

ISSUE 1 / APRIL / MAY 2007

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Dolce Vita

INTERNATIONAL

ALTERNATIVE LIFESTYLE MAGAZINE



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DOLCE VITA INTERNATIONAL
POSTBUS 978
1000 AZ AMSTERDAM
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TELEPHONE: 0031647197404
EMAIL: info@dolcevitaonline.net
WEB: www.dolcevitaonline.net

Info Distribution in UK:
PURE SATIVA
Tel: 0044(0)2089641717
Email: info@puresativa.com

CONTRIBUTORS:
Matteo 'Ecko', Marjan Flashgarden,
Filo Green, Scott Blakey, Soma,
Jorge Cervantes, Filimagno,
Gilberto Camilla, Franco L., Fonfo,
Maurizio 'OldGoblin', Ivan Art,
Giorgio Samorini, WipeOut staff

ART DIRECTION & LAYOUT:
Giacomo Feltri



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Dolce Vita

INTERNATIONAL

ISSUE 01 - APRIL / MAY 2007

EDITO.

We are pleased to introduce you the first issue of ours and your new magazine.

DOLCE VITA INTERNATIONAL is a bi-monthly publication, devoted to the alternative styles of life and the culture of the cannabis. We will talk about music, sport, trips, cinema, politics, actuality and naturally of our beloved grass. We have gathered the best experts of the sector for this project as we want to offer you a magazine of high quality! DOLCE VITA INTERNATIONAL is born from the success of Dolce Vita (our Italian magazine), but we care to specify that the present material on these pages is not only translated but, on the contrary, it's exclusively produced for this edition in English language. We need your help to continue to the best this new adventure. To support DOLCE VITA INTERNATIONAL means to support the anti-prohibitionist, the real information, the culture of the cannabis and the liberty in all of its forms. For any information on our points of distribution, on the advertisement and news, you can visit our web site: Next appointment in June with the new issue of DOLCE VITA INTERNATIONAL. Good reading!



SWEET
LIFE

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Certain substances or products advertised herein may not be legal in all of the countries this magazine is distributed in, we hereby ask all readers to check their countries laws before ordering certain products.

All information within this magazine is for educational purposes and is not intended to promote or incite the use of illegal substances. The publisher does not necessarily agree with everything that appears in articles and advertisements.

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Dolce Vita International reminds readers to be aware that the sale, possession and transport of cannabis is ILLEGAL. By section 6 of the Misuse of Drugs Act 1971 it is an offense to cultivate any plant of the genus Cannabis in the United Kingdom without a license from the Secretary of State. Anyone committing an offense contrary to this section may be imprisoned or fined, or both. Readers are advised against breaking the law.

It is important to note that the cultivation of Cannabis in the UK without a license is ILLEGAL.

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LAURE ESPO

looking at the stars



I am very tired, but I smile..

A piano it's playing. Slow. A cup of warm tea it's here, with me, during this grey day, without sun. Two small candles make me light. I stay confined in my castle, safe.

Out there is the war, people are hating, kill themselves. The sea is more and more angry, the earth often trembles. Lately, also the airplanes fall as leaves in autumn: even the sky will be fed up to be invaded by enormous boxes of metal. Among various attacks, small homicides among "friends" and relatives, natural catastrophes and about ten conflicts in progress, the world is literally going crazy. But there is no reason to be worried, it is all normal. It's all tragically normal. People born, people die.. sometime someone is even able to live. And to love. I like to think that I'm on the right way. Aware of our brittleness but optimist respect our present and future.

I extinguish the candles with a light but definite puff. I drink the last sip of tea, now lukewarm.. and I go out!

I loosen the moorings and I open the sails; the wind is filling them. I take the breadth leaving me to the shoulders clouds and storms. In front of me, only the ocean.

I know that it will be a long and difficult trip, but at the end I will arrive somewhere.

I am very tired, but I smile.. because I know how to dream.

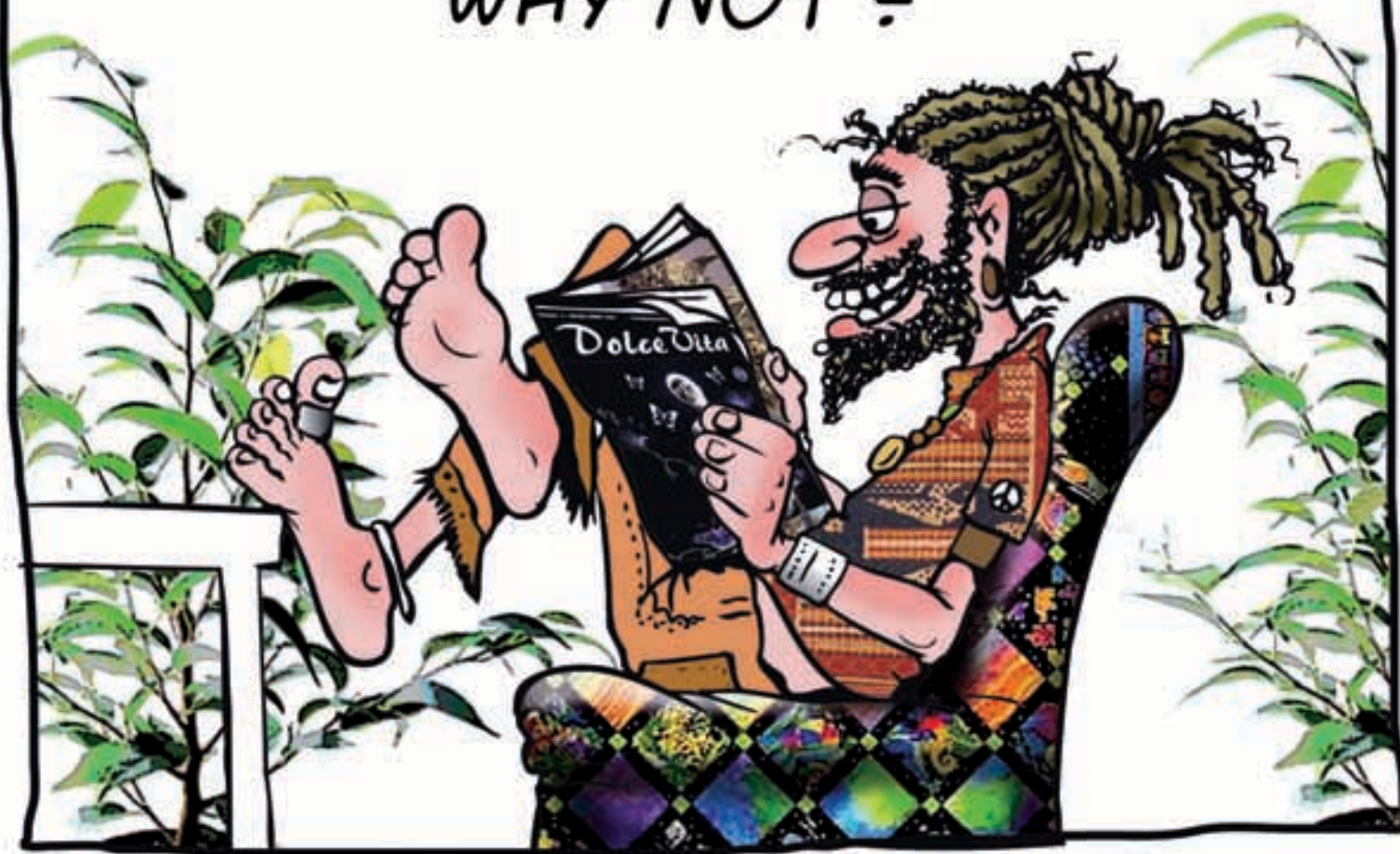
Matteo
aka Sir aka Ecko

Handwritten signature of Matteo aka Sir aka Ecko.

WHY ?



WHY NOT ?



NORWAY: Royal building on sale on eBay for 1 dollar

The royal building of Oslo has been put on sale, starting from the basic price of 1 dollar, on the site of auctions online eBay. Obviously, it was a joke, but when the announcement has been removed by the net, after a few hours, the offers already had grazed the 100 million of dollars. In the offer, the transfer of the whole building elsewhere was ventilated, royalties included. The building, that is found in the heart of Oslo, is the residence of king Herald and the Queen Sonja of Norway.

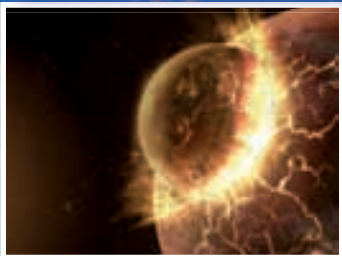


NEWS & FROM THE



ENGLAND: Companies work to the search of the 'Smell Logo'

"Smell Logo" is arriving: two giants of the electronics, Sony and Samsung, are searching for a scent to associate to our own identity. The new trend has been discussed in the last days in London during a lecture organized by the 'Society of Cosmetic Scientists' that gathers experienced people in cosmetics.



U.S.A.: Conference on "space attacks"

The risk to die struck by an asteroid it's statistically equal to that of who flies once a year on an airplane. The calculation - difficult to say if reassuring or worrisome - has been made by the scientists of an international conference on the defence from the 'spatial attacks': the probabilities of impact with a huge space object are smaller of the expectation, but greater those of disasters provoked by mini-asteroids. While Nasa says: 'there is no money to protect the Earth.'



PLANET EARTH: It's forbidden to have nuclear heads at home: the most absurd laws

The laws, even the hardest, must be always respected. However, there is who, after having picked up the more unbelievable normative in the various countries, has asked what kind of necessity has been to create them. Further to be, or better, to seem useless they appear, actually, absolutely ridiculous. Some example? In America, and more precisely in New York, it is forbidden to hold an ice cream in pocket on Sunday while walking; in Washington it is illegal to pretend to be the child of a rich person and to advance rights on his ownership; in the city of Memphis, for a woman, is made absolute prohibition drive a car unless she is not preceded by a man waving a red flag!



SOUTH AFRICA: Inserting condoms, it has won the price as the best work of design

A device able to insert a condom in less than three seconds has been defined the "most beautiful object" during an exposure of design held in Cape town. The instrument, realized by the South African Roelf Mulder, has won the first prize to the Design exposure Indaba Beautiful Objects, overcoming 14 other products, among which an ultramodern prefabricated house. "The facility of use and operation - Mulder says -, while a lot of spectators were assisting to an interactive demonstration, has asked about 6 years of studies. Despite the tool can be cause of laughter it results to be an important ally for the struggle to the infectious illnesses. According to Mulder it could reduce the possibilities to contract the Hiv, a problem felt in South Africa, where more than the 10% of the population is sick of Aids.



CURIOSITY E WORLD

SNOOPING

- It's impossible to fold up on itself for more than 7 times any piece of paper.
- In 1987 America Airlines has simply saved 40 thousand dollars eliminating 1 olive from the salads that they served in first class.
- The best thing to wake up in the morning are apples and not coffee.
- It's impossible to lick our own elbow.
- The first owner of the Marlboro Company is dead for bellows cancer.
- In the 2000 Michael Jordan has received more money from the Nike than the equivalent of the payments of all the Malaysians dependents of Nike put together.
- The verse of the goose doesn't make echo, and nobody has the least idea of why.
- An Italian person almost spends during his own life 7 years in auto and 2 searching for a parking.
- $111.111.111 \times 111.111.111 = 12.345.678.987.654.321$
- The 75% of the people that have read this page have tried to lick their elbow.

PLANET EARTH: Airplanes of love for sex at high quota

The Mile High Club, the exclusive club of whom has made sex on board of an airplane, won't be reserved anymore to the rich owners of private jet and to the impudent people who intrude themselves in the bath of a charter flight: a British contractor has actually launched a service that will allow the couples to rent an aircraft to six places with pilot and to enjoy themselves up to an hour and a half holding effusions at high quota. As regards comfort and privacy on board, the contractor has specified: "There is a curtain behind the pilot and the reservation is insured. People will be free to do what they want once in quota. There will be a lot of space and the passengers can sip champagne while are flying above the beautiful sceneries of the Cotswolds. It will certainly be more comfortable than the bath of a 747."



ENGLAND: Granny cultivated cannabis to take care of herself, condemned.

An English grandmother 68 year-old that cultivated marijuana for personal use has been condemned to 250 hours of social services. Patricia Tabram had said not to be afraid of the jail. The granny has always acknowledged to cultivate hemp to take care of the depression and also to soothe the pains due to two accidents. The organizations for the penalisation of the light drugs hoped in an absolution to get changes in the law.



CHINA: Too expensive reforestation, let's paint mountain in green

To reforest a mountain is simple but expensive. For this reason the authorities of the county of Fumin, in the southwest of China, have decided to replace the green of the plants with the synthetic green of the varnishes. Certainly, a not ecological choice but it points, at least in this way the authorities are justified, to hide the face defaced of the ancient and abandoned Laoshou Mountain, from which people extracted calcareous stone. To realize the intervention, the local administration has spent around 470.000 yuans, the equivalent of 46.000 Euros. Thousand of painters have been involved in the work which can be seen, admired and criticized, from any point of the town. The rocky wall, now of a bright green, however, doesn't seem to convince the inhabitants of the zone. Nobody seems actually to know the motivation of the choice. The only explanation could be the wish of the authorities to re-launch the ancient Chinese custom of Feng Shui the art to intervene on the environment to influence the flows of natural energy.

