

Voices of We The Undersigned: Below (in the order received) are the submitted Statements of Evidence regarding the effects cannabis and its prohibition has had on WTU members' lives.

### 1. Phil Monk:

Hi there, I'm Phil Monk the Founder of "We The Undersigned Have a Human Sovereign Right to Cannabis" a new UK based community group only 12 weeks old, with over 3000 members from the oppressed community of cannabis practitioners. We have united in the shared beliefs and practices in the remarkable nutritional, therapeutic, relaxational, creative, spiritual and industrial benefits of humanities most ancient and traditional resource that is natural herbal cannabis.

I'm currently a non-practising college teacher of Adult Literacy, numeracy, English for Speakers of Other Languages and Spanish, but now disabled by constant chronic myofascial pain from joint hypermobility syndrome and bilateral ulnar impaction syndrome, childhood PTSD and the subsequent depression disability generally causes. Prescribed drugs nearly killed me four times with horrendous hospitalising side effects, including a TIA mini stroke episode from Citalopram, a brain haemorrhage scare from Beta Blockers and bowel /bladder cancer / nerve damage scare from tramadol and recently a liver cancer scare from Zomorph slow release morphine and Omeprazole. Consequently, I am now terrified of taking any more prescribed synthetic drugs.

The only relief I have been able to get has been achieved through herbalism and the nutritional and therapeutic benefits of natural herbal cannabis. Without this herbal remedy, I am like Dorothy's Tin Man, all seized up with crunchingly painful toes, ankles, knees, hips, back, neck, shoulders, wrists and knuckles robbing me of my strength and mobility, positivity, connectivity and creativity. Natural herbal cannabis remedies are like oil to my joints, releasing the shackles of pain which bind me, lifting my mind above the pain, enabling me to better function in my life, with my family and community and empowers me to achieve the best quality of life and wellbeing possible, in the face of my conditions.

4 years of extensive reading of academic research papers, and enlightened discussion with more enlightened souls than me, I have now developed a deep understanding of how cannabis modulates and regulates human health and is in fact an essential nutrient for human health, wellbeing and happiness.

Consequently, I can only conclude that this regulator of homeostasis is primarily nutritional and secondly medicinal once endocannabinoid deficiencies manifest as diseases. Therefore, I believe all should be free to choose to grow or buy any from the 5000+ strains of the super nutritious plant, according to their individual needs and preferences, and free from government interference.

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### 2. Julie Scarlett Mackay

I have no shame. I will share my conditions here. I was diagnosed about 11 years ago with Sarcoidosis. It is kinda like Lupus but instead of liquefaction of my organs it attacks and leaves behind scar tissue.

I have 3 aggressive forms of the disease. Pulmonary (lungs), Systemic everything but the lungs. Ie skin, liver, other organs. And lastly Neurologic. I have been on countless medications to combat and surgeries to remove scar tissue from my LUNG. I lost the other one due to the inflammation in my lungs causing the entire lung to collapse. I have been poked prodded biopsied and at my whits end.

When I was diagnosed I was using cannabis. I continued along with Smoking. as I didn't know then that it would be a major player in my condition.

I moved to the UK with my husband back in 2010. I started treatment here and I was put on 30MG of steroids right off the bat. then it was upped to 60MG. I went through Chemo for inflammation. Now little did I know at this time. because I had stopped smoking cannabis. (more coming for this later)

In 2012 I decided that I would finally come completely off nicotine. As my lung was knackered and they were talking about surgery and all so I thought I was doing something good.

I stepped down with the patch. Did great. Got to the last patch and said I don't need it I don't crave or anything. A week after I was put in the hospital with a forced breathing machine. I was given 8 months left to live.

So about a month in I started craving nicotine bad. It got to be an obsessive kind of fixation. My dreams were flooded with me in the North Carolina Tobacco fields eating it. So I got up and started doing research on nicotine. It acts as an anti inflammatory in certain diseases. I ran it by my doctor and they put me on nicotine straight off the bat because they didn't even think that it was helping me. Within a weeks time I was able to complete sentences in one breath. I was able to lift my arms to brush my hair again. I wasn't out of the woods but I pulled myself back from death and got well enough to start with the surgeries. They have to date done 7 operations to removed scar tissue out of my lung and ventricles. Basically all my sections of lungs were being blocked by scars closing off my airways.

My lymphatic system was inflamed. I at this point was so stressed out. not sleeping, and when I was in the states. I used cannabis to sleep. I started smoking again about 2 years ago now. In that time my inflammation markers have gone way down. I was sitting at 19-21 now I am down last check was 8. sorry don't know what the numbers are just that lower is better. My steroids have been reduced to 10MG a day and they are talking about further reducing them. I have lost over 40LBS this year as well. reduction of roids weight started to fly off.

Now the funny bit. I didn't start smoking cannabis because I was trying to fix me. I was trying to sort out my bi-polar and autism. All these fast changes and mood swings associated with steroids. I had to go back on my head meds. 12 years free of any anxiety medication or anti depressants and anti psychotics. But with all the talk of death and my going from being a strong able woman to chair bound really really started to take its toll on my head. Weed helps that.

I did not know that it was helping my lungs as well. Not just my lungs but my entire swollen lymph system.

Last month I got brave and told my team of doctors. Not one of them had any ad-version. My lung specialist actually started asking me questions and is researching it. My rheumatologist actually smiled.

I suffer with all over body pain, I shocked them as well because they are always trying to put me on pain medication and I refuse. I told them that my pain management is for me to control. I use Cannabis and I won't stop because when I am smoking I can move my left arm again with no pain, My back is much more bearable. Not to mention my head is screwed on right. I don't need anti psychotics. I have stopped taking my anti anxiety meds. and only dealing with anti depression medications for my head.

Do I think that Cannabis is medicine. YES. I know for sure that it is the only thing in my system actually fighting the inflammation and my head issues.

Call me a stoner or pot head don't care. If it means that I can breathe and be able to wash my arse without help from someone else. then I will keep my dignity and smoke.

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### 3. Dan Tzvi Harell

No shame here! Got run over by a car and broke my back in 9 different places. Tramadol nearly killed me. A few times. Cannabis helps me deal with the constant pain from my injuries as well as multiple mental traumas as a result of this accident.

If parliament says there is no medical benefit and so it will remain a class 1 drug, and yet the UK is the biggest producer and exporter of medical cannabis in the world....pockets are being lined with cash while we suffer.

Israel de-criminalized cannabis today... it was an Israeli who isolated THC to start with...

Cannabis can bring the NHS back from the brink. But the drug companies don't want that....

Sent to ITV and BBC morning show

Flood mainstream media! Kill the stigma!

Hi.

My name is Dan, I'm 38 years old, married and father of a wonderful 1 year old boy.

I am fully employed, I served for 3 years in the IDF (half Israeli born and raised there)

I suffer from PTSD routed in childhood and army experiences and also severe pain as a result of a car accident 2.5 years ago.

I was run over by a car when riding a bicycle on a Spanish holiday.

Broke 9 bones in my back and was in a coma for 11 days.

During my recovery I was prescribed opioeds. A lot of them , frequently and in high doses.

The pain was horrible and that was the way to control it somewhat.

The toll was immense. The side effects of this medication are awful both physically and emotionally, prescribed Heroin. Looking back at it, there were nights I was lucky to remember to breath.

I now treat myself with cannabis and its derivatives, my symptoms are under control in ways of pain management, sleep, anxiety control and various other nasty symptoms that come with the territory of being me.

I am a productive member of society, I work, I vote, I pay my taxes

If I see a criminal act I report it or even try to prevent it. I am ,however, in the eyes of my government a criminal for choosing a natural herbal medicine that has proven effective to alleviate my symptoms.

It is utter hypocrisy that the UK is the world's largest producer and exporter of medical grade cannabis and yet the government holds a view it has no medicinal value and so classed as a class 1 drug.

The advantages of legalisation are numerous, just look at Colorado and California, crime is down, taxes up, new schools and the opioeds epidemic is being dealt with with good results.

It's a multi-billion pound industry currently run by the black market.

The NHS can be saved with this kind of money... lives can be saved as it has been proved that THC kills cancer cells.

Please help end our suffering and bring this issue on the agenda.

The stigma of "reefer madness" must be abolished as it is deeply unjust and not connected to the truth.

I will be happy to testify (at great personal legal risk) in order to further this cause and to finally be free to make the medication choice i am intiteld to as a human being.

Thank you

Dan Harell

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#### 5. Anne Marie Campbell

This is what I suffer from although not as bad as this lady. I can't believe her dad is allowed to give her nasty legal drugs with horrendous side effects but not allowed to juice some cannabis leaves that have had an amazing effect on her quality of life. There're no psychoactive effects from juicing either, i've tried them myself.

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#### 6. Ben Roche

Hello everyone, and thank you Phil for inviting me to your group, it was a great pleasure to meet you up at parliament the other week and I think what you are doing is great. I have seen that everyone has started sharing their experiences and thought that it is about time I put pen to paper (finger to keyboard) and shared mine.

I got diagnosed with depression a couple of years ago, I hadn't realised it but the stresses and strains of the modern world had caught up with me and unbeknown to me I had been carrying around a few issues from my childhood coupled with a few traumatic experiences over recent years. I woke up one morning and literally broke down in tears, the only way I could describe it was that the internal fire that once burned within had been extinguished. My girlfriend, now wife suggested I went to see the doctor, not something I do that often as some of my experiences of them haven't been that great, from bits of broken bone being left floating around inside me to my symptoms being googled right in front of me, anyway I digress. I was taken to the doctor, I was a blubbering wreck and was promptly prescribed anti depressants, and given a list of NHS cognitive behavioural therapy practitioners. Neither of which were particularly helpful, I found the anti depressants which I was prescribed didn't really do anything other than make me a shell of my former self and all the NHS counselling and psychotherapy had such long waiting lists it just made me more depressed. What I hadn't realised at the time that I had decided to have a break from a certain beneficial herb and still wonder whether that played a significant role in my breakdown. Anyway, after seeking professional help and undergoing psychotherapy the fire is burning bright again in more ways than one.

I have also experienced severe back pain to the point where I have had to be picked up off the ground on several occasions, whilst involuntarily wailing, which unfortunately my beautiful little girl has witnessed which was obviously quite traumatic for her. Again a trip to the doctors and again promptly prescribed pain killers and anti inflammatory tablets the names of which evade me. But as a result of taking them I seriously believe they have done some damage to my insides.

Above all of what might seem to some to be quite minor ailments, I want to help others, I am actively organising a fundraising climb of Snowdon for Alfie's Hope and also have a lot of loved ones around me that I believe could benefit greatly from this magical plant, from an uncle suffering from cancer and depression an anorexic sister-in-law to a best friend who has addiction issues and has known to be suicidal. Things need to change and they need to change soon for the benefits of all the people who are suffering needlessly.

Love and peace to you all,

Ben.

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### 7. Trina Rush

Hi all. My story is started seeing a psych aged 10 to be told I was energetic and "naughty" put on sleeping tablets. totally messy teenage years trying all sorts of illicit drugs to help to feel "normal". Eventually diagnosed bipolar rapid cycling and ADHD I am also diagnosed epilepsy Although I do take meds for bipolar I have now smoked cannabis for at least 25 years and no with proper guidance I could (and will) be drug free. I lost my daughter 14 years ago to Acardi syndrome (24hr fitting) and now that this plant could of made my daughter's 6 months pain-free and bearable but it wasn't she was on barbiturates and unlicensed drugs which I always regret. This is why we need to have the right to grow and medicate. I also use it to relax at night meaning no sedation to sleep. HOPE THIS HELPS. I also have all information on my daughter's care plan and treatment if needed 

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### 8. Evelyn Corrigan

They came and took my herbs I had grown for my glaucoma pain , it took me 7 months outdoors dodging the rain and cold and dragging the 2 plants into the very elusive sunshine but I did it and harvested 6 ounces for my first grow but they took it away and left me no option but to go out late at night to buy street weed to make my oil, so they have me supporting the big drug cartel that are trying to defeat now where is the sense in that.

Well that's what I have to do to stop the pain and anyone who has glaucoma will know what that pain is like , so bad that I'd be happy just to die 

I had to get a friend to drive me to an area that's not ideal for a 64 yr old woman to be in to buy some street weed to stop the agony of glaucoma , emphysema and arthritis but it was either be brave and make that trip or stay at home and hope and wish I could die , I grew my own under bad weather conditions but I succeed but They came and took it away so that's why I had to make a trip to an area that's not safe for a woman my age  but I have some now that I can make tincture just hope it's ok , keeping pain away is a struggle as well as an adventurer , keep well everyone

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### 9. Maggie May

I'm happy to share mine, had hep C for 35 years, cured now, but has left me with cirrhosis of the liver, I have type 2 diabetes, had a small stroke last year, still have a small bleed on the brain, have different types of arthritis in different parts of my body, osteoporosis, multi level degenerative disc disease, swollen spleen with a lesion , which I've managed to shrink, and bits and pieces that I can't even remember! I take no pharmaceutical drugs at all, I'm a medical cannabis user, when I can get it!! when I can't get it, I'm in a lot of pain, when I get it, I'm pain free, mobile and productive.

I'm holding my own at the moment pain wise, but the pain in my back has been so bad at times it has taking my legs out from under me and left me on my knees screaming to the point where I have told my GP that If this is all my future holds I will end it, I tried all their meds, apart from the fact that they made me really ill and bring me closer to liver cancer they don't work! and that the only thing that does work is cannabis, also my scans over the last 2 years of my cannabis use show no decline in my liver and that the lesion in my spleen has shrunk from 12mm to 6mm , I've got my fight back and I intend to get as involved as I can and fight for my right to medicate with cannabis.

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## 10. Kelly Oneill

I'm despite to get my daughters seizure free and pharm free.....it hurts when she has a seizure....it's been 18 years now and her brain has been through so much....doctors have sad

I'd she in highest risk group for Sudden Death In Epilepsy

Youngest daughter takes 1500mg of 2 anti epileptic a day, it destroys liver and mind eventually, she is 14 now....eldest is 24. Both 6 when diagnosed.....broke me apart the second time....I went crazy...lived in Australia at the time, I literally fell apart when youngest got it, had a break down and got labelled bi polar....I use CBd Brothers red edition for the anxiety and stress...no more prescriptions for me since started using it.....they also provide the white and blue edition for free to my daughters, massive reduction in seizures for eldest from 10 a day to 3 or 4 a week.....still terribly awful to live with 3 or 4 a week, it's so hard phill, my girls deserve a break, we all do x

Happy Mother's Day....to all the mothers out there.....I started Mother's Day at 2am.....woke up to the sound of my 24 year old daughters rasping as she was suffocating from another seizure..it was the worst one yet.....please Victoria Atkins please help us...I can't take no more....I would literally rather be in prison at least then I won't have to helplessly watch my poor girl struggle to take a breath, watch her lips turn white and blue, watch her limbs contort, watch in utter despair and suffering, inside my head I'm praying she comes out of it...those 5 minutes feel like an hour.....please someone HELP US, this is living torture, we are at the mercy of a government who seem to be lining their pockets with money made from growing the medicine our children need to stay alive.....I can't go on like this 🙏😭 happy mothers day 😭

I didn't think my heart could break any more but last nights seizure was worst ever....it really hit me hard, made me see....really see what they mean by SUDEP.....my girl couldn't breath and all I could do was watch and silently sob, tears of complete and utter sorrow falling on her convulsing body, might seem dramatic to some people but it's the truth never the les, worse thing is knowing that there is a treatment that works but we are being denied by the very ministers who are personally profiting from it....how is this corruption happening ?

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## 11. Alison Marshall

My story

I was diagnosed with MS at the age of 27 relapsing remitting and went to stage 2 progressive approximately 6 years ago.

I was prescribed the standard medication gabapentin, baclofen, amitripyline, modafinil.

I only found out about CBD whilst hearing from others about this as nature intended aid to promote well being, did my research and was totally unaware of this system within all of us which was dormant and could be awakened by the stimulation of our CB1 and CB2 receptors.

Since my journey began I have been able to stop modafinil and cut back on all other medication with no adverse effects.

I now sleep better and awake with far decreased pain, I have only recently started CBD and getting closer to finding my level of intake that is right for me.

This course of self medication of a natural product is far healthier than the long term side effects and addiction of pharmaceutical prescribed medication.

I have yet to try cannabis and have to rely on its weaker relative hemp based products.

For the nations health, give your heads a wobble decision makers and allow us the undersigned the chance of legally being able to improve our well-being with nature's remedy.

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## 12. Lewis Robert CB

Patient Testimonial: \*To be updated when full Diagnosis is given\*

Imagine if you had to live in pain both Physically and Psychologically for years on end... Well I did! Imagine that one day, you found a completely natural medicine, one which is good for you and that gave you your life back; and showed you that happiness aswell as a partially pain free life could once again be achieved... Well I did! Now just imagine that everyday in which you consume this beautiful medicine, you risk losing your freedom and not only that but a life which is 95% pain free... Well I do; and many others do too! And for years it stung like a war wound and is now only just starting to heal. I alike thousands of other's in the United Kingdom, have had to live are live's in this way for now over 40 years; but the scientific data we now have is going to push the inevitable end to our pain."

Hi there, my name is Lewis. And from my statement above, I believe you will be able to gather; that I'm both a Cannabis consumer/patient and advocate. I consume small amounts of Herbal Cannabis on a daily basis, in order to aid with both Physical Pain and Psychological Trauma. I first started to consume Cannabis a few years back; at a point in time when I was not in a great place in life due to my illnesses. For a large part of my teen years up until around 2015, I was largely house bound. Pain both physically and mentally, as well as suffering from severe depression made life unbearable. And after years of suffering, and feeling alone, in every waking moment of life I became suicidal. And this continued for some years, I felt like the doctors were not helping at all, I gained no third party support; and I was a carer for my parent with Bipolar, and had to witness the damaging effects of Pharmaceuticals; which was all very challenging emotionally. And all in all life was very negative and painful; up until the time I began to regularly consumed Cannabis Medicinally. It allowed me to put my mind at rest for the first time in a decade, it alleviated my pain by up to 95%, it made me feel a sense of happiness I had forgot ever existed and finally it made me feel secure and safe; a feeling and presence I had been forever longing for. Following this, I have continued to consume Cannabis, in order to alleviate both my Physical and Psychological pain. And to have a better quality of life. And slowly but surely it worked! And here I am now. An individual who can now live life 95% pain free, and in an extremely positive way at that! I never thought I would get to where I am now and I owe a major thank you to Cannabis for that! I alike many others who consume Cannabis Medicinally on a daily basis; in order to live our live's. And not be held down by our illnesses, still continue to be prosecuted against and our lives practically destroyed, due to unjust and disgraceful laws; which deem us Criminals for the use of our Medicine. And this has to come to an end, now!

Thank you for reading, I hope that my story; both helps push forward awareness of the great benefits of the Cannabis plant as a whole, and helps other's to not feel alone and be able to relate to someone. I hope to see and meet you all at upcoming events.

Many thanks,  
Lewis R.C Barnes.

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### 13. Colin Rice

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Thanks for the add. I had a rough child hood that has caused me to have mental problems and anger issue. I was a alcoholic at a young age had gout by the age of 19 which has given me bad joints and suffer from explosive IBS. I started cannabis at about twenty six maybe as a friend said about it helping them. I swear if it wasn't for cannabis I would be dead with liver failure by now. Forty years of age at the end of the month a none drinker with a clear head helped by therapy and of course cannabis which I can honestly say helped me to start to get the help in the first place. Still dry herb vaping for pain relief from joint pain and is the best for IBS. So now I'm a mid night toker and a secret lemonade drinker

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### 14. Maeve Tuite

I returned to cannabis last april after a fifteen year gap,i gave it up because of terrible quality stupid prices and all that cloak and dagger stuff that prohibition brings.i had used cannabis since my early twentys both recreationally and for medicinal as I have had lots of problems with my joints since childhood,a car accident left me with pain in my hips and lower back,cannabis helped me cope.i always missed having this herb in my life but I could no longer afford it and had enough of crooks and shit weed.now my health has deteriorated herniating discs in my back has me crying with pain.had surgery almost crippled me,hasnt helped.arthritis in my wrists and thumbs makes simplest of tasks so difficult,they have me on tramadol,amytriptiline,lansaprazol,the side effects of it have given me so many more problems I'm sick of it and intend with the help of cannabis to rid these legal lethal drugs from my body and life.cannabis has re-entered my life and given hope where there was despair,i can have a quality of life.its healing my soul like no legal drug could ever do and now I can play my strings again and I will never be without it in my life again and I demand my human rights to consume a plant that helps me live a life worth living...MY BODY! MY PAIN! MY CHOICE!

