

1 In the course of doing that survey, of
 2 which I got almost 900 responses, I learned that
 3 many of them were using it as medicine, so that was
 4 back in '85 when I first started hearing about its
 5 therapeutic effects. Actually a little earlier,
 6 but this is where it really woke up to uses other
 7 than nausea and vomiting and other than appetite
 8 stimulation. I found out people were using it for
 9 spinal cord injuries, for digestive, for migraine
 10 headaches, and for countless other issues, so I've
 11 been studying that ever since.

12 And then by 1989, I was working in
 13 Virginia teaching nursing and kind of made a switch
 14 in professions, went back into nursing and in the
 15 field of addiction. I have worked in substance
 16 abuse and addiction ever since, so I'm -- in terms
 17 of me asking you to consider the source, my
 18 background is nursing, you know, med surg and had a
 19 lot of experience with medications.

20 And now with addiction nursing, it's
 21 many, many years of seeing people with bad drug
 22 problems, and over those years, marijuana was not
 23 the reason they came and sought help for treatment.
 24 And even if it was, that still wouldn't negate me
 25 thinking it could be a medicine because I clearly

1 see patients who have opiate problems, yet I still
 2 understand the need of it for a medicine.

3 So anyway, when I first -- again,
 4 going back to the '80s, in the 1980s, I was looking
 5 at cannabis and thought, gee, this is a good
 6 medicine for nausea and vomiting, as an appetite
 7 stimulant, and to help people with glaucoma. I
 8 started reading more, started learning more.

9 By the 1990s I -- I really opened up
 10 my eyes, I guess, to -- to its wide range of events
 11 thinking, you know, it was so helpful for multiple
 12 sclerosis patients, for spinal injury patients, for
 13 chronic pain patients. You know, the list is --

14 it's just very long.

15 And by that time my message to my
 16 colleagues was I don't understand why this isn't
 17 available to patients. It really is a no brainer.
 18 And that sounds like a silly thing to say, but this
 19 is really basic information in terms of when you
 20 look at the risks -- the risks of the medicine and
 21 the potential benefits, the weight is so heavy on
 22 the benefits compared to the risks that it clearly
 23 should be there, and it's only politics.

24 And one thing you might want to ask
 25 is, why is it illegal? Why was it illegal? And

1 when you go back to the history, there was no
 2 medical reason for it being taken out of the
 3 pharmacopeia, and of course that's why we have the
 4 marijuana madness, so to speak, the Reefer Madness
 5 that comes from the marijuana. They had to make up
 6 the name because it was a good medicine that was
 7 being used as cannabis, which is why we should
 8 continue to call it cannabis to remind people that
 9 it was an old medicine. It never should have been
 10 taken out of the pharmacopeia, and had it been
 11 there, we would have had all of the research, more
 12 of the research. We would have had numerous other
 13 applications.

14 We never would have -- I was almost
 15 going to say we never would have had smokes, but
 16 that would be untrue because that's when it was
 17 allowed, we did have asthma cigarettes -- asthma
 18 cigarettes, Cannadonna, asthma cigarettes, both of
 19 which contained cannabis because they knew back
 20 then it helps dilate the airways, and that was the
 21 form of delivery.

22 But had it been stayed in the
 23 pharmacopeia now, we would be using it as more of
 24 the nebulizer, the vaporizer, some type of method
 25 to introduce it into the lungs without having

1 smoking added. So the smoking is only the result
 2 of the prohibition but has nothing to do with
 3 its -- its therapeutic use.

4 So I lived through the '90s, again,
 5 thinking this is just so basic. It's so clear that
 6 this is medicine, and now here we are in the 21st
 7 century, and I believe you heard from Raphael
 8 Mechoulam earlier today. I consider him, you know,
 9 the father of modern cannabis research. This man
 10 is tied to almost all the research that's been done
 11 around the world because of his early work starting
 12 back in the 1960s.

13 Their work now, as it's gone on, to
 14 find out that we have an endocannabinoid system to

15 me has gone from this is a medicine that can be
 16 helpful for, you know, a set of patients to now
 17 thinking this is a medicine that is really going to
 18 be very important for us now and in the future.