THAILAND: Record Lunch in Bangkok, 19.000 Euros to person

Indecent waste or true work of gastronomic art? Forty guests come by the four angles of the planet have tasted in the great hotel in Bangkok - the Lebua, with spectacular sight on this capital - a meal for gourmet, in which six chefs have put hand, four coming from France, one Italian and one German. The whole for the moderate cost of 19.000 Euros to person. The menu was constituted by caviar, oysters, Perigord truffles, lobster of Brittany, steer of Kobe. The whole accompanied by champagne and by some of the best wines of the world. In total, ten dishes have been served, realized by six chefs "graduates" from the guide Michelin, and served to the 65° floor of the Lebua. Despite the unique character of the event - and its price, out of every reasonable parameter - different guests have had difficulty in completing the lunch, denominated by the organizers "The Epicurean masters of the world". (n.d.r. Shame!)



Flash!





Dolce Vita stand



EVENTS

NEXT FAIRS

Cannatrade
Bern 30-31 March 1 April
www.cannatrade.com
Our stand: 203

The UK Hemp Expo
Telford 5-6-7 May
www.ukhempexpo.com
Our stand: 77

Cannabis Tipo Forte
Bologna 1-2-3 June
www.cannabistipoforte.com
Our stand: 34



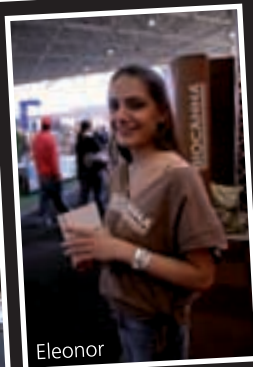
Soma & Cervantes

HighLife Amsterdam 23-25 February 2007

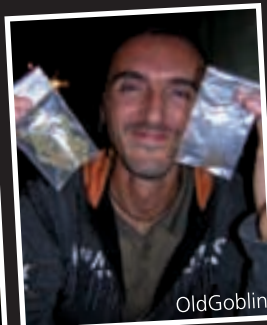
The famous Dutch Fair's 10th anniversary. Organized within the RAI exhibition grounds in Amsterdam, HighLife has confirmed it's position as a top notch event in it's sector even though it has never really lived up to expectations.

Over a hundred expositors (offering fertilizers, seeds, lamps, smoking paper etc...) arrive from all over the world attracting visitors by the thousands. Awards such as best product and stand, evening shows and gigs have proven to be extremely popular. The Miss HighLife contest attracted hundreds of young fans eager to grab a close up of one of the bikini girls. The good weed and the visitors smiling faces filled us with pleasant memories of this 10th HighLife edition. Unfortunately a slight decrease of good vibes and a lack of innovation is noticeable from one edition to the other.

ENJOINTeam



Eleonor



OldGoblin

The Circus of cannabis

The Cannabis Expos are a colorful circus. I am sitting on an airplane flying to Barcelona, Spain. The occasion: Spannabis Expo, one of the most successful cannabis shows in the world. I feel the energy; it's going to be a great show. Arjan and I will give another of the grow-seminars people love so much, and I am going to meet thousands of people that love what I love, that do what I do. I am going to sample the local buds, and growers are going to show me samples of the plants coming from the seeds I made. I feel proud, and happy. This is the fourth big event of the 2007 calendar, after the Dutch and Spanish Highlife Expos, and the Expo Cannabis in Madrid. The routine for a company like Green House is to arrive 2 days before the opening with a very large truck and a tight crew; two days are needed to build the stands, followed by 3 days of show and one day to pack everything and go on to the next event. This year the season is very intense up until the summer, with events in April, May and June.

The Expos have a magical atmosphere, an aura of fun and energy very visible even to outsiders and curios occasional visitors. There is something special about each event, but they all have a common vibe of freedom. Usually a cannabis competition is associated to the event, giving it an extra edge. The press and media in general are displaying a growing interest for these expos, as the phenomenon is in full expansion. A good show will attract as many as fifteen thousand people over 3 days. Most are smokers and/or growers, but many are just curious outsiders wanting to explore a taboo that has lasted too long. Since 2004 I was present at almost all expos around Europe, and it is not getting boring. Not even one bit. The crews coming to the Expos from all corners of Europe are a mix of cannabis activists, businessmen, growers, smokers and the only thing they really have in common is the cannabis plant, which makes it all even more interesting. The plant that for so long has been repressed is now celebrated more and more freely at the trade shows. New technologies to grow indoor and outdoor are presented, introducing the public to the best seeds, fertilizers and equipments that money can buy. As Europeans travel more and more for their hobbies (Champions League matches are becoming a leading travel reason for millions of fans across the Old Continent), it is logical that traditionally liberal cities like Amsterdam, Barcelona, Bologna and London recognize the commercial value of cannabis trade shows. In a Europe that becomes every year more European, more liberal and yet more productive, cannabis trade shows are becoming mainstream events. Awareness replaces taboo. And the show goes on...

FRANCO

Green House Seed Company
Amsterdam



DOLCE VITA PEOPLE

Send your Dolce Vita's photos to info@dolcevitaonline.net
Them will be published in the following issue



The choice of connoisseurs...



Mr. Nice Seedbank recommends Super Silver Haze, Early Queen and Mango Haze for the 2007 growing season.



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By **SHANTIBABA**

Breeder of Mr. Nice Seedbank.

Amongst the best worldwide experts of cannabis cultivation.

Father to some the most famous strains like White Widow and Super Silver Haze.



10 TIPS for INDOOR CULTIVATION

In my work I get to travel the world searching for botanical specimens and seeds, see different cultures and understand why people do and live how they do. In the last 20 years, I have been fortunate enough and trusted enough to be invited into growing operations on all scales all over the world during my travels, which now happens more frequently than it did before.

This is quite amazing to me and touches me deeply but far beyond that it shows me that people who are desperate and sick with limited time left on Earth will still attempt to plant a seed and grow a plant to get what otherwise they could not get. As a consequence it is taking away the black market of cannabis to some extent and replacing it with a sensible and natural medicine regulated and grown by the sufferers to be affordable and to manage pain for the sufferers. This means cultivation is limitless and knows no borders...after all; it is merely a simple herb.

There are numerous books available that detail every facet of cultivation that is not my intention for this article. But since my life's journey has presented me with a lot of opportunities to cultivate, I would like to share the top ten pieces of experience that may be of help to those who are growing, thinking to grow or using cannabis to help their life, as I do.

1. Beginning with a known seed and its origins rather than using seed that came from some unknown source will reduce the possibility of your garden producing something that does not do the job you had hoped for. Get online and ask fellow growers world wide what seed they tried and where they got it etc...will be time well invested.

2. Use the K.I.S.S (Keep It Simple Stupid) principle in your approach to making your garden. There are so many different mediums to grow in, so many different foods so many opinions that in the end if you limit yourself to learning one or two facts about cultivation from each growing experience, you will know rather than need to ask. I always advise people to grow on soil from their local garden suppliers using locally made nutrients compatible with growing basic annual herbs and flowers, initially. As you become more confident with more grows you can choose to try other techniques etc... You will make mistakes that is certain, so why invest in anything too technical before it is warranted?

3. Learn to use ph and ec metres to understand water, not only for the plant but so you know how to identify invisible causes that can be critical in general life. How many people know the ph or Ec of the tap water from where they live? We raise our families on it, cook with it clean ourselves with it, but most of us take it for granted that someone else is doing that. As you understand this point you will see that most of the crucial things we rely on to live are all invisible like air, electricity, gas and vitamins and far too many of us take far too much for granted. Empower yourself and take charge or at least be aware what is around you, it will change how you look at life.

4. Air flow and air circulation is probably my most important single element in setting up an Indoor room. A very useful tip is to try to create a negative pressure. Making the size of the incoming inlets of air three times smaller than the size of the outgoing air, will force air to flow from one area to another as well as ensure old air is changed regularly. Air flow directly relates to control of temperature, humidity, smell and pressure known collectively as CLIMATE. Controlling the air movement will guarantee plant health on a fundamental level, so spend time and money on this factor.

5. Prevention is always preferable to problems. Keeping growing areas clean from dead plant matter. Regularly cleaning with peroxide, ammonia or similarly powerful but friendly products used for cleaning will reduce the likelihood that fungi, pests, eggs or bac-





teria not wanted in a room will not grow there. Remember that an indoor room is a perfect environment for things to grow...both good and bad, so be hygienic and clean on a daily level.

6. Electricity should begin from your waist and go up while all water and watering devices begin from your hips and go down. In all my rooms all electric cables or sockets are set high up while all water or hoses are set low down, that way your room will remain friendly, not dangerous and avoid inevitable accidents that happen as a result of either overflowing water or fire caused by cabling or accidents that occur when water meets electricity (probably 80% of the reasons people in NL get problems with authorities).

7. While it is important to have good lights, the importance of pitch black darkness and the consistency/regularity of this pitch black hours of darkness will determine the flowering cycle and density of the flower. When you change your light time from growing(18hrs/6 dark) to flowering(12/12dark) then being consistent and maintaining an uninterrupted 12 hours of dark is the most necessary thing to do to make the flower reach its potential at harvest.

8. Many people spend too much time on reflection material like myelin etc...a simple method is to use industrial vinyl used to line fish ponds as the base of the room, attached to the walls about .5 metre high...making a swimming pool base in case water leaks etc...Then from .5metre line the walls with a white/ black/ white plastic which will give plenty of reflection to the plants as well as making sure no light escapes. It is easy to clean and help to clearly define water areas and electrical areas for the eye.

9. The choice of growing/flowering medium should be one that you initially feel confident to use. Do not begin growing in a new room on a new type of medium, as this can cause too many problems to deal with and act to complicate the grow rather than to relax and enjoy the growing.

10. Finish the room and run it for a few days before you decide to use it for growing.

The reason is it is much simpler and less work to make sure all systems of the room like air, exhaust, temperature etc...are checked without plants but run as if plants are in there for a few full day cycles. This factor will allow you to begin the new grow knowing your room is in good order so the only things that can go wrong are with the plants or human error. Inevitably you will reduce the unknown factors and things in growing that do go wrong will be easier to pin point.

If someone sticks to these basic set of principles in setting up a growing room inside then you will be on the right road to becoming a competent and happy gardener.

Success in what you do...

Shantibaba



Send your cultivation questions to **info@dolcevitaaonline.net**
Shantibaba's answers will be published in the following issue!



A Nurture Revolution



Rediscover the true Aroma...

The School Of Cervantes

CHAPTER ONE MARIJUANA HORTICULTURE

JORGE CERVANTES

female plants continue to produce more and more cannabinoids.

Introduction

The key to successful indoor cannabis cultivation is to understand how cannabis produces food and grows. Cannabis, whether cultivated indoors or out, has the same requirements for growth. It needs light, air, water, nutrients, a growing medium, and heat to manufacture food and to grow. Without any one of these essentials, growth stops and death soon results. Indoors, the light must be of the proper spectrum and intensity; air must be warm, arid, and rich in carbon dioxide; water must be abundant but not excessive, and the growing medium must contain the proper levels of nutrients for vigorous growth. When all these needs are met consistently at optimum levels, optimum growth is the result. Cannabis is normally grown as an annual plant, completing its life cycle within one year. A seed that is planted in the spring will grow strong and tall through the summer and flower in the fall, producing more seeds. The annual cycle starts all over again when the new seeds sprout the following year. In nature, cannabis goes through distinct growth stages. The chart below delineates each stage of growth.

Life Cycle of Cannabis

After 3-7 days of germination, plants enter the seedling growth stage which lasts about a month. During the first growth stage the seed germinates or sprouts, establishes a root system, and grows a stem and a few leaves.

Germination

During germination moisture, heat, and air activate hormones (cytokinins, gibberellins, and auxins) within the durable outer coating of the seed. Cytokinins signal more cells to form and gibberellins to increase cell size. The embryo expands, nourished by a supply of stored food within the seed. Soon, the seed's coating splits, a rootlet grows downward, and a sprout with seed leaves pushes upwards in search of light.

Seedling Growth

The single root from the seed grows down and branches out, similar to the way the stem branches up and out above ground. Tiny rootlets draw in water and nutrients (chemical substances needed for life). Roots also serve to anchor a plant in the growing medium. Seedling should receive 16-18 hours of light to maintain strong healthy growth.



Sprouted seed was placed between two pieces of a rockwool seed block and caused virtually no transplant shock.



Strong healthy seedling emerges from a Jiffy™ cube. The sprouted seed was carefully inserted into a hole with the taproot pointing down.



Strong healthy 'Chronic' seeds from Serious Seeds germinated after being soaked in water overnight.



Sweet Purple (Paradise) seedling shows perfect symmetrical growth. Leaflets will increase from three to as many as eleven during vegetative growth



Strong healthy roots are vibrant white. Feeder roots are fuzzy white. This rooted clone is ready to transplant.



This 'Marley's Collie' (Sensi Seeds) is planted in a 5-gallon (19L) bucket and was grown in a greenhouse.

