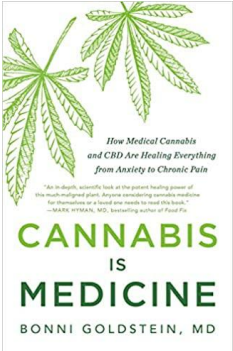
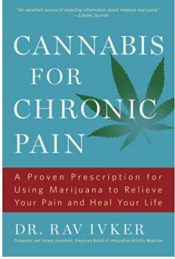
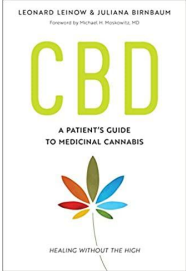
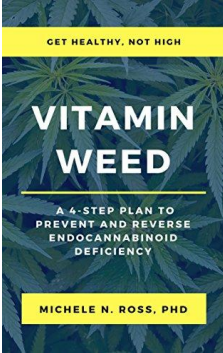
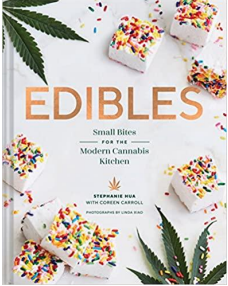
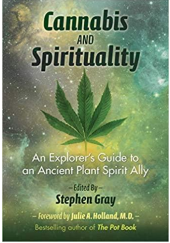
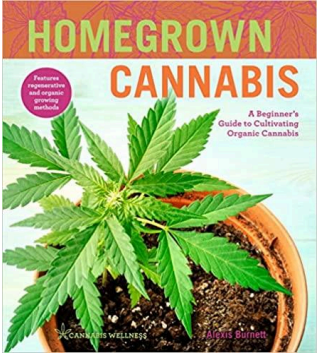


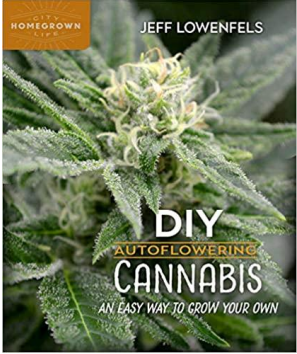

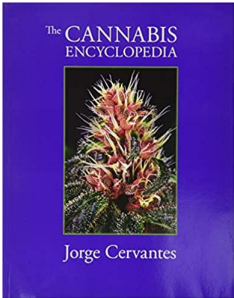


TERESE'S CANNABIS READING LIST

TITLE	COMMENTS	AMAZON AFFILIATE LINK
<p>Midlife Magic by Kim Sarsons</p> 	<p>A special read for women in the prime of life. Kim guides us through menopause, hot flashes, anxiety and the supportive combination of cannabis to help soften our transition.</p> <p>Kim is a colleague of mine from Calgary, AB.</p>	<p>Buy on Amazon Prime \$22.16</p>
<p>A Woman's Guide to Cannabis by Nikki Furrer</p> 	<p>This is like a girl friend's book about cannabis. Written in a friendly and easy to read manner and so down to earth!. Lots of great recipes.</p>	<p>Buy on Amazon Prime \$23.71</p>
<p>Cannabis Is Medicine by Dr. Bonnie Goldstein, MD</p> 	<p>Published in 2020, Dr. Goldstein brings forward some of the newest research on cannabis in a very user-friendly format. My pages are tattered and I've got sticky notes throughout the book. Lots of gold in this one!</p>	<p>Buy on Amazon Prime \$23.82</p>

<p>Cannabis for Chronic Pain: A Proven Prescription for Using Marijuana to Relieve Your Pain and Heal Your Life By Dr. Rav Ivker</p> 	<p>Dr. Ivker shares his own healing experiences with cannabis and then dives into topic based pain relief protocols including: migraines, GI Disease, low back pain, Arthritis and more.</p>	<p>Buy on Amazon Prime \$22.00</p>
<p>CBD: A Patient's Guide to Medicinal Cannabis--Healing without the High By Leonard Leinow & Juliana Birnbaum</p> 	<p>Comprehensive guide to CBD, great for reference or a read through. Topics include: Autoimmune Disease, Anxiety & Stress, women's issues, pets and more.</p>	<p>Buy on Amazon Prime \$28.70</p>
<p>Vitamin Weed By Michelle Ross, PhD</p> 	<p>I was fascinated with the concept of looking to cannabis as a vitamin for our bodies, this book does not disappoint! You will really understand this concept and be guided to a deep dive into dis-ease as well as a well rounded understanding of the Endocannabinoid System and alternative ways of supporting the ECS.</p>	<p>Buy on Amazon Prime \$26.18</p>

<p>Edibles: Small Bites for the Modern Cannabis Kitchen By Stephanie Hua</p> 	<p>Hardcover cookbook you'll go back to regularly! From savoury to sweet, it's got you covered. My favourites are Spiced Superfood Truffles, Chocolate Hazelnut Spread and thorough instructions for making infused butter and sugar. Plus much much more!</p>	<p>Buy on Amazon Prime \$28.66</p>
<p>Cannabis and Spirituality: An Explorer's Guide to an Ancient Plant Spirit Ally By Stephen Gray</p> 	<p>Just when you thought cannabis was only medical or recreational... Dr. Gray introduces spiritual practices that include cannabis. Lots of guided offerings and heartfelt connections with cannabis.</p>	<p>Buy on Amazon Prime \$21.29</p>
<p>Homegrown Cannabis: A Beginner's Guide to Cultivating Organic Cannabis By Alexis Burnett</p> 	<p>The BEST outdoor growing book for beginners. Easy to read, flip through, great descriptions all spoken in a friendly way. My Favourite! This one wants to get tattered and dirty :) Alexis is a colleague of mine from Ontario.</p>	<p>Buy on Amazon Prime \$36.58</p>

<p>DIY Autoflowering Cannabis: An Easy Way to Grow Your Own By Jeff Lowenfels</p> 	<p>Get to know more about autoflowers. Beautiful pictures and clear explanations. A quicker read</p>	<p>Buy on Amazon Prime \$24.99</p>
<p>The Cannabis Gardener by Penny Barthel</p> 	<p>The Chatelaine of cannabis garden books! This is true delight to the eyes. Beautifully written to highlight gardening in a soulful way. Worth it just for the pictures!!</p>	<p>Buy on Amazon Prime \$29.69</p>
<p>The Cannabis Encyclopedia By Jorge Cervantes</p> 	<p>Taking it back prior to legalisation. This is an in-depth growing book with many tips and tricks that happened back in the day and still today. It's extensive and very detailed!</p>	<p>Buy on Amazon Prime \$67.47</p>

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