19 The other cannabinoid system is vital
 20 for us and basically maintaining the homeostasis
 21 and balance in our life, and in today's climate
 22 with more and more pollutants, with more and more
 23 processed foods, we're having more and more
 24 autoimmune diseases show up. People are having
 25 more cancers, more problems with the body trying to

1 stay healthy, and here is cannabis, the only plant
2 with the endocannabinoid licensed substances, other
3 cannabinoids.

4 Here's this plant that's basically
5 there for -- you know, and my understanding would
6 be it was put on earth basically to be used as a
7 medicine for us and as a food product. This is
8 going to be to an extent simple medicine and I
9 think more and more important as time goes on. It
10 doesn't fit into the classic, you know, single
11 chemical medicine or anything. It fits more into
12 the herbal medicine, and yet as this -- as more and
13 more research happens, I'm sure numerous
14 pharmaceutical companies will be looking to make
15 medications just like GW Pharmaceuticals in England
16 has made Sativex, the oromucosal spray from a
17 cannabis extract.

18 Down in Jamaica they have Canasol eye
19 drops which are eye drops for glaucoma patients
20 that have cannabis. There's another formula they
21 have down there that's a combination of cannabis
22 and Timolol for glaucoma.

23 So there will be more specific
24 medicines available to patients, but the bottom
25 line is, this basic plant is safe. It is an herbal

1 medicine. Many people would choose to use the
2 herbal medicine finding out -- finding that it's
3 safer in many ways than that single bullet-type
4 thing which often comes with more side effects. I
5 think we've seen it today.

6 THC is available, and yet its
7 psychoactive element is cannabis. It gets people
8 high. The cannabis as a whole plant, you get more
9 of a balance, and patients in -- in places such as
10 California and Canada where they have access to
11 suppliers that offer an array of strains of
12 cannabis, and they've been keeping track of this,
13 they're learning that certain strains with the
14 different combinations are more beneficial for
15 certain illnesses.

16 It's going to be better for someone
17 with chronic pain whereas maybe they need a sativa
18 strain for someone with depression, but these are
19 the combinations of those chemicals in there, and
20 down the road if there are pharmaceuticals,
21 wonderful, but in the meantime, you know, your job
22 right now is looking at marijuana, at cannabis.
23 Does it fit in Schedule I?

24 There's never been any scientific look
25 at this to say that "Yes, it does belong in

1 Schedule I." Anytime someone questioned it and
2 looked at it, they said it needs to be out of
3 there, but for political reasons, it stays in
4 Schedule I.

5 So to an extent you've got a great
6 opportunity now, and I know with Lloyd's
7 determination, I really appreciate the fact that
8 you've had board hearings heard around the state
9 asking people to come in and, you know, say yea or
10 nay on what they -- they think about this.

11 And you know, I kind of want to end
12 again going back to consider the source, looking at
13 the -- the wealth of scientific articles that
14 really are out there. There is truly a lot of
15 research and the fact that we can't do it in the
16 United States because of our prohibition --

17 TERRY WITKOWSKI: Mary Lynne, excuse
18 me.

19 MARY LYNNE MATHRE: Uh-huh.

20 TERRY WITKOWSKI: Can you wrap up,
21 please? You're going over time.

22 MARY LYNNE MATHRE: Oh, I sure can.
23 Bottom line would be, as I said, consider the
24 source, and I thank you very, very much for
25 allowing us this opportunity.

1 TERRY WITKOWSKI: Okay. Is Melanie
2 Dreher there with you?

3 MARY LYNNE MATHRE: She's not with me.

4 TERRY WITKOWSKI: Okay. Thank you.

5 MARY LYNNE MATHRE: Okay. Bye.

6 (Off-the-record discussion.)

7 BOARD MEMBER FREY: We are waiting for
8 another telephone call so --

9 RALPH SMITH: I'm suspicioning that
10 Dr. Dreher is not going to be able to make her
11 phone call. I've talked with her secretary earlier
12 today. She's this week attending three separate
13 seminars, and the one that she was -- she was
14 supposed to be able to talk, but she can't.

