



## Magnesium

Magnesium is one of the most abundant minerals in the Earth's crust and sea. It is the fourth most abundant mineral in the body. Magnesium is responsible for more than 300 chemical reactions. Its roles are varied and far-reaching, affecting many of the different systems of the body and necessary for the functioning of every cell.

The healing properties of magnesium are wide ranging. Magnesium is helpful for the nervous system, used to treat conditions such as depression, bipolar disorder, anxiety, sleep disorders and ADHD. Magnesium is also important to the hormonal system, the cardiovascular system and the muscular-skeletal system, with about 65% of our magnesium contained in the bones and teeth. It is used to alleviate premenstrual syndrome, migraines and promote

restful sleep. Magnesium also reduces muscle pain and helps muscles relax. This includes the heart muscle. It is used in heart conditions such as chest pain, irregular heartbeat, high blood pressure, and heart attacks.

Symptoms of poor magnesium intake can include constipation, muscle cramps, facial tics, sleep problems, irritability and anxiety. If you suffer from any of these conditions, then improving your diet and eating more whole plant foods such as whole grains, nuts and dark green vegetables will certainly help. You can also supplement magnesium (the RDA for females 19-30 years old is 310mg and 320mg, years 31+ and for males 19-30 is 400 and 420 mg for 31+ years).

## Sensible BC: Round Two

Last year Sensible BC worked with over 4,000 volunteers to get 202,085 signatures to trigger a referendum in BC to decriminalize the possession of small amounts of cannabis.

While they did not get enough signatures to create a referendum, the organization mobilized thousands of people to advocate for decriminalization.

Sensible BC is gearing to push the referendum successfully this year. Please help the effort and visit [SensibleBC.ca](http://SensibleBC.ca).



**Decriminalize Cannabis.  
For a Safer Province.**

## Nutrition Seminar: Healthy Cooking on a Budget

Learn how to cook healthily while on a budget. This seminar with our nutritionist Wendy will show you how to cook three days worth of meals while not breaking the bank.

If you'd like to come to this seminar, sign up at the Wellness Centre Front Desk. There is a \$7 no-show fee if you miss the workshop or cancel with less than 24 hours worth of notice.

**Where:** Britannia Kitchen at Britannia Community Centre. 1661 Napier Street, Vancouver

**When:** Wednesday, 26 November, 2014.

06:45pm - 08:45pm



## CAMCD Releases Dispensary Guidelines

With so many dispensaries in Vancouver, BC and Canada, patients and the general public have been asking about standards of care and quality of medicine.

The Canadian Association of Medical Cannabis Dispensaries (CAMCD), of which the BC Compassion Club Society (BCCCS) is a founding member, released this year a Guide to Choosing a Medical Cannabis Dispensary. CAMCD is an organization that certifies dispensaries based on its level of standards.

The Guide helps patients find dispensaries that operate with high ethical and professional standards that promote patient safety and security. The latter of these standards is especially important for patients concerned with what happens to their personal information at the hands of

dispensaries.

Among other factors, the Guide notes what medical cannabis users should be looking for in the dispensary they visit such as:

- Patient support
- Age and ID verification
- Health and safety bylaw observance
- Transparency in dispensing
- Quality control

Find a copy of the Guide on the CAMCD website [camcd-acdcm.ca](http://camcd-acdcm.ca)



## Straight Up Best!

We are proud to announce that the Georgia Straight, Vancouver's premier weekly newspaper, for the first time ever included a Best Medical Dispensary section in their Best of Vancouver issue.

The BCCCS won this category this year. This is a huge honour. We would like to thank our supporters and of course members for getting us here.

Blueprint Events also chose us as one of the three top Vancouver dispensaries.



On twitter @theBCCCS



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BC Compassion Club

## What's in a Name?

Check out Cannabis Digest for a great article titled "Taxonomic Troubles" by the BCCCS's own Jamie Shaw on the importance of cannabis strain names.

The article was written in response to a Canadian Association Journal (CMAJ) piece that had suggested that strains should have less "recreational" names.

In particular, the names can indicate the types of terpenes

(of which there are 120) such as Linalool present in the strain. Basically strain names are indicators of the type and characteristics of the cannabis, and especially of the terpenes that have so much to do with therapeutic effects.

Read the article on Cannabis Digest to find out more - it's a great look at cannabis properties, terpenes and effects.



## Cannabis for Cancer Tumours

There have been numerous stories about cannabis being used for epilepsy in infants. More recently, news came to light about an eight-month baby for whom using cannabis oil dissolved cancer tumours.

The baby's pediatrician, Dr. William Courtney, went on-record describing the treatment: the parents put cannabis oil on the baby's pacifier twice a day. The tumour was gone after four months of treatment.

One of the main points made by Dr. Courtney, who was initially in his career skeptical about cannabis as medicine, was that the parents chose to give their baby cannabis before trying chemotherapy and radiation.

Since both these allopathic treatments are known to have a harsh effect on the body, this makes a case for using cannabis as a first rather than last alternative.

## Harm Reduction in Vancouver

Vancouver, as many may already know, is known to house many harm-reduction programs under its trail-blazing Four Pillars policy. Recent articles have looked at how harm reduction in Vancouver has fared over the years since the Policy came into effect in 2001.

Especially with our recent recognitions as the best dispensary in the city, we'd like to thank all those that helped put these policies in place and continue to champion them. Particularly we would like to thank Vancouver City Councillors Kerry Jang and Andrea Reimer, both of whom toured the BCCCS this year.

Vancouver's and the BCCCS's policies are ones that the federal government can learn from to create national medical cannabis and harm reduction programs.

## 2014 Picnic: BBQ, Prizes and Love

The annual picnic brought together members and staff for a day of food, games and raffle prizes. We had delicious wild salmon, and the best cajun-spiced veggie burgers ever.

A big thanks to West Coast Gifts, RAW and Elements for providing us with some great giveaways. Also we'd like to thank QUEST for donating sweet treats, and Wilfred for the delicious salmon.



## Staff Changes

This season we bid farewell to one of our nutritionists Vanessa, who is headed to practice in Edmonton.

## Winter Party Gifts

We're already gearing up for the Winter Party, and so are our members.

Our Winter Party is always in need of merchandise or gift card donations for raffle prizes and appreciation tokens for the event. If you know anyone who is in the position to donate gifts or merchandise: please contact out Front Desk.