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### 15. Craig BiffSta Burrows

I love it thanks Phil Monk a very professional letter. Let's just hope someone takes it on. I'm 47 and have been smoking since I came out of the army way back in 1992. It's only the last few years that I'm been using it medically for chronic back and knee pain. So 3 years ago I did the best thing I've ever done which is stop smoking tobacco. I just wish I done it years ago tho. I feel so much better and would recommend it to everyone. You might think I use more this way but I don't cuz now I just have a few drags and that's me sorted for a few hours. So I've gone from 10-25 joints and day with tobacco to just 1 or 2 pure a day. I've been to see my MP and she said she's with us but I think she was just fobbling me off cuz I didn't see her in last year's 1st reading in parliament. I believe I have the right to a better standard of living and Cannabis gives me that. I gave up last year for 3 months cuz they wouldn't do surgery on me if I didn't and because of that I had to take 8 tramadol a day just to be able to leave the house. And in the end I was taking them not for pain relief but because I had to or I'd start getting a real bad fuzzy head. Since I started back up I've managed to get down to just

2 a day 1 when I get up and 1 at night. I'm hoping I can get of them all real soon. I know I've gone on a bit but it's important to a lot of people. So once again thank you for your time and energy and I've got my fingers crossed that it's works.

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#### 16. Paul Taylor

I'm a criminal for utilising a natural plant, a herb that has been used in herbal medicine for thousands of years. Why are people so quick to judge me for what I do those people feed the stigma and the propaganda. If I and others find relief by using cannabis then why should it bother anyone else, when will the public see that this law pushes the innocent into the justice system and for what? if this law sends someone like me to prison or fines me do they think it will stop me no it will not do they think it will teach me the right way well it will not. Prison will teach me the wrong stuff it will teach me how to commit crime more efficiently. A fine well that's a cost to my family, so will it change me no it will not. I will grow another crop and become the dealer they first accused me of to make the money to pay the fine. So after all this what has society gained?

I was once a soldier. I served in the west midlands special constabulary for two years I have given my time for free. I was a prison officer for three years. I was struck down with mental illness I have PTSD and clinical depression after years of pharma and two suicide attempts oh let's go back to the soldier bit I was involved in an accident 4 years into a 22 year engagement damage to my knee joints ended my career and left me with constant pain my family used to laugh and say I was addicted to pain killers I think they may have been right. Anyway I discovered cannabis it helped me with all my symptoms. Now I did not want to get this off the street an mix with the very people I used to work against. I have never broken any law yes I grew three plants for me and some others that were suffering then the Police came along they did there job at my home now I'm in the criminal domain now what do you think that will do to me. I'm a family man I have done a good job keeping my family together my kids are all productive members of society me I'm a war pensioner just trying to live day to day pain free

A REAL CRIMINAL

I HAVE USED CANNABIS FOR 15 YEARS, THIS IS NOT THE RAMBLING OF A PSYCHOTIC MAN

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#### 17. Ben Grout wants to add more!!!!

I use it for depression and anxiety personally but think people with far worse deserve it for certain

Plus it should be legal recreational as its nothing more than a nutrition really

That's the short form

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#### 18. Lou Monk

Hi all as you've probably guessed im Phil's wife..im not normally one to do this kind of thing but here i am..only because over the years I've watched and listened to Phil pull his hair out over all of this and have decided to put my story out there too in the hope that WE can make his voice heard..well everyone's voices really.

So i used to be a carer in my community helping others in their time of need and i loved this job with a passion..i decided after a visit to my local hospital i thought that i could hopefully do good

there..so arranged an interview..on my way to my interview i sneezed..and it was an almighty sneeze at that..and i was in agony in my neck and shoulder..then started getting pins and needles in my arm..obviously went straight to the hospital but sadly to a & e not my interview..after lots of being passed pillar to post i was finally given an MRI scan a year later to find out i had slipped disc c6-7 in my neck..i became bed ridden and my wonderful husband had to give up his job to become my full time carer..i eventually got an operation date..only to be told as im sitting on my hospital bed that it had to be cancelled due to an emergency..so waited some more and finally had a discectomy and fusion..and I felt great..i then had to wean myself off all of the morphine..pregablin..diazipan etc and couldn't stand it so i just went cold turkey..it was awful to say the least..but with the help of cannabis it was bearable..i then tried to go back to the job i loved..i managed it for a short while but started to have lots of muscle spasms from left over nerve damage..then 3 years later i do it again c4-5 this time had to go back on all those shitty pharma drugs that made me into a zombie..i had to use these drugs as the pain unbearable and at that point i was willing to try anything. Again though once my operation was done i went cold turkey apart from cannabis and am again off all those horrid medicines. I feel that everyone should be able to choose the medicine thats right for them!!  
#free the weed 🌿

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### 19. Simon Edwards

I'm Simon, I worked hard for my family business for many years, during my years of education, beginning to becoming unable to focus in class, run down, agitated more with verbal comments of my laziness from tutors. Following with ideation of suicide.

I have then been prescribed an SSRI's medication for my mental health.

following leaving school, working and going to college full time and unable to handle my medication side effects, 9 months later I suffered from a Burnout, then being put under adult mental health care, after suicide attempts.

later on, diagnosed with Clinical Depression and GAD.

Making me Housebound and unable to leave home without help.

Trying so many medications, one after another with no light in sight, feeling like my head and body were no longer my own.

After finding one medication, it was no longer useful numb 3 months.

Still struggling going to work April in 2009, I was suddenly involved in a work accident, being told by A&E staff Xrays showed nothing, when with time and constant nagging of my GP, an MRI confirmed damage to my L4, L5 and prolapsing my S1, which have become degenerated and dried.

I spent years in the NHS trying to get any real information to treatments or solutions.

Told mixed opinions but mostly, no surgical option would help with my intense pain.

Told my pain wasn't justified with scan results, Despite my calls for help and being rushed into A&E and kept in a ward for weeks.

after the GP was concerned.

I'm told to use morphine and high codeine-based painkillers, along with multiple painful steroid injections into my facet joints and nerve endings.

even under local anesthetic still very uncomfortable

Now I have used a hand full of Cannabis-based items, Vaping and using an oil THC with 3%.

helping me become more of myself, leveling my mood without making me zombie or slave to my side effects.

Without these products and that amount of THC, I'm excluded from family and have to communicate from my bed with my mobile being the only form of contact with humans.

This year I've used my cannabis extracts and oil to help me get into CBT therapy and waiting to get one to one counseling.

I have managed to visit a large event which, years ago would have been impossible, just through side effects and anxiety attacks.

Now I have started with resin extracts without the THC, it helps me become more mobile within my home, go shopping with aid and my crutches.

I have used cannabis resin with THC and I have managed to walk around my home without crutches for the first time in since my hospital stays in June 2017.

Sadly I cant put my family who cares for me in the situation of being possible prosecuted and distressed, having enforcement banging down my door, feeling like a criminal to help myself become more human.

This would be a total ungrateful act, in turn of their help and suffering for my gain, no matter the hardships I face.

Evidence has been published across the world, with US and EU countries medically using and buying UK Cannabis plants.

published in the media, I just want to be able to live my life and my existence liveable.

I have lost faith in my Government, health and law system.

Thank you for reading.

Simon Edwards, West Wales.

Aged 28.

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Josie Emily Andrews

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## 20. Susan Stephen

Well time to do my testimonial-my name is Susan McBride n I'm 57-yikes that's ancient -my former neurologist says I 1st had MS from I was 15 -when on I bike-ride with my mates n cudnt cycle any more n had to get a lift home in a car n me n my family just thought I was being a bit lazy!!!! Ti was falling and kept bumping into people!! I'd always suffered from depression. But hid it well -at 19 I'd just started art college in Belfast -loved it and they loved the fact I was a rebel-the next lot of years were parties ,boyfriends and not giving myself time to think of my diagnosis -eventually met n thought I was in love with n married a total nut-job breaking my families hearts-then the cyclothaemia kicked in -eventually we split up and I realised life was exciting again ... in 1990 I discovered Leon Rd Cheshire Disability in Lurgan(supported Living - eventually I learnt to drive n was walking on one crutch n enjoying life fully -then in 2003 Stephen Bisset. Over in -pretty soon we hit it off -May 2007 we got engaged but decided not to get married cos we d both been there before n weren't that impressed-he has MS too -he has optical neuritis in both eyes n is registered blind since the birth of his youngest child at 30 ! He s been going to the gym for years-so we both go together and as well as making me so much stronger it's really helped my cyclothaemia!!!! We both take medicinal cannabis and don't know how we ever managed without it !!!! We used to eat cannabis but I always got high !we defo have both needed n benefited from taking the medical cannabis-we d both rather be illegally alive than legally dead 💔 I'm now in a manual wheel-chair -7years but my cars automatic with hand-controls n Stephen is my thing is he navigator 😊

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## 21. Jane Wallington

Hi all, thanks for adding me. I don't hide the fact that I want cannabis legalised. I have MS and would prefer natural meds over prescribed opiate based poison I'm on, nor the vile injections. I do however despise the scammers. Desperate for some pain relief I recently took the step of trying to buy online having been bombarded with offers after joining several groups similar to this. He sounded knowledgeable, caring & genuine, part of the fight for legalisation etc. Even offered me a discount. So, like an idiot, I paid up front and it was a con. He must be making a fortune just preying on desperate, sick people. Having worked for the police I can't (and won't) go to any street dealers. I also don't ever want skunk. I can't risk growing my own unless I move to Durham lol. I just pray for legalisation and soon. I can't believe alcohol is legal and weed isn't. It makes no sense. I don't understand the infighting between the various groups on FB, I just wish we could all stand together and fight for what is right

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## 22. Matthew Wallis

I suffer from a slipped disk, (sciatica) since early teenagehood, I'm 47 now, what makes me feel good and better, is kept alienated, is kept separted, we punish nature, like some twisted self flagellating catholic priest,...or a calvinist puritan, or a control freak type of underground mason like bigot, who like denial and limitations. I have no proof, but prohibition is like some twisted woman who has more psychopathic leanings than maternal and caring,. This might sound like a radical analogy, but for the sake of rationalizing the irrational, I see no other reason why we have this prohibition, imagine if people were denied alcohol, the mafia in America, went ape, look at the cartoon, the Simpsons as well, we are a strange entity, only cos we are controlled by an unfair, unjust and nonsensical law, when it comes to choice and freewill...!?! We have folks with good hearts, but their bad habits make and have made their lives kept short, kept in a downward spiral,...I've seen good people die purposefully, simply cos this life is too much and life giving life = nature, away from us, who strive to thrive, instead of die for a contrived industrial lie....!etc...god speed with you people of Worcester, and the whole of the UK...I lived in London and other parts for about 5 years, it was difficult to get cos of the climate, but here I am as a paleface African, and other freedom seekers... Who are being denied their rights under the sun, that we don't appreciate enough of....! We or I will get there, albeit a lonely and frustrating battle with the law, and our evolving democracy...!?! We want to practice democracy, not have it as some testament on a piece of paper, we deserve better as a race, not as a favour, but simply as a basic human right...., thank you:)------

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## 23. Richard Carnell

you have my support Phil, I have a problem with too much thc, it does cause me anxiety unfortunately but with added cbd it doesn't I'm Aware cbd is antipsychotic and an antidepressant so putting something in like 'government says skunk is too high in thc and causes psychosis and in doing so they have cleverly and successfully associated the strong smell of cannabis smoke with the fear of psychosis, but cbd is antipsychotic so any problems are preventable and fixable with thc's sister chemical 'cbd' and where there is a problem it isn't 'too much thc' but 'lack of cbd' perhaps they don't want us to know there is an answer to the question??

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## 24. Thea Salles

I would like to see cannabis legalised. I get cannabis oil (THC & CBD) for my father who has Glioblastoma multiforme (GBM) a very rare, aggressive, cancerous, brain tumour. You may be familiar with the news that the former MP Tessa Jowell has recently been diagnosed with it.

My dad was diagnosed as terminally ill in September with a 6 month life expectancy. A tumour the size of a satsuma was removed during a 6 hour awake craniotomy. The only treatment options available legally are chemotherapy and radiotherapy, which will only extend life by a matter of weeks or a few months. Both treatments are highly toxic with side effects such as vomiting, loss of appetite, brain damage, muscle weakness, fatigue. This is given with anti seizure medication, Levetiracetam, anti sickness meds cyclizine and ondanaetrin, codeine for pain and the steroid dexamethasone for brain swelling. All these drugs also have terrible side effects including drug dependency, muscle atrophy and depression.

This toxic cocktail of drugs made my father so sick and with no quality of life. What is the point in administering drugs like this to keep someone alive for a few months with horrendous side effects which render them incapable of doing anything or enjoying life ? I got my father cannabis oil when he was undergoing chemo and radiotherapy. It helped hugely with chemo sickness and he was able to actually eat soon after taking the oil and keep the food down. No amount of anti sickness meds had managed to stop the sickness. The oncologists at The Royal Marsden fully supported his choice to do this. I have been able to wean him off anti seizure meds and he remains seizure free. His steroid dose is also hugely reduced now. He no longer takes any form of painkiller. Dad has been on only cannabis oil and a low dose dexamethasone for 4 months now. GW Pharmaceuticals ran the first ever trials of cannabis oil and cancer using GBM patients. The results of the first safety trial, published in February 2017 evidence further, scientific proof that it works. Cannabis kills cancer cells and in my dads case, slows tumour growth caused by the cancer cells. Cannabis is powerful plant medicine which has the ability to alleviate, treat or cure multiple symptoms or diseases simultaneously. With no adverse side effects. Why should I be at risk of arrest for getting cannabis oil to treat my dad? Why should I be limited in my options of getting hold of cannabis oil? Why should I risk my liberty to give my father a longer, better quality of life? Why should my father die a worse death, sooner? The double standards of our country being the largest producer in the world of cannabis for medicinal use, whilst simultaneously refusing to acknowledge it has no known medicinal benefits is outrageous.

Why should sick people be denied access to or criminalised for buying cannabis oil - which will hugely improve their quality of or save their lives?

Cannabis needs to be legalised so that people can have access to it without fear of arrest or being criminalised. It would be able to be regulated and taxed, bringing in huge, much needed money to the government whilst ensuring standards. Our police forces, already under huge cuts and financial pressures, would not have to waste time and money arresting and prosecuting people, for what is essentially one of the most beneficial plants known to man

We The Undersigned Have A Human Sovereign Right To Cannabis having a hard time atm with Dad. Hence why no fb contact. I'm Working away so he's gone into respite care . He hates it. He's so anxious. Distressed every day. 😞 Appointment with hospice dr to decide say forward. Prob rent him a flat abd get live in care. It's heartbreaking. This is my dad in September....

And now...steroid gave swollen his face and tummy..rest of him is like bones. But he's very well apart from looking awful and hating where he is.outlived his 6 month September diagnosis! 🙏

Good example of pharmaceutical drugs fucking you up. 😞

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## 25. Rob Blackwood

Hi Everyone, I want cannabis to be legalised, I am 54 years old, 5 months ago I was given the devastating news that I had terminal oesophagal cancer, unfortunately the cancer had spread to my lungs which meant an operation wasn't possible. Since then I have had 5 cycles of chemo, I'm currently on my 6th and final cycle.

I have been taking legally bought cbd oil for the past few months to alleviate the sickness I get from the chemo but I feel it should be my right to have any form of cannabis I want, it's my life after all, I don't know whether cannabis will help but I should be able to have the choice to try. Unfortunately I live in a small town with very little in the way of choice, well let's say no choice!

I feel the laws on cannabis are outdated and need dramatically changing so people like me can try to make our life a little more bearable. I was planning on buying the equipment to grow a few plants, my main problem is we are downsizing and due to move soon, I didn't want to have to move the plants and equipment between houses, I live in a small community of some pretty small minded people! Obviously I'd love it if I could grow plants without any fear of the law but to be honest I'm happy to break the law if it helps me live a little longer, I love life and want it to be as long and happy as possible.

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## 26. Gags Morgan

Almost three years ago, aged 47, I was diagnosed with Stage IV Advanced Prostate Cancer. The only treatment available to me (to slow the disease down, not cure) was Hormone Therapy. I was also offered Chemotherapy which trials had shown may increase my life expectancy by up to 12 months. Having previously witnessed the side effects of Chemotherapy I was reluctant but I signed up for it. The first (and only) session almost killed me. My immune system was already suppressed by medication for the Kidney transplant I had received 8 years prior to this, the Chemotherapy wiped me, I was neutropenic and it was a very close call.

I was aware of the evidence available regarding the medicinal benefits of Cannabis and undertook further research; it soon became apparent that this plant had a lot to offer. I discovered it was easy to source high quality CBD oil but that I needed THC to fight the cancer cells. Due to the classification of cannabis, I have been forced to source the THC oil illegally but it's a risk I am willing to take, rather than be a dead law-abiding citizen!

I have seen significant effects on my health – lower blood pressure, improved sleep, helping to mitigate the debilitating side effects of the hormone therapy, alleviating my anxiety, increasing my appetite, being able to reduce my immune-suppressants, and most importantly my PSA (Prostrate Cancer indicator) has dropped from 117 to 0.1.

My Renal Team and Oncology Team are fully aware that I am using cannabis oil to improve my quality of life and to fight for my life. My kidney function has never been better and the PSA result is impressive, in their words, "keep doing what you're doing".

It is not all good though, the stress of being forced to act illegally and the expense involved in sourcing my oil does take its toll. The law as set out by our government(s) is denying me my basic human right to live well or even to die well. It makes no sense that other far more harmful substances such as alcohol and opioids are legal whilst a natural plant which has so many benefits is classified as illegal.

Almost three years ago I was given no hope, thanks to Cannabis I can hope, and I can live well.

G Morgan

11th March 2018

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### 27. Tina Rutledge

Hi I'm Tina a 44yr old sufferer of epilepsy and ptsd with depression as an added bonus. At this moment I'm on a bus on the way to a nuero appointment so he can change my meds AGAIN! This will be my 10th med that I'm resistant too and has made me ill and made my life so miserable I would rather just have seizures 😞 I'm also on a benzo called clobazam for my seizures and all ready having issues if I don't take it 😞 my nuero agrees (off the record) that cbd would be the way to go but he obviously can't condone it. I smoke green when I can afford too and yes it makes a big difference to my seizures and depression but I can't always guarantee its gonna be high cbd lower thc and if it's high THC it can sometimes trigger seizures with me 😞 all I want is to be able to medicate myself safely but instead I have to take addictive meds and ones that destroy my liver kidneys and bone density amongst other things 😞 my 2yr old needs me and my meds make me a zombie and being a single parent I can't afford to be that way, I just want to be a good parent and seizure free but no my government don't want the best for me or my child they just want to kill me slowly 😞

Some hours later. ....

So yet another pharmaceutical to try 😞 usual side effects, vomiting vertigo liver and kidney issues suicidal tendencies bone density issues b12 depletion etc etc etc 😞😞 on the plus side he's looking into any cbd trials on epilepsy that I could be put forward for and told keep on smoking if it's helping, on the bad side if meds still don't help we are pretty much out of options so he's looking into surgery on my brain!! I'm scared to have my head opened and my left temporal lobe operated on as it could take all my memories away plus may need to learn to talk again 😞 yet the one thing that keeps my seizures at bay is out of my reach financially and legally 😞😞

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### 28. Steve Butler -Hart

Hiya Phil, apologies for the delay in getting back to you,

Here is a brief description on why I use cannabis, I suffer with a rare condition called Malrotation of the bowel, where my bowel twists on itself and constitution the areas that twist, I had to be rushed into hospital in Oxford for emergency surgery as my bowel had ruptured, I was 30 at the time and had no issues at all before, so I had bowel resection and was in intensive care and nd then a few days later it ruptured again, had a third of my large bowel removed and quite a large part of my small bowel removed also and given a temporary ileostomy bag (like a colostomy), I had that for 3 and a half months then had it reversed, fast forward a few years of relative normalness I start getting a lot of pain and not

able to eat so 2011 I have more surgery to untwist my bowel again and this time I had adhesions (internal scar tissue that grows and can stick to other internal organs), that worked for about a year and it all started happening again, major pain and unable to eat, so because of the history and the surgeon saying that it's too risky to operate again because of the adhesions as they grow a lot more and can be aggressive I was put on a low fibre diet so that soft food can break down and go through the small gap that is left, the last 3 years has been horrendous slowly being able to eat less and less and then was fluids I'd struggle to keep down, last summer I was rushed to Salisbury hospital due to severe malnutrition (apparently I could have died if another week had gone) so now I am on a feed pump straight in to my stomach but anyway.....the pain is severe and have tried everything possible legally so cannabis helps take the edge of the pain away and with all that has happened, fighting to find someone who would be willing to help medically, fighting the benefits system, losing my job and house I also suffer with severe depression and anxiety for which cannabis also helps and to be honest I have smoked for years, well before all this with my bowels started and just because I enjoy it.