Vegetative Growth

Vegetative growth is maintained by giving plants 16-24 hours of light every day. As the plant matures, the roots take on specialized functions. The center and old, mature portions contain a water transport system and may also store food. The tips of the roots produce elongating cells that continue to push farther and farther into the soil in search of more water and food. The single-celled root hairs are the parts of the root that actually absorb water and nutrients. Without water, frail root hairs will dry up and die. They are very delicate and are easily damaged by light, air, and klutzy hands if moved or exposed. Extreme care must be exercised during transplanting. Like the roots, the stem grows through elongation, also producing new buds along the stem. The central or terminal bud carries growth upward; side or lateral buds turn into branches or leaves. The stem functions by transmitting water and nutrients from the delicate root hairs to the growing buds, leaves, and flowers. Sugars and starches manufactured in the leaves are distributed through the plant via the stem. This fluid flow takes place near the surface of the stem. If the stem is bound too tightly by string or other tie-downs, it will cut the flow of life-giving fluids, thereby strangling and killing the plant. The stem also supports the plant with stiff cellulose, located within the inner walls. Outdoors, rain and wind push a plant around, causing much stiff cellulose production to keep the plant supported upright. Indoors, with no natural wind or rain present, stiff cellulose production is minimal, so plants develop weak stems and may need to be staked up, especially during flowering. Once the leaves expand, they start to manufacture food (carbohydrates). Chlorophyll (the substance that gives plants their green color) converts carbon dioxide (CO₂) from the air, water, and light energy into carbohydrates and oxygen. This process is called photosynthesis. It requires water drawn up from the roots, through the stem, into the leaves where it encounters carbon dioxide. Tiny breathing pores called stomata are located on the underside of the leaf and funnel CO₂ into contact with the water. In order for photosynthesis to occur, the leaf's interior tissue must be kept moist. The stomata open and close to regulate the flow of moisture, preventing dehydration. Marijuana leaves are also protected from drying out by an outer skin. The stomata also permit the outflow of water vapor and waste oxygen. The stomata are very important to the plant's well being and must be kept clean to promote vigorous growth. Dirty, clogged stomata would breathe about as well as you would with a sack over your head!



Male pre-flowers (a small nub above the fourth internode) develop on plants after about four weeks of vegetative growth.

Pre-Flowering

Cannabis grown from seed dawns pre-flowers after the fourth week of vegetative growth. They generally appear between the fourth and sixth node from the bottom of the plant. Cannabis plants are normally either all male or all female. Each sex has its own distinct flowers. Pre-flowers will be either male or female. Growers remove and destroy the males (or use them for breeding stock) because they have low levels of cannabinoids (THC, CBD, CBN, etc.). Female plants are cultivated for their high cannabinoid content.

Mother Plants

Growers select strong, healthy, potent mother plants they know are female. Mothers are given 18-24 hours of light daily so they stay in the vegetative growth stage. Growers cut branch tips from the mother plants and root them. The rooted cuttings are called “clones.” Cultivating several strong, healthy mother plants is the key to having a consistent supply of all-female clones.

Cloning

Branch tips are cut and rooted to form clones. Clones take 10-20 days to grow a strong healthy root system. Clones are given 18-24 hours of light so they stay in the vegetative growth stage. Once the root system is established, clones are transplanted into larger containers. Now they are ready to grow for 1-4 weeks in the vegetative growth stage before being induced to flower.

Flowering

Cannabis flowers outdoors in the fall when days become shorter and plants are signalled that the annual life cycle is coming to an end. At flowering, plant functions change. Leafy growth slows, and flowers start to form. Flowering is triggered in most commercial varieties of cannabis by 12 hours of darkness and 12 hours of light every 24 hours. Plants that developed in tropical regions often start flowering under more light and less darkness. Flowers form during the last stage of growth. Left unpollinated, female flowers develop without seeds, “sinsemilla.” When fertilized with male pollen, female flower buds develop seeds. Unpollinated, female cannabis flowers continue to swell and produce more resin while waiting for male pollen to successfully complete their life cycle. After weeks of heavy flower and cannabinoid-laden resin production, THC production peaks out in the unfertilized, frustrated sinsemilla! Cannabis has both male and female plants. When both male and female flowers are in bloom, pollen from the male flower lands on the female flower, thereby fertilizing it. The male dies after producing and shedding all his pollen. Seeds form and grow within the female flowers. As the seeds are maturing, the female plant slowly dies. The mature seeds then fall to the ground and germinate naturally or are collected for planting next spring.



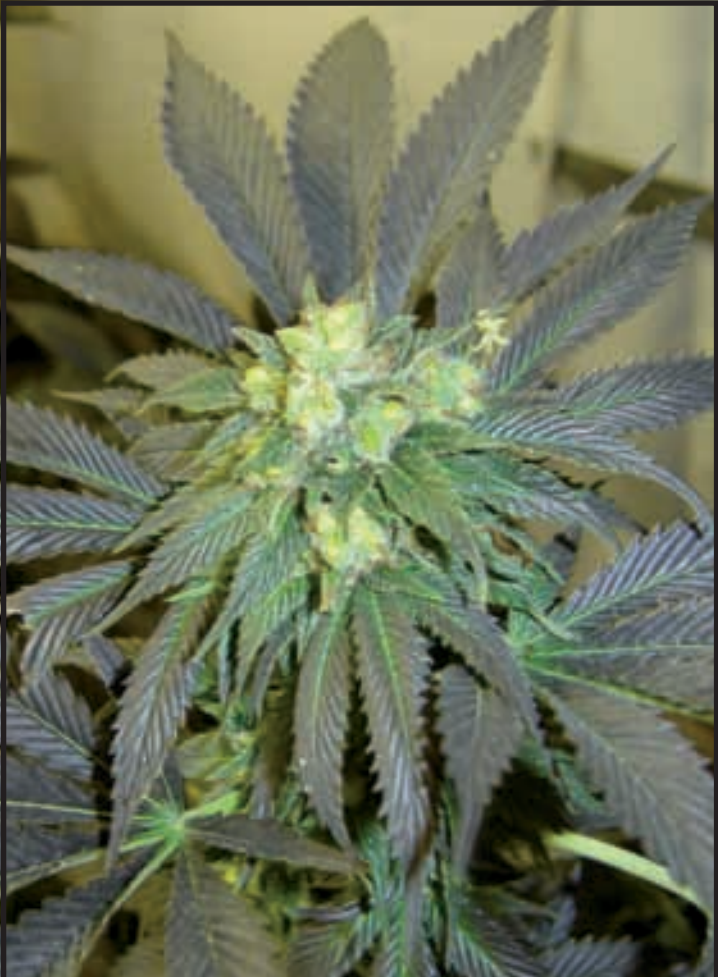
Once the branch tip has been cut, bottom leaves are trimmed off before planting the clone, an exact replica of the mother plant.



Male plants flower before females. Males show signs of flowering after receiving a week or more of 12/12 day/night photoperiod.



Clones grow a strong root system in 14-21 days under fluorescent light. Once rooted, they spend from 7-30 days in vegetative growth.



This pollinated female is packed with seeds. Once fertilized with malepollen, females put the bulk of their energy into producing strong, healthyseeds.



Haze Heaven' female is starting to flower heavily. Branch internodes are shorter and white female pistils grow from calyxes.

SOMA ZONE Cannabis Choreography



I have been growing this Sacred plant since 1971, in all this time I constantly learn new cultivation techniques. At this point in my evolution I am aware of hundreds of different types of cannabis.

Not all cannabis grows at the same height or speed as others. When you are growing more than one type of marijuana in the same space, a little cannabis choreography helps a lot. I will go through a few scenarios.

When growing different types of plants together in pots, the stadium method works very well. Let's say you have three different types of this heavenly herb growing in the same spot. One grows pretty tall, one medium height, and one stays short and squat, but they all finish pretty much in a week of each other, so as far as flowering time goes they are compatible. The light or lights are arranged in a way as to give their optimal light to all the plants involved. There are different types of ways to set up the stadium, the easiest being turning extra plastic pots upside down and placing the plants on top elevating them the height of the pot underneath. A wooden board can be placed on the upside down pots and a second level can be added. The object is to place the assorted plant heights in favorable locations so that they receive the most light. If the tallest were in the middle, the medium size on an overturned pot around the tallest, and the shortest on a board on top of pots, with an overturned pot underneath it, around the medium sized plants, all the plants would be receiving good light. Any carpenters out there can build a more permanent arrangement.

That was back in the days when I grew in pots, these days I grow in organic beds. Once the plants are in the beds they can't be moved, so ones skill at cannabis choreography becomes even more important.

In the current bed I am using (a friends) I have 90 plants growing in one large bed. The room has six 600-watt high-pressure sodium lights. I am growing six different kinds of cannabis in this bed and the difference in height is quite varied. I have Hash Heaven, which is a mixture of HP-13 X G-13 Haze, Lavender, Buddha's Sister, Rockbud, Somaui, a Hawaiian crossed with G-13 Haze and Diesel's Sister, a cross of NYCD and Buddha's Sister.

Even though there is a two-week difference in the harvest times I will wait and harvest the faster ones late with the sativa crosses. I find that waiting an extra 2 weeks just makes it a richer smoke.

Arranging them is quite an art. The sativa crosses are stretchy, the Rockbud, Diesel's Sister, and Buddha's Sister are squat, and the Lavender is in-between. I have placed the taller plants around the edges of the bed, and the shorter ones in the middle and have arranged the lights accordingly. I have also super-cropped the taller ones more than once to try to keep the canopy as even as possible. Super-cropping greatly enhances the yield and the strength of the branches. I then take stakes and spread the plants apart from each other to give them optimum light.

When the plants are 2 weeks in flower I cut the wispy bottom branches off, giving more energy to the larger more meaningful colas. This is also about the time I stop spraying with neem oil to keep the plants insect free, spraying after 3 weeks in flower can harm the flower's delicate white hairs. I like to foliar feed with seaweed extracts until the end of the 3rd week in flower. After that time I drip feed twice a week using Advanced Nutrients Organic foods and



guano teas. In the last three weeks of 12-12 lighting I give no more food and flush the garden twice, once with Final Flush from Advanced Nutrients and a second time with plain PH-ed water. I give much less water at the end to avoid bud mold.

I have gotten mega-buds from this method of growing. In the bed environment the roots get to go sideways as far as they want to, making for a very healthy root system. The super-cropping which at first is used for height control, gives its second effect, more large colas.

I always wait until my crop is really ripe, not just close to ripe. One of the main shortcomings of growers is that they pick their crop too early, trying to pay bills, or in desperate need of something to smoke. My motto, "when it looks like it's ready, wait a week".

Never speed dry your buds, take it slow. I hang them upside-down for a week, then, I put them in paper shopping bags to continue slow drying them for the next week. I cut the stems with sharp scissors and manicure the leaf with my fingers, accumulating some great finger hash in the meantime. All fine trim is saved for making water hash. The new Bubbleator from www.pollinator.nl, is a great tool for making your own, I love it.

Now for the best part, smoking my own crop. It's where the Sacred plants say thankyou to the farmer(s) who took good care of her.

After having open-heart surgery on March 1st 2005, I can assure you that organic cannabis was my main medicine that I used to make a quick recovery. It helped with my appetite, it took nerve pain away, it helped me sleep, and it greatly helped relieved the stress that came with the experience of almost dying.

In a way I owe my life to this most Sacred of plants.
Keep it GREEN in Love and Light.

SOMA

Guru of cannabis cultivation. Breeder of Soma Seeds.
Father of NYC Diesel and other famous strains in all the world.

Official web-site: www.somaseeds.nl

GUSTO MAGNO

The reason that has pushed us to begin this space devoted to the biological agriculture more than every other, is the affirmation of the ecological principles that preside and exalt the "taste" and the same nature of the products we eat and of which we still succeed to distinguish the "true" taste; the taste of the earth from which we originate!! We also would like to destroy the myth, according to which, the products obtained through chemical synthetic practices is the purest or exempted by pathologies and heavy metals, as if they were the maximum expression of the scientific progress. Well my thought, as also the one which is diffused in the last years in scientific \ medical field, is that these same chemical technologies are being shown injurious of the quality of the crops, as also of the health of the final consumer, not to speak then of the consequences at a the global level and the suffering of the earth. A futurist vision of this systematic approach that chemistry uses, presages to a total loss of the taste and of the nourishing value expressed by the degree BRIX(concentration of nourishing substances in the vegetables). Who ever said in front of a watery tomato of the supermarket; "It has no taste!!" .. Well, who has an home and biological little garden can understand me very well, because he knows and appreciates that rural and intense tastes that he wants. The idea to rediscover, with the new technologies, the secret contained in the ancient agricultural practices and the true tastes expressed by our vegetables it is not able to favour an acknowledge in the scientific conscience of the real effectiveness of the half sustainable echoes, frustrating so the attempts to bury ancient cultures in name of the modernization and the practicality. After this brief premise we will go, in this first part of our adventure, to shortly and schematically enunciate the real availabilities, put in field by nature and by the talent of the man (cunning), for the biological farmer even if he is an amatorily one or the most demanding of the professionals in agricultural field. We immediately say that really there are a lot of choices; both for all the answers that we look for the dedicated fertilization, and also for the necessities of enrichment any demand we have for the defence from parasites

and pathologies or also for possible corrections of the biochemical situation of the ground (Ph, relation C/N, airing, cationic exchange, bacterium, enzymes ,etc. etc.). I say this to explain to the passionate and conscious "growers that there are a lot of products "Really Biological" that work very well, and sometimes better, of theirs homologous chemists or of the myriads of products envoys on the market to disorientate the consumer to the goals of the marketing, and to induce him to the buy of a multiplicity of bottles of which he even doesn't know the nature and sometimes not even the composition. Therefore we will do a clean distinction among the products:

- mineral, - synthetic, - of organic origin; Natural extracted and Not, - organic fermented, - organic solid

Of which the last two groups are those in which we are particularly interested, and are those approved in biological agriculture to the senses of the regulation community EEC 209192 and that in some countries are more restrictive and in others less (we will deepen in this issue in the following articles).

