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**HONDA**

**■ CANNABIS AND YOU**

# SEEKING MEDICAL ACCESS TO CANNABIS? MEET WITH NURSE PRACTITIONER, SAYS ONE COMPANY

Continued from page 1

Plains Road East in Burlington, explained some of the positive effects of cannabis and the delivery methods.

Cannabis (marijuana, hash and hash oils) contains more than 400 chemicals, 80 are unique to the marijuana plant. The mood-altering chemical in marijuana is tetrahydrocannabinol (THC) and the strength and effect of marijuana depends on the amount of THC.

The cannabidiol (CBD) in cannabis has no psychoactive ingredients, so users don't experience the "high" and will not be impaired, Parrotta explained. She said it is non-intoxicating and has amazing properties. It helps as anti-anxiety, inflammatory, nausea, convulsant, spasm, tremor and muscle relaxant.

At Cannabis Supply Co., those seeking medical access to cannabis should schedule an appointment with a nurse practitioner, who can make recommendations and provide a prescription, or teach a family physician how to prescribe it. The latter rarely happens, Parrotta said.

"We are still dealing

**THE ISSUE:**  
THE MEDICAL BENEFITS OR RISKS OR CANNABIS USE

**LOCAL IMPACT:**  
EVERYONE AGREES – KEEP PEOPLE SAFE WITH LEGALIZATION OF CANNABIS



continue to grow as more residents come in to browse and learn more about cannabis since its legalization.

For Parrotta, providing guidance and support is the best part of her occupation. Having worked at the store since it opened three years ago, she definitely knows her products and believes in the responsible consumption of cannabis to relieve multiple ailments: arthritis, migraines, Alzheimer's, sleep disorders, depression, chronic pain, lupus, back and neck problems and epilepsy.

In her case, she said cannabis helps prevent painful muscle spasms.

They recommend one of 12 licensed producers for the supply of canna-

with a stigma; only about four per cent of physicians will prescribe it," she said, which is where Cannabis Supply Co. can help.

"I've got seniors out golfing again, who haven't been able to do so in years, and that's just from using the CBD," she said.

They have also applied for a licence to operate as a dispensary when that becomes legal in April.

Currently the boutique store is servicing some 3,000 people and Parrotta expects that will

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