I do apologise for this being so long but there has been so so much going on.....and....this is the short version!!

Many thanks Phil

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### 29. Chris Philbin

Much respect to you guys.

I have arthritis, ruptured intervertebral discs and historic brain injury for which I use a natural herb as opposed to the multitude of pharmaceuticals that I was prescribed.

I have worked as a drug worker for the largest drug addiction treatment service in Essex, as a youth worker for care leavers, and as support officer for the most deprived area in Britain.

I stood for the Legalise Cannabis Alliance in the 2001 general election in Chelmsford west.

I was involved in ITV "Cannabis Cafe" programme of 2002 with Patman Denning rip. ( youtube, Reverend Philbin)

I am now an ordained priest, and Cannabis is my sacrament.

I have argued the case for cannabis for over 20 years and listened to politicians bullsh\*t for too long.

I was one of the first in Essex to be disqualified from driving due to my cannabis use, whilst legal drug addicts drive under the influence every day.

Prohibition is unnatural and harmful.

Keep up the good work people, THEY will have to listen.

Nice to see many old friends in this group, and many new friends that haven't met yet.

Peace.-

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### 30. Paul Charles

I'm guilty of giving out thousands of prescription drugs, opioids, cytotoxics, immunosuppressants, the whole damn lot. Hell, people HAVE died on prescriptions I've dispensed. I fuck'n hate myself for the pharmaceutical spiel I used to dish out a dozen times a day. Now? I know better and advocate canna over big pharma wherever possible, activity that would've gotten me struck off if I'd done it whilst working in the field. What can I do about the past? Bugger all, but learn from my mistakes and try to educate people based on best current evidence, something HCP's should all be doing as a matter of course. But if course they can't because of our corrupt, corporate laws so in a way I'm glad I'm no longer working, frees me up of any professional obligation to talk big pharma bullshit and let's me practice canna-med with a clear conscience.

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### 31. Joe Oneill

Hi I am currently looking after my brother who has throat cancer and lymph nodes in his chest are infected also I started given him cannabis oil and he's sleeping better and is also able to eat a little as he's lost almost half of his body weight from radiotherapy which he had in 2016 after the radiotherapy he was told that it was gone but follow up tests showed that it was back in his chest and I started given him cannabis oil he's due for chemotherapy in March but we will see how much the cancer is in his body hopefully it will be going the right way as soon far he's consumed about 65 grams of oil and he's sleeping better and is also able to eat a little more he's not in pain which is good so hopefully we will know more on the 20th of March as we have to see a new doctor  
#makeitmedician #makeithappen NOW

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### 32. Fred Phreak

Maggie May It depends on where the pain is, and whats causing it, i have a torn gluteal tendon in my left hip, the pain goes down to my knee, it feels like water is running down my leg and the pain is intense when i walk further than 30 or 40 feet, I also have a crushed cartilage in my right foot big toe, and tendinitis in both feet and hands, plus arthritis in both hands, both knees have split cartilages in, does it help with the pain from that, hell yes, it dont kill the pain 100%, it kinda numbs it and with little side effects, i no longer use pharmaceuticals, as for my partner, does it work on pain for her, and she has multiple disabilities with bone on bone and trapped nerves plus many other ailments, and yes, its pretty much instant for her with the tincture, she sampled a some full spectrum cannabis oil in a vape back in 2015 at product earth, a patient let her try some, and she was out of her wheelchair after 10 mins, it was amazing to see the pain disappear from her face, we had witness's to the fact as well, first time she was pain free in over 20 yrs, she is on a lot of morphine, and she has to smoke / vape neat flower to stop the side effects of her morphine or she cant eat any food, we would like to get her off the morphine but the problem is the cost of the cannabis, its so expensive, so all we can do is buy what we can and she vapes it, u need a lot of flower to make a little oil, and we dont live in the kinda place where we would get away with making the oil, a police station is but 100 yds from my address, so even smoking and vaping it is a problem

because of prohibition, it works for us, wish we could get it in oil form, i know using raw cannabis leaves helps with my stomach / bowel problem, it takes the pain away from that like you wouldn't believe, and it lasts all day, but alas, we cannot grow, so the leaves i was gifted, and only for 5 days worth, gutted "pun intended" lol, as they was the best remedy i have had to date, but smoking raw cannabis or vaping raw cannabis, which is safer, works fast for all ailments, we need a legal market to pay for the medical side of it, as well as being able to grow it so we can use the leaves in smoothies, sorry you have only managed to sample a watered down version, cannabis works, ive used 1:1 strain of cannabis before, it has half thc and half cbd, it works a treat, i dont get high on it, but then i am use to having thc anyways, so it might give someone new a small high, but its like anything you take you build up a tolerance to it, but with cannabis once you build up that tolerance its fine, it still works and you dont have to keep upping the dosages for it to work like you would opiates, and you certainly do not get those hasty side effects opiates give you, its a win win of the human body... x

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### 33. Jane Shailes

Hi there Phil, here is my testimonial, but feel free to make any alterations you may deem necessary, as I can get carried away!!! 😊.

I was always a very active person, worked full time, loved gardening and walking miles bird watching. In my late 50's I had an MRI on my back, discovering 6 lower herniated discs, arthritis in hip joints and one middle ruptured disc, fortunately not quite touching the nerve.

Then I was diagnosed with fibromyalgia, which I hate, because all that changed my life. No more long walks or gardening, I got extremely depressed and still suffer that and anxiety.

Compounded with other minor illnesses, vertigo and a hiatus hernia which I take rabeprazole for.

My doctor tried every med at some point as I react VERY quickly to anything. I've been through most antidepressants, most made me ill, now down to 10mg citalopram every other day, thanks to CBD oil.

Tried soo many painkillers (just to keep me at work!!!) Until they have me tramadol!!! 😞.

It maybe works for some, but not me!!!

HOW can an opiate be LEGAL, when CANNABIS is not??? Could THEY explain that to me please?!?! Makes me soo angry. I only took two tramadol and I was on the ceiling, I wasn't capable of cooking the tea, I couldn't string a coherent sentence together, and if I'd be stupid enough to drive!?!?! I put up with a lot of pain after that and just bought nuromol to keep me going and deep heat!

As for Fibro, what a nightmare. The brain fog was terrible, the pain felt like I'd done ten rounds with Mike Tyson, the fatigue was immense and numerous other lesser symptoms. By this time I was working part time, just trying to STRUGGLE through to my retirement age, 64!!! I had to get out of bed which was often an immense struggle cos I have a beloved border terrier, Benji (whose soon to be 11) and soon to start his own CBD journey, such is my faith in cannabis. So, I spent days in the setee, many of which, I couldn't shower or wash my hair!!!

THEN, watching This Morning on ITV, I saw Callie Blackwell and her young son Deryn. I was soo moved by her story AND so interested about cannabis, that I ordered her amazing book. I laughed, I cried, I got angry for her.

And then I went on a mission to gain knowledge about cannabis. I was amazed and excited. I joined groups, did research and started on CBD brothers oil and balm. This was only five months ago and I've never looked back. I LOVE this NATURAL growing plant in all it's forms. I am now an activist for it's legalisation, as much as I can be. I still have bad days as we all do, but most of them are my own fault. I'm supposed to be aware of my limitations!!! 😊.

But, in my eyes, cannabis has given me my life back. I have many days with NO pain, I can do soo much more than I was reduced to doing, and all this is helped by good sleeps now, thanks to CBD. PLUS, all this BENEFIT with NO nasty, debilitating side effects!!! 🙏.

HOW can it not be legal??? I am an OAP who will take cannabis in whatever form is necessary for me and my loved ones, until the day I die!!! I spread the word where I can. My 36 year son has now started CBD oil on my advice.

It's a natural PLANT with soo many benefits to Soo many and it is a disgusting travesty if it does not become legalised. There are people out there who are LIVING, WALKING proof that cannabis oil (not cbd) has cured their cancer.

How can anyone deny ALL of us this right for a chance to live???

At 64 years old, I shall FIGHT for the legalisation of Cannabis until the day I die.

Thanks Phil, long live the cause ❤️❤️❤️❤️❤️❤️❤️

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#### 34. Lesley James

Phil Monk Lesley suffers badly from painful rhumatoid arthritis which means painkillers and loss of appetite - she finds resin to be most helpful and of course it is not easy to get good stuff - she is in no position to Grow her own either. Also it helps her sleep.

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#### 35. Vicky Lovell

This is my testomony.

My partner was diagnosed with lung cancer 12 months ago and was told that he would not see his next birthday which is february and all the hospital could give him was palliative radiotherapy as he was too weak for any chemo. I was determined to prove them wrong. I talked to my brother who lives in south africa and he told me to try full spectrum cannabis oil as the oncologists in south africa use it. I did my reserch and decided to give it a go, I managed to get hold of some full spectrum oil and started treating my partner within 2 weeks i noticed an improvement and he started to improve a bit more each day. It was very difficult trying to persuade my partner to take the oil as he was brainwashed into thinking it was a drug like most people who are not openminded! As he was taught the doctors are always right he went ahead with the radiotherapy (its very difficult to unlearn something that you have been taught is right all your life), it made him very weak and tired but he slowly picked up again for a while, I was still continuing with the oil then my partner had a ct scan and we had the brilliant news that the cancer had not spread and his tumor had shrunk by 20%, then in August last year a major artery burst in his lung and sadly he died, I went to see

the oncologist afterwards and told him that things did not add up ie. the tumor shrinking etc - he implied that the radiotherapy weakened the artery (I had to ask him in a round about way as knew they close ranks if you imply its the doctors fault). The oncologist did say he was surprised the cancer had not spread and remarked how much the tumor had shrunk so i told him I was treating my partner with cannabis oil and he admitted yes it does work and explained to me the scientific way the cbd receptors work etc, he saw the look on my face and told me he would love to tell people about it but is not allowed to as it is more than his job is worth as the big pharma wont let him!!! I must admit the oncologist was in tears as i think he realised that my partner died unnessarily and if he had not had the radiotherapy he may be still with us today.

That is why i am supporting this cause 100% and I am doing it for my partner and all the other people out there who may be saved by this miracle plant.

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### 36. Connor Birkett

I think we can all agree on the various medical benefits of cannabis, but I think it's important to talk about the other uses of the cannabis plant. If we succeed in dicriminilising cannabis then we can use it for fuel, plastic, concrete, clothing, food, juice, paper, medicine and as a recreational drug. The business possibilities are endless therefore it would create countlees jobs and boost the economy. In california alone the government made so much tax from the cannabis industry they have started building schools with the tax money, if we can use cannabis to boost the economy in the UK then the government and the citizens would both benefit.

The goverment always talk about the health risks involved with cannabis. They say first of all its a gateway drug but thats only because some drug dealers on the street try to selk harder drugs to all ages of people smoking cannabis, now this is a problem that decriminalisation can solve. If people over 18 can purchase cannabis from a licensed and regulated store/dispensary then people will stop purchasing cannabis from shady drug dealers. They talk about the effect it has on children but let's be realistic here, noone with a licensed cannabis store is going to sell cannabis to people under the age of 18 if we put that law in place. However kids that need medical cannabis can experience the benefits from methods other than smoking. They can use balms, oils, creams, tinctures, tea, CBD edibles. So we need to make those products available to children and since THC can negatively impact their brain, we can simply find the ratio of thc to cbd than can provide relief for kids without getting them high.

As far as the phycosis and skitzophrenia involved with adults smoking cannabis we should provide a test that shows what chance the potential patient has of having a negative effect from cannabis consumption, and again, if it's unsafe for them to consume high amounts of THC, they can purchase low thc high cbd products.

If let people grow cannabis for personal use, they wont have to add chemicals to make it stronger, they will have access to more potent strains without the worry of being arrested. People will be able

to grow organic cannabis outdoors which cleanses the air without worrying about their garden being raided.

Police will have a higher budget, a higher salary, and an easier job. With calmer streets and more time to focus on hard crimes and people who cause harm to others and society the police will have a higher success rate in dealing with crime in an effective way.

This eliminates every argument the government has against freedom to use and consume cannabis.

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### 37. RockyVan De Benderskum

Pain has been for many years my constant companion to the point where my world is pain, anyone who doesn't know me really well would not be aware of this fact unless I wasn't medicated. But then I wouldn't be out of my home so it's unlikely you would meet me. I was asked recently by a guy working in the Greenhouse coffeeshop about pain relief as he saw me grimace just very briefly as I moved my arm. He saw I had a vape and asked how it was for pain relief my answer was it is good and quick but nowhere near as quick or effective as a pure weed spliff, with which the pain recedes immediately, the vape takes longer but leaves some of the pain. I haven't been painfree since 1976 I tell people I metabolize pain which of course saves me eating.

I have been forced to have a very high pain threshold but as my body crumbles it is becoming harder and harder to ignore, my GP and specialist consultants are all aware of my Cannabis use and always talk to me/ask me about it, with regards to pain and if they can offer meds for it, well one day maybe they will be able to. Rambling now so I'll stop One Love 

I taught conservation ecology, horticulture, English, Maths and forest school to deaf children and young adults and as I said the thrown away kids but also I did outreach teaching deaf awareness to teachers in other organisations. In my spare time I ran gardening clubs for disabled adults and did ecology workshops in schools and children's organisations like the brownies. Now I don't do that much and yet I smile

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### 38. Alfie Hindu

 Not my words "MANY OF THE CHRONICALLY ILL HAVE SUCCESSFULLY SOUGHT RELIEF WITH THE USE OF MEDICAL CANNABIS, AN AGE-OLD REMEDY THAT NOW SHOWS REAL SCIENTIFIC EFFICACY. HUNDREDS OF THOUSANDS OF THE SICK HAVE REPLACED DISABLING NARCOTICS AND OTHER PSYCHOTROPIC MEDICATIONS WITH NONTOXIC AND BENIGN CANNABIS. THE ANECDOTAL EVIDENCE IS OVERWHELMING.

FOLKS WITH SPINAL INJURIES ABLE TO GIVE UP THEIR WALKERS, AIDS PATIENTS ABLE TO GAIN WEIGHT AND KEEP THEIR MEDICATIONS DOWN, CANCER PATIENTS FINDING RELIEF FROM THE TERRIBLE NAUSEA OF CHEMOTHERAPY, CHRONIC PAIN PATIENTS ONCE AGAIN FUNCTIONAL WITH THEIR CONSCIOUSNESS RESTORED FROM NARCOTIC LETHARGY, AND FOLKS ONCE DISABLED FROM

CRIPPLING PSYCHIATRIC DISORDERS AND ADDICTIONS, RETURNED TO SANITY AND SOCIETY WITH THE ASSISTANCE OF A NONTOXIC HERB WITH REMARKABLE HEALING POWERS." 🙏❤️🙏

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#### 39. Andrea Murray

Hi I'm a newbie here and even though I don't smoke I take cbd via vape or more recently drops. Within the past 2 years I have had both my ankles rebuilt and heel bones cut and repositioned. I started having cbd via a friend who made the vape oil for me to cater for my needs. All of the medical professionals are amazed how quickly I recovered even though I still have nerve damage and at times severe pain I manage to lead a normal life.

I totally believe everyone should be able to experience the amazing effects that this fantastic plant has to offer and it's totally natural as Mother Earth intended it to be... 😊😊

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#### 40. Adrian Robert Plant

Well written, I also use Cannabis, for Migraines, where conventional Medicines solution to my problem was Pain management that lead to pill addiction. I quit asking permission to live my life 30 years ago, I chose a Criminal record, jail time, and loss of Employment over a life of misery, pain and pain pill addiction. I went from weekly Migraines that would last for days and need Hospital attention. To a few a year, thanks to Cannabis and diet change, sulphites were a Trigger. I am now 54 years old and have never spent a night in a Hospital and I take zero pills.

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Transverse myelitis and cauda equina syndrome

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#### 41. Jah Destiny

My testimony.

I first realised the health benefits of herb, when I cared for my grandfather whom had dementia, he always slept better after a brownie or a j as he was a cigarette smoker, it all started when he asked me for a go on a j one night, who am I to refuse the man, he would say best night kip I had in years boy 🙏. We had a lot of family problems over him and at the ripe old age of 14 I was to come full time care of him, as he nearly burnt the house down with a chip pan, none of his daughters where willing to give their time for him, which really upsets me to this day. Care homes didn't work, they where all just trying to kill him with over doses of drugs. We lost my Nan which caused the dementia. So I was caring for him and giving him herb without any of the family even having any idea and still don't to this day. Then my auntie who had power of attorney, decided that he could no longer afford to live in his own home where he wanted to pass on. So she moved him to her house and a week later he was diagnosed with cancer, he had been having regular visits to doctors and

hospital when was with me and they never picked up anything, yet from the same tests after he had stopped taking herb it had taken over him and was given two weeks to live. I personally believe it was the stress of it all for him as well as the lack of herb that basically killed him. So you could say his daughter practically killed him, through stress and lack of care for him, I hate that women. I believe to this day he would have gone a little longer if she hadn't of cared more for her inheritance than his life. So yea that's how I learnt and started to realise just how beneficial this herb is to us. I have use herb myself since I was young in recreational purposes and still so but I also use oils and other extracts to relieve my back pain, my arthritis in my broken hand, my broken toes, my messed up shoulder. I hope I have done this correct?? Let me know if it needs editing or anything like that 👍

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#### 42. Sharon Winney

My son had 19 tonic clonics seizures in a space of 20 minutes 2 doses of emergency meds he suffered since 8 months old none of the meds work and 1 seizure can kill him he's been on every med available and even had a vns fitted which didn't work he suffers from Lennox gausto syndrome he's 8 yrs old with mentality of a 18 month old relays on us for everything he's spent most of his life in and out of hospital about time my son was given a chance of a better life with CBD and the and not left to die

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#### 43. Jennifer Farrington

Thank you for accepting me, I opened the request to join and needed to view another page, so was going to come back to this but the request was sent before I filled out the questionnaire. So I will publicly, within the group, tell you a little about me now. My closest friends call me Ack but my name is Jen. You are free to use either. I have fibromyalgia, chemical sensitivity disorder, and restless leg syndrome. I use cannabis to help deal with pain and insomnia but also enjoy recreational use. I find it appalling that a natural medication is illegal and for me, being over 40 its sometimes very difficult to get the medication I need. I have made some good friends in UPA group and I support the campaign to legalise cannabis but with my legs as they are I am unable to travel far so mainly show my support with signing petitions and voicing my opinion.

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#### 44. David Robert Adams

Thanks for the add, really wish they would hurry up and legalise, nov 2016 my big brother (pretty fit guy, body builder, never smoked) was diagnosed with stage 4 malignant melanoma.. chemo n radiation would be no gd, docs told him 6-12 month, then as an extra kick in the teeth they then found 4 brain tumors, not being someone who gives up easy he has continued to fight, doing a 10'000ft charity jump after docs told him he should be physically brain dead... recent tests have showed after using cannabis oils and epilepsy medication to combat the seizures 2 out of 4 tumors have died...he is currently counselling families in similar situation... he's such an inspiration going thru hell and still helping others

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#### 45. Ryan Wilson

When people question me on why I'm doing what I am 😊 let me tell you a bit about me. I grew up on a council estate with not the best starts I in life. At the age of 20 my cousin Chris died of cancer he was 27 years old 😊 that's the tip of the iceberg. Then to loose my mum in 2009 to cancer she was aged 50 me 25 😊 then in 2016 my brother an amazing guy with a heart of gold 😊 my best friend but dick head at the same time 😊 😊 he was 30 he died of (MND) motor neurone disease!! 😊. I've been recently doing so much research speaking to people who use cbd/thc for these kind of illnesses 😊 something as simple as a food supplement could of possibly saved his life. We have an endocannabinoid system that's laying dormant. Please people if you can read this share this. It could possibly save someone else's life 😊 I'm miss him so much every day. It makes me more determined to raise awareness. Those children have to live a life without a dad because nature is banned.