15 TERRY WITKOWSKI: Okay. Mark

16 Pedersen.

17 MARK PEDERSEN: Here's my card, and
18 this is a collection of 12 of my interviews that I
19 have done.

20 TERRY WITKOWSKI: If you want to just
21 state your name into the record, please.

22 MARK PEDERSEN: Yes. My name is Mark
23 Pedersen. My organization is Cannabis Patient
24 Network. I was born and raised in Herculaneum,
25 Missouri. The primary industry there was lead

1 smelting. It was there in Herculaneum that I was
2 exposed to heavy metals, the by-products of this
3 industry. And it was this exposure that caused my
4 chronic illness.

5 After countless doctor visits and
6 hospitalization, after tens of thousands of dollars
7 and a myriad of prescription drugs, I was diagnosed
8 with fibromyalgia with severe migraines. Quite
9 often, my -- I would experience two to three
10 moderate to severe migraines per week. Each
11 migraine was like a mini-seizure with a little more
12 of my shortened long-term memory disappearing with
13 each episode.

14 Pharmaceuticals did little to control
15 the headaches. Consequently my migraine specialist
16 quite often would inject me with experimental
17 medications, often with horrific results. My
18 stomach was constantly upset from the illness and
19 the continually changing regimens of prescription
20 drugs. The pain, weakness, and confusion made it
21 impossible for me to work. I had to leave my
22 certified welder and pipefitter position at our
23 local electric utility. I also had to leave my
24 computer consulting business and close my ministry
25 which provided a much needed food pantry to our

1 to the chronically and terminally ill. CPN is not
2 a membership organization. There is no voting
3 body. Only me and those who volunteer to assist
4 me.

5 I have interviewed patients with
6 multiple sclerosis, muscular dystrophy,
7 fibromyalgia, ethers danlos syndrome, chronic pain,
8 migraines, breast cancer, lung cancer, testicular
9 cancer, acoustic neuroma, lymphoma, skin cancer,
10 brain aneurysms, stuttering, PTSD, Crohn's, lupus,
11 chronic depression, anxiety, other mental issues,
12 chronic debilitating pain such as neuropathy of the
13 feet and neurological pain to paralysis and many
14 more.

15 Funded by whatever part-time work I
16 can get and the occasional donation from patients
17 and advocates, I travel the country interviewing
18 the chronically and terminally ill who, like me,
19 have found relief from debilitating illness with
20 cannabis.

21 I have currently interviewed somewhere
22 in the neighborhood of 150 people on camera. But
23 for each testimony that I have recorded, there has
24 been literally 100 more patients that have told me
25 their personal story but were too fearful to be

1 county poor.

2 My exposure to lead and its
3 by-products caused me my career, my home, my cars,
4 and my marriage. In 2001 my eldest daughter passed
5 away unexpectedly from an illness that has affected
6 my whole family, including my two surviving
7 children, my now ex-wife, and just about everyone
8 we knew there in our hometown.

9 For the last 14 years, I have treated
10 my illness virtually entirely with one holistic
11 medicine, cannabis. Apart from a brief time in
12 Colorado where I was a legal patient, I've been
13 forced to exist as a criminal.

14 The fact that cannabis took away the
15 pain of fibromyalgia, the fact that cannabis
16 alleviated my migraines and seizures entirely and
17 restored my long-term memory completely and the
18 fact that cannabis even eased the intense pain of
19 degenerative joint disease in my shoulders and
20 lower back didn't matter to law enforcement. It is
21 for that reason that I began the work that has got
22 me called Cannabis Patient Network.

23 Cannabis Patient Network was founded
24 with a solitary mission that persists to this day.
25 We are dedicated to the purpose of giving a voice

1 seen on video, too fearful to risk their disability
2 or veterans benefits, unwilling to risk their
3 government-funded housing or jobs.

4 Twelve of my interviews were selected
5 to be presented to you today. If these testimonies
6 or the many you have heard from every part of your
7 state are not enough to convince you concerning the
8 efficacy of cannabis as medicine, I have more, many
9 more. Please visit my website at
10 cannabispatientnetwork.com or my YouTube channel.
11 I have at least ten currently in edit. I'll record
12 another ten or so this weekend. I'll have many
13 more throughout the Midwest that have been waiting
14 for quite some time for me to get to them.

