

## FEMALE ENTREPRENEURS

Junella Chin an integrative Cannabis Physician with practices in California and New York and is an advocate herself to better understand the science and medicine of marijuana. "In medical school, there is a 'this is how we've always done it' syndrome..." she continues, "...How did we come to believe that prescription medication is the most effective way to treat disease?" Most doctors are quiet about cannabis because of the stigma that still remains. She is hoping that the movement will be a wake-up call to the health-care system. She continues to help patients accept responsibility for maintaining their health through education and empowerment, and together find a way to make it work around their lifestyles.

Janice Buu, the Founder and CEO of Dankgals and Kana Skincare, has plenty of advice for those females wanting to step into the industry.

"Business is based on trust...and integrity. I witnessed parents who would have done anything just to achieve a few seconds of eye contact with their children." Her career prompted her to see how cannabis changed not only the child's life but the parent's life as well. "Business is based on trust, and only entrepreneurs who operate their businesses with integrity will be successful."



### INGREDIENTS FOR GARDEN FRESH CANNABIS PICO DE GALLO:

2 medium fresh tomatoes, diced  
1 medium white, brown or red onion, diced  
2 to 3 Serrano or jalapeño green chilies (most seeds removed and diced)  
1 large handful of fresh cilantro (diced small)  
Juice of 1 large or 2 small fresh limes  
Several (to taste) fresh cannabis leaves finely chopped  
1 tbsp. of cannabis infused oil  
Sea Salt and Black Pepper (to taste)



### DIRECTIONS:

Combine diced onions, chilies, and tomatoes in a bowl.  
Add salt and pepper.

Pour ½ of lime juice over mixture and let set for a few minutes.

Add Chopped Cilantro and Chopped cannabis leaves.  
Stir and allow to sit a few minutes.  
Taste for salt and lime juice.  
Add a bit more, if desired.

Spoon cannabis infused oil over salsa and toss gently.  
Serve with tortilla chips! Enjoy!



### Web Sources:

+ <https://herb.co/marijuana/news/cannabis-pms/>  
+ <https://www.leafly.com/news/lifestyle/trending-cannabis-terpenes-in-the-kitchen>  
+ [https://www.pinterest.com/offsite/?token=783-398&url=http%3A%2F%2Fwww.womenofcannabiz.com%2Frecipes%2Fcannabis-pico-de-gallo&pin=481955597618420446&client\\_tracking\\_params=CwABAAADDg5NTIyMDY3MjExMAA](https://www.pinterest.com/offsite/?token=783-398&url=http%3A%2F%2Fwww.womenofcannabiz.com%2Frecipes%2Fcannabis-pico-de-gallo&pin=481955597618420446&client_tracking_params=CwABAAADDg5NTIyMDY3MjExMAA)

### Magazine Sources:

Women & Weed (Centennial Spotlight)

# WOMEN & CANNABIS

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Female Entrepreneurs  
How to Talk to your Kids  
Cannabis Feminism  
Cannabis at work  
Terpenes & Mood  
Healthy Recipes  
PMS & Cannabis  
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# CANNABIS VS. WEED

We prefer to use the word cannabis, because it is a respectful, scientific term that encompasses all the many different uses of the plant.

The word “marijuana” or “marihuana” is an emotional, pejorative term that has played a key role in creating the negative stigma that still tragically clings to this holistic, herbal medicine. Marijuana is what prohibition supporters called cannabis as they sought to demonize its use and criminalize its consumers.



## HOW TO TALK TO YOUR CHILDREN ABOUT Cannabis

With the world and culture surely shifting, the talk between parents and children about drugs is also shifting. The best ways to bring it up in conversation is to keep it simple yet educating. Children are our future and in order to re-write the history and stigma of cannabis, we must educate them properly. Focus on informing them about how nature supports human life: fresh water, air, sunshine, fruits and all kinds of plants. This includes cannabis and hemp. Remember to keep in real. Remind them of a truth vs. myth, for example cannabis having negative long term effects on the brain. Start there and be educating.

## CANNABIS FEMINISM

If you ever get the chance to do some research on Jessica Assaf, you will understand how easily impacting she is. She put together her own business plan for Cannabis Feminist, her Los Angeles-based company that aims to “transform cannabis into a universal wellness brand and empower women to lead the industry, with the goal of creating a cannabis empire,” and a Harvard School graduate herself. The highest percentage of female executives is approximately **26.9%** in this industry and it’s a perfect place for women to re-define themselves. Capable of building from the ground up. Female lead companies are important for their authenticity. The brilliant female lead continues, “for cannabis feminism to be an identifier that women can be proud of, it needs to be intersectional. Instead of using hashtags like #womenofweed, she created the hashtag #puffragette, for a woman who is working for gender parity, social justice and environmental sustainability in the cannabis industry...we can’t make the industry safe for just white women. It has to be safe for all women...”. -Women & Weed

## TERPENES AND MOOD

Terpenes are the oils in various plants, such as basil and lavender, that give them their signature scents and flavors. Cannabis boasts over 100 different terpenes that vary from strain to strain. They differ from THC in that they don’t get you high, but, like CBD, are known to have a variety of health benefits. For instance, limonene has a pleasant citrus aroma, and may also elevate your mood. Myrcene is an earthier terpene, which is believed to have a calming effect.

-Information provided by Leafly



## PMS & CANNABIS

- 1) Preclinical research suggests that the primary psychoactive in cannabis, tetrahydrocannabinol (THC), is a muscle relaxant. The herb can be applied topically via a cannabis-infused cream or in a transdermal patch.
- 2) Both psychoactive cannabis and strains high in cannabidiol (CBD) are popular for the treatment of all sorts of pain conditions, from muscle spasms to cancer pain.
- 3) As a muscle relaxant, cannabis eases muscle cramps. The plant is also a potent anti-inflammatory, which may be useful for those with conditions of the bowels.
- 4) In preclinical studies, small doses of cannabis compounds have antidepressant effects. In rodents, CBD, a cannabis compound that doesn’t cause a psychoactive “high” has shown to provide symptom relief almost immediately.