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#### 46. Billy Bonds

my first symptoms start at 6 years old. so on year 37 of my condition...

which means my brain has never been a normal adult brain. due to the new neural pathway's which was created at such a young age. which is why when my symptoms started to manifest it had such a large impact on a young brain. my nightmares feel like real life and I wake up in the same emotional state as my dream, which is mostly traumatized and me shouting out loudly telling the people in my dream to fuck off and go away in a violent and angry manner. I wake up 80% of the time traumatized from this.

with cannabis I still dream but far less 50-75% reduction depending on strain type and how much used etc.. would be 75% if was able to manage correctly. but also aids in memory recall of my dreams so it fades quickly after waking like most. if not used the dream can linger all day so I stay traumatized... Lou Monk imagine having to fight off Freddy Krueger every night that basically it... best way I can put it..

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#### 47. Nick Blakehill

I hadn't heard of c-ptsd until 2 weeks ago when I saw this same article posted and it was only really then that I genuinely accepted that I too might have the same thing. My issues started much later in life due to an awful, abusive relationship which lasted about 7 years. To make matters worse for me, I'm really very empathetic and so when I recall situations I can actually feel the exact emotions again just like it was happening that very second. Things like hearing a song, thinking about a film or tv show or being somewhere we'd been before, literally anything can cause it. And of course, my mind hardly ever shuts up. I can have song lyrics going around in my head for days, sometimes weeks at a time driving crazy but when that changes to thinking about past situations, that feeling of craziness, dread and depression just gets so much worse.

I don't use cannabis yet and know it may sound silly but watching Disjointed on Netflix was the first time of seeing that cannabis can help with ptsd so I'm hopeful that I may get relief soon

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#### 48. Toni Desbois

Cannabis is changing my life.

I've spent years taking prescription drugs for one ailment after another but never really benefitting from them, just placated by the ease of symptoms and belief in doctors saying that this is as good as it gets....yes, I got told to read the books on "climbing mountains while living with chronic pain"!!

I would like to say to my doctors-you were wrong. So very wrong for me.

I don't use those meds any more.

I use marijuana. I'm not cured. Far from it....but I am better. Better than I've been or felt in 20 years of pharmaceutical abuse.

Thanks to MJ, Little things like going to the theatre and finally getting around to starting the veg patch I've been planning for years are now realities, whereas my drug addled, fuzzy brain and tired painful body put that kind of thing on hold for so long.

I'm still on my journey but now I feel like I'm finally on the right track.

Thankyou to this site, its admin and users. I draw inspiration from the support this community is creating.



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#### 49. Emma Burrows

My dad has COPD and gets short of breath even standing.

On the 28th December he had an above knee amputation due to having complications after an arterial bypass in his lower leg.

Because his breathing is so bad he is struggling to do the exercises physio have given him which will enable him to have a prosthesis.

If he doesn't get the prosthesis he will be in a wheelchair chair for the rest of his life.

He is only 72.

If cannabis were legal I could get the oil to help him breathe. He could do the exercises and get a prosthesis.

My dad served 30 years in the Royal Airforce. He worked 14 hr shifts for 56 days in the Falklands War.

Why is this country turning its back on him now? I feel this is exactly what they are doing.

It's breaking my heart to see him like this.

He's my dad, I adore him and I'm not ready to lose him yet.

If he is confined to a wheelchair he will most likely lose his other leg as due to being immobile he has hardly any circulation in it and has cellulitis that the hospital are unable to get under control.

If he loses the other leg, he will give up.

I know people recover and live good lives without limbs but he feels he's too old to adjust.

I detest this government and everything they stand for.

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#### 50. Anita For an

Thanks for letting me join. I am Living with Cancer without the cannabis oil and Invasive Treatments I would not be here to speak about it. Cannabis Oil is now going to be a major part to keep my Cancer contained. Shame I have to go on little breaks to Amsterdam to get relief from this horrid pain I have. Shame on our Government 😞. I will go back to Westminster for the #ElizabethBriceBill to be read as they didn't read in February. Such a painful day, but I felt like I should be there

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#### 51. Lee Milliken

I'm 31 from Doncaster and suffer from ankylosing spondylitis which severely affects my neck and back, I was diagnosed late so now it's at the point the only treatment is biological treatment which I refuse as I've read horror story's about the stuff (Humira it's called) at the moment I can't even look up or straight forward whilst walking, it's very frustrating especially at places like train stations where all time boards are hanging up on the walls, really limits what I can do, access to cannabis oil would be 10x better than what any biological could do for me, so that's why I'm here, sorry for the essay lolLou Monk sure no problem, there's a lot more symptoms I suffer from aswell, not to mention an addiction to tramadol because the doctor would just hand out scripts like they were smarties. If I was warned what tramadol was like I would never have touched the stuff but I was in pain and trusted my doc....currently at the stage I have to wean of them as going cold turkey could put me in hospital or worse. None of this would have happened if I just had regulated access to cannabis oil.

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## 52. Terry Marshall

For those whom do not know .....

Being a pain sufferer and codeine addict over 10 years i could see i was only damaging myself by being on these pharma approved drugs and getting very little relief and if i am honest having to put up with side effects on top of the pain drove me to despair, having guts problems due to the dehydration caused by the meds, being "out of it", "high", disorientated from life, in a haze call it what you will it certainly was not a quality of life you would wish to be in.

The meds seemed to have less and less effect the more i took daily exceeding the recommended dosage and still being in pain.

Regular visits to the "doctors " for years for poking and pulling, try this try that increase this or the other for years !

Eventually having him /they give up and refer me to the "pain clinic" with oh they will sort you out .....and another prescription for yes more codeine.

SO months pass by and i get the appointment yes i m getting excited now , can see light at the end of a very long tunnel that's been around me for so long.

Desperate to know what was inside this beacon of hope as it had become i ripped it open as quickly as i could .....

i was actually relieved when i i tore through the paper the sound resonated in me lock the turn of a key that held you imprisoned for so long click life changed .....the rustle of the letter inviting release form pain ...as i scanned the text fast a t first flinging my eyes over in abated excitement .....There it was like a big fat slap in the face the appointment date .....

In 10 month time !!!!

Gutted and very disappointingly i resigned to no release soon for my pain sentence that i were living.....

Now months pass, 1000's more codeine fall down my neck still in vain attempts of normality which has long since switched form what you and most folk know , for me a drug induced overcoat i wore was bearing very heavy, and was still consuming my soul eating away at me, changing me into an intolerable, snappy, who are you today guy !

THUD as a collection of bills and letters fall on the mat yet again, the bills have joined the pile of unpaid bills that has been there for 10 yrs + due to me not being able to hold a job through pain and restriction.

Among the demands was a letter form the hospital my appointment was next week yeah i shouted after forgetting it had been so long ago.

Excitement rose again .....

Next week came, i attended the appointment to be examined after changing into my night wear as asked for in the letter, great i thought im getting the treatment today ...ill be free from pain.....

Well the following hour was painful and unnecessary ... poking , pressing , pulling me left right and every other way ....to say

"Yes you can have the treatment ".....

YES !! I shout out loudly in excitement

The next words smashed the day like a jumbo jet nose diving landing on a marshmallow runway !!  
....." in 10 weeks time !!!!!!!

ARGHH SERIOUSLY WTF !! ???

The weeks slowly drift by in a haze of pharma until the day comes .....

16 very painful cortisone injections later, i left the day clinic  
hopeful.

Days pass and for once i get some relief without the pharma .....  
sadly this was very short lived and the pain returned with a vengeance.....

For years i have smoked cannabis for additional relief and during a visit to get my required, i walked into him preparing what i know know as oil, RSO grade and the topic opened up .....

I left with a seed in my head and a lil jar of balm he made with the instructions to massage it in .....

Well i did and that started it off pain loss in 20 mins which lasted hours and i was me and i was lucid .....

So i simply could not do without it now and over the next few days i had sourced materials and watched just about every vid on youtube and forums i could find.

Soon i had made my own version and one week later was off pharma entirely .....

With the remaining balm i potted it and offered it to "see what it could help" for free and only asked they share what they found when using the balm.

The results still stagger me .....

That was 1200 members ago and 134 different symptoms successfully managed without pharma and 95% on MICRO-DOSE FECO FULL SPECTRUM.

The rest is on the group .....

Welcome to the family .....

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### 53. Tim Rees

Hello Phil hope you are keeping well. I have had quite an eventful fortnight so have had very limited time to play with but here is my statement id it is any use for your letter if not I will not feel hard done by. I trust your judgment..

I have been using Cannabis for some years now. Personally I have been called lots of derogatory names for my continual use of cannabis. As I come from a family were the stigmatization of Cannabis has predetermined their opinion of this thereaputic ailment that I use. Nearly a decade ago I was admitted to a rehabilitation centre for my addiction problems. I had my brain electrocuted via Neuro electric therapy and underwent a pretty traumatic experience in my short time in this centre. The abuse that I gave myself has left me with a few side effects. I suffer from persistent mental health problems. I use cannabis to help me forget my last and accept my failures. It helps me to stop giving

up. Makes sure I stay on this path and don't deflect. As a result of all the chemical abuse from my younger years I have serious stomach problems. I have been admitted to hospital on a number of occasions for tests to come back with no diagnosis. My main coping mechanism is Cannabis. Without this relief mechanism I would find myself in extreme pain with no way of relief. My main concern is that I am now a responsible parent/ human being. And would like to act responsibly all of the time. At the moment I see the irresponsibility lies not on my shoulders. But the powers that be, who have criminalized cannabis users for more than 70 years. End prohibition. And save lives for the good of all. Please.

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#### 54. Bryon Huggins

The heartbreak I feel is increased when friends of mine feel the need to express their negative forced fed bullshit about cannabis and use a friend of mine that's not well as an example of what cannabis can do, well idiots if cannabis caused it then why the hell is he going against his illness and finding the strength to get hold of this illegal herb to relieve the symptoms and illness. Get educated because your attacks hurt. It's my choice leave me alone.

So after today's judgements and insults due to my choice of medication it's given me the strength to tell everyone in my life, like it or lump it's, it is part of me.... To you few judgemental types. Today I've gone without medication (cannabis) (Yes I break the law) this evening due to circumstances and the environment I'm in it's impossible for me to administer.

For the last time world it's a natural medication, not pharmaceutical, it's not man made but natural. It treats various issues from pain from illnesses through to over active brains and has research now being conducted into specific diseases like cancer.

It's a burden at the moment for people to get access to this MEDICATION and your judgement is having a direct negative impact on hundreds of lives.

Pains I forgot I had from injuries throughout my life have crept back reminding me I'm mortal and suffering. Before you sit there and judge those self medicating. Live with our pain.

I ask you to look in the mirror before judging and ask yourself who you love the most. Ask then what you would do if their life was at risk. What constitutes going to far? Breaking the law to save that person's life doesn't seem so far away now does it?

The next time one of you decided to say your fine you just smoke it because you like it, I ask you if you suffer pain when you've taken pain medication? I ask you how many times you've lied and made people believe your fine. We need this. It's not for our pleasure or for social reasons. It's not because of an addiction like I've proved so many times it's because it's gives me a normal quality of life.

It helps me deal with my depression and stops me over thinking, you see I have a huge problem with over thinking which leads to depression and it also helps me deal and control the anger I have towards myself.

You have no idea what it's like always thinking your not good enough. I don't openly talk about the different diagnosis different doctors have given me in the past and not many people know because they see the ego and talk I give and think he's full of himself. Well below that fake shell I let you all see is a very broken person and I am not me or even a functioning part of society without it. Stop making truth into lies and dicrimilise us.

This is not something I do for fun, I actaually need it. Thanks for your time if you are a good friend of mine or care about what I'm saying please repost or share this so that we can get rid of the negative messages and push forward not back.

Put us first. the people are calling for it. And now you all have seen past the veil maybe you can accept us and stop making us risk everything to be allowed to live free. I ask you how the hell you justify one single arguement against it when ever piece of evidence stands with cannabis. Moreover if you could save one life should you not do everything in your power to do so? Let's stop this injustice and all beg the world to put us first! #makefacebookgreen #theundersigned #medication----

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#### 55. Scott Paterson

i suffer from lower back pain from injury at work few years back , and also i have depression and anxiety and cannabis helps me in so many ways also helps so many others with there medical health , its mad how alcohol is legal which has killed millions but a plant that actually helps people is illegal hope big changes are made and soon

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#### 56. Andrew McCoag

I suffer with anxiety bad depression and panic attacks insomnia and I use cannabis to help releive some of the symptoms it helps with sleep relieves the depression a bit and helps with anxiety if it were leagalised it would make my life so much easier

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#### 57. Claire McNamara

Well I was completely ignorant until only December. I started looking into CBD oil for my dog on the recommendation of a friend. Husband started reading more and more7 about it and got me my first oil to try which I did on 22nd December. That day I also took my last painkiller, antidepressant and methotrexate. To say I'm stunned by how well I'm doing is an understatement. I'm ashamed of the person I'd become on pharma meds over the last 30 years. I'd never ever used any illegal drugs as a youth. Funny thing is I'm sure now if I'd smoked a bit of weed as a kid I may have avoided having half of my bowel removed aged 19 then more again at 24. I'm at the beginning of a very long journey. I've one biologic drug I'd like to stop and also the blood pressure meds. I now tell everyone about how amazing this little plant is in the hope that it can help them or someone they know or at least stop them judging people in situations they know nothing about. x—

Hi Phil

Here's my testimony. Feel free to shorten it. I got a bit carried away and quite emotional. I hope it helps.

x

I've had Crohn's disease since I was 15. I'm now 45. I've had around 3ft of diseased bowel removed and have been constantly medicated yet still in pain and unable to eat any fibre (healthy food). I've had regular hospital admissions where I've been in so much pain only morphine injections helped. Due to my Crohn's I developed arthritis which affects my spine hip and ankles wrists and fingers and leaving me in constant pain and on permanent meds. I also suffer from debilitating anxiety for which I've been medicated for around 20 years. At times I've been unable to leave the house and am always in fear that something bad is about to happen.

I started looking into CBD oil for my dog on the recommendation of a friend. My husband started reading more and more about it and thought I should try it. He got me my first oil on 22nd December. That day for some reason I also decided to stop taking methotrexate, Naproxen, tramadol, omeprazole, morphine and clomipramine. I went through two weeks of hell withdrawing but I've emerged a different happier person. During the last 20 years I had put on 4 stone and had stopped cooking completely at home due to permanently feeling sick and unable to enjoy food. I had stopped being as involved as I should with my homelife because I was always sick and tired. Despite taking all these drugs I felt so sick. Here I am 2.5 months on and today I was able to go out with my son into town for lunch. I'm seeing an osteopath to try and help the arthritis in the spine in particular. I also go to the gym and on some days have managed to go out on my own. Most importantly I haven't had any tummy pain at all since starting the oil. I'm eating food that would've once put me into hospital with a bowel obstruction. It's amazing. The numbness in my hands due to the arthritis has gone and I no longer need splints. I haven't had a single headache in all these weeks which doesn't seem possible. Before I was regularly having to go to bed with headaches and exhaustion yet since starting the oil I've not lost a single day. I've been on blood pressure medication since having my son 19 years ago and for the first time in years my readings are normal.

I've never ever used any illegal drugs my entire life yet I'm sure now if I'd smoked a bit of weed as a teen like many of my peers I may have avoided having so much of my bowel removed and being so ill! I'm at the beginning of a very long journey. I've one last biologic drug I'd like to stop and also the blood pressure meds but I don't want to rush as I've achieved so much in a short space of time.

I now tell everyone about how amazing this little plant is in the hope that it can help them or someone they know or at least stop them judging people in situations they know nothing about. This needs to be legalised. I need to be able to take this harmless but beneficial herb and continue to improve my health and quality of life.

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## 58. Paula Clark

My Testimony to the oil that is CBD.

I've been on some crazy medication all my life, everything from Lithium, diazepam, Mirtazapine, carbamazepine, zopiclone and propranolol and oh many many more that were prescribed for PTSD and BPD. There isn't any meds for the conditions themselves but the symptoms can be prescribed for.

These at various time have put me into hospital, worse case was for respiratory arrest and the other case for for possible CPR as my heart rate dropped too much with the propranolol, (Beta-blockers)

I have been taking CBD oil for some time now, the oil has helped with my flashbacks and night terrors, they have virtually stopped my panic attacks, I suffer with severe emotional intolerance which in turn causes ruminating and that causes me to shut down and relive my past rape, emotional abuse and the abuse from been with a narcissist ex..... a relationship that left me homeless with a 8 yr old son.

I could go into a lot more detail but the point I'm wanting to make, is basically. CBD has saved me. I did have a few problems in the beginning through lack of knowledge and basically feeling my way regarding dosage but I am now stable and dropped a lot of medication. Some of which are the ones that have nearly killed me. The two I am left with, I'm sure I'm taking due to withdrawal effects from trying to stop and the zopiclone I take due to the instant sedation effects that my body has become addicted to. I'm not quite strong enough yet to stop.

Thanks for taking the time to read my Testimony but wish there was many other way to take cannabis as I don't smoke and would like to bake with it but the smell is too strong for the neighbours and been arrested isn't something I would like to happen. That's why I feel it should be legal to use freely so people can get the full benefits from it and to use it in any way we seem fit for our medical conditions.....

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## 59. Isla CT Campbell

DAVEY HAS A VERY RARE CONDITIONS CALLED CHARCOT-MARIE- TOOTH!!!!2 YEARS AGO HE WENT THROUGH A PRE-OP.ASSESSMENT BEFORE THEY TOOK HIM IN TO STRAIGHTEN HIS TOES.WE WERE IN THE HOSPITAL FROM 10 AM TILL 7 PM!!!!THEY DISCOVERED THAT HE HAD A LEAKING VALE IN HIS HEART SO THEY COULD NOT GIVE HIM A GENERAL ANAESTHETIC,SO HE HAD AN EPIDURAL TO FIX HIS TOES ON THE 3RD OF MAY 2016!!!! BOOKED INTO THE HOTEL ATTACHED TO THE HOSPITAL IN CLYDEBANK. THE DAY AFTER THE OP,WE CAME BACK HOME,THEY SENT HIM HOME WITH THE THEATRE DRESSINGS STILL ON AND WHAT A MESS MY DARLING HUSBAND WAS IN ANNE!!!! I HAD TO REVERSE ROLLS,AS I HAVE DONE MANY TIMES BEFORE...I'M 5FT...DAVEY IS 6FT 3 INCHES & I TURNED NURSE,PHYSIO &HIS DR & PSYCHOLOGIST AT THE SAME TIME....ONE MORNING LATER IN THE WEEK,I AWOKE & THOUGHT I COULD SMELL SOMETHING THAT SENT ME INTO PANICK!!!!MY LOVELY HUSBAND HAD GANGRENE IN BOTH FEET...HE WAS RUSHED BACK UP TO CLYDEBANK ON THE TUESDAY...THERE WERE NO ROOMS TILL THE THURSDAY...HE WAS AWAY FROM ME AND I





My father gave in .....

At the age of 65 I sat with my father while he tried cannabis for the first time.....

As crazy as it sounds it is a memory I will forever cherish.....he had dry mouth, he had the giggles, he was worried, he was ravenous 😊😋 but the best part.....the best part he slept soundly and comfortably for the first time in years.....it took his pain away .....it allowed him to sit up a bit straighter .....a bit taller.....

We made him cakes and he smoked it.....

Around the same time he was taken into Dorothy house hospice for a week to get his pain under control.....during that time we were smuggling joints into him and taking him into the grounds to smoke it.....

After one such secret smoking session we pushed him back to his room to find 2 nurses waiting for him.....at the sight of the 2 nurses Dad went green and white all at once and totally confessed us grassing me up for smuggling it in and apologised 😊😋😋

Of course nurses involved in end of life care know all about the secret magic of the green and didn't bat an eyelid .....they asked how he was taking it and would he like it in medicine form..... My father politely refused and said he'd keep smoking it.....

Cannabis gave my father 2 months of pain relief.....he slept .....he ate.....he laughed 😊😋

If peoples opinions changed.....if people were a little more open minded.....accepting..... Understanding.....if the law changed.....

My father could of had years .....not weeks of such quality of life!!!!!!!!!!

My father died January 7th 2015 after a fierce battle with cancer 💔

( photo is of me and my father .....serious straight face 😊😋😋secret smoking in the hospice 3 weeks before he died 💔 )

“Kerry Jane Caffrey your tale truth made me happy and sad simultaneously. I'm so glad you had that special time with your dad but sad that government's misrepresentation of the truth had conditioned him to hate the one herbal health remedy which had the potential to save his life. It makes me so mad to think how many might still be with their loved ones if the government didn't deny our fundamental freedoms to autonomously choose natural herbal cannabis to improve our health, quality of life, happiness and wellbeing. All so the pharmaceutical industry can profit from the cancer industry and pills market.