15 The vast majority of our country's
16 chronically ill don't know that cannabis is real
17 medicine and that this God-given plant could give
18 them a better quality of life. It's such a
19 terrible, terrible shame that anyone should have to
20 live out their life in needless pain and suffering.

21 What's more, as I have witnessed the
22 halt and even reversal of autoimmune disease can be
23 possible but not for those who are denied the
24 knowledge of this often-lifesaving medicine. If it
25 only makes one person -- one person's life more

1 tolerable, why prolong his suffering?
 2 The truth is in the telling. We, the
 3 chronically and terminally ill, are real people.
 4 We are a portion of the middle class that affects
 5 100 percent of America because every family in
 6 America has at least one member who's chronically
 7 ill. You can be certain of one thing. Chronic
 8 illness comes to us all at some point in our lives.

9 I urge you, I beg you, to open your
 10 minds and your hearts to the truth. Iowa and our
 11 nation deserves a safe, holistic alternative for
 12 the treatment of chronic and terminal illness.
 13 Stop the persecution of your state's most
 14 vulnerable. Free the medicine. Ease the pain.
 15 Thank you.

16 BOARD MEMBER FREY: Thank you.

17 MARK PEDERSEN: Any questions?

18 BOARD MEMBER FREY: I don't think so.

19 Thank you.

20 TERRY WITKOWSKI: Ralph Smith.

21 RALPH SMITH: Members of the Board of
 22 Pharmacy, my name is Ralph Smith. I'm an attorney,
 23 somewhat retired. I have been, however, working on
 24 cannabis issues since 1969. I live in your sister
 25 state, Nebraska.

1 those DVDs we have listed each individual and the
 2 topic that they've spoke on as well as where you
 3 can find them in the DVDs, and then listed
 4 separately, if you want to know about a particular
 5 malady that it treats, it's also cross-referenced
 6 in there.

7 Also, you will find here amongst the
 8 materials are the endorsements of hundreds of
 9 organizations that deal with medical use of
 10 cannabis. They're all listed and literally
 11 thousands of scientific studies that have been
 12 done, and I'll tell you the scientific studies will
 13 continue to grow. There seems like there's one
 14 that comes out almost every day somewhere in the
 15 world.

16 So you are right on the cusp of being
 17 able to do something that is coming. The 13 states
 18 that have now legalized it for medicine will double
 19 probably within the next few years, and I think
 20 Iowa ought to try to take a forefront, a place in
 21 the forefront of that -- of that legislation.

22 You will also find in this package a
 23 CD that has pdfs of what we consider to be the
 24 selected 100 or 150 studies as well as testimony as
 25 part of a lawsuit of 150 patients who use cannabis

1 I'm a board member, along with Mary
 2 Lynne Mathre who you've heard from; Melanie Dreher
 3 who was the dean of nursing at University of Iowa
 4 for nine years. Now she's in Chicago. And George
 5 McMahon who's in our audience here who you all know
 6 along with Barbara Douglass who are also members of
 7 your state of Iowa.

8 I work with Patients Out of Time.
 9 It's a patient advocacy organization. And we have
 10 a universal constituency. We support the rights of
 11 patients to have legal and safe access to the
 12 therapeutic use of cannabis.

13 I have gathered, and with Patients Out
 14 of Time, we're now going to present to you science
 15 and patient testimony, and I will give you this --
 16 this book now, and you can start looking through,
 17 if you'd like, along with 27 DVDs which Mark and
 18 some of our other videographers have put together
 19 over a period of ten years now.

20 Our first clinical conference was done
 21 here in Iowa in 2000. Melanie Dreher, University
 22 of Iowa Medical School and Nursing College, hosted
 23 that. Our presentations and the experts that we
 24 have gathered including Raphael Mechoulam, who was
 25 your first call-in, span 27 different DVDs. And on

1 for various problems that they have.

