

Preface

Tired of lingering on the brink where death and life collide, I scanned my room at 3:00 A.M. for something I could use to kill myself to no avail. Rolling over in the bed which I had spent 90% of the past two years of my life in, my eyes fell on the stealthy sack of marijuana next to my bed and only one thought went through my head, *“screw it. I’m going to get high out of my mind.”*

As it would turn out, this seemingly self-destructive thought was my ticket in disguise to life. Instead of smoking my brains out, as I originally intended to do, I unknowingly took the first step towards reclaiming it when I began loading my pipe. Little did I know, the very moments I was contemplating suicide were the ones that gave me what I had so desperately been seeking—the opportunity to once again feel alive.

Contrary to popular belief, the thoughts of those under the influence of cannabis are not “dumb.” Well, sometimes they are, but not always. Society views a person who is high as someone whose thinking is “impaired.” That night begs me to ask the question of whose thinking is truly impaired, though, because

after countless hits of weed my doors of perception opened and I saw things clearer than I had in years. My usually irrational, frantic thoughts which constantly ran a race with no finish line transmuted into rational, steady ones working in synchronicity with one another to methodically create their own destiny.

“If all herbs are useful, and there are over seven-hundred known healing components in cannabis, why not find out what it does when used to treat Lyme disease?” was the final thought that went through my head before I blindly ventured into the dark waters of the unknown without a trace of hesitation. You must understand, though, that that final thought in no way implied I would play it safe but that I would intentionally play it as dangerous as humanly possible and consume ungodly amounts of cannabis on a consistent basis. History can attest to the fact that the moments you have nothing to lose, the moments you have no attachments to or in life, are ironically the exact moments when you begin to open your eyes and become vibrantly alive.

To say the controversy regarding medicinal use of cannabis was of little concern to me at this point would be an understatement, it was of absolutely no concern to me—except in the sense that I knew people would try and stop me. So, I let relatively no one in on my plan, and instead began executing it at full force. The results were magnificent. Within a few months, cannabis oil had done what years of antibiotics had failed to do. It had given me my life back, and I was once again driving, working, and hanging out with friends. High on the fact I had gotten my health back, I packed up and moved to a new state to work at a publishing company I greatly admired. I acted carelessly, failing to give my body enough time to recuperate before making such a move. Furthermore, I ceased taking cannabis oil altogether and did not stay on a maintenance dose as I had planned to, naively assuming

I was cured. These two acts played a major role in my inevitable relapse.

My relapse was so great that I was sure I would die of the feeling of defeat it ensued as opposed to Lyme disease itself. However, after a few months of wallowing in self-pity, I worked up the courage to once again begin taking a homemade, gentle cannabis oil recipe in large amounts. Throughout the day, I would take doses every few hours, as doing so seemed to lessen the severity of my symptoms. Please note, though, that I did experience intense Herxheimer reactions at night when I took larger doses. The oil, combined with a few other revelations in my health mystery, successfully helped bring me back to life a second time. I do not feel comfortable calling cannabis oil a “cure” for Lyme disease, as the subject of whether or not it is possible to fully cure advanced cases of Lyme disease is still a heated debate in the medical and Lyme community alike due to the elusive nature of bacteria. I do, however, feel comfortable saying that cannabis oil greatly reduced the severity of my symptom picture and improved my quality of life while going through Lyme treatment. I also personally feel that cannabis oil significantly speeds up the process of healing.

After the first time I hit remission with the help of cannabis, I wrote an article on my experience and quickly published it online on my way out the door one day. Little did I know, it would spark a collective movement in the Lyme community, fueled by each individual’s fury to heal at all costs—a fury I know all too well. I would spend hours answering emails from people with questions about treating their Lyme disease with cannabis, and still failed to answer all the questions pouring into my inbox. Unable to answer all of the emails I was receiving, and feeling as if I was not giving the amount of attention deserved to the ones I did answer, left me feeling hopeless and frustrated. How could

I help everyone all at once? I am hoping this book answers that question. Please remember, I am not a medical doctor, and the information I provide represents my own personal experiences and opinions. Please consult a licensed doctor before making any treatment decisions.

While I have received innumerable supportive emails regarding my decision to treat myself with cannabis oil, which I am deeply grateful for, I have also received emails filled with hatred and criticism. This has opened my eyes to one of the most profound truths my journey to regain my health has taught me: people fear most what they do not understand. So, with that in mind, I composed the following pages for those who wish to expand their understanding of the healing powers of cannabis; both for Lyme disease and related conditions.

I am well aware that at the same time as I write these words, a war long ago waged on cannabis continues to rage on. My intentions in writing this book are not to convince anyone of anything or to soothe the conflict over cannabis in any way. Rather, my intentions are to offer factual evidence from my own personal accounts accompanied with in depth research for those interested in expanding their knowledge on the medicinal properties of cannabis relevant to the treatment of Lyme disease and related conditions.