Makes me furious when virtually all are able to grow and prepare their own traditional and safer herbal health remedy because they will be criminalised or imprisoned for doing so....

I'm collecting people's true stories, or testimonials, and would like to add yours if you are happy for me to do so.

My lovely Lou Monk has been keeping me updated with Beau's progress and it has been filling my heart with joy.

I'd be delighted for you to include his story too so one day all our voices may be heard.



Hey Phil 🙏

That's exactly what happened....the governments lies has spread to so many that they now refuse to change their beliefs ....

As soon as my father tried it he then tried to get my mum on it, telling her her back problems and insomnia would be gone and she would have no need for all her pills (she's slightly more stubborn than my father lol and still yet to try 😊) but she is well on board with Beaus CBD journey ❤️

Of course please feel free to add my story.....it makes me sad to know that there are millions of the same story all over the world 😞

You can add Beaus too .....I can copy and paste a few from my blog if you'd like 😊

Let's shout loud eh ?



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## 61. Sophie Marshall

Cannabis and Me.

I first acknowledged Cannabis in Amsterdam, I had gone to visit some of my mum's friends, I was around twelve. I remember walking down a Dutch street and smelling a smell that reminded me of my Rabbit Benji's poo. I asked my mum and she told me it was Cannabis. Being brought up by two women, a lot of my mum's friends grew and smoked weed, I didn't know then but as I got older I realised. Fast forward now to when I was fifteen hanging out with my mates, it was a miserable, foggy day. The decision was to go back to my house and smoke a spliff in my back garden, as my

mother was at work it was the safest option. I then made the foolish move to smoke half of that spliff. My first ever spliff and that's what I did. Well you can guess what came next, whitey!!!

That experience never put me off.

I then spent the rest of my mid-teens smoking with my friends, from bush weed to resin, I loved it. I liked the person I became. My mind expanded like never before, maybe it had something to do with how my worries and anxieties just blurred and drifted away, that anxious, obsessive compulsive part of me was gone. I then stopped smoking for a few years because I fell pregnant with my eldest child. It was never far from my mind though. I missed it. I missed being free from my worries and obsessively compulsiveness. It was really bad at times. I couldn't switch off from it. Constantly washing my hands to the point, they bled. If anything came into contact with dogshit it was immediately binned, not to mention feeling utterly filthy after being on public transport and being sat on public seats that I had to strip as soon as I walked through my door. Living with constant anxiety, was affect who I was. I didn't go out much apart from to do school runs or go food shopping as I just didn't want to come into contact with germs.

So, by this point I'm now about four months pregnant with my third child. After a day of strange stabbing pains in my thigh my left leg went numb. If you could visualise it it would look like the tv screen when you aren't on a channel, that black and white fuzziness. I think TVs of today are way too advanced for the fuzzy channel! I was worried and tried to ignore it. Before I knew it both of my legs were numb, and it was rising to my belly button. After misdiagnosis of referred back pain, ankle pain finally I was admitted to hospital for an MRI scan. I was given a report that stated that I had lesions on my brain and inflammation on my spinal cord. My consultant needed more. Three months later I was hit with vertigo. Horrendous dizziness that never went away. So dizzy I was sick, I couldn't walk without aid. I was admitted to hospital and given an extremely high dose of IV steroids. For five days I was away from my five-month-old baby and two other children. I left hospital having been told I had relapsing and remitting multiple sclerosis and receiving my 'welcome to MS pack' (as I call it) I was still extremely poorly but I needed rest and quiet. My brain had to heal itself. The steroids made me feel like I had taken an E. I had cold sweats and I was shaky, I couldn't sleep either which was dreadful because it just meant I couldn't switch off from the vertigo. So a noisy neuro ward was the last place I needed to be.

A few weeks later I met with my MS nurse, she is great and really supportive. She came around to my house to check in on me and to discuss starting a Disease Modifying Therapy to limit my relapses. I decided to pick the treatment that meant no weekly or monthly blood tests and the one that didn't damage your liver. Copaxone. An injection 3x per week done at home. It felt like thousands of bee stings when I injected. It left horrible injection site reactions and I hated it. I couldn't do it towards the end of that treatment because it was just too painful so my partner had to do it for me. I relapsed twice on that drug. So the decision was to change me onto a second line treatment – Fingolimod aka Gilenya. To start this treatment, I had to be monitored in hospital for six hours because there was a chance my heart rate could drop and I could keel over and die (worst case scenario of course) There is also a potentially fatal side effect of this drug and that is Progressive multifocal leukoencephalopathy or PML which is a viral brain infection caused by the John Cunningham virus. At this point I am also prescribed pregabalin and as all this is causing my anxiety to go through the roof I decided to start on sertraline to treat my generalised anxiety and OCD.

So that's four strong drugs and on top of that painkillers such as codeine and naproxen and omeprazole for my poor stomach. Horrible poisons. Side effects like feeling like I was on Venus a million miles away from reality, really spaced out. Fatigue was and still is an absolute bitch. I really

struggled. Last summer I decided that I wanted to meet with my old friend Cannabis. When I spoke to people about my condition some said why don't you smoke some weed. You can only encourage me so much. Before I knew it I had my first draw and I could wait to roll one up. Like magic I felt better my anxiety was almost gone, I could move with out feeling stiff. Any side effects from the pharma drugs I suffered vanished. It really was a miracle.

Eight months down the line I'm now completely off pregabalin and I only take a low dose of Sertraline and my DMT Fingolimod. I'm hoping to be able to grow my own supply and eventually come off all prescription drugs. This is my hope, this is my dream. Cannabis gives me the energy to keep going. On the days when I really struggle to get out of bed, Cannabis saves me. It heals my pains and it keeps my generalised anxiety at bay. I don't want to take prescription drugs when I can smoke a spliff and be pain free and anxiety free, WITHOUT nasty side effects.

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### 62. Ashley Sargent

Hello, thought I would share my story, I'm currently being kicked out of my home because one of the neighbours is complaining about the smell of cannabis, but for the past 8 months I haven't been smoking near the house I risk getting caught with it in town or go to the beach to smoke, it's just people who pass by smoking and I am being blamed because they know I use cannabis, let's hope it will be decriminalised soon so other people don't have to go through what my landlord has put me through snooping around my place looking for it, entering the place I call home without my permission, I feel like I can't take legal action because it's to do with weed.

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### 63. Derek Henstock

Morning mate, my testimony as promised.

I am a 47 year old male from Manchester. Ex Irish guardsman, groundworker and street lighting engineer. I have a partner of 24 years and 2 (now adult 21&18) daughters who still live at home with us.

In November 2015 I first noticed changes to a mole on my back (itchiness) my partner, Lindsey, took a look and noticed it had also changed in size and colour. I went to see consultant dermatologist Dr N O'Donoghue at Salford Royal hospital who took a biopsy. By December I'd had my results and had a further excision around the site of the initial mole. I was also then referred to the Christie hospital in Manchester. I was scanned and had to have another excision and lymph nodes removed from both armpits in January. I was sent home but within days I was back in hospital with sepsis. The surgeon had used so many staples in my back that all the gunk couldn't escape so it all gathered at the bottom of my back and infected me. I was hospitalised for a week. By March 2016 I was back for a complete node removal from my armpits. I was then told I was disease free. Brilliant eh

I was so grateful to the Christie for all that they had done for me so I agreed to go on a clinical trial for them for the immunotherapy drug pembrolizumab. I felt it only right to help out after they'd helped me and I thought that having the latest breakthrough in cancer medication in my system could prevent a return.

All went well until December 2016 until I started experiencing severe abdominal pain. This hospitalised me again for 3 weeks and gave me colitis. It was during this 3 week period that a spattering of new moles appeared on my torso, neck and face. (About 50 raised moles in total)

A couple were biopsied and I was informed that they were in fact seedlings, my cancer had metastasized and I was considered stage 4 metastatic melanoma and terminal. They found out that I had had the pembrolizumab and not the placebo so that obviously hadn't helped me. I then had brain tests to determine the next course of action. This turned out to be more immunotherapy (ipilimumab and nivolumab). By Valentine's Day I was back in hospital with uncontrollable diarrhea and vomiting (hospitalised again, another 3 weeks) I was placed on steroids for months! I was then put on chemotherapy drugs mekinist and tafinlar.

June 2017

I was told that my scans showed that my cancer had metastasized again to the lymph nodes in my neck and I had spots on my lungs. I'd heard little bits about the oil helping cancer patients by now so I decided to try it. By September all of the seedlings had flattened on my skin and my scans showed that what had been there was now barely visible. I couldn't believe it. I've smoked cannabis throughout my adult life for recreational purposes and for arthritic pain later on so I didn't experience any side effects at all. I don't honestly know if it was just the THC or the combination of that and the chemo but I was beginning to have doubts about the use of conventional medicine to treat me. I started doing my research and found so many success stories and other natural/holistic remedies.

Present day (April 2018)

I have now completely changed my lifestyle, diet and attitude. I've even gone back to work part time. I felt brilliant, best I've felt in years and without a single paracetamol never mind the morphine I used to take for pain. Unfortunately I had a brain scan last Monday and my cancer had metastasized yet again to my brain. I was aware that this would likely happen so although a setback I wasn't too disheartened. I knew what I had to do. I stopped taking chemotherapy last Tuesday. My pH level tests shot up almost instantly. I seen my oncologist yesterday and informed him of my decision. I was quite nervous about this but all went well and he is continuing to support me. We agreed on some radiotherapy as I'm already experiencing some pressure, blurred vision and other side effects. I have also now doubled my THC intake since last Monday. The Christie will soon be opening its new proton beam therapy centre (June-September) so hopefully I can have the minimum amount of radiotherapy to see me through until then. I will never stop fighting for my life and I will never stop fighting the right to use cannabis to heal myself without worry of persecution and criminalisation.

I gave this country 6 years of my life serving in the forces. I want that back now. Give us the chance to heal ourselves.

So I've been to see my oncologist and told him I stopped taking the chemo last Tuesday (the day after I was told my cancer had metastasized to my brain). It went so much better than I was expecting. He tried to persuade me to carry on with it, as was expected but I stood firm and told him I didn't believe in it. He now knows all my regimes and about my doubling up of my THC use. Whilst he can't endorse it he has offered his continued support. He was very impressed with the research I have done and the lifestyle changes I have made and has wished me well. I hear so many people having such a hard time of it because their doctors won't budge but Professor Paul Lorrigan of the Christie hospital Manchester seems very keen to work with me on this and I can't thank him enough

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#### 64. Dean Hannah

Drink cost me everything at one point was a full time single dad too three boys all under ten at da time lost em and near died aged 30 da bairns was a wake up call tho got sober and stoned got em back 8 months later never drank since now got a 4th bairn me and da misses stoned everyday and never been happier.

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#### 65. Alan Mcghie

I am from Harrogate North Yorkshire & am really bad with technology & my story is hard to write because A. can't e-mail well & it upsets me. Short story am a 52 year old granddad & single dad with one son still at home. Been a lot of things in my life some not proud of like football fights that stopped by the Raves which changed my life for the better I have smoked weed from my 20s firstly just for fun. I then got into smuggling weed into the UK (plc) early 90s went Jail for that in 94/95 that's when my mental health problems started back again I was using hard drugs & what my doctor gave me I no longer use hard drugs but still on 10 pills a day. I can't grow my own cannabis because my son who lives with me worries ( he is also unwell but at college ) So really cannabis got me off the hard drugs it's just not right that I/we can't grow our own without worrying my son does not use any form of drug but he is pro weed but can't really say a lot because of college and work after. Alan Mcghie

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#### 66. Winston Matthews.

I use cannabis in place of alcohol as I'm an alcoholic, also the herb replaces my opiate use, I am prescribed Morphine and I very rarely take it, the opiate use, was to control pain from my spine as I've had two spinal operations, the first one unsuccessful leaving me in pain, and cannabis helped with that.

Used herb for my Hep C, and Liver cancer caused by it, and now to help with my Liver transplant . Depression which I've suffered from the age of 10 , due to my mothers overdose on Alcohol and pharmacy drugs.

Also I have used to replace many drugs now, including nicotine, which is very dangerous and a big killer.

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#### 67. Lewis R.C Barnes.

(Awaiting Diagnosis for Chronic physical Illnesses.)

Imagine if you had to live in pain both Physically and Psychologically for years on end... Well I did! Imagine that one day, you found a completely natural medicine, one which is good for you and that gave you your life back; and showed you that happiness could once again be achieved... Well I did! Now just imagine that everyday in which you consume this beautiful medicine, you risk losing your freedom and not only that but a life which is 95% pain free... Well I do! And for years it stung like a war wound and is now only just starting to heal. I alike thousands of other's in the United Kingdom, have had to live are live's in this way for now over 50 years; but the scientific data we now have is

going to push the inevitable end to our pain."

Hi there, my name is Lewis. And from my statement above, I believe you will be able to gather; that I'm both a Medicinal Cannabis consumer/patient and advocate. I consume small amounts of Herbal Cannabis on a daily basis, in order to aid with both Physical Pain and Psychological Trauma. I first started to consume Cannabis a few years back; at a point in time when I was not in a great place in life due to my illnesses. For a large part of my teen years up until around 2015, I was largely house bound. Pain both physically and mentally, as well as suffering from severe depression made life unbearable. And after years of suffering, and feeling alone, in every waking moment of life I became suicidal. And this continued for some years, I felt like the doctors were not helping at all, I gained no third party support; and I was a carer for my parent with Bipolar, which was all very challenging emotionally. And all in all life was very negative and painful; up until the first time I consumed Medicinal Cannabis. It allowed me to put my mind at rest for the first time in a decade, it alleviated my pain by up to 95%, it made me feel a sense of happiness I had forgot ever existed and finally it made me feel secure and safe; a feeling and presence I had been forever longing for. Following this, I continued to consume Cannabis as a medicine, in order to alleviate both my Physical and Psychological pain. And slowly but surely it worked! And here I am now. An individual who can now live life 95% pain free, and in an extremely positive way at that! I never thought I would get to where I am now and I owe a major thank you to Cannabis for that! I alike many others who consume Cannabis Medicinally on a daily basis; in order to live our live's. And not be held down by our illnesses, still continue to be prosecuted against and our lives practically destroyed, due to unjust and disgraceful laws; which deem us Criminals for the use of our Medicine. And this has to come to an end, now!

Thank you for reading, I hope that my story; both helps push forward legalisation of Medicinal Cannabis, and helps other's to not feel alone and be able to relate to someone. I hope to see and meet you all at upcoming events.

Many thanks,

Lewis R.C Barnes.

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### 68 Lee Pounds

hi my names Lee pounds

I have suffered with chronic pain for 13 years and I'm only 38 years old I have a l4 l5 polapse with nerve impingement I also suffer with chronic pain in my legs and feet due to my condition and nerve damage I had a ct nerve block done last year and it has made my pain so much worse and more aggressive to a point that no nhs pain killer was helping and I was told there was nothing more thay could do for me so I had taken it on my self to take the only step that I new that would help and that was cannabis I have now been using it for about a year now and have noticed changes in my pain my sighatica really has carm down the pain in my legs is better than it was my depression from the condition is better as well I use a dry herb vapeporiser to medicate my self if it was not for cannabis I would have taken my own life because of the pain our government need to open there eyes it's our body's you don't live in it we will choose our own medication iv choosen mine cannabis

thank you

from Lee pounds

## 69 Chris Knights

This should have been done weeks ago but I got side tracked..  
Firstly, once again bravo to the team at WTU, keep it up.

Secondly, here is my testimonial:

Having ADHD from young is hard. I wonder what you've stigmatized the condition as? Well kinda, with addition of insomnia, severe depression and anxiety from adolescence. I have gone through alcohol abuse and substance abuse as coping mechanisms. Through an unhealthy relationship with caffeine, nicotine, alcohol and prescription medication, I've abused a fair amount, including myself. My teens were interesting, through suicide attempt one after another.

I discovered Cannabis late adolescence, Introduced by a partner at the time, it served well, however I didn't utilize it so much at that point in my life, more of an experience together. As I continue to go through depression, with a build up of Anxiety, loss of weight through lack of eating and while day to day activities becoming difficult, I really did get sick of the drugs being pushed on to me. Trailing different ones.. It was then I had a car collision and from being rear ended I got whiplash from the impact. My prescription medication was increased and this is when my side effects increased to the point where I had psychotic reactions to these. I started to look into what side effects my other medication gave me as I began to feel worse in certain aspects. At some point the anti depressants I was on, increased my suicidal thoughts to the point I had to cease taking them. It was this point I started reducing all medication and started to utilize cannabis for my back and neck pain, I found this helped with other ailments, concentration was increased too. As I continued to use it I found other great therapeutic relief by pulling me out of the hole I usually get myself in. It helps with my racing, funnel mind. I can actually apply myself to certain tasks a little better. It helps me keep active, a little motivated too. It does a great calming job and I am able to relax more and helps my insomnia. Also with its appetite inducing side effect with certain strains it helps build my appetite as I'm still going through an eating disorder. Cannabis also helps with my gastrointestinal discomfort.

Yes, Cannabis is great. It's something I use instead of prescription medication. Who would want to take 4/5 pills a day which turns you into a zombie, voice hearing, psychotic mess with long term health effects; whereas I can utilize cannabis, which alleviate symptoms as much, if not more, than what the pharmaceuticals do, just minus the health risk and side effects.

In short Cannabis helps relive symptoms from; ADHD, Anxiety, Eating disorders, Insomnia, Mood disorders, body pain (intestinal, back, neck, general), headaches/migraines.

Peace and one love.

Chris

## 70. Kate and Pete

### Our testimonial

Ever since I've been with my husband Peter he has suffered with stomach problems, pain, diarrhea, excessive sweating but for many years with the help of smoking joints he was coping, working full time and an active member of society. Peter told the GP on many occasions about his stomach issues but they were dismissed as stress.

Then in 2012 Peter had his first hospital admission and operation with a perianal abscess, he was treated very badly in hospital and was left with damage to his spine as they didn't anaesthetise him properly, his stomach problems became much worse from then on and he began suffering neuropathic pain in his back (we later found it is due to disc herniations at C4 and C5)

Over the next 2 years Peter had 2 more hospital admissions and ops and some more appalling hospital treatment leaving him further damage to his bowel and spine and by 2014 he was unable to work due to the severity of his symptoms. Finally in summer 2014 Peter was diagnosed with Crohn's disease and sacroiliitis but the treatment offered was steroids and immune suppressants and if they didn't work an ileostomy, we had lost all faith with the NHS by this point which was really sad as I am a qualified nurse and up to that point I had worked in the NHS predominantly in intensive care for 10 years. We told the hospital we were not interested in their treatment and took control of Pete's care ourselves. He had at this point started using High strength CBD oil along with smoking pure (gave up tobacco as told by doctors bad for bowel) and found it suppresses his symptoms a little. We then took decision to move to the Netherlands, in our experience the system there is far from perfect it took a while before Pete for his first prescription for cannabis and our first doctor was very ignorant about it saying she thought it was addictive and she would prefer if Pete got it from the coffeeshop. Pete was prescribed oils from NL also but the oils there are very weak 2-3% THC so they weren't that effective, so we spent the last of our savings to go to Colorado and Pete had high strength full extract oils there which gave him huge benefits, we then had to move back to the UK due to debt and being unable to find work in NL, but as we had secured a prescription in NL for Bedrocan, Bediol and Bedica for Peter we were desperate for Peter to keep the medication that helps, therefore we have found the only way to continue his prescription legally is to travel between UK and NL keep a place on and medical insurance in NL and work in UK which is hugely stressful and tiring. We have suffered greatly financially also and we also pay for all Peter's prescriptions as they aren't covered by medical insurance. As well as our Dutch GP prescribing the cannabis for Pete's Crohn's and chronic pain we also have a recommendation from a Dutch consultant neurologist stating that Peter's neuropathic pain alone is an excellent indication for cannabis prescription.

All we want is to be able to use Pete's medication in the UK without travelling and all the stress and financial burden we have been put under just to keep Peter's illness at bay. I also want the chance that if I ever suffer cancer or other serious illness as a nurse seeing the hideous effects of chemo and radiotherapy I would like the chance to try cannabis first prior to using toxic pharmaceuticals and I think everyone should be given that choice.

Please don't hesitate to ask if any questions

Kind regards

Kate and Pete

## 71. Martin Robinson

I'm a 48yr old man from East Anglia. I had finished my apprenticeship and was a HGV technician until I suffered an accident at work in 1993.