2 It's not a question of whether or not
 3 cannabis is medicine or works, medicinally or helps
 4 people for this or for that or for the other.
 5 It's, I think, more of a question that it is a
 6 food, and it is an essential thing that humans have
 7 always used to assist themselves.

8 It's not a drug. I don't think it's
 9 appropriate to compare it to alcohol and tobacco.
 10 You can compare it to other kinds of things that
 11 are illegal that will hurt you, but it isn't even
 12 in that category.

13 I'm sitting here today and I'm looking
 14 now. This is the second one of your hearings that

15 I've attended, and I'm just shocked at the fact
 16 that there are not people lined up down the street
 17 and around the corner to try to get in here. It's
 18 only because they don't know that this is medicine
 19 or they are afraid to come.

20 I've had one of my clients and friends
 21 and also an advocate who's desperately afraid of
 22 her circumstance of being found out who's asked me
 23 to -- to give her testimony today, and I can assure
 24 you that she's real, and I can assure you that I
 25 haven't changed anything, so I'd like to read some

1 of that to you. It's testimony from Samantha. And
2 that's not her real name.

3 She says "I suffered from a traumatic
4 accident 12 years ago and as a result had a spinal
5 cord injury. I took a ten story fall and waited
6 two days to be rescued. I died five times during
7 my rescue mission, so they say.

8 "Since then I've been paralyzed from
9 my diaphragm on down. I've been dependent on a
10 wheelchair, incontinent. Due to years in a chair
11 have developed arthritis in my hips and chronic
12 pain in much of my body. Years after the accident
13 I was diagnosed with post-traumatic stress disorder
14 and an anxiety disorder, complete with panic
15 attacks.

16 "Prior to the accident, I was a very
17 healthy, athletic person whom most would call a
18 health nut. I worked in a health food store and
19 had been living without harmful, unnatural
20 chemicals in my food and cleaning products since
21 the age of 16. I was never one to take pills, not
22 even aspirin.

23 "After the accident at age 33, I was
24 confronted for the first time with the need for
25 medications. I tried most of what the doctors have

1 anxiety with cannabis but who are professionals and
2 would lose their entire career if caught.

3 "To get my medicine, I'm forced to
4 deal with the black market. This is highly
5 problematic. There is an immense and nearly
6 constant fear of being caught. It's very difficult
7 to find unless you are in high school and college,
8 and finally, the cost is prohibitive to someone on
9 fixed income like myself.

10 "However, if my medicine were
11 relegalized, I could grow it myself for a very
12 small cost. I can only afford a small dose of
13 cannabis each day. I've had experience with using
14 low dosage as well as very strong dosage. My
15 testimony will include experiences on both dosages.

16 "The strong dose is made by baking the
17 cannabis flowers to release their chemical
18 compounds called cannabinoids, THC being the most
19 well known. The roasted flowers are then infused
20 into butter and mixed with chocolate. My daily
21 dose consists of two to five puffs of cannabis
22 throughout the day as well as cannabis tincture
23 made of similar fashion to a strong dose but
24 infused into alcohol rather than butter.

25 "From what I have observed, the liquid

1 suggested for my ailments: depression, spastic
2 bladder, muscle spasms, arthritis pain, anxiety.
3 All of the pills had side effects that lowered my
4 quality of life and to the point that they weren't
5 worth taking, dry mouth, suicidal thoughts, sharp
6 pains in my brain, or feeling like I couldn't wake
7 up.

8 "I am living on disability and have
9 Medicare and Medicaid to take care of my needs.
10 However, this system is not set up to support
11 patients like me who prefer to use herbs and
12 natural supplements. They aren't covered.

13 "In the case of cannabis, my choice to
14 use an herbal medicine that works for me without
15 unpleasant side effects and that it is keeping with
16 the natural life-style I've chosen could land me in
17 jail. If I appeared before you today, I'd stand a
18 chance of losing my housing and government aid
19 depending upon who heard my testimony.

20 "Illicit drugs are a deal breaker with
21 my landlord. The result would be becoming
22 ineligible for government and subsidized housing.
23 The fact that I'm a criminal has done a number on
24 my anxiety level over the years. I see the same
25 thing happen with other friends who are treating

1 goes straight to my muscles, relaxing them, whereas
2 the smoke goes to my head, relaxing my mind and
3 making my pain I may be dealing with tolerable.