This distinction will serve to make consumers still shinier and conscious and so to bring them to knowledge:

- 1) of what is really under the world of the fertilizers or pesticides we have on the market
- 2) of what we are indeed giving to our plants
- 3) of what things are really biological or less deleting in this way myriads of "cunning allusions from label."

In the chart that follows we will find, as anticipated in precedence, a clear summary picture of the elements required by the plants for their metabolism or their defence, the general functions that they develops and a distinction among the proposals of the biological panorama compared with those of the synthetic chemical world for an effective systematic approach to the matter. This chart will be in practice a point of reference when we will make sign to a particular situation or to a phase of the cycle (radication, growth, flowering,

ELEMENT	CHEMICAL SOURCE	NATURAL SOURCE	FUNCTION
NITROGEN	CO(NH ₂) ₂ -NO ₃ -NH ₂	Blood, cornunghia	RISE
PHOSPHOR	K ₂ O (OXIDE)	Bat-guano, phosphates	FLOWERING
POTASSIUM	P ₂ O (OXIDE)	Borlande, cinders	FLOWERING
CALCIUM	Ca chelato	Dolomia, litotamnio	STRUCTURE
IRON	Fe chelato	Blood, manure	METABOLISM
MAGNESIUM	MgO oxide	Blood, manure	METABOLISM
MICRO-ELEMENTS	Cu, Mn, Bo, Zn, etc.	Zeolit, lgas	METABOLISM
AMINO-ACIDS	Extraction	Blood, carniccio.	COMMUNICATION
PROTEINS	Extraction	Blood, carniccio.	COMMUNICATION
VITAMINS	Synthesis	Algas, ferments	METABOLISM
HORMONES (CRE-FIO)	Synthesis	Algas, ferments	METABOLIC SIGN
ENZYME-BACTERIUM	Synthesis	Algas, ferments	DECOMPOSITION-FIXATION
FULVIC/HUMIC ACID	Extraction	Algas, ferments, leonardite	METABOLIC COMMUNICATION
TO LIFT PH	Hypoxides	Cinder/Calcium	CORRECTION
TO DROP PH	Nitric Acid	Lemon Juice, sulfate	CORRECTION

defence) and we will go to deepen the matter in more exhaustive way showing the situations in which we can incur and talking about the most suitable products to employ worthily without resorting to the aid of the chemistry.

Then it will be simpler than as it can seem in appearance, to resort to this fabulous magic that the nature offers us, and extremely enthusiastic to gather its differences in the tastes and in the substance with the techniques of crop used up to now with the traditional fertilizers. We will be able in a next future to really tell goodbye the "tilt of the grower" because we won't require products that simulate the life in the ground with the synthetic artifice, nor we will require anymore continuous corrections of the pH of the solution and not even the addition of so many bottles simultaneously (thing that more than every other confuses the grower when it throws the sums on his operation). All this because the miraculous trial that happens during the fermentation and the decomposition of the organic material contains in itself this whole precious job that the nature develops and effects for us. Enzymes, bacteria and micro-organisms, that come lost, or loose their vitality during the processes of chemical extraction, now have their maximum expression in the fermented biological fertilizers. Equally, they can follow in order of quality the cold extracts of the cellular of alga, blood, carniccio etc., then they come for last, but not for this for less, the palletises and the organic flour; composed or buckets (bat-guano, humus, manure, pollen etc.) the only difference is in the fact that the first ones are more suits and "vital" under the nutritional profile and more rapid for their greater effectiveness having already been fermented during the process of production. We will then deepen the various aspects and the contents of the materials or the products enunciated in this first session, because is very important to know previously the elements that we want to bring, without then to incur in of the errors of super-dosing or errors of wrong bring for the phase that interests us in a determined moment.

Goodbye to the next number where we will examine the first footstep for an optimal result of the cultivation; that is to say the substrata of cultivation, the ammendantis, the inactive ones and the irrigation water.

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Skunk R1®

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10 seeds

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50-60 days
→ 150 g.
→ 100-150 cm

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1990 CUP
WINNER

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50-60 days
→ 100 g.
→ 100-150 cm

Greenhouse

ESSENTIAL SKUNK WITH POWER
& UNIQUE
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€ 82

Jamaican Pearl®

October
→ 100 g.
→ 200-300 cm

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Greenhouse grown Mr Nice Seedbank Critical Mass

STRAIN GUIDE

Ice Cream® Paradise Seeds

Type: Indica/Sativa (60/40)
Flowering time: 55-60 days indoors.
Outdoors, early October (n.L.)
Yield: 500 grams per m2 indoors.
Outdoors 500+ grams per plant
Environment: Indoors. Outdoors
between 50° n.L. and 50° s.L..
Effect /Buzz: Trippy, equal head and
body
Smell/Taste: Creamy vanilla with
undertones of skunk and pine
THC: 15-18%
Price 5 pack € 50,-
Price 10 pack € 90,-



Ice Cream expresses a diversity of phenotypes, all of them producing a good, tasty smoke. The common theme is extreme rapid growth and vitality, with healthy large dark green leaves and profuse resin production. Another common theme is a smooth, creamy taste that reminds of ice cream. All Ice Cream plants give out copious amounts of trichomes, sometimes exhibiting an extremely tight formation of army-style rows of large resin heads. Ice Cream is good as a sea of green or a multi-branch plant. Ice Cream's response tendencies are sports car like, it's the Ferrari among the plants. The buds themselves are white and frosty, with a hint of vanilla. The smoke is smooth, with faint undertones of skunk and pine. For both gardeners and tokers, Ice Cream offers vigor and diversity under a smooth vanilla coating.

CREDIT PHOTOGRAPHERS Trichome Pharm

Opium® Paradise Seeds

Type: Sativa/Indica (50/50)
Flowering time: 60 days indoors.
Outdoors, early October (n.L.)
Yield: 450 grams per m2
indoors. Outdoors 600+ grams
per plant
Environment: Indoors. Outdoors
between 50° n.L. and 50° s.L..
Effect /Buzz: Visual, cerebral
Smell/Taste: Creamy fruit punch/
grape
THC: 15-18%
Price 5 pack: € 60,-
Price 10 pack € 110,-



This bittersweet hybrid with high calyx to leaf ratio can be grown as a sea of green, or multi-branch plant. Huge bracts pile up on each other, making fine-looking trichome colas – some of the biggest buds ever seen. One experienced medical grower respectfully calls Opium "the totem". Raised hydroponically and on coco, Opium performs phenomenally in terms of manageability and vigorous growth. Opium's fragrance and tastes are composed mostly of fruit. Most plants have a creamy tropical punch taste. Opium is a majestic plant, with intense smoke from liftoff to landing. Opium does not leave you crashing on the ground at the end of the ride. Her Sativa heritage registers in every cell of your body, lifting you up with an amazing cerebral high complete with visuals and racing thoughts.
* Winner HighTimes Cannabis Cup 2006 Silver medal (Bio category)

CREDIT PHOTOGRAPHERS Trichome Farm and Jean from France



Ed Rosenthal Super Bud – Sensi Seeds

Sensi Seed Bank is proud to announce the launch of our newest elite strain. The layering of Indica and Sativa qualities in this hybrid is a rare accomplishment. A superb balance of the best traits from each end of the cannabis spectrum has been achieved through expert selection over countless generations. The blend of tropical genes in **Ed Rosenthal Super Bud's** multi-faceted background is especially wide-ranging, representing Sativas from all around the equatorial zone – Africa, South East Asia, Central America and the Caribbean.

Ed Rosenthal Super Bud's amazingly succulent flower formation is the strain's distinguishing feature. Different individuals show extra Sativa or Indica influence through subtle variations in the development and structure of their resin-soaked buds. Otherwise, phenotype variation is small, with a majority of plants flowering at the same speed and increasing their height by about 150%. A small proportion will show a jump at the onset of blooming, which first widens the gaps between internodes and later gives an even greater yield potential. All females exhibit a flower structure bursting with Indica density that is made even fatter with the running Sativa tendency, resulting in buds that swell upwards and outwards to crazy sizes. A strong and incredibly sweet aroma of pineapple-punch is the dominant flavour across the strain. The Sativa-leaning females make great multi-stem plants and produce huge oval calyxes which spiral into crooked bud-pyramids large enough to bend branches. The Indica phenotype's flowers are distinct and impressive, building into voluptuous columns of snowy bud with main colas as thick as an arm. Their gorgeous snow-covered effect comes from a unique pistil formation – where the oversized antennae sprouting from each calyx are covered with a visible fuzz of tiny hairs – and (as always with a Sensi strain) from a stupendous covering of full-sized resin glands.

Ed Rosenthal Super Bud is gourmet ganja with cash-cropping potential – the only drawback being that growers may find it hard to part with the harvests of world-class bud that this plant produces!



MEDICAL CANNABIS

How much toxins are eliminated from marijuana smoke with a vaporizer?

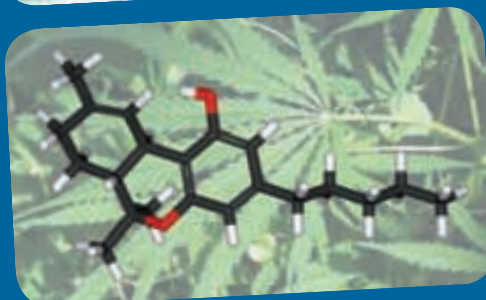
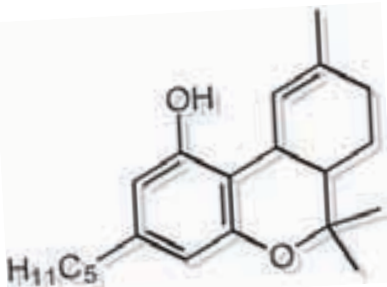
Medical marijuana patients may be able to protect themselves from harmful toxins in marijuana smoke by inhaling their medicine using an electric vaporizer, according to initial results of a study by California NORML (National Organization for the Reform of Marijuana Laws) and MAPS (Multidisciplinary Association for Psychedelic Studies). The study showed that it is possible to vaporize medically active THC by heating marijuana to a temperature short of the point of combustion, thereby eliminating or substantially reducing harmful smoke toxins that are normally present in marijuana smoke. Vaporizers may therefore substantially reduce what is widely regarded as the leading health hazard of marijuana, namely respiratory harm due to smoking. (...) The NORML-MAPS study tested a device called the M1 Volatizer®, an aromatherapy vaporizer developed by Alternative Delivery Systems, Inc. It consisted of an electric heating element in a chamber that radiates heat downwards over a sample of marijuana sitting in a standard pipe or "bong" bowl. Output from the vaporizer was analyzed and compared to smoke produced by combusting the sample with a flame.

The vaporizer produced THC at a temperature of 185° C. (365° F.) while completely eliminating three measured toxins - benzene, a known carcinogen, plus toluene and naphthalene. Carbon monoxide and smoke tars were both qualitatively reduced by the vaporizer, but additional testing is needed to quantify the extent of the decrease. Although the study was not designed to detect the highly carcinogenic tars known as polycyclic aromatic hydrocarbons, which are thought to be a leading culprit in smoking-related cancers, there was good reason to believe that they were suppressed, since they normally form at much higher temperatures of combustion. When vaporized, the marijuana emitted a thin gray vapor and was left with a green to greenish-brown "toasted" appearance, whereas the combusted sample produced thick smoke and turned to ash. Significant amounts of benzene began to appear at temperatures of 200° C. (392° F), while combustion occurred around 230° (446° F) or above. Traces of THC were in evidence as low as 140° C. (284° F). (...) Dale Gieringer, Press Release, California NORML, 7 January 2001.

USA: Advocates of the medical use of cannabis sue the federal government

Based on the study results on smoked cannabis in HIV associated nerve pain Americans for Safe Access sued the federal government on 21 February over its claim that cannabis has no accepted medical benefits. The study conducted at the University of California in San Francisco, which was published in February 2007 had demonstrated that the use of cannabis is beneficial in this condition. The lawsuit accuses the U.S. Department of Health and Human Services of engaging in "arbitrary and unlawful behavior" that prevents "sick and dying persons from seeking to obtain medicine that could provide them needed, and often lifesaving relief." The California-based advocacy group wants a judge to force the department and the Food and Drug Administration to stop giving out information that casts doubt on the efficacy of cannabis in treating various illnesses. "The FDA position on medical cannabis is incorrect, dishonest and a flagrant violation of laws requiring the government to base policy on sound science," a spokesman of Americans for Safe Access said in a statement.