I was working on the back of a tractor unit getting the vehicle ready for an MOT, I was attempting to undo a brake pipe with a large 36mm spanner. While pulling on this spanner it slipped and hit me in the face, shattering my front teeth and sending me flying down the inspection pit. While flying backwards on a wet oily workshop floor I hit my spine on a large oil draining tank.

I suffered from a broken spine, shattered front teeth, swelling and bruising to the back of my head.

I did manage to walk again though, it was very painful, my spine was always in pain. I lost my job and was told to never try and lift anything heavier than a half full kettle. I had managed to save money when I was younger and I purchased my own property, one suitable for myself and my disablement.

Since that accident until 21 months ago (23 years in total) I couldn't hardly walk without suffering immense pain. I had carers come in to my own home and help me to the toilet, wash and shower me in my wet room, cook and help feed me, I lost muscle and the ability to lift a fork at times, so I spent years drinking high protein drinks, full of sugar as I struggled to eat.

I had 23 different types of medications and had to take 27 pills and patches a day. This includes morphine and was using fentanyl patches for 3 years which are stronger than heroin.

About September 2016 I was in so much pain I had a doctor come out to me and he couldn't prescribe any more medication, he said my body was saturated in morphine and I was now suffering from an opiate addiction.

After this horrid experience I purchased a bottle of CBD oil and found this had actually helped ease some symptoms of my opiate addiction and pain on my whole right side but not all the pain throughout that I'd been suffering.

It was expensive for me as I hadn't been able to return to work for 23 years. I then looked at this CBD oil and its benefits and found that if I actually had cannabis oil with a small amount of the THC compound it would be more beneficial to me, but it was near on impossible for a house bound disabled person to gain this illegal plant to be able to make my own medicine, but I managed it, I had my elderly father go and buy some cannabis from a dealer, 77 year old man buying some type of cannabis from some man in my local town. I had no idea what strength this was, even if it contained other products to make it weigh more.

After watching YouTube videos and buying isopropyl alcohol I successfully made cannabis oil. I had only taken the smallest amount of this and I had the most lovely feeling, my pain lifted and I felt the need to try and walk, I managed to walk in my house without using my wheel chair.

I then decided I was going to do something else illegal, and that was to grow my own cannabis, a strain I had studied and then I purchased my first tin of cannabis seeds which arrived in the post. My elderly father helped me set everything up and propagate the seeds. Within a week I had my own cannabis growing in my own home.

Within a few months I had grown and dried my own cannabis medicine and started to grow more straight away, I wanted my own safe supply of medicine and not to rely on prescription drugs that wasn't helping me live a life apart from sleep, I had spent more than ¾ of the previous 23 years asleep.

Within two months I had lowered my dose of fentanyl patches and was the prescribed oxycontin morphine. I have since come off most of the morphine, and 11 other of my prescribed medication. I am determined this year to come off more of these prescription drugs and hopefully all of them within next 18 months.

I am now able to walk, albeit with a stick, I don't sleep all the time, I manage to wake up early and about an hour after I've taken my own cannabis oil I can walk. I am able to get myself to the toilet, eat unaided and my pain has become controllable at last, as long as I am able to grow my own and make my own medicine I can't see any reason why I can't try and fulfil a normal life, similar to an able bodied 48 year old male.

Cannabis has saved my life, it gives me hope that I may one day soon be able to return to work and save the government some money. I will never be like as fit as I was but I hope to get near as damn to it. This has been a "gateway drug" to me, its been the gateway from all those other chemicals/prescription drugs to life,

There is one problem, I live in fear that I'm going to get arrested and charged with cultivating my own plants and making my own medicine.

If cannabis was legalised fully here in the UK the government can then other people who have health problems can use this, it may not help everyone. I believe we should operate the cannabis trade as it is in America and elsewhere. We can have the option to grow our own or buy from a trusted source, then this source will pay taxes, employ people, stop dealers on streets and all the money will help our country "grow".

Other country's have shown that legalizing fully will decrease opiate overdoses and deaths, make vast income for the government and help reduce gang violence.

Please leave my name anon as I don't want to put my medicine in jeopardy.

Kind regards,

Cannabis grower and user.

72. Aaron Nacci

Hi, here is a testimonial on my medical cannabis use, please feel free to use as you want.

This is a copy and paste from one I have already done for the UPA but its just as relevant.

Regards

Aaron Nacci

*"I have been both interested in cannabis and a cannabis consumer for over 20 years but have only been using every day medically now for the last 3 years to treat the symptoms of both an anxiety disorder and depression.*

*Initially I went to see my new local Dr who upon an initial 5 minute chat prescribed some ssri anti depressants and told to take every day at a half dosage to be increased to full dose after a week.*

*I reacted so badly with negative side effects to these drugs that after 2 days at half dose immediately stopped taking. With one of the many negative side effects listed on these drugs too being suicidal tendencies and the way i felt taking them briefly i decided I didn't want to take pharmaceuticals to treat this.*

*I treat my anxiety and depression using sativa dominant cannabis strains. The uplifting, creative and energetic highs from these strain types is perfect to uplift mood and make me feel generally happier. The calming effects too from the cannabis also eases my anxiety by calming and relaxing my thinking and helps me process things more rationally and logically. Without it my thinking can be sometimes erratic often over worrying about things and over thinking certain situations.*

*Cannabis massively helps me get through the day comfortably and to live a normal and active lifestyle. Also through using cannabis daily I was completely able to give up the use of both alcohol and tobacco too. I really don't see why I should risk being prosecuted for taking a natural medicine that enables me to live out a healthy, active and happier lifestyle.*

*Cannabis can medically be of use for so many different things and needs to be available in the UK to patients who really need access to it. Cannabis can replace so many pharmaceutical drugs and in many cases has far less possible negative side effects too, So why is it still a criminal offence to choose the safer option?"*

### 73. Matt Robey

I have two main chronic conditions (aka syndromes) for which there is no department or treatments available on the NHS. I am only offered zero treatment, just attempts at symptom suppression eg pain killers that are deadly and don't work for chronic, neuropathic pain. Also any non natural product has severe reaction and extreme adverse health effects which has meant that all drugs including sugar have not been tolerated. This is part of the condition called MCS Multiple Chemical Sensitivity.

The only remedy and medicine of choice is Cannabis and it is a fact that it is a medicine and not a drug. This fact is accepted by many western scientist and governments as there is only THCA which is not psychoactive in the plant and this is only present in the plant during the late weeks of flower. The oil and flowers when eaten raw, vaped or consumed in many ways

have a proven and often patented health effects. I believe it is everybody's inalienable right to grow and eat this super food and medicine for medicine and health. I also think it can be used sensibly or not with zero negative effects and that anything to the contrary is proven to be state propaganda!

The plants of various strain have great qualities for all and however the plants used its never a crime to have or posses your choice of food, medicine etc. For me and my condition it improves greatly my quality of life and there is no alternative. No victim no crime!

The legal system and society judges me and labels me a criminal for using a plant. I will know that I have behaved in an honest ethical and lawful way.

Peace and Love.

#### 74. Sharon Kennedy Fitzsimons

Hi, I'm Sharon Kennedy

I am 52 years young. A wife mother and granny to two beautiful girls.

About 6 years ago I went to my GP regarding my family Hx with the amount of cancer in my family!

I wanted blood tests for a few genes, especially the barac, My GP referred me to a genealogist (took months and months and months)

At appt, I asked for tests (No) as I didn't have cancer!

They needed someone alive that had it..(My Sister) who lives in the states refused (fair enough) "meanwhile I had been going to Go again for Pain in my right hip"

Doctors telling me I had athritis (Just booking at me" they are amazing these docs, anyway back and forth with all sorts of opiates nothing helped.

Fast forward February 2016 was referred by genealogist to Gnynocologist (to have a chat ) about having a hysterectomy! (routine) off course, as that was the recommendation from genealogist- fine.

Gyno said we will do a routine hysterectomy! Due to family Hx fine I said.

He then said we will do a partial because of dull blown MENOPAUSE.. I agreed that that was the way to go forward.

Pre-Op 2017 Feb

I told gyno surgeon do a full hysterectomy if your going in TAKE IT ALL OUT.

Ok

Told him about my general health (Just like I told my gp) for a couple of years. Feeling blah, bloated painful, hip pain, indigestion. Ok no problems then.

July 18th 2017 surgery all was well, doc said a very tiny cyst on my right overy! But absolutely nothing to worry about..

2 weeks later phone call.. Hospital - to come in. Why ok PANIC STATIONS..

Was met by Oncology Surgeon (You have Ovarian Cancer stage 2b. And a further debunking Surgery required, explority to have a look to see if anywhere else.

Low and behold.. they removed my Omentum & 7 lymph nodes.. (I had no appendix to remove) Stage 3b Ovarian cancer.

Well that's when I started researching Cannabanoids, was able to find an amazing compassion club.. (I was so against smoking cannabis) might I add.  
Anyway I started taking a 1:1 and a cbd rich tincture daily along with Feco.

I started using Cannabanoids September 2017 as soon as I found a caregiver that I could trust with MY LIFE.. as I had got hemp oil a few times as a stupid price.

Anyway September 2017 I started with oil and i have never looked GENUINELY & still does save my life.

I started Chemo carbo/taxol October 2017 6 treatments. On my 4th which was December 23rd 2017 I had a CT Scan NO Evidence of disease.. I was cancer free..

I did continue with the rest of my treatments as it was recommended by my oncologist GRRRR.. but I did and had to have transfusions and wanted to die.

If I hadn't had my oils I would be dead today this I know for sure.

I so fast forward to June 2018 due to money problems, pain, this and that. I decided I would stop my oil for a month or to, as my pain levels are always through the roof Due to the side effects from Chemo.

Anyway I stopped and told no one.

I ended up in hospital a few weeks later with such pain, they thought I had a blocked bowel (Nope)

All sorts of tests, nothing found.

I got a chest infection & antibiotics and steroids, came home wouldn't shift and my pain was a steady 9.

More steroids.. (all the while no oil)

End of July 2018 I was sectioned I had an awakening! And told everyone I wasnt taking my oil..

Waw this is what my oil is actually doing to me, it keeps me from pain off the scale pain, it keeps me from having panic attacks, anxiety, depression, helps oodles with my pain levels, helps me eat & sleep..

Cannabanoids saved and still is saving my life every day, that the Lord gives me on this earth.

I want to get my family back, I have a daughter that won't talk to me (I'm a druggie) in her eyes, after all I have been through, people just don't get it.. well I'm here to help educate anyone that will listen.

A shout out to my compassion club #ttcc saved my life.

Free us, let us grow let us medicate with a natural plant. Not Opiates i habe had enough poison in my body. And i suffer daily for that.

One love

Sharon Kennedy fitsimons

Xx

#### 75. Sandy Cluckie

Basically if I had kept listening to my doctor there is a good chance I wouldn't be here , I've had 2 discs removed from my spine and muscle wasting on my right shoulder and severe nerve damage down right arm n I've also got 2 types of athritist n asthma . I think I've been on every painkiller n anti psychotic out there tbh, I was on 900mg of pre gabbas a day and 90ml of methadone amongst

others and started passing out smashing my face and concussion for 4 days one time . I didn't know what was going on as I ballooned up to 16 stone and couldn't even gather a thought because of mind fogs and sleeping. I was also told to put my right arm in my pocket as it was no good to me after a few visits to physiotherapy then got told I might have copd which killed my older brother and watching him struggling for a breath got me so scared I started looking more into the healing properties of the plant , I started taking Cbd and thc and getting some oil from friends and now off the pre gabbas and No copd and reduced to 25ml of methadone but now I have clarity n lost 3n half stone and still have pain but I feel so much healthier and alive thanks to the power of the flower .

#### 76. Rev, Martin Brown (retired)

I'm 66 now, and have been a Cannabis user for over 50 years. My reasons for choosing cannabis as my "drug" of choice are many. I use it to relax, as well as to stimulate my imagination. I use it spiritually (I am an ordained priest in the Church of England), and as my health has deteriorated in recent years I have come to appreciate its medicinal potential too. I now live in chronic pain from degenerative spinal stenosis both lumbar and cervical (for which there is no cure) and arthritis (I have had my left knee totally replaced already, and now my right knee and both hips are starting to be an issue). I was also diagnosed with Parkinson's Disease some years ago. Thanks to Cannabis I have been able to come off a whole range of prescribed and dangerous drugs including Clonazepam, Pregabalin, and Morphine; I have also cut my daily Oxycontin dose by over 50% and counting (I hope to come right off, if possible, within the next six months). I had begun to feel positively toxic, as if being slowly poisoned by pharmaceuticals. Some of the side effects are as bad as if not worse than the symptoms the drugs are meant to treat. The only side effect of cannabis is hugely enjoyable and not at all addictive, unlike so many pharmaceuticals. The laws of prohibition are a harsh and cruel response to a non-existent problem, and it is time they were taken down. That is why I am happy to be a part of WTU.

#### 77. Kevin Lockhart

I originally started to use cannabis when I was 16 years old. Purely for fun, to get high, especially when at gigs. For the next forty-odd years cannabis would be in and out of my life as I felt appropriate - a year working in Utrecht in 1995 was the longest single period of use I had. Then in 2014, I had a serious accident cycling home from work. Six hours of surgery managed to put my arm back together, however, it could not repair the damage done to the nerve connecting to my deltoid muscle, which means I no longer have a useful left-arm - but I get a lot of pain from cramps and joint issues because the arm does not move correctly. I have also been diagnosed with osteoarthritis in the damaged left-shoulder and my right hand. Originally on strong opioids for the pain, I suffered some serious side-effects. So thankfully I was taken off them and put on to Naproxen - this was successful but caused its own issues with my stomach and Lanzaprazole was prescribed to alleviate these. Then, in mid-2015 a friend who also suffers from osteoarthritis offered me a cannabis edible - he had been using these secretly for some time to help with his pain and to aid sleep. It worked fine - though I wasn't keen on the stronger effect the edible had so he sourced me some bud and I started to experiment with creams and vaping dry bud. This has proved a good way for me to control my pain and cramps. I was able to significantly reduce the amount of Naproxen I was taking - only taking it during the day when at work as I couldn't use the cannabis. Since mid-2016 my friend and I have been growing our own medicine - mainly 1:1 CBD-THC strains for medical use - though we are not averse to growing the odd THC only plant - we still enjoy getting high as well.

I hit the big 60 this year, and as a regular cannabis user I am now suffering much less pain than in the past and I sleep a lot better than I have for some years now. I cannot recommend it enough as an alternative.

#### 78. Nicki Barr

I am thankful for where I grew up, in Belfast because my neighbour and lovely man, Michael who was in a wheelchair with MS, taught me So much about this Plant. I also have MS and it is Only Cannabis which allows me to walk and want to! It keeps my mind-state positive 😊

#### 79. Mitch Bligh

My cannabis use over 30 years has evolved considerably. From a kid who wanted to get high and contemplate music, nature and life on a deeper level, to an middle aged tax paying, self employed professional, a doting father of two and a committed husband who likes to handle stress, insomnia and joint pain with cannabis. My path has changed considerably and I feel my life is now enhanced by the use of this plant. Back in the day I would smoke it with tobacco and have to sneak about avoiding authority to enjoy it. This usually lead to feelings of insecurity and guilt.

Today, with the insight gained from other countries such as Israel and the USA we know so much more about the plant that I feel it's a much different experience. I now have the luxury of being able to dry vape cannabis flowers of my desired cannabinoid ratios and no longer mix in toxic and addictive tobacco. This has a two fold effect for me. I no longer have the guilt from smoking tobacco and I know that by not combusting at all, my lungs are happier and healthier. Also, through this foreign research we are learning so much more about the benefits of this wonderful plant. It's become obvious in this country that cannabis use is continuing to be criminalised to protect Pharmaceutical company's bottom lines. The scientific research has been quietly ignored for several decades at least, but now the cat is out of the bag and it's hard for the government to continue to hide the fact that cannabis is beneficial for health and wellbeing.

The real turning point for me (my epiphany) happened a few years ago when I was beginning to feel rather middle aged, a little depressed and very low in energy. The whole groundhog day experience of being a parent I guess. I was at the point of going to see my GP and exploring the use of anti-depressants. I really didn't want to take this path as I was well aware of the myriad of potential side effects of these powerful drugs. At this point CBD was just starting to be talked about so I thought I'd give it a go. I still remember the first day I tried it, that little drop of oil under my tongue was a game changer. Very quickly I felt my energy come back and within 3 weeks my morose feelings had lifted and I really felt rejuvenated! That was about 3 years ago and I still take the oil on a daily basis but I feel much more level all of the time. I suspect I had an endo-cannabinoid deficiency that was causing me issues. My life is still not perfect but it is better with THC and CBD in it. I have X number of days on this planet, why should I be denied my right to live a peaceful and happy existence?

I look forward to the day (it's coming!), when I can consume cannabis freely without the fear of being made a criminal for an activity that's beneficial for me and does not hurt any other person. I believe it to be a basic human right that I'm being denied! I wish to grow my own strains organically at home so I can get the cannabinoid ratios I want for my own use as well as those that I know would benefit friends and family with serious illnesses. I do not wish to support the sinister organised crime gangs that exist in the UK by buying cannabis from the streets, nor do I wish to consume cannabis that has harmful pesticides, herbicides or fertilisers in it. Decriminalise it and this market evaporates. Equally, I'd like to see licensed and taxed dispensaries selling clean, safe and tested cannabis to those who wish to use it for whatever reason. Most people don't have the time, space or energy to grow their own at home and they shouldn't miss out either. The estimated 5,000,000 UK cannabis

consumers will agree! End this hypocrisy and lets get learning what good this plant can do.  
MB

80. Sam Kerslake

From: Samuel K  
Subject: A Whole New Life

Message Body:

When I was 14, I had been in and out of the doctors to be miss diagnosed with IBS which later was diagnosed as Ulcerative Colitis. I would go to the toilet 8-10 times a day, I was losing around half a pint of blood a day at my worst. I have then been prescribed pharmaceutical pills that would help my stomach repair and they semi worked for a year, but in the meantime every month I would have to go and get blood taken because a side effect of these pills is moderate to common and that is kidney damage or kidney failure. At that point not knowing any better I carried on taking them and then my condition got worse, then I ended up on immune suppressant steroids (prednisone). These drugs have been linked to multiple health issues, but they have also been known to aid in the repair of the symptoms of ulcerative colitis. After taking 14 of these a day or 70mg.

I was getting symptom free but year after year there would be a flare-up and back on them I would go, steroids have a side effect that is very common and that is mood swings, I would often feel depressed or angry, this got to the point that I went cold turkey as I could not control the anger I did not feel like if I carried on taking them I would end up hurting someone. It was during one of my mood swings that a friend of mine took me out of the office and offered me some cannabis to help calm me down and I accepted.

The next day I woke up symptom-free and I thought it was the steroids, it would be later I found the cannabis I had been smoking to help control my mood was actually helping my stomach heal, I have since become a regular smoker of cannabis and Im happy to say I live a new life and am symptom-free for 8 years. I can go to festivals, I can go out for a meal, I can live the life of a normal human being. My specialist doctor has told me to carry on smoking and we have even been to the medical board twice to get my case approved for NHS prescribed medical cannabis, but I have been rejected on every occasion.

WTU give me hope that we might actually one day to have access to the medication that a lot of us need, I support both recreational and medicinal cannabis because I believe it's your own body it's up to you how you treat it!

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This e-mail was sent from a contact form on We the undersigned (<https://www.wtuhq.org>)

81. Tom turner

From: Tom Turner  
Subject: Quite honestly, I think I owe my life to this plant!

Message Body:

I have been a cannabis user for various reasons, both medically and recreationally since the Autumn on 1998 - almost 22 years now! My mum took her own life when i was 15 and I didn't really cope well instantly started smoking cigarettes and drinking, getting into some right states and

unfortunately for the next 18 years, alcohol was going to be a major part in my life although i used cannabis in a recreational context throughout that time. My Mum's passing was a major factor in me seeking out new things at that time and luckily cannabis was also one!

Before my mum passed away, I was quite disruptive in class at school and always seemed to be twice as much of a pain in the backside as the next "naughtiest kid" in the class ha! Que the first profound benefit i can remember.... within a month of general recreational use, i had calmed down massively at school and my outlook was much better, i managed to get a decent set of GCSEs and that saved me a massive amount of trouble in the long run. Turns out I have suspected ADHD (awaiting final diagnosis) and the cannabis i was using had a very good levelling effect and was helping me focus - yes i had a joint before most exams and not ashamed to admit that! Alcohol had masked this for 18 years and it only became apparent when I stopped drinking. The cannabis does not cure ADHD it but makes everything much more manageable and stops the "noise" (the distraction by everything around me). I have a full time job and a fast growing Android software development project going also thanks to the focus i have been afforded by Sativa cultivars especially - reason number 1 i owe my life to this Plant!