4 "The post-traumatic stress disorder,
5 after the accident, the feeling that we have all
6 had it could never happen to me had vanished. Over
7 time since then, the flight-or-fight jumpiness has
8 become ever present and making it hard for me to be
9 around myself. I'm beyond uptight.

10 "Daily dose, low dosage cannabis
11 tincture, relieves the anxiety completely. I'm
12 able to get on with my day and get things done
13 without a worry. A very strong dose of cannabis,
14 this dose not only relieves the symptoms of the

15 PTSD but felt like it was actually healing it.

16 "A unifying warmth, a feeling of
17 safety comes over me when I take this dosage. I
18 see my life from a different viewpoint. I see that
19 it is not so scary. Meanwhile, my body is soft,
20 warm, calm, and pain-free.

21 "Coming to a change in the outlook of
22 the physical relief seems to be healing the PTSD as
23 its intensity is permanently lessened after each
24 dosage. I believe that I could heal most, if not
25 all, of my ailments if I could take this dosage

1 regularly.

2 "panic attacks started getting worse
3 two years ago along with agoraphobia. They
4 prescribed Xanax for it, but it is addictive and
5 causes sharp pain in the front of my brain which
6 was scary. The DTCT has healing panic attacks like
7 agoraphobia. I have not needed to take the Xanax
8 since I began using the daily cannabis tincture,
9 though I keep it on hand just in case.

10 "Psychological. Depression, mood
11 swings, I have suffered from these all my life. I
12 tried antidepressants of all sorts since the age of
13 12, and I've become very suicidal from them. So
14 they're not an option for me.

15 "My depression and mood swings are
16 much regulated by cannabis. In no small part this
17 is due to the pain relief and relaxation of the
18 muscles. It makes one happy to be relieved of
19 pain. Also, I've observed that cannabis seems to
20 warm and soften the area around my heart. It
21 becomes easier to see the positive side and to be
22 forgiving and grateful, which make things much
23 brighter.

24 "When I take this dosage -- this is
25 the very strong dosage -- the healing is immense.

1 through 3 feet of cotton. I could not feel awake,
2 no matter how much coffee I drank. And I felt only
3 a fifth alive.

4 "I'm able to reduce my spasms by
5 95 percent with the very strong dose of cannabis.
6 The one or two spasms I do get when on cannabis
7 come on slowly with enough time to brace myself,
8 and they are gentle.

9 "This effect was also observed with my
10 physical therapist. She helped stretch out my
11 legs. She came one day, and I'd forgotten to use
12 the cannabis, and I asked her the rate and level of
13 spasticity. Four, ten being the most intense. The
14 next time she came, I took my medications. She
15 rated my spasticity a two. That's a 50 percent
16 reduction.

17 "But over the course of the entire
18 day, my observation is the spasms were cut by
19 95 percent. This is not the very strong dosages.
20 This not only alleviates my spasms completely, but
21 it melts the tight places, my hips and low back, my
22 legs and my jaw, and this effect lasts for two and
23 a half days.

24 "Bladder incontinence. This is the
25 part of being paralyzed. It is perhaps the most

1 I have experienced anger and resentments that
2 literally vanish with no thought." Is that your
3 phone?

4 BOARD MEMBER FREY: I apologize.
5 (Off-the-record discussion.)

6 BOARD MEMBER FREY: My apologies, sir.

7 RALPH SMITH: No problem. "Panic
8 attacks. They started getting these two years ago
9 along with agoraphobia which I was prescribed Xanax
10 for." I already went there. "For very strong
11 dosage" -- that's where I was -- "When I take this
12 dosage, the healing is immense. I have experienced
13 anger and resentments, and they literally vanish
14 with no thought, no effort, just a result of the

15 cannabis. I've gone from feeling down and out and
16 sorry for myself to peaceful and grateful within an
17 hour after taking this dosage.

18 "Muscle spasms. Due to paralysis, my
19 muscles have uncontrollable spasms. They come on
20 strong, fast, and often. They can be so strong, my
21 front wheels will come off the ground, which is
22 dangerous because I can fall out of the wheelchair.