(Source: Associated Press of 21 February 2007)



Sativex effective against spasticity in MS patients in clinical trial

Results of a clinical study on the cannabis extract Sativex in patients with multiple sclerosis, which have already presented on the website of GW Pharmaceuticals and in the IACM-Bulletin earlier, have now been published in the EUROpean Journal of Neurology. Sativex contains equal amounts of THC and CBD.

The study forms part of the application for approval of Sativex for MS spasticity submitted in September 2006 in four EUROpean countries. A total of 189 subjects with MS and spasticity received either Sativex (124 patients) or a placebo (65 patients) for six weeks. All subjects continued to use their current medication. Participants who were treated with the cannabis extract perceived a significantly stronger reduction in spasticity compared to the control group. An objective measure of spasticity, the so-called Ashworth Score, was not significantly improved, but was in favour of the active treatment compared to placebo. In the cannabis group 40 per cent of patients achieved a more than 30 per cent improvement. Eight withdrawals from the study were attributed to side effects. Six were on active preparation and two on placebo. Researcher concluded that the cannabis extract "may represent a useful new agent for treatment of the symptomatic relief of spasticity in MS." The abstract is available online at: www.cannabis-med.org/studies/study.php. More information on the study is available on the website of GW Pharmaceuticals (www.gwpharm.com).

(Source: Collin C, Davies P, Mutiboko IK, Ratcliffe S, for the Sativex Spasticity in MS Study Group. Randomized controlled trial of cannabis-based medicine in spasticity caused by multiple sclerosis. EUR J Neurology 2007;14(3):290-296.)



Dolce Vita International support the IACM

The International Association for Cannabis as Medicine (IACM) was founded in March 2000. It is a scientific society advocating the improvement of the legal situation for the use of the hemp plant (*Cannabis sativa* L.) and its pharmacologically most important active compounds, the cannabinoids, for therapeutic applications through promotion of research and dissemination of information. The IACM declares that it is the right of doctors to be able to discuss the medicinal use of cannabis with their patients.

Web-site: www.cannabis-med.org

**cannabis
medicine** International
Association for Cannabis as Medicine

HEMP INSTEAD OF WOOD

Build housing and offices from vegetable raw materials

In ancient times, handfuls of cannabis clay fibers were used to reinforce brick constructions.

Today, most people are faced with the common issue of finding out how to afford a decent home. Given the high costs of quality wood and other raw materials extracted for trees such as wooden casts used in cement, **it is time to seriously consider Hemp**. Panels and planks of different materials are even better than wood for building houses, offices and other buildings.

The simplest way to make Hemp planks is by grinding the stems into shavings, gluing them together using natural resins or glues and feeding them at high pressure into presses. Heat is also used to ad strength. The vegetable fiber panels, also known as CAF were invented in Sweden in 1953 by combining heat and high pressure. Millions and millions of square meters of this material have been used in Europe, UK, Canada and Australia. A new generation of construction planks is to be developed shortly in Oregon.

CAF panels, pillars and planks are cheap and have many useful features. High density CAF is used when the structure is under a heavy load whereas medium density is preferred for panels and wardrobes

CAF panels are tough enough to be used for building foundations and carriers as they have a strong resistance to natural forces such as earthquakes and hurricane winds. They are also insulating with thermo performances comparable to those of mass wood in terms of conduction, mass and dispersion. The panels also absorb a high level of sound, even though they have only 40% of the density of wood and therefore a lower structural weight.

They are immune to termite infestations and have a higher resistance than wood to mold and deterioration. Their combustion does not emit toxic fumes and they are highly fireproof.



PHOTO: **A** - 3rd Fiber choice, **B** - Hemp wool, **C** - Cotton fiber, **D** - Fiber, **E** - 2rd Fiber choice, **F** - Soft panels, **G** - Hemp wool, **H** - Pulp

HEMP’S USES

	SEEDS					STALKS			FLOWERS	
	COMPLETE SEEDS	PARTIAL SEEDS	PANELS AND FLOUR	SHELLS	OIL	FIRST FIBER	SECOND FIBER	PULP	ESSENTIAL OILS	MARIJUANA HASHISH
Human Alimentation	•	•	•	•	•				•	
Animal Alimentation	•	•	•	•	•					
Cosmetics					•				•	
Soaps					•					
Paints					•					
Lubrificants					•					
Fuels					•	•	•	•		
Tissues						•	•			
Ropes						•	•			
Paper						•	•	•		
Bulding materials						•	•	•		
Litter								•		
Mechanical industry						•	•	•		
Plastic materials						•	•	•		
Medicines					•				•	•
Drugs										•
	COMPLETE SEEDS	PARTIAL SEEDS	PANELS AND FLOUR	SHELLS	OIL	FIRST FIBER	SECOND FIBER	PULP	ESSENTIAL OILS	MARIJUANA HASHISH
THC										•

AN HECTARE OF HEMP CAN PRODUCE AS MUCH PAPER AS FOUR HECTARES OF FOREST



HOW TO USE PSYCHEDELICS WITHOUT HURTING YOURSELF

Usually, during political debates, I'm asked if there is a way to use psychoactive substances with a relative certainty of *"not being hurt"*.

In a provocative tone I could answer: yes, there is a way of not being hurt with substances, of not having to pay too high a price for having played by opening *"the doors of perception"*: this way is not using them...

Beyond provocations and jokes, I'm deeply sure there is a wise way of using these substances, and I'm also deeply sure that the common method, except for inevitable exceptions, is rather thoughtless, demential or at least too much hedonistic and mercantilistic to be considered wise.

So I would like to submit to you some factors to be considered if you want to use psychedelics, at least in a less harmful way, even if not in a beneficial way. I think you all know these factors, but I also think it is worth to repeat them, hoping that a best knowledge of these issues can help to create a cleverer relationship with substances.

The **first element**, the one known by everybody as the essential one in determinating the quantity of experience, is the so-called **Set & Setting**.

Set is the range of variables connected to the personality of a given person: his/her cultural and social background, his/her motivations and expectations, his/her psychological structure, his/her education, his/her emotional state; on the other side, **Setting** is the environment in which the experience takes place: the place, the environmental conditions, the people who participate or witness the experience, and so on. By changing the **set** or **setting** (or both of them) you will have, even with the same substance, a different result, some times even the opposite result.

The **second element** is a good knowledge of the substance you're about to

use, of its effects and pharmacodynamics, but also of the risks and dangers that may provoke. You also have to know and respect the right dosage in order to produce certain effects.

If a substance, let's say for example MDMA, is active starting by 50 mg and gives its full effect around 120-150 mg, it would be nonsense to use 200 mg. of it: it's just stupid!

And this brings us to the **third element**, that is the conscious use of a given substance.

From this point of view there aren't "good" and "bad" substances. As for medicines and food, you can use all drugs correctly or abuse of them. For instance marijuana is maybe the most effective drug to treat glaucoma; LSD and other psychedelics like the well known MDMA or Ecstasy can be used with remarkable results in psychotherapy and in treating drug addiction. On the other hand, the use of currently essential medicines, like morphine in pain therapy, antibiotics and the trivial aspirin, could bring to considerable risks for health. If a given number of negative reactions would be the principle to prohibit a medicine, you can be sure that we won't see neither a box of suppository for children on the stands of a pharmacy!

What do I want to say? Simply that the problem is not the use but the abuse. And for the abuse, apart from the law, there's nothing you can do. There will always be someone who abuse of this or that substance, of this or that medicine, of this or that food.

One of the strong points of prohibitionists is that by repealing repressive laws we would immediately sink in an orgy of drugs use. Excuse me, but this is stupid.

Because apart from legalization or prohibitionism, all drugs are deeply and

permanently ingrained in our culture, in our way of life. We are already dipped in legal and illegal drugs, available for everyone who wants to get them and who can afford them. The illegality of some of them only caused an explosion of criminal organizations and crimes that won't exist without their illegality. Of course, it's possible that by removing these laws against drugs some frustrated housewife would try to snort a bit of cocaine, or that some shy bank clerk would try feel the thrill of a psychedelic "trip", but generally the abuse of substances won't be worse than the current one, and after a possible, but not certain, initial experimentation thing will come back to their natural balance. I would like to conclude with an evaluation of the so called "drug problem" in a psycho-anthropological key. The purposes and uses of chemical substances that can modify the state of consciousness from traditional societies and industrialized countries are very different, and so are different the ways in which these substances are felt and their effects.

In the tribal and pre-industrial world, hallucinogenic plants are "holy plants"; they're considered in the same way as living creatures with supernatural qualities, capable of providing some designed persons - shamans - a kind of bridge on the abyss that divides this world by the divine world. In these societies they believe that these plants are essential to the well-being of the individual and of the community; the visionary experience, the concepts which culturally derives from it and which determines the interpretation are totally coherent with the philosophical, religious and ethical traditional systems; these, in their turn, increase the value and even encourage the personal approach with supernatural forces and the way of facing them. Archeology has shown that all the communities that still use hallucinogenic plants have been doing it for centuries. That's why we can declare that "holy plants" contributed to generate the history of culture, because it's exactly in the visionary experience that the individual asserts in front of himself the value of tribal tradition that was handed on from father to son. Holy plants are needed to give value and to make a culture real, never to give a temporary desire to escape from it all.

A Mexican shaman once said to an American anthropologist that Huicholes take peyote to learn how to become really Huichole. LSD, mescaline, psilocybin or whatever, are used in Western countries for very different aims rather than "learn to become" Italian, French or American...

Why the same substances have so different effects in different cultural environments?
Why some people consider them like sacred, benign and essential since centuries, while other people consider them so "evil" and "harmful" that the only fact of possessing them is a serious crime?
It's obvious that the variable is based on society, and not on the chemical structure of these substances.
It's the culture and its stereotypes that make a social drug - alcohol - legal and morally acceptable and another drug - **cannabis** - unacceptable, not certainly their chemical characteristics. Drugs that cause physical addiction, like heroine, are very different from the ones that don't cause addiction, but are all included in the same legislative table...

A **drug problem** will always exist as long as everybody (people, consumers, researchers, lawmakers, till the last cop) accepts a vision that combine biology and anthropology, pharmacology and psychology. And as long as a drug problem exists, the abuse of certain substances will not yield neither to the most repressive laws nor to the most massive budget for "rehabilitation" ...
If my opinion was groundless, then why are we more worried about **cannabis** rather than about the effects of nicotine?

Without underestimating the gravity of the problem of **Ecstasy**, actually popularized by the media, why are we more worried about a substance that affects a globally low percentage of individuals rather than about the really massive proportions reached by alcohol abuse?
And if it's true that the social and personal damage of heroine is very high, strictly connected to criminality, robberies and prostitution, it is also proved that exists a very strict correlation between alcohol, homicides and children violence, with a social cost extremely higher than the one imputable to heroine...

Only if we start by these data, I guess, we can open a serious and constructive debate without hysterical fits: leaving behind empty and moralistic talks we could begin a completely radical talk, that would involve the entire social and economical system in which we have to leave everyday, and at the same time it would consider the new dimensions of consciousness and pleasure.
If an ever-growing number of people will recognize the positive value of the altered states of mind, then even the means to obtain these "altered states" will be considered "normal" by everybody, and not things just related to "uncivilized people", "hippies", "depraved persons" and all the ones who want to escape from everyday reality.

GILBERTO CAMILLA

Psychoanalyst, President of the Italian Society for the Study of the States of Consciousness (SISSC),
Scientific Director of the magazine Altrove





Nymphaea Caerulea Savigny Blue Loto's Flower

Family: Nymphaeaceae

Common Names: Blaue lotusblume, blue lotus flower, himmelblaue seerose, lotus, nymphaea, ssn, sacred narcotic lily of the Nile.

Effects classification: sedative.

History: Blue and white lotuses were the most important cultivated (ritual) plants of ancient Egypt. They grew wild in ponds and in the lowlands of the Nile and were planted in all natural and artificial bodies of water. They were esteemed for their beauty, their enchanting hyacinth-like scent, their symbolism, and probably also their inebriating effects. The buds and flowers were popular head and hair ornaments. Both the living and the dead were festooned with garlands made from the plant. The garlands in the grave of the great pharaoh Ramses II (1290-1223 b.ce.) were made almost entirely of white and blue lotus leaves. The Egyptian lotus (*Nymphaea lotus* [L.] Willd.) was described by Dioscorides, who was certainly aware of the blue lotus as well. The blue lotus was first mentioned in the Egyptian Book of the Dead (Hornung 1993, 167, 364). The ancient Egyptians appear to have eaten the rhizome. (from Ratsch: The Encyclopedia of psychoactive plants).

Distribution: Egypt Nile Delta, Palestina, Africa.

Cultivation: The plant can be propagated by placing pieces of the rhizome in still bodies of water.

Psychoactive Material: Buds or flower.

Preparation and Dosage: Six buds or flowers made in a Tea.