I have epilepsy which i am controlling with the one and only pharmaceutical i have been able to tolerate plus an indica tincture that i take every evening. This has stopped any auras that i was experiencing when just using sodium valproate alone. I also have PTSD following witnessing my best mate go through an uncontrollable breakdown and then hear that he's taken his own life after being failed by the system and remanded in Jail following erratic behaviour and not sectioned or given constructive help as was needed at the time. Que reason number two and three. I have been able to decline drugs such as keppra and lacosamide thanks to the success i have had in controlling these auras myself. I would be screwed without this and the current laws do no one any favours when they just need to access truly helpful medication and they can't I have the diagnosis of PTSD and it does rear it's head very occasionally (during times of extreme stress) but cannabis has stopped it in it's tracks for the most part!! I'm so thankful to mother nature for this medicine.

Finally for reason number 4. 5 years ago i broke my leg like an idiot, following three pints of carling and 2 shots of brandy. Spiral distal lower leg open fracture (Nice!) - although due to the complications with this injury, like so many others, i became addicted to oxycodone, gabapentin and codeine as i had to rely on these drugs for pain relief during my recovery. i read that CBN had been shown to promote bone growth and also THC and CBN both showing antibiotic properties. As i was prone to infection at the break site on my leg, i started consuming edible preparations of varying sorts rich in both compounds. within 6 months (after being in near stasis for a year following my break) - the bone started to fuse, the wound had healed and the new tissue had completely established itself and I was removed from the leg frame that was installed. Yet again thank you to cannabis! I have a fully functioning (if sometimes still painful) leg that can bear full weight and i can even sprint after my son lol!! I was looking at loosing it and rehabilitation with a prosthetic prior to this. Furthermore, cannabis has been instrumental in coming off gabapentin and oxycodone. two drugs that should never be given out.

I love life thanks to this plant and i also love this plant.

To have to be this way illegally thanks to an outdated and unsuitable set of laws is as disgraceful.

## 82. Jim Finch

From: Jim finch

Subject: Cannabis gave me back my life

Message Body:

When i was 29 years old whilst driving home from work i was stuck by a car. The crash caused me to become disabled. Physically and Mentally. Culminating in a suicide attempt as the thought of carrying on so disabled and living a new life so different to the life i led was too much. I was on Lorazepam, Codein, Diazepam, Morphine, risperidone, Sertaline, amitryptiline and some gastro stablshers from all the side effects of the pills. I couldn't get out of bed, My hair was failing out. i was gaining so much weight, becoming a zombie. I found cannabis after researching online and saw it was being used in Canada to treat 5 of my 7 conditions. The effects were instant and the releif is amazing. I quit all prescriptions, as well as tobacco ( i had been a smoker since 14)

I don't care about your laws because my body is a prison and cannabis is day release. I do care others may be put of trying this wonderful healing herb.

Legalise now!

## 83. Laura Tavener

Cannabis helps tremendously with pain for me, feeling like a criminal when I'm getting my medication isn't right

## 84. Linda Hendry

The effects of cannabis and prohibition laws upon my life.

"Trying to get cannabis legalised has been my 'hobby' since 1979 or earlier. At University from 1968 I observed fellow students using cannabis. In 1973 I first saw the plant growing wild by a river in Pakistan and was impressed by the beauty of it. I saw more growing wild in India and tried it there in the company of holy men (sadhus). It was still legal there then.

Since that time I've appeared on television, radio, in newspapers & magazines and spoken at public meetings to publicise the issue. I stood for parliament for the Legalise Cannabis Alliance in the 2001 General Election.

I did research in the Netherlands, where cannabis was 'normalised' in the 1980's, and more recently in California and Oregon after cannabis became legal in those USA states for both medicine and recreation.

Two years ago I was optimistic because UK Home Office 'legalised' medical cannabis and I thought 'Half my work is done'. I am sadly disappointed by reports since then that cannabis medicine is almost impossible to obtain from the National Health Service and beyond the means of thousands of people to obtain privately because of cost. The result is that they are stuck with black market supplies of unknown purity.

Tax money I pay is being wasted on police resources, court and prison time maintaining the prohibition of cannabis. I want cannabis to be sold with contents labelling under a system similar to that which controls alcohol and tobacco.

I know that hemp the low THC version of cannabis would be valuable in reducing UK climate emissions but that Home Office 'red tape' makes it difficult for farmers to grow the crop. I wear hemp clothes when I can afford them. A hemp processing industry would be a worthwhile job creation scheme for the UK. Hemp was grown in the UK in the Middle Ages as is shown by place names such as Hemel Hempstead.

If Westminster will not follow many jurisdictions in other parts of the world (Canada, Uruguay, Argentina etc) by making cannabis more easy to obtain, my hope is that the situation for me could be remedied by Drug Policy being 'repatriated' to the Scottish Parliament at Holyrood. My conclusion is that it would be very beneficial to my life, health and happiness if I was allowed to grow a few cannabis plants legally at home.

Linda Hendry

Spokesperson Legalise Cannabis Campaign Scotland.

#### 85. Katy Talbot-Hurn

Hi there,

I am a 48 year old woman who has arthritis, copd and fibromyalgia. I used to use cannabis to alleviate the symptoms of my illnesses.

I have 5 children and I am only able to use cannabis late at night, just before bed as I am so scared of someone finding out and reporting me to social services.

If I lived in Canada I would be able to access cannabis legally for my problems but as I'm here I could potentially have my children taken off me because of my 'drug' use.

I have been on morphine for the past 5 years and I have such a tolerance now they don't work for my pain.

If cannabis was legalised here it would allow me to get rid of my opioid addiction and be in control of my pain relief.

I do not smoke it to get high or stoned, I only use it for pain relief but I gave to do it in secret, like a criminal.

I long for the day when I will be able to grow my own and take control of my pain and life.

Until then I'm just another opioid junkie.

Regards

Kate Talbot-Hurn

#### 86. Alun Buffry

I don't use cannabis as a medicine, in fact I have not consumed any for over 5 months, out of choice; i have not had any craving for it even though I have easy access if I wanted; the only real difference is that I remember my dreams more often; so I think my main reasons for use was for social sharing and to some extent just habit; strange after 50 years of using; I did not and have not decided to stop for ever, at the start I just thought I'd give it a break and it just went on though "lockdown"; I can say that I used cannabis almost every day for almost 50 years - just the occassional break or holiday without it - and I never had a problem with it. I have seldom been ill and had to see a doctor and when I did it was due to blocked ears or the flu.

I will 100% fight for anyone's right to choose to grow and possess and use and share cannabis in their own homes and in private clubs such as CSC's and public coffeeshops as in Holland; but I believe that the reasons why people choose to consume are a private matter - testimonials of medicinal benefit, I can understand, but I wonder that although often "medicinal" users may be more up-front and open about their use, are the majority of cannabis consumers in the UK primarily medicinal users? Personally I think most would

call themselves recreational, social or religious users although IO have met many that said they feel it was beneficial to them. I have also met many cannabis consumers in other countries.



**Lisa Middleton**

@Lisa19576



UK Cannabis Law needs changing NOW without a shadow of a doubt! Being dragged through the system in the same manner as a Murder, Child Abuser, Rapist, Public Nuisance, Violent Thug, A Weapons Charge, Terrorism ...

FOR A PLANT is BEYOND BELIEF!

ITS PURELY RIDICULOUS !

20:41 · 16 Jul 20 · [Twitter for Android](#)

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**59** Retweets and comments **147** Likes

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## 88. Lawrence D

From: Lawrence D

Subject: My Testimony

Message Body:

I started smoking cannabis when I was about 14 years old. Looking back now I can see that this was probably not the best of things to be doing but it was available and my experience with alcohol wasn't a great one from being sick (as most teenagers do) to getting punched on because I was the bigger guy in our group after a few beers. So I turned to cannabis as the people I knew associated with this were chilled out and good friends. We would hang out listening to music and being creative. We tried as often as possible not to consume on the streets and always looked for somewhere to go where we would be comfortable and safe. Obviously trying to get cannabis at that time was a little harder than it is now and this meant contact with dealers that were also selling harder drugs. On several occasions we were held at knife point and robbed. There was no where to turn in this event. Each time we would try and find a new source gradually connecting with brothers/sisters of friends or other groups that could source better quality and without the negative impacts or risk to our lives. We would also meet people that would be treating their illnesses with cannabis and this made it more appealing as I was suffering from undiagnosed ADHD and mild RLS. I made no secret of my cannabis use to my parents whom being religious I thought might understand but instead I was met with constant resistance and made growing up through my teens a very difficult experience (as with most teenagers). Since then I have trained as a TEFEL teacher and gained a B.A. Spanish & Film degree. In 2006 I started working in the film industry today I am an award winning film producer. I didn't use cannabis (regularly) for about 8 years but once my children were born and had reached the end of primary school I realised that it actually was a help to me and helped me manage my well being. I became less stressed and uptight creating a happier family environment. I have started to grow my own for ethical reasons so that I don't contribute to the un-taxed market giving money to criminal organisations. I also do not want my children, if they choose to do so, to have contact with violent criminals and for their lives to be at risk. I want to be able to grow my own without fear of police raiding me for a few plants which I choose to consume at night in my home without harming anyone else. I want that my children don't have to go through what I went through growing up. I also want to support those that need it for medical purposes and for the recognition cannabis deserves as a pain relief. We have all known people that have died whom may have benefited greatly had cannabis been a recommended form of medication.

Lawrence

## 89. Tony (Philip Anthony Bevington)

From: Tony Bevington

Subject: Medical Cannabis

Message Body:

I am Tony Bevington. 80 years old. I have been using Cannabis since I was 30. Initially for recreation.. Nowdays and for the last few years medicinally. I was told by my Doctor I have stage three kidney failure. No treatment, possible to halt but not possible to reverse. I use Cannabis Oil daily. It has reversed my readings, eliminated all pain and discomfort of the complaint. I am improving and lead a normal life of activity and recreation. I am unable to afford the legal route, since the Government

have made it prohibitively expensive, only available to the rich. So I grew my own. Now twice recently I have been arrested, for 'trying to save my life.' I am providing , what the state and Health Service are unable to. yet am being punished. Such a strange society we live in, denying me the freedom of choice to save my life.

#### 90. Markus Beeching

i am fighting for the right to grow and use the marijuana for far too long, this has been denied us, and here we are still fighting and watching many suffering and losing their lives when we know we have a wonderful plant that will do so much to eliminate so much pain and suffering in so many ways .....just as said suffering for political gains money and all the corruption that goes with it ..i officially undersign .....

#### 91. Ryan Knight

Comment:

Cannabis has been helping my wife and myself this year. My wife was told on Dec 23rd 2019 she had an adenoid cystic carcinoma. Through the operations and treatments, my wife's face has been left paralyzed on one side. She is only 30 and has really struggled this year with everything. Most recently this year she had to have gallbladder removal surgery and cannabis has yet again saved the day. 4 different anti sickness drugs didn't stop her being sick but smoking cannabis certainly did. Things are starting to settle down now. Cannabis has helped me to get through this with my wife. We use a mixture of CBD and THC products and would love to see this medicine made available to grow freely and use freely. Time for a change. 

#### 92. Chris

URL:

Comment:

Cannabis has been a companion of mine for most of my adult life. It helped me to work through a lot of childhood issues in my twenties, later on it was only with the help of this amazing plant that I found a way out of quite a severe alcohol dependence. Now in my forties with some permanent damage to 3 of the discs in my lower spine Cannabis has helped me entirely stop using a cocktail of opioids, anti-inflammatories and proton pump inhibitors (for the stomach issues caused by the other two).

Cannabis is a miracle plant, it is a crime against society that it was ever made illegal. We all have sovereign right over our own minds and bodies, we should not be persecuted for using a medicine.

#### 93. Jaz Sahi

From: Jaz Sahi

Subject: My whole life with MS - the past, the now, the future.

Message Body:

My journey with MS started the day I was born, my birth triggered my mother's MS. This was the

second diagnosis in my family as my Nan was already diagnosed. I grew up seeing my mother suffer day after day, until the day came in May 2008 when she passed. I was eighteen at the time and i started to experiment with alcohol and cannabis. It soon became apparent that alcohol did not sit well with my body or mind. I used cannabis up until the day i got married in 2016. This is the day i decided to change my life style to fit in with society more and kick my "bad" habit to the side. It was at this point i triggered my MS to become more active. I started to experience symptoms such as numbness, cramp, pain, fatigue and spasticity. I was referred for an MRI straight away considering my family history. By this time i had another two family members diagnosed with MS, one using cannabis. At this point i decided to use cannabis again to see if it may bring pain relief, and the answer was yes. It worked for all the above symptoms i was experiencing, however now my MS has been triggered i have damage that is irreversible. This makes me wonder on how cannabis could of been a medicine that my mother could of used, instead she passed in pain with no dignity whatsoever. I always think on how things could of been different for her and my Nan. Then we come to today, where me and my brother both use cannabis daily for relief. Whilst my maternal aunt is frightened of the effects and repercussions of using an illegal drug. Even until today within my own family with what we've seen happen to our loved ones we have a family member who is still not confident in using something that can help. I believe prohibition has caused countless suffering past, present and the future if things remain the same. Education along with regulation will create harm reduction which should be the goal for any government when trying to protect society.

#### 94. Jim Brewer

From: Jim B

Subject: Found what I needed

#### Message Body:

20+ years on many different antidepressants and pharmaceutical drugs to help with depression, anxiety and OCD type symptoms, since I was 17. None of these have ever worked for me, my GP has had no hesitation on prescribing maximum dosages. The only thing that has ever helped me was alcohol..... but that is short lived and ultimately started causing me many other problems and was starting to get out of control and I started to rely on it, because that's the only way I could function.

Then I tried cannabis. What can I say. Overnight I had my life back. I'm not talking about consuming large amounts, just a very minimal amount before I go to bed. How can this be illegal, it's so sad. I haven't touched alcohol for months, i now need no antidepressants and I'm happy. I work full time, have a great relationship and exercise everyday. I have a very small amount of cannabis everyday and I no longer feel stressed or anxious.

It has 100% helped me. I am sensible with it and don't misuse it. I hope it is legalised one day because this plant can change lives, it has mine.... and I was always skeptical.

Thank you to everyone pushing for change on this issue

## 95. Ryan Kief

From: Ryan Kief

Subject: Cannabis saved me

Message Body:

If it was not for cannabis I would not be writing this. I was gifted with an auto immune condition whilst I was in my mid twenties. It brought pain, sleepless nights and threw me off of a career in music. I became unemployed and the doctors put me on a cocktail of meds including immune suppressants which worried me. The thought of the medication bringing on a much worse condition so early in my child's life scared me and I stuck to the opioids.

They brought no pain relief just vegetation and weeks would go by that I would not remember. After my partner told me I stared blankly at my daughter whilst she was trying to get my attention and after the night terrors that the sleeping pills come with I decided to come off all meds.

At the time I was using cannabis as a coping mechanism but I had heard that it can help with many conditions. I asked myself why? How? And my research began. My mind had never been so active I wanted to share everything that I was learning and that's when I created my online support group. It kept me busy I used to work to live but now I was living to work. I have a huge passion and support for cannabis and it has kept me going for the last few years. I now know why I have this condition and my life is more positive and I am now bringing up two little girls.

WITHOUT CANNABIS I CAN NOT BE A DAD, I CAN NOT BE ME.

The prohibition has prevented me from receiving healthcare. I was discharged because I refused my medication and was not listened to when I spoke about cannabis as my medicine. I have had to fund criminals who use our children to sell me my medication. I can not afford "medical cannabis" but even if it were free I would refuse this too. Growing cannabis brings so much therapeutic value and certain strains are more effective so we need the freedom to grow this plant if we wanted.

## 96. Shaun

From: Shaun

Subject: a better nights sleep

Message Body:

I started consuming cannabis a few years ago within a recreational context, and noted a number of things, 1). I invariably preferred to consume during the late evening before bed, and 2), once I had the dosing and form of intake worked out by way of experimentation I was finally in a position to stabilize my wavering sleep cycle. I would not consider pharmaceutical treatment as experience in the past has taught me that the sleep induction caused by pharmaceuticals is unnatural, your sleep pattern because interrupted in that pharmaceuticals( in my case anyway) tended to interfere significantly with REM sleep resulting in waking up feeling groggy and downright irritable. Cannabis on the other hand, with just the right ratio of CBD/THC delivered at the right temperature using a good quality vaporizer, allows a gentle slide from wakefulness to sleep, yes the THC element does stimulate brain activity but balanced with CBD this allows you to observe the thought processes in an abstract meditative fashion without getting caught up in anxiety even when the thought process

veer in to very deep territory. waking the following day is a refreshing experience and I find myself more inclined to engage with day to day life in a more meaningful way, I am less detached from my interaction with people( the complete opposite of what happened with pharmaceuticals which I abandoned very quickly).

97. Kelly Noble

Subject: My view

Message Body:

I am writing to share my experience.

I am 35 yrs old and I work hard in a stressful job with lots of responsibility. I pay all my bills, pay my tax, look after my family, my home, my dogs and be kind to others.

If I decide to consume cannabis for whatever reason in the privacy of my home I am now a criminal? According to law this is an act that carries a prison sentence?

I believe that it is a human right to choose to consume cannabis.

It doesn't make me crazy and violent. I am not addicted to it. I may consume it one evening but then may not choose to consume again for say 3 months later. It should be a choice that I can make as an adult without being made to feel that I am a criminal, a danger to society.

I would like it to be legal so that I can consume a product that does not fund criminal activity. Or maybe I would like to have a go at growing it myself. The reasons of why I consume is irrelevant. I would just like to be able to consume a product without living in fear of having my door kicked in when I am not causing any harm to myself or others. I would like to be able to make a choice which is no different from someone choosing to drink a glass of wine on a Friday evening. Why should it be different? I feel discriminated because I am not like everyone else.

98. From: Matt R

Subject: Way of Life

Message Body:

I have had multiple health conditions for several years. I am not able to consume any synthetic foods or drugs due to allergic and chemical sensitivities. There are also no drugs which would help even if this was the case. Despite this the NHS refuse to refer me to a specialist clinician for cannabis and still try to offer drugs which they know will never help and would always harm. I have suffered from many physical and mental problems for which I continue to use and test daily multiple strains of cannabis. I also use it as a food, medicine, well being and spiritual aid. Without Cannabis I would be permanently bedridden and have zero quality of life. Life in general has little quality without the use of cannabis. When I have access to regular quality plant medicine literally every aspect of my life and well being is greatly improved. Cannabis use is essential for my life, when I have no cannabis days are much darker yet with cannabis days are lighter and literally the differences are like night and day to the quality of my life. This is a human right to choose how to live my life in private. The current stigma and criminal bias of the authorities for my private use only serve to harm vulnerable people whilst enabling big pharma to continue to poison and harm those with their drugs whilst persecuting those who seek natural remedies.

Cannabis is the greatest most unique plant on the planet which I fully intend to use every day to improve the quality of every aspect of my life.

Matt R

99. From: Eleanor Simmons

Subject: Change is coming, but change needs to happen now!

Message Body:

I'm in support of cannabis being organically grown. 2 years ago, I had an adverse reaction to prescribed medication in the weeks and months ahead I experienced ill health, pain, weakness... I was offered more drugs by doctors that did not suit. I decided to use a holistic approach to managing my health, I supplemented, taken some CBD with small amounts of THC, I went private and used off label medications all had less side affects. I do not have much experience using cannabis but support others who do. People should not be made into criminals for using cannabis. Growing cannabis with cancer causing chemicals should be illegal though. I used and have grown many herbs but not grown cannabis in fear of being arrested or having a criminal record. I don't want to feel fearful to grow an herb that can heal my body but this is our laws in the UK in 2020. I believe in many years from now people will look back in shame, it will be looked upon as a horrible history. Change is coming, but change needs to happen now!

100. From: Zoe L

Subject: My journey

Message Body:

I self medicate illegally to treat my chronic pain depression and fibromyalgia. After years of trying doctors medications each time becoming more symptomatic or suicidal. I turned my back on pharmaceuticals. After using cannabis as medicine and not mixing with tobacco for 2 years now I am depression free for the 1st time in 36 years, I find cannabis eases my pain and stiff joints enough for me to get active and have been able to successfully complete a bachelors degree while doing so, get off crutches and start cycling again.