23 "I was prescribed Baclofen for this.
24 I tried it for about a week while in rehab. It was
25 horrific. I felt as if I were viewing the world

1 debilitating as it affects the ability to travel
2 about, and for me, it is to keep me from having
3 close relationships. It affects self-esteem
4 negatively. I was given some pills, but they made
5 my mouth unbearably dry, and I spent all day trying
6 unsuccessfully to quench my thirst.

7 "This dosage -- the lower dosage level
8 made my effective bladder spasticity about
9 20 percent. The very strong dosage level elevated
10 incontinence -- alleviated incontinence completely
11 for two days after dosage. In the time I would go
12 through three or four Depends, I just needed none.
13 The result of this cannot be underestimated. Just
14 imagine being an adult and needing to wear Depends.

15 Imagine waking up every day and every morning wet.
16 It makes one feel no longer like a sexual being.
17 It has tremendous negative impact on self-esteem.
18 And it can be kept -- and can keep a person quite
19 lonely.

20 "If I could use this dosage of
21 cannabis regularly, I would not have this problem,
22 and I'd be a much happier person were I not
23 incontinent.

24 "Arthritis pain. After five years in
25 a wheelchair, I developed thinning bones with

1 arthritis in my hips and taught me what people
2 meant by chronic pain. For this I was given Vioxx
3 by my doctor. My intuition was strong against
4 taking pills, and I didn't. A few months later it
5 was taken off the market after causing multiple
6 deaths.

7 "My pain was generally made -- made
8 tolerable by very strong dosages. One of the first
9 effects that was noticeable is that it feels like
10 my arthritis literally disappears. My hips not
11 only have no pain or stiffness, but I feel warm and
12 fluid. This effects lasts almost three days after
13 dosage.

14 "Paralysis. My body feels numb as if
15 it were being slightly electrocuted. My lower legs
16 and feet are always tingling. When I take a small
17 dose, it softens the tingling completely. When I
18 take a strong dose, it alleviates the tingling
19 completely and seems to open up the flow of feeling
20 and energy in my legs and lower body. I can feel
21 warmth in my body in a place where tingling is
22 feeling actually a sensation.

23 "There is some relation between
24 becoming very relaxed and my ability to feel where
25 I normally am paralyzed. There may be more to it.

1 but cannabis is definitely helping me feel more.

2 "Appetite. As a result of the high
3 anxiety, my stomach is very uptight, and I couldn't
4 seem to digest food. I would get really painful
5 indigestion and finally was thrown down to eating
6 one meal a day, forcing down, and I became very
7 unhealthy from not eating enough nutrition, and my
8 skin would no longer heal when I got a cut or sore.

9 "My doctor said he'd recommend
10 marijuana for me if it were legal in my state for
11 this and other conditions due to a history of
12 intolerance for pharmaceutical drugs and his own
13 history with AIDS patients witnessing their story
14 of using marijuana to help them eat.

15 "So instead he gave me a prescription
16 for Marinol. It's 100 percent THC and is legal,
17 but I feel high and paranoid in public, tired and
18 out of control. The side effects aren't worth one
19 thing it helps. Also, the FDA's own website says
20 that Marinol can cause overdose, many side effects,
21 and even death.

22 "Cannabis has never in its 4,000-year
23 history, written history, caused one death. Smoked
24 cannabis helps me regain my hunger to relax my
25 stomach muscles enough to digest food. It works

1 within seconds. When I take a very strong dose, it
2 completely healed the condition. I have not had
3 bad indigestion and have regained my hunger health
4 and a bit of weight since taking this strong dose
5 over a four-day period.

6 "Further, my experience with ingesting
7 cannabis does not cause me to get high. Further,
8 when I use a very strong dose, I get better sleep
9 than ever, two to three, few hours sleep. I wake
10 up feeling perfectly clear, not craving coffee as I
11 usually do. It seems to almost reset my internal
12 clock towards what is healthy. I wake up craving
13 water and good food rather than foggy and craving
14 coffee. This is quite counterintuitive and
15 something which helps me sleep and is a muscle
16 relaxer that would not have drowsiness and
17 cloudiness as side effects, but it is my
18 experience -- but this is my experience with
19 cannabis.