Ritual Use: In ancient Egypt, the blue lotus was closely linked to the detailed and visionary concepts of the afterlife and rebirth. Numerous buds, petals, and garlands have been found as mummy decorations and grave goods. The flower stands for the enlightened and reawakened consciousness of the deceased; it is "that lotus flower which shines in the earth" (Book of the Dead, chapter 174, line 30; cf. Dassow 1994). In the story of the battle between Horus and Seth, the lotus flower appears as a symbol of the divine, all-seeing eye. When Seth tracks down the resting Horus beneath a tree in an oasis, he rips both eyes

from the sleeper and buries them in the sand, whereupon they are transformed into lotus flowers. Because of the mythological, cosmological, symbolic, and artistic significance of the water lily, William Emboden (1978) has suggested that the ancient Egyptians used the blue lotus for its narcotic effects to produce a shamanic ecstasy among an elite priesthood. Since the blue lotus is usually portrayed in association with mandrakes (*Mandragora officinarum*) and poppy flowers (from *Papaver somniferum* or *Papaver rhoeas*; cf. *Papaver* spp.), it is highly probable that these images represent an "iconographic recipe." A psychoactive ritual drink consisting of lotus buds, mandrake fruits, and poppy capsules is entirely conceivable (Emboden 1989).

Artifacts: A portrait head of Tutankhamen showing his head emerging from a lotus flower was discovered. The water lily was associated with the sun god Ra as the bringer of light. Usually, blue lotus flowers are portrayed together with yellow mandrake fruits and red poppy capsules (see above). They very often appear in scenes that have a shamanic, visionary, or initiatory character. Stylized lotus flowers were an important ornamental element in the art (container shapes, capitals of columns) of ancient Egypt (Emboden 1989). The blue lotus flower was also a symbol of Osiris, the god of the mystery cult, who was also regarded as the lord of beer and wine (see *Vitis vinifera*).

Medicinal Use: In ancient Egypt, water lilies were prescribed to treat the liver, to remedy constipation, to counteract poisons, and to regulate the urine. The petals were used both externally and internally, the latter being primarily in the form of enemas (Riitsch 1995, 351* - from Ratsch: The Encyclopedia of psychoactive plants)

Effects: Three to six buds, drunk as a tea, are said to induce hypnotic effects. The effects of the decoction become apparent some twenty minutes after ingestion. The initial symptoms include muscle tremors and nausea. Then comes a sensation of calm with alterations of color perception, auditory hallucinations, and other changes in auditory perception. The effects dissipate quickly after some two hours



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DRUGS 1° PART TO FIGHT

The Masais warrior

The Masais warriors of Tanzania were known for their aggressiveness and violence, which overcame that of the afraid near tribes.

Just reached the proper age to become a warrior, the young Masais are submitted to an initiation of military-religious nature and in that occasion they are also begun to the use of the "fight drugs". These are a dozen of different drugs, every proper for a specific aggressive action: they chew the roots of a kind of Albizzia when they have to chase animals that quickly run, or the bark of an acacia when they chase the lion, or they drink an infusion of a kind of mimosa when they prepare themselves to a battle with other tribes.

All these drugs have exciting characteristics, that the Masais warrior (*moran*) show to know very well; they have elaborated a specific terminology to describe and to classify them.

Just entered the sect of the warriors, the young *morans* are impatient to show their strength and their courage, overcoming as soon as possible the state of *ebor alem*, that of the one who " doesn't have the lance soaked with blood yet". And for every year in which they will lend service as warriors, their activities will be connected to a notable use of "fight drugs."

In the camps, the warriors hold suspended to the huts a stomach or bladders of animals full of roots infusions and psychoactive barks and in the days preceding the battle with other tribes, they drink exclusively these infusions. In this way they reach a state of fury, with drivel to the mouth and eyes full of blood out of the orbits, which they use for launching to the attack of the enemies.

The type of drugs and the quantities are definite from the heads of the warriors, that are both military that religious heads. The heads establish the doses to assume for the whole troop in base to the physical appointment and of courage necessary for that specific warlike action.

During the battles with the western colonizers, the reporters brought that warlike battalions of 100-150 Masais quickly stirred from a head to the other of the areas of conflict, armed with the only but dangerous lance and full of sacks of barks and roots that continually chewed. This allowed them also cross in one day 80 km, catching by surprise and attaching the western troops here and there.

As in all the human races, some Masais do not “answer” to the drugs or they suffer the effects of it in smaller measure than the other warriors. Because of this lack of effect of the fight drugs, the warrior is less brave and he’s called *os sioki*, a coward. The *os siokis* have a difficult life inside the group, badly approved and have no rights.

In the case the war events are prolonged in the time, for some weeks, the warriors continue to assume the fight drugs and frequently they reach a special state of uncontrollable fury, that they call *em boschona*. It deals with an attack of violence that is pre-announced with an inhuman cry. The warrior is then subject to strong muscular convulsions and the skin, already dark, becomes even more dark. As soon as the convulsive state has passed, the warrior is picked up by an irresistible violence and he casts against whoever is around him, without minding if are enemies or friends. This is a “crisis of nerves” induced by the assumption prolonged of fight drugs, accompanied by a partial loss of the conscience.

Inside a camp of Masai warriors, when one of them make that cry, the other ones are alarmed and prevent his harmful actions disarming him/ and tying him with some ropes. These attacks of *em boschona* are not deplored by the community: they are considered of divine nature and - with the due precautions - they are approved and integrated moments in the daily life of the Masai warlike. They often mimes an attack of *em boschona* in front of the other warriors to show their strength and their resoluteness.

The purpose of the assumption of the drugs doesn’t entirely reside in their exciting aspects for the body; the exciting state also influences the mind (rather it is driven from the mind) and the principal effect - in a context of violence - it is the increase of courage. The military experts of all the armies know well that the courage of the troops is a main point in the war action and they’ve elaborated techniques - a lot of psychological nature - to maintain it alive.

For a long time, wide attention has been dedicated to the employment of psychoactive substances able to inhibit the brakes pacifists (hendorfinic), to bait the aggressiveness (adrenaline) or even to instigate states of “fury” (serotonin or other).

In the European military culture since the times of the Romans the most diffused drug among the troops during the battle has been the alcohol. But wine and grappa infuse courage in raw and indirect way, damaging the “combative promptness” that has to accompany the action of courage. In the modern era, the amphetamines have still replaced the alcohol and more effective drugs and specifications are adopted by the marines and other

special departments of the modern armies. The formulas of these “super-amphetamine” are not known, and are elaborate and maintained secret inside the medical military elites.

It’s famous the case of the CIA interested in the LSD as possible war drug, but of the whole rest, of what happens in the military environments, of what intentionally is assumed in the battlegrounds, we do know very little.

If we could have the examinations of the blood of the men died in wars during these last decades, we would see a crowd of positive reports to the most disparate drugs, some legal and a lot of illegal, some even unknown ones to the official science.

In many contexts the drugs or their lack, have played a decisive role in the battles and the stores where they were crowded were looked like a deposit fuel.

During the recent conflict Somalia-Ethiopian, the anti-aircraft of both armies shot against whatever military airplane or foreign civilian, but both minded well to demolish the airplane that every day supplied of khat the two armies. This is a exciting vegetable spices of those regions, it must be chewed to the fresh state, otherwise it loses the psychoactive characteristics, for this reason big daily supplies were necessary for the troops in trench and the airplane full of fresh *khat*, coming from the Yemen, could land in a place arranged along the front of war, without incurring in some risk, while everything around there were shot and cannonades.

And how many soldiers have returned from the war accustomed to the amphetamines or to the alcohol! The Masais are devoted to the consumption of the “fight drugs” only during the years when they’re warriors. When they get married, besides deposing the weapons, they depose the drugs. Only desultorily, on the occasion of the commemorative meetings among ex-warriors, they assume some of these drugs, to remember the beautiful times of the past youth, when, full of energy, had the drivel to the mouth and the lance dirt of blood.

More info on: www.samorini.net

GIORGIO SAMORINI

Ethnic-botanic. For over twenty years he has developed searches on the ritual and social use of the drugs, in ethnologic and archaeological contexts. He has published different volumes and kept lectures in Europe, Africa, Latin America and India.



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IN THE EARTH OF THE GODS

Trip to Tibet - "Kora" of the Kailash Mountain



There are mountains that are only mountains and there are mountains that have personality. The personality of a mountain is not only a strange form that makes her different from the others, just as a face with a strange outline or strange actions which don't make of an individual person a "personality". Personality consists in the power to influence the others, and this power is due to the resoluteness, to the harmony and to the focusing on a point of the character. If in an individual these qualities are present in their maximum degree of perfection, then such individual is a potential leader of the humanity as ruler as thinker or as saint, and we recognize him as receptacle of the divine power. If these qualities are present in a mountain we recognize her as a receptacle of the cosmic power, and we call her a sacred mountain.

And this is how, above all the sacred mountains of the world, the Kailash mountain has spread her fame and has inspired the human beings since the immemorial times. There is no other mountain comparable to the Kailash, since it forms the central point of the two more important ancient civilizations of the world, whose traditions have been left intact for thousand of years: India and China. Both for the Hinduists and for the Buddhists the Kailash is the centre of the universe. She has been called Meru or Sumeru, according to the most ancient Sanskrit traditions, and it is considered the physical centre of the world as well as the metaphysical one.

It forms the pick of the "Roof of the world" as it has been called the Tibetan highland, and radiating from it, as the rays from the ship boy of a wheel, some mighty rivers begin their course towards the east, the west, the northwest and the south. These rivers are the Brahmaputra, the Indo, the Sutlej and the Karnali. All these rivers are born in the region of the Kailash-Manasarovar, that forms the tallest chain in the Tibetan highland. (Lama Anagarika Govinda)

This was the craved destination of our trip: **the Kailash Mountain, “the Jewel of the Snows.”**

We depart from Italy in eight to effect the tour (kora) of the sacred mountain with an itinerary that will bring us in Tibet after having crossed the valley of the Humla in Nepal by foot from a little open to the tourist flow. After a brief standstill in the chaotic Kathmandu, with a charter flight we reach Nepalganj, a little town situated in a warm line of the band of the Nepalese lowland that confines with India. From here, with a small airplane with flight to sight, among deep valleys covered by forest, we reach Simikot where, for the landing, the animals that browse the grass must have been moved on the pass drawn on a basin to the top of the hill. The landing is shivering but the panorama and the beauty of the place make us forget quickly the escaped danger. Here we find the staff furnished us by the Nepalese agency that will accompany us for ours “pilgrimage”. After having loaded the mules with our luggage, provisions and curtains we finally start.

The departure for a trekking is always an exciting moment. The caravan of men and animals begins its walk. **This is an ancient, archaic way of going to which we are not accustomed anymore.** Step after step each one with his own walk and with his own thoughts, we start to coast along the river Karnali that goes down from Tibet. We cross villages of extraordinary beauty lived by ethnic minorities bothia (Indian term to point out the Tibetans), small “gompa” and monasteries in an alternation of terrace cultivations of bowline and mile. We constantly cross caravans of sheep and goats with their load of salt coming from Tibet. Since the antiquity this valley has been used for the mutual exchange of merchandises between Tibet and Nepal.

After a week, crossed hundred kilometres, we reach the pass Nara La (4.600 ms) from which the look spaces on the immense Tibetan highland. **The fantastic panorama and the lack of oxygen for the elevated quota literally take our breath away.**

We quickly lose quota and we reach the village of Hilsa bathed by the crystalline waters of the Karnali. Here, after having paid the “tax of transit” (100 dollars) to the Maoist resistance, and expounded the customs formalities with the Chinese police, we enter in Tibet.*

We leave unwillingly our caravan and we transfer equipment and luggage on three 4X4 Toyota that in two days will bring us to the sacred lakes Manasarovar and Rakastal to the presence of the Kailash.

Lama Anagarika Govinda writes: *Few hours later having left the pass Gurla, the pilgrim reaches the lake Manasarovar and experiments the glory of the first sunset of the Jewel of the Snows on the sacred waters. While the Kailash disappears behind a hood of multiform clouds, the sacred lakes become the exclusive centre of the attention of the pilgrim. He cannot stop admiring their radiant blue and marvelling himself for the strange game of the nature that seems to impress him with all the symbols of the ancient tradition: behind of him the Mountain of the swastika (the Gurla Mandata 7780 ms) symbol of the eternal creative faculty, in front of him the two lakes, the Rakastal (the lake of the irate divinities of the darkness) that it appears to the left in the form of an increasing moon, while the round form of the Manasarovar, remembers the one of the sun, (the Lord of the day and the pacific divinity of the light). This combination of signs is one of the favourite symbols of the Tibetans.*

On the shores with the gilded sands of the lake we camp for two days to give way to our body to acclimate to the high quota (4500 ms) and to the mind and the spirit to purify. The panoramas are superb: on the oriental/south bank the glacial thick of the Gurla Mandata which grazes the 7780 meters of quota rises and to the north/west the cuspide of the sacred mountain can be admired, the colors of the vast pure waters are excited from the clear air and they keep on varying from the blue intense, to the turquoise, to the sapphire. The monasteries of the Manasarovar have risen as simple places of withdrawal in the points in which the great mystics (Millarepa) have sojourned and they emanate an intense aura.