101. From: W&C

Subject: A better life for me and my wife.

Message Body:

Both me and my wife have health problems and been on medication for years (from paracetamol four times a day to pregabalin and morphine twice a day) we kept finding that when the drugs went up in dose the more problems we developed. One day my brother gave me some Charlotte's Web CBD oil and told me I'd be dancing in the front room in no time and after 5 mins that's what I was doing, I could move again, it was amazing and all most all my pain in my back was gone (I have Sherman's kyphosis in my spine)

So after that day I went to speak to the doctor and told him about my experience and he seemed very impressed, he informed me that he couldn't recommend me taking it but a herbal remedy is often better then pharmaceuticals, he did advice to take turmeric as an anti-inflammatory to

coincide with other "herbal remedies" I may be taking, he all so informed me that the prescription policies would be changing and was happy I was seeking alternative medication as at some point the time would come when they started taking me of the pharmaceuticals, That day come and the doctor call me and told me it was time to start lowering the doses with the advice that maybe one of my "herbal remedies" could help with withdrawal symptoms and that I would be uncomfortable for a while but things would get better ,,,, and that's because in the end the pharmaceuticals I was taking where not doing anything because my body had built a tolerance to them, the most I got from them where the bad side affects, joint problems, skeletal muscular problems, lack of appetite, sickness and diarrhoea, headaches, lethargic all the time and if I ever missed my tablet time I'd definitely know about, I'd be in so much pain I'd be on the floor crying and begging for it to stop.

So with the help of cannabis I got of most of the tablets I was taking and the doctor just tells me to "stick doing what I'm doing".

What is like to see come from this is to be able to grow my own medicine so I don't have to feed the under ground market so I can grow it my self and be left in peace I don't see why the government should be able to tell me how I can heal my self by using a law that is unjust with no evidence apart from the crime statistics that are only there because of prohibition

102. From: Amy

Subject: Chronic pain

Message Body:

I have severe chronic pain. cannabis is a lifeline for me. Opioids are being stopped for chronic pain on the nhs as are all pain mediactions leaving us with NOTHING. They want use to use CBT and mindfulness lol! I have severe pain and am bedbound without painkillers.

Cannabis works with no side effects but I cant get it on the nhs and dont want to break the law so I am on opioids which make my chronic fatigue worse plus they are being stopped soon due to the NICE chronic pain guidelines that the NHS has to follow.

I need cannabis for my pain. It is so severe I would scream day and night. Crying all the time unable to move out of bed. I should be able to grow my own if they wont prescribe legally.

I need pain relief to live as the pain is too unbearable to have no pain relief.

Needs to be legal!!

103. Author: Phil & Carole Johnson Email:

Comment:

Using cannabis for 20+ years with wife who has MS ... still trying to get prescription but to no avail through NHS ... attempted to grow a few (6) plants recently but got busted, next time will get arrested and will take it to Crown Court ... not guilty !

104. From: Lee walter

Subject: my 30 yr love affair

Message Body:

I use cannabis daily have done for 30 yrs im not a medical user I choose cannabis over alcohol

because I lived in a garrison town so every time I visited a pud violence would be part of it .cannabis on the other hand was used by rational human beings who could hold a conversation i went through my twenties and into my thirties employed and using cannabis daily no issues then my brother moved to Holland and my eyes where opened to a world of housewives lawyers and the comman man all sharing the benefits of this beautiful herd so to find myself at 50 still illegally using my herd is a disgrace im victimised for my choice discriminated against for my choice and ended up with a criminal record its my choice what I put in my body to me its entrapment they encourage grow shops and are happy to take the VAT then they wait until you have enough for them to take it all through proceeds of crime

105. Author: Lee walter

Email:

Comment:

I'm fighting for my right to grow own cannabis without persecution from a confused government

106. From: Jon

Subject: Let our people grow

Message Body:

Now 31 i started smoking cannabis when i was 14. I never used it medicinally untill recent years. At 28 i was diagnosed with type1 diabetes. As a daily smoked it was only when i went a short period with out smoking that i realised how cannabis helps my body regulate my blood sugars as well as helping with the issues related to diabetes. Around the same time i started helping my elderly mother who has osteoporosis and osteoarthritis in her spine and has crumbling vertebrae. The doctors prescribed tramadol on a repeat which left her unable to work, drive, function normally or even get a good nights sleep. Since introducing her to cannabis oils her health and life have turned back around. She is now pharmaceutical free and manages her conditions purely with cannabis, evening managing to recover from an operation to fuse the bones in her feet using nothing more than feco oil for pain relief and inflammation control.

Aside from the many medical benefits iv encountered from this wonderful plan, for years it has help me create music with various bands and give me inspiration, for-site and allowed me a degree of self reflection when used along side meditation.

This wonderful plant truly is our most versatile and valuable crop and is suppressed by the world elites to their own material and financial gains.

Free the weed

107. Author: Paul Noble Email

Comment:

I feel that for the government to criminalise the use of canabis or deny the general population the ability to grow there own canabis regardless if it's for medicinal use or recreational use when they allow companies to grow canabis in this country for export to make a chosen few multi-millionaires a blatant show of discrimination to those who can't afford it. It seems that the government will agree that canabis is highly beneficial if you can grease their palms enough but if your Joe Average and get

caught growing your own for personal use your deemed a criminal and a danger to the public. How can they say on one hand it's acceptable to exploit someone's need for an alternative medicine by making a small minority have total control over the market place but on the other hand anyone else is a criminal for doing exactly the same

108. From: Rhian

Subject: Unfair

Message Body:

I need a plant to help take the constant pain I'm in away and I'm not allowed to grow it for my own personal use. If I suddenly needed to change my life style to vegan I would be allowed to grow all I need for a balanced diet, why is growing my own pain relief different!!! I have to either risk my safety and see a dodgy dealer or risk my safety having my door put through either way I risk it because I NEED IT. It is absolutely hypocritical of a government saying it has no place in society yet they are the world biggest exporter of it!!!!

109. From: Lee

Subject: I use weed as it helps me cope with everyday life with having adhd n autism n asperges

Message Body:

I'd love to be able to grown my own medicine n also not having to look over me bk all the time They should let us grow so mainy plants an decriminalise it as there's more important crimes that need sorting need help plz email me thank u hope to here summit soon

110. Author: Shaun Email:

Comment:

The open letter raises some very valid questions, the response does not address these questions in any meaninfull way but instead employs the usual diversionary tactics in an attempt to avoid answering questions directly. In assence their "repply" is a cut and past template. the very first line of their repply was dismissive and derisory, a professionally written and considered reponse would have reffered to the date of receipt of said letter and/or the date recorded on the head of the latter, along with a refference to the header identifying the letter in quesstion, they referred to the letter in generic terms. not specifically which would seem to suggest that they skimmed a pool of letters covering the subject generally and sent out a stock "response" with minor veriations to give the impression of a personal response.

111. From: Guy Coxall

Subject: The truth will set us free.

Message Body:

I started smoking cannabis in my late teens with friends recreationally. I enjoyed the social aspect, the calming effects and to be honest, a little bit of rebelling. At the time I suffered from severe depression and psychosis and had been on pharmaceuticals for several years which didn't work for

me, in fact made me worse.

In my early 20's I was introduced to NLP and hypnosis which reduced my depression and psychosis by approx 80% in a matter of weeks. This was life changing for me but I still had bouts of depression, often caused by stress. I continued to smoke cannabis daily as a way of relieving stress and I still smoke it today (now aged 43). My use of an 'illicit narcotic' did cause problems with my family life and some friends (even though they drank alcohol to excess) but I persevered.

I believe that cannabis has improved my life and has been integral to who I am today. Knowing now the truth about the history and many uses of cannabis, the corruption and complete lack of evidence for the law, I remain enthused in fighting for the complete descheduling of the plant as I believe it is our best chance of survival. Knowing the truth hurts, thinking of the mass genocide, suffering and ecocide all for the benefit of dirty, toxic corporations and governments frankly makes me feel sick. There is a light at the end of the tunnel and I see it moving towards us at great pace.

Let the battle commence!

112. From: Yeti Malyckyj

Subject: Gave md hope with some quality of life

Message Body:

Prostate cancer

Bkwel cancer

C-PTSD

Deep muscular injuries

Bond fractures and dislocations

Some bring supported, come being pushed back into regression proof of the pudding and no placebo, as my NHS medical records will show

113. R D

Like many people in life I suffered emotional rejection and trauma in my childhood which left me lacking in self esteem and unable to understand and process my emotions. This led me to search for relief from the constant emotional pain through hard, addictive drugs. After a good many years going through the cycle of addiction, detox, relapse I finally came out on the other side after having enough of the pain and suffering I was causing myself. After years of relying on hard drugs taking away the pain, I felt that emotional pain afresh like it had just happened. I was bored and my self esteem was at an all low from having abused myself for all those years.

Then I rediscovered cannabis (having smoked it in my younger days and not really enjoyed it as it didn't give me that blackout feeling I was looking for to escape my pain) and to be completely honest, that saved my life. It helped me deal with the monotonous boredom that comes after the huge life change of giving up hard drugs. It helped me create a gentle and peaceful atmosphere around myself which then gave me space to heal, emotionally and physically. And now I feel like I am truly winning at life every single day. I have an amazing husband, a great job and three beautiful

Children and am SO happy. I consume cannabis on a daily basis, as it enhances my life in a myriad of ways from pain relief (period/headaches), relaxing and feeling happy and most importantly of all for me after all those years of chasing my tail and not getting much sleep it allows me to fall into a peaceful, happy slumber and keeps me asleep long enough to feel fully rested and ready to face another day. I also use it as a balm on muscular aches and pains, dry skin and eczema.

I've even given some balm to my 78 year old mum who told me it's the only thing that works to get her back pain under control. Cannabis is a naturally growing plant which has the ability to help patients with cancer, epilepsy, chronic pain, depression, anxiety, the list goes on, which when you realise the plant is illegal you realise just how crazy that is in this day and age. Why on earth is an extremely harmful and addictive substance like alcohol readily available in shops and using the naturally occurring healing properties of cannabis can get you locked in prison?

It literally makes NO sense. If I am arrested for using what I and so many others know to be a healing plant it would criminalise me and benefit literally nobody. It would cost the taxpayer money, it takes me away from My kids both mentally and physically, I could lose my job, my home and cause no end of stress. Free the weed. Free the people ❤️

114. Caroline Gisbourne

Subject: CANNABIS IS SAVING MY CHILDS LIFE

Message Body:

MY son Mitchell's 12 had a SECOND Corpus Callosotomy operation to separate the left and right side of his brain - UNSUCCESSFUL!!!

Having 30 plus seizures per day ,tried every anti epileptic medication i tried CBD within 48 hours his seizures STOPPED!!!

If ONLY I knew about CBD and Epilepsy 5 years ago, I wouldn't have listened to the specialists and put him through 2 MAJOR OPERATIONS😭!!

PLEASE PEOPLE... HERE IS CLEARLY THE PROOF THAT CBD.. 🌿THC.. 🌿 CANNABIS 🌿 in ANY FORM WORKS!!! 🌿🙏🌿

IT'S ONLY A PLANT - BUT A MAGICAL ONE!!! 🌿❤️🌿

115. From: caroline

Subject: CANNABIS SAVES MY LIFE

Message Body:

i dont drink alcohol but i do smoke cannabis why should i hide it away, why cant i grow my own ?

116. Tachyon

I got ill as a fetus when i was accidentally poisoned by highly toxic unregulated chemicals that my parents worked with. I was born with ME/CFS, EDS & many other chronic pain & immune system problems.

I was first given an over the counter medicine tincture of cannabis as an infant as my mother couldn't find anything else to sooth my pain.

Over the years dozens of doctors visits & trials of pharmaceuticals which either did nothing or made me suicidal for varying lengths of time even after one trial dose.

I was very unwell for several years when my medicine was banned from sale i was age 9. I developed Fibromyalgia & pain just spiralled til i was 13 years & found cannabis offered to me from a very kind neighbour. My pain melted & i stopped crying...i have never looked back!!

Everyday i consume as much cannabis as i can in any form as the effect is different with flowers or oil etc etc...i have been ill 70 years & am always going to be consuming cannabis until there is a cure for any of my health problems..even my appetite was non existant after having a massive brain haemorrhage was helped to return with cannabis...this is a miracle plant that everybody should have access to if they need it or want it for it's incredible relaxing properties.

117: Canon Greenwell

Subject: painkiller and spiritual

Message Body:

cannabis allows me a life free of pain from trapped nerves, chronic osteoarthritis and rheumatoid arthritis, sciatic traped nerves, trapped arm nerves; COPD.

I can relax and lead a constructive life

118. Ali T.

Subject: Neurological issues and Cancer - For me, cannabis helps so much!

Message Body:

I have a neurological condition and a history of cancer. When a tumour emerged a few years ago, a friend suggested I try cannabis oil. My tumour disappeared and I also found that many of my symptoms improved too, especially when combined with vaping cannabis. I've been able to reduce my prescription medication and I've gone from having several seizures a week to two years without one. I'm lucky in that I've made contacts that provide quality but I personally think that people should be allowed to grow as that's the only way to get the strains that suit you best. I fit the criteria for a private prescription but I don't have that kind of money. I realise that some people don't respond well to cannabis, but so many do. I've experienced no unpleasant effects (except dry mouth) myself, but I've had some horrid ones related to medication. Making cannabis readily available would help so many people like it has me. I don't want to break the law. I just want to be as well as I can be.

119. MamaJones

Subject: Couldn't function without it.

Message Body:

I've been a user for the best part of 30years.. In the beginning it was for recreational use.. However now I've got fibromyalgia and two slipped discs in my neck.. This magical plant has literally saved my life on numerous occasions.. Some days I'm in so much pain.. That without the use of this amazing plant, I genuinely wouldn't be able to function. The constant worry that I could potentially get into trouble only adds to my anxiety. I'm not harming anyone by using this plant.. If anything, it improves my daily life, my mood and wellbeing.. And my family are much happier when Mama's happy.

120. Joanne

Subject: Fibromyalgia medicine

Message Body:

I have been using cannabis for several years. I started when I lived with a flat mate who used it. I had awful period pains when I was younger (eventually ended up having a total hysterectomy). One day I was in so much pain curled up on the sofa when my flat mate appeared with a joint. He said that he really believes it could help. I tried and it worked within a few minutes! WOW I thought, this stuff is amazing! Since then I have used it for many varying symptoms of Fibromyalgia. I have a prescription now through Project T21 and I cannot put into words the difference that bit of paper has made to my emotional well-being! I suffer general anxiety And one of the biggest causes of my stress and anxiety was the fear of being prosecuted for using a natural medicine which has ALL of the health benefits and NONE of the effects of the awful Opiates that I was willingly given by my doctors. The withdrawal from pregablin was so severe that I nearly took my own life. I have an amazing family, support network and life in general. NEVER would I have thoughts to end it all. I literally live for my 6 boys, they are my whole life and those awful meds nearly took me away from them. The boys also were a huge source of stress with regards to using illegally, as I have a problematic Ex who threatens court for custody on a regular basis. I knew that the only thing he had on me was my cannabis use. Well now there is no more fear of that being used against me as IM LEGAL 😊 I am free from all big pharma meds now, using only cannabis and a variety of vitamins & minerals. I am a highly spiritual soul and fully believe that all things on earth are here for a reason and to be used. It not only goes against my belief system to be denied natural medicine, but I believe against my human rights to chose how I medicate. I tried their way and it nearly killed me!! I am so happy to be free to use cannabis but still sad for those not in my position to access it legally... YET!!

121. Amy

Subject: Criminal for living pain free?

Message Body:

I'm a 37yr old who's life revolves around her bed. I have M.E, Fibromyalgia, Arthritis in my spine and knees and a whole host of other conditions, until cannabis i hadn't slept for more than 1hr at a time in years and my pain had me unable to do things even when the fatigue relented. Now I'm a different person - No I'm not running marathons or climbing mountains (although i can feel like trying it at times!) it's no "miracle cure" BUT what it does allow me is to be able to control my pain -

something non of the many different opiates from the GP ever have, it allows me to get some sleep which also helps reduce my pain as its reducing stress on my body. It lets me relax and stops dead my muscle spasms and it has unclouded my mind as it allows me to reduce and remove the synthetic and damaging pharmacological products that my Gp can prescribe.

In short while i still can't do much i now feel i have a life worth living and if I could do that without fear of my door being knocked in for a plant then my anxiety would be just about gone too.

#### 122. M. Thomas

Subject: Life

Message Body:

My story, it started about 30 years ago. I was injured in the part time soldiers on exercise, the outcome or accident left me on a life support machine with a smashed up head and face and life became hard . No help from the army, or doctors. Until I started to smoking cannabis & life started to change, for years I did not understand the good it was doing to me . My wife said to me 4 years ago , why don't I learn about something that takes my most interests . So I did , growing cannabis, The different compounds in cannabis plants , the human body & the different systems in it. But 2 years ago my knee gave way & I started trying different weed to see which takes all plain away . Free to go back to nearly live life again. No cost to the government at all. Let me live in peace ,with one of god's given gifts in my life

#### 123. Charlie B

I started taking Cannabis as a coping mechanism. When I started secondary school, I began my diagnosis, within a few months, approximately half a year, I had my diagnosis. ASD (Asperges) and ADHD. This was just the start. Nevertheless, I was assigned a troop of TA's to help me through such a late diagnosis, then 13 years of age. But the meds.... oh, the meds. Aripiprazole, Ritalin the list disgusts me. After trialling some ridiculous doses anything up to 150mg on some of these potent substances and going through such a zombie-like state, I fell upon Cannabis through some out of school friends. I would sneak a bit in with me and the school/teaching staff were more blessed for it through such difficult times. After finishing secondary school, I went to Dartmoor Zoological Park to study animal care and management through Bicton College. I got into a relationship which looked down upon my smoking, so stopped. Instantly problems started. Hypersensitivity was blinding and nearly unbearable to hear people even speak. My head constantly felt like a hot coal through tension. Stress, anxiety all these emotions which typically overwhelmed me came flooding back, within days. Safe to say it all didn't end well but afterwards of a day I persevered picked up a joint and got myself an apprenticeship without problems. Amazing how normal a "stoner" can be during interviews!

1 year later, I reapplied to do my animal management through Bicton College living onsite. Still smoked and explained this to them, that it was a coping mechanism, but understanding the no drugs acceptance. The group of individuals onsite who did smoke would walk 2 sometimes 3 fields away from campus to acknowledge the rules. Nevertheless, we all lost our education due to smoking

cannabis responsibly that far away. The walk used to destroy my legs. So i went into fundraising did that for a year under two offices full acceptance of Cannabis as long as I kept it to myself, simple even on the occasional week away road trip they didn't mind. thought I've got this sussed I can do the education and leave the vicinity to smoke as and when needed. Back to education I go. This time to Yorkshire, Bishop Burton College, which is quite a trek for a Devon-shire lad. Staying onsite again I had explained I smoked Cannabis. They stated that they aren't the police as long as I wasn't reflecting a bad imagine upon the college and didn't have it on me onsite It had nothing to do with them. Sweet! finished my first qualification in full, aged 22. A feat that should have happened at 16.

Taking this a sign of acceptance I went to their sister College, Riseholme, to do my degree. Approximately a mile and a half to get into Lincoln where I had found a local vendor. Lost the degree due to smoking what was probably closer to 2 miles away in the heart of Lincoln inside a house. Because there was a smell of it in the dorms and a little rumour it was coming from my room. Never smoked it anywhere near the site. That year I transferred to Scunthorpe, North Lindsey College. god knows why. from day one the class was at war with each other and the teachers. I had to start my 3-day week of education on a Monday getting up and off to Newquay to get a plane and travel to Manchester get a train to Scunthorpe and find a bed and breakfast. Due to strict budgeting I knew I could sleep in a bed whilst I had University the next day, but on a Thursday, I would go to Uni and after to Manchester Airport and sleep inside. Taught me a few things. The diversity of the journey. How it's cheaper to fly than it is to get a train or stagecoach, mad world. But the sad day came when someone spread a rumour that I was smoking on campus and they too let me go almost instantly and I was by far one of the more committed students on the course.

Moral of the story if Cannabis was Legalised or Decriminalised, alike myself thousands of people would be educated in their chosen fields sooner and we would all be better off for have a fully trained work force maintaining and healing themselves as and when necessary using homeopathic and aromatherapeutic methods from and through Cannabis.