Unwillingly we leave these lakes you load of energy and we continue toward the village of Darchen stung of departure for the “kora” of the Kailash. **The mountain is revered in the east as the point of conjunction between the dimension of the human world and the pure spheres of the superior beings.** Every religion conceives this place with reference to the own symbols and cosmological visions. For the induistis it is the throne of Shiva, for the Jainistis of Tithankara, for the Bons that of Tonpa Shenrab and for the Tibetan Buddhists of the form of Chakrasamvara, expression of the clear light of the omniscient mind. All the pilgrims that complete with devotion the turn of the mountain (kora) think of, thanks to the particular connection that this place would have with the pure plans of existence, getting a deep purification of the proper karma. The tradition says that if a person succeeded in performing in a life 108 koras in correct way he would achieve the complete purification of all the negative things accumulated during the really incommensurable cycle of transmigration.

The path that follows the circuit around the Kailash mountain departs from Darchen and is long around 54 kilometres. It has to be crossed in hourly sense and gradually it climbs up to the 5600 ms of the pass Dolma. Along the run



the heart is full of emotion when we meet elderly Tibetan women or children that, without too many problems, advance with calm reciting some mantras (prayers). We cross then some reckless persons that perform the kora with prostrations employing weeks to complete the circuit. **It's all a following of places connected to history, myths and legends**, and also small monasteries: the whole decidedly makes the path unique in the world.

Climbing toward the pass of Dolma we transit close to some little ponds and near a point where the pilgrims use to leave something of personnel: usually suits or locks of hair to mean the abandonment of the weight of the proper karma and the negative things of the past. From the Dolma, where an infinity of flags of prayer wave to the wind and from where the peak of the Kailash is not seen, we quickly go down passing close to the little pond of Tara where some rare wandering induistis perform an ablution in the icy water at around 5500 meters high. Then we reach the sweet pastures of the underlying valley where we find herds of yak to the pasture. From here we quickly reach the monastery of Zutrulpuk built on the place where Millarepa came to meditate.

It tells Lama Govinda: *While the pilgrim is climbing the high pass of Dolma, which separates the northern valley from that oriental, he reaches the place from which he can perceive the Mirror of the King of the death (Yama), in which all of his actions of the past reflect. In this place he lies among two enormous boulders in the position of a dead man. He closes the eyes and faces the judgment of Yama, the judgment of his conscience in the memory of his preceding actions. And with them he remembers all those people that were him dear and whom are dead before him, all those people whose love has not been able to repay; and he prays for their happiness in whatever form can be reborn. And as pawn of this, he leaves small relics of their terrestrial days in this consecrate place, a bit of suit, a lock of hair, a pinch of ash of the funeral pyre, or any other thing has been able to preserve for this last service to the beloved dead person. While the pilgrim is experimenting all these wonder he leaves the sacred place being everything of his being in a state of ecstasy and transformation. After having reconciled in such way with the past and crossed the gates of the death, he crosses the threshold of his new life on the snowy pass of the mother omni-mercy Dolma. Now he has overcome the last test and with it all the anxieties and the adversities.*

A cold and prickly wind accompanies us toward the last line of our walk.

At the end of the valley our Toyotas wait for us. The yaks are relieved by our luggage and the two Tibetans that have accompanied us until here with theirs mighty animals, warmly greeting us. We climb over the Himalaya at the pass of Lalung (5200 ms), where the vast slopes of the Shisha Pangma (8050 ms) dominate the sight to west south. Then we reach the border of Kodari and through "the bridge of the friendship" we re-enter in Nepal and in a few hours to Kathmandu.

Lama Anagarika Govinda concludes in this way: ***The pilgrims return to their country with bright eyes, enriched by an experience that for all of their life it will be a source of strength and inspiration, because they have seen The eternity, they have seen the Earth of the gods.***

* Some days ago arrived the news of an agreement among the Nepalese Maoist revolutionary movement and the government. After thousand of corpses provoked by the civil war the Maoists will have a place in the next government

ANDREA G.



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Ubal dini Editore - Rome

INFO FOR THE TRIP

Nepalese Agency:

Himalayan Sherpa Nepal

Chabhil, Kathmandu

Tel 977-1-4482481 Fax 977-1-4491487

E-mail: pembahsn@wlink.com.np

(agency used by us for the described trip)

A wide-angle shot of a massive, snow-covered mountain peak. The mountain's ridges are sharp and covered in white snow, contrasting with the clear blue sky. The foreground shows a snowy slope leading up towards the base of the mountain.

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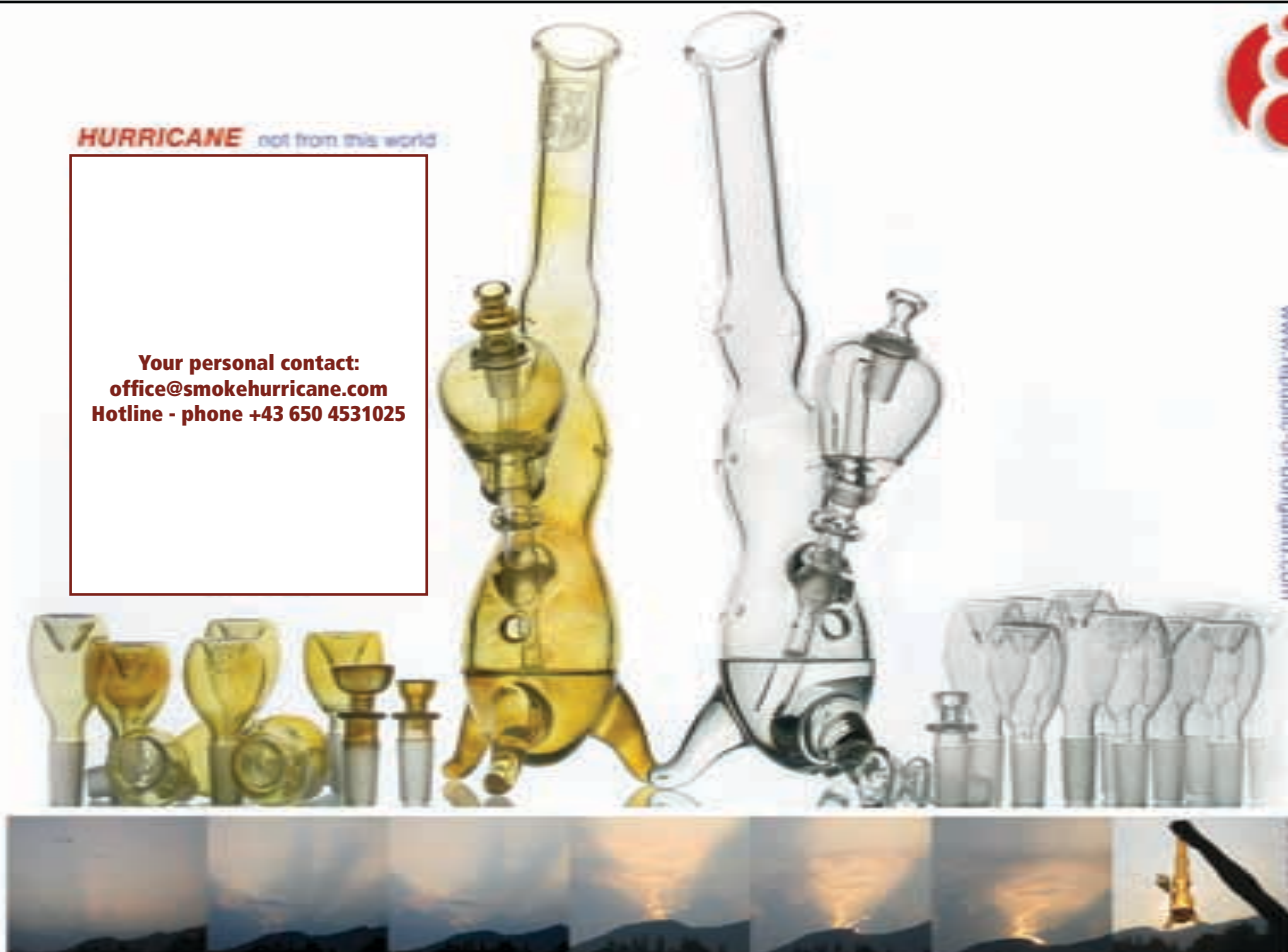
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In the thirty-seven years between his accidental meeting with Bob Marley on a country road in St. Ann's, Jamaica and the release of Our Music, Winston Rodney, a.k.a. Burning Spear, has seen a lot of growth and change in his reggae experience. Styles have come and gone, and Spear's unique brand of roots-oriented reggae has moved in and out of fashion. Through it all, with a singularity of purpose that is staggering, Burning Spear has released dozens of albums, toured the world many times, and played in front of different audiences, more than anyone else in the history of the genre. Indeed, if Bob Marley was the first artist to bring reggae to the attention of international audiences, Burning Spear's relentless recording and touring have kept it there.

INSCRUTABLE BURNING SPEAR

A short chat with one the Legend of jamaican reggae

When you first met Bob Marley what did you tell him? What kind of man was he? What do you remember about him?

I met Bob Marley 30 years ago. He was part of my life, I played, singed and smoked with him. He strongly loved hic country and his people, and he wanted to give them a message of awareness and revival. But I also spent so many unforgettable moments with Peter Tosh.

You had a nomination for the Grammy Awards but at the end Sean Paul won. Do you think the jury considered the great number of copies he sold to give him the award?

I don't really know it! Certainly Sean Paul is a great friend and a very good artist. I had 7 nomination for the Grammy Awards but I won just once... Everybody must have a chance, it's right! And anyway, I don't bother so much about that kind of success.

The messages of your songs are always about love and tolerance. What do you think about songs which promote racism and omofobia?

I think music is changing... some texts are very violent and offensive and don't reflect Jah's message. It's not good for young people.

Just few words about Buju Banton, Sizzla and Capleton...

I don't want to answer this question.

Sinead O' Connor is your friend and she often said she got inspiration from your songs. Tell us something about her...

Sinead is a very sweet girl. She often says that singing my songs is good for her mood because through them she rediscover the value of life; probably this is the reason why she gets inspiration from them.

What do you think about the new generations of dance hall?

I'm not against dance halls, but often they look like gatherings of crazy people.

How do you see the "rasta movement" in Europe?

I know it's growing a lot, but not only in Europe, all around the world. The problem is that sometimes the message given to young people isn't so "clean".

Have you ever cultivated?

What do you mean?

I mean... what is your favourite herb?

I don't want to answer questions about Ganja. It's a very personal and sacred topic.

Would you like to give a message to our audience and to all the world of cannabis culture?

As I told you before Ganja is sacred. I don't want to connect it to the business world. Certainly, this sacred plant is useful to give consciousness, hoping that this consciousness will be used! Good Luck! Jah bless ya...

FILOGREEN

TECHNO GENERATION



Credit photo: Mattia Zoppellaro

RAVE PARTY Where they are born, when and why.

History of one of the most interesting phenomenon of the last decades. The Rave involves, every year, thousands of people in Europe and they don't mention to stay.

The reality of the Rave explodes around the eighties in England. It started as reports toward the various uneasiness caused by the political world, by the social and economic uneasiness. Cuts of the welfare and the privatization of the services have caused social life battles and caused a strong degrade of the quality of life. From here different forms of culture take life as those of the squatters, of the ravers and of the travellers.

The squatters react to the lowering of the way of life of the uncomfortable classes, they occupy old buildings in certain districts of the greater cities; for example in 1993 in London 3000 occupations were recorded. The travellers respond instead to the dear-leases and to the disease of the metropolitan constructions adopting a nomadic life, often on board of trailers or truck-houses. In this way the net of the rave is born: illegal parties to which participate thousand of individuals, TAZ occupies zones temporarily; private areas and not, based on people's meeting, music, drugs, life and trips.

The most amazing characteristic of the rave is that they has succeeded in creating a world and a language so particular to produce a real phenomenon of culture. The rave, an illegal aggregation often held out from the conventional places dedicated to the musical events extraneous to the normal commercial circuits. They are parties, fruit of autonomous organizations of groups of people in spaces not officially destined to such purpose. They looks for greater spaces out of the metropolis in order to create new technological parties: old factories, sheds or rural areas.

In England all of this happened at the end of the Eighties, when some disks coming from Detroit entered to belong to the circuit of London Dj. They started to experiment House and Techno evolutions of the old Soul and Funky music; they started to lift the level of the lower part, to increase the communication; to facilitate the share,: in little time the rave became an affirmed and diffused reality.

In Italy the rave scene develops contrarily and many passages have interpreted with delay: the wave of the techno party explodes in 1990 as prolongation and expansion of the most vanguard places; only later the self-managed parties assume new values for their being a neo-primitive rite, shattering the rigid relationship map/territory installing in the spaces. So the illegal scene was born. The Sound Systems are not formal organizations, on the contrary, are free affiliations of people, while the parties are highly organized.

The ravers come to knowledge of a telephone number, some days before the event, through flyers, chat on the net, mailing list and forum. Some times before the beginning of the party the telephone number furnishes the address. So before the police succeeds in discovering with precision what is happening, on the place there are so o many people that the police cannot intervene anymore: the party has begun.

== RAVE IS NOT A CRIME! ==



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DJ TOP 100

Also this year 217.000 fans of the dance music has voted the best 100 djs to the world in the known survey of DJmag. Over 90.000 votes more than last year, are a clear indication of as the dance music is more and more a consistent phenomenon to an international level. The classification has been won for the second consecutive year from Paul Van Dyk, after different years of dominion of Tiesto (this year third).

- 1 PAUL VAN DYK
- 2 ARMIN VAN BUUREN
- 3 TIESTO
- 4 CHRISTOPHER LAWRENCE
- 5 DJ DAN
- 6 FERRY CORSTEN
- 7 SASHA
- 8 DIGWWEED
- 9 ABOVE & BEYOND
- 10 DEEP FISH



SEXXX PAGE

OhMiBod gets rated

It's sleek, it's silent and its sounds provide pleasure in more ways than just acoustically. At first glance it looks quite the elegant piece of machinery. But pop on its pink sheath and there's no mistaking its true purpose. At this stage of the game I'm still marvelling at the sheer genius of it - tunes that tickle! Fantastic! One would have thought dance music would be the way forward, but it's actually the slow tracks that take you places. Justin Timberlake & Nelly Furtado come highly recommended, along with George Michael. (Yes, I did try out every song on my iPod). One downside: just as Wake Me Up Before You GoGo was working its magic, the track ended and Make It Big started. I could definitely have done without the track change, if you know what I mean... Overall though this bit of kit gets my vote for gadget goodness! Available on www.bedroompleasures.co.uk

Del.icio.us



Very Hot Restaurants

Good food, cold beer, pretty girls never out of style. This is the Hooters motto, the American restaurant chain. 435 restaurants in 46 countries including Argentina, Austria, Brazil, Canada, Chili, UK, Guatemala, Mexico, Singapore, Switzerland and Taiwan. Hooters continuously rising success is based on the masterly work of keeping together two fundamental pleasures of life: food and women. Hooters has built a true empire, who's fundamentals rest on slender, curvaceous young waitresses dressed in scanty but never vulgar, orange dresses. 15000 young and beautiful waitresses are in fact the core of Hooters portfolio. Cheerful, easy going and sporty they resemble the well known pon-pon girls.

Their malicious beauty is never offensive as visitors often include families. This beauty represents a starting point for intense merchandising that includes the notorious calendar, t shirts and dvds dedicated to the young ladies that aim at a modeling career.



Right or Wrong

The abuse of alcoholic beverages can diminish the sexual appetite: RIGHT

Contrarily to what is believed, alcohol is but a false aphrodisiac. It does expand one's wittiness and collapses many a barrier of shyness and loquacity. Unfortunately sexual vigor pays the price.

Penis length is important for feminine pleasure: WRONG

An imposing male sexual organ does not give more pleasure to a woman. Why? Because a woman's sexual pleasure is triggered by her clitoris, that can be stimulated by hand, mouth and also by the penis which in itself does not offer any particular advantage.

Oysters mean horny evenings: RIGHT

Casanova used to eat fifty every evening. One thing is certain, oysters are one of the richest foods in terms of zinc, a key element in the production of testosterone. Their invigorating properties are also linked to the strong amount of phosphorous and iodine they contain. Also, the legend has it that Aphrodite, the goddess of love, was born in the open ocean.

Women have less sexual appetite than men: WRONG

Women's sexual appetite is different than that of men, not inferior. Women's desire does not usually meet the eye. When a man sees a woman that he finds attractive, he wants her. A woman may be turned on by spoken words that she hears.



The Cone

The Cone is a new innovation in adult entertainment. It doesn't follow the norm when it comes to shape, but don't be fooled, the hands-free design will leave you more than satisfied! Available on www.conezone.org





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GHE'S NEW WEBSITE: THE PLEASURE TO ALWAYS SERVE YOU BETTER

When we created GHE in 1995, we designed our web page: www.eurohydro.com. It was the first hydroponics website in Europe. For more than 10 years we didn't change it much, we just added random information, and new products as they were launched on the market. But during these years GHE continued to develop, gather exclusive scientific and technical information, and create new high-performance products with the ultimate goal to stay at the edge of technology - and serve you better.

You will find all of the usual information, plus a large number of new features:

- GHE presentation and general information on hydroponics.
- A complete description of our line, with our newest products: "BioMagix" and "BioSevia", as well as the latest from GH: the RainForest2 (and it's great new motor, the Vortex 12 volts), and the EcoGrower.
- Our new application charts for Flora Series, One Part, and BioSevia, for soil and hydroponics.
- Detailed instructions for our growing systems
- Security Data Sheets for our nutrimentes.
- Articles on hydroponics, bioaponics (organic hydroponics), growing methods, nutrients, and much more
- A special section on specific plants like orchids, bonsais, carnivorous, etc, and the GHE products best adapted to their needs.
- A photo gallery showing plants growing in our greenhouse, with our products, of course.
- FloraCalc ! the Flora Series calculator, particularly useful for those who want to better control the nutritional needs of their plants, and well-known by orchid lovers as it allows them to compose their nutrition program, and accurately reach the very much sought for MSU formula.



Find our news, answers to frequently asked questions, were to find our products, and as much useful and practical information as we could gather. Finally, you will be able to register for our newsletter, one for private gardeners, the other one for GHE suppliers, which we hope will facilitate direct communication between us, and all of our clients.

So please, open www.eurohydro.com, and don't hesitate to send us your comments, as your opinion is precious to us: info@eurohydro.com



aLEDA: A REVOLUTION IN ROLLING PAPERS

aLeda's smoking papers are part of a new revolution of products dedicated to smokers.

But what are they exactly? And why are they revolutionary?

aLeda's 'papers' are pure cellulose transparent cigarette papers which are spreading at lightning speed, being shared and passed around by smokers around the globe. The great innovation is not only the transparency of the paper, at 95%, that makes it highly attractive and fun to use. In our opinion the main issue is another: the cellulose being used in standard papers is processed using toxic and polluting substances (such as arsenic and lead) to obtain the bleached white look. aLeda's papers use none of these toxins. The processes involved in the manufacturing of aLeda from pure (100%) cellulose paste are finished before their use in traditional smoking papers. Moreover classic papers have the essential strip of gum necessary to fasten them. That same gum produces combustion residues and alters the flavour of the tobacco contained inside. aLeda's papers have no need of this, since cellulose melts once in contact with saliva, allowing an easy gum-free stick.

Last but not least, long-term smokers will enjoy the fact that aLeda's papers burn

slower. What we have here is a great new, healthier product. It is 100% vegetal matter, made from Eucalyptus trees planted especially for this purpose – no use of wild growing trees here. It is less toxic than standard papers, odourless and tasteless. The papers were designed and made respecting consumers' health. A test carried out among smokers, has shown an enthusiastic response to the looks, quality and the overall innovation and style brought to the market by aLeda's papers.

They are available in three sizes: King Size (113 x 35mm), Blue (113 x 45mm) and aLedinha (75 x 35mm). More sizes will be available soon. aLeda's transparent papers were awarded The Best Smoking Product Of The Year prize, at the High Life Cup in Barcelona in January 2007. As in all markets companies catch on to good brands selling good products and are quick to copy them. But smokers beware, since it is known that some of them are actually selling low quality products using more of the toxins previously mentioned and other even less scrupulously selling papers made from plastic film. This is extremely dangerous for one's health. It is important to say that only aLeda is able to prove the quality of their products through independent lab tests. aLeda papers are distributed everywhere in the world.

To find the nearest dealer write an email to aleda@tessier-ashpool.com or call **0044(0)1451844800**



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A great number of extensive research on root development and reinforcement done over a period of several years, show that the use of ROOTS leads to a larger root activity and therefore also a higher yield of all of the tested crops. This stimulator has already been applied with great success for many years in European horticulture and in the world of growing. ROOTS can be applied on the leaf as well as in the medium used for cultivating. ROOTS consists of: 7% humic-acids (improves the absorption of oxygen, quickens the root and cell development, quickens the transport of ions) 3% kelp (healing of wounds and of chlorosis, increases the chlorophyll development, more root-hair development) 3% ascorbin-acid (vitamin C) 0,3% thiamin (vitamin B1) 0,5% myo-inositol (for the forming of cell walls) 1% L-glycine (amino acid, for a better resistance and growth). ROOTS makes for a better and quicker root development, a better food absorption, a higher stress resistance, a more effective use of nutrients, and higher yield in all tested crops. In short: A HIGHER YIELD ROOTS is mixable with all fertilizers and care products.

www.bionova.nl



seedsman

NEWS FROM SEEDSMAN

Seedsman is pleased to announce, under a new breeder partnership, they are adding some exciting new outdoor and indoor strains to their existing range. These include Narkush (a pure indica from the Hindu Kush), Ata Tundra (a Kazakhstani/Tundra indica), Mighty Mite (a very early finishing outdoor strain originating in the Himalayas), Sugar Haze and Columbian Red Haze (two sweet Columbian sativa strains crossed with haze varieties), Top Skunk 44 (another strong outdoor contender). As well as all their original strains from the Skunkman.

Seedsman is a UK-based cannabis seed bank who works with some of the best breeders in Europe to offer a high quality range of stabilised strains and f1 hybrids. Whilst many other seed companies have been increasing their prices to previously unseen highs Seedsman have just announced some good price cuts across their range. Their seeds are now priced from £9.99 to £16.99 for packets of 10 seeds.

See **www.seedsman.com** for information.



THE ORIGINAL LIGHTER LEASH

Are you tired of people stealing your lighters? Do you fumble around looking in your pockets, pants, purse for your lighter? Are you fed up with taking off your gloves to find your lighter? Now with The Original Lighter Leash, the new, cool Patented Retractable Lighter Holder, all your problems are solved. Clip it to your belt like a real cow-boy with his gun, always in the same place ready to fire... ops, to a lite. Lighter Leash ® are fun and very practical and will clip everywhere you need. The Original Lighter Leash ® has a strong 80 cm nylon cord. It comes in 30 count display s, and usually should be sold combined with a lighter.

Available from TOMMYSHOP – **info@tommyshop.it**

MRNICE SEEDBANK WEB-SITE

It has landed, the long awaited cyber home of the breeding dream team **www.mrnice.nl**, Howard Marks and Shantibaba... Life may never be the same again! Learn the truth about breeding, there are no secrets. Enjoy the information and discussion by fellow online members, check out photos, video and the state of the art breeding facilities of naturally selected seed. This site is set up to help anyone who has problems or questions or just curious about medical gardens.

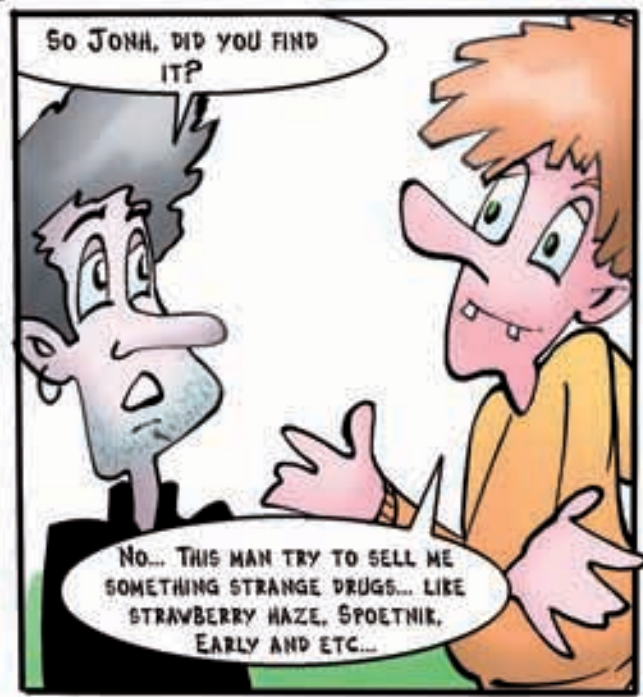


VOLCANO VAPORIZER

The Volcano Vaporizer is a state-of-the-art electric vaporization system that releases flavoring and active ingredients from herbs through hot air vaporization. The Volcano gently heats material to the point of vaporization but without combustion, yielding clean vapor without the tar and other toxins found in smoke. Built to perform for years out of high quality materials, the Volcano Vaporizer has received US Patent # 6513524, as well as German Patent # 1980376 and European Patent # 0933093. Precision air temperature control and reliability previously unreachable in competing products have given the Volcano a reputation among experts as the most technologically advanced professional vaporizer available. Designed and manufactured by Storz & Bickel of Germany, the Volcano Vaporizer has received the prestigious Dr.-Rudolf-Eberle-Prize for outstanding technical innovation. The Volcano combines simplicity of use, a high degree of safety and particularly good efficiency. The Volcano Vaporizer can be used as an herbal vaporizer as a safer alternative to smoking. And with 3 to 4 times greater delivery of active ingredients when compared with smoking, an investment in the Volcano pays for itself in the shortest possible time. **www.storz-bickel.com**



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Medicinal use

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