20 "I do not seem to be developing a
21 dependence or tolerance of cannabis. The same
22 dosage works month after month, not needing to be
23 increased. I do not have to be reminded to take
24 it, which does not happen when I -- when you use --
25 when you're addicted to a drug. Believe me, I

1 never forget to make a cup of coffee in the
2 morning.

3 "Science suggests my observations that
4 marijuana addictiveness is less than caffeine if it
5 exists at all. It's safer than alcohol and aspirin
6 and is much less intoxicating than beer.

7 "All of the statements save my own
8 personal testimony can be verified by doing a bit
9 of research. Visit Wikipedia page on medical
10 cannabis to start. There are hundreds of links to
11 studies proving what I said.

12 "Marijuana classification as a
13 Schedule I narcotic is baffling. It means it's

14 highly addictive and dangerous and no medical
15 benefits. This classifies marijuana as more
16 dangerous and addictive than cocaine.

17 "Until the law is changed, my options
18 are to commit a crime by acquiring my medicine and
19 live in fear of being found out and to follow the
20 law and to take pills that don't work and have
21 unbearable side effects, to suffer without relief.
22 Thank you for considering removing the ban on my
23 medicine."

24 This is a story that is told over and
25 over again by various people who have hundreds of

1 different maladies. It's not that marijuana is --
 2 whether or not it's safe or not safe or it's
 3 medicine or not a medicine or if it's good or if
 4 it's bad. The stuff seems to be great for almost
 5 everybody that uses it.

6 You say there's no studies. We have a
 7 book full of studies here. The reason there are no
 8 studies is because it probably would put a lot of
 9 people out of business. Believe me, there is a
 10 gigantic industry in America that depends on
 11 marijuana continuing to be illegal. Your
 12 recommendation to take it out of Schedule I will go
 13 against some of those people who are here -- have
 14 been here to testify and are out walking the
 15 streets.

16 If people knew what I knew, they would
 17 be here in this room. They would be clamoring for
 18 you to make an appropriate recommendation. I do
 19 appreciate your time. If you -- if you knew what I
 20 knew and saw what I saw, I know it would be like
 21 Mary Lynne called it, a no brainer.

22 I will wait around until after this
 23 was over with and after the other speakers have
 24 gone, and hopefully we'll be able to have a
 25 dialogue about some questions that must still be

1 we'll see you probably about -- about 3:15 back
 2 here. Thank you.

3 (Short recess.)

4 BOARD MEMBER FREY: Okay. Sorry. We
 5 were waiting for a phone call, but that phone call
 6 has not come in, so we're going to go ahead.
 7 Speaker 5? Okay. Thank you. Is Speaker 5 here?

8 JASON: I'm over here.

9 BOARD MEMBER FREY: And just as a
 10 housekeeping item, I will tell the speakers that
 11 your timekeeper, Terry, has moved to the back of
 12 the room, so if you will please watch her for your
 13 timing, we would appreciate it.

14 (Off-the-record discussion.)

15 JASON: I am Jason. I'm a college
 16 student. I was arrested for marijuana a year and a
 17 half ago. I've been supporting following this
 18 issue right here. I didn't really have anything to
 19 say.

20 BOARD MEMBER FREY: Excuse me, Jason,
 21 just a moment. Can we keep the side conversations
 22 down, please, as courtesy to our speaker? Thank
 23 you.

24 JASON: I didn't really have anything
 25 to say. I spoke at the Mason City hearing. I told

1 baffling to you. Thank you.

2 BOARD MEMBER FREY: I guess I just
 3 have one question on the information on the CD.
 4 Are you comfortable with the board disseminating
 5 that information between members?

6 RALPH SMITH: Absolutely. As a matter
 7 of fact, the 27 DVDs of all of the experts'
 8 testimony, you are the only people in the world who
 9 have this.

10 BOARD MEMBER FREY: Okay.

11 RALPH SMITH: You have the most
 12 up-to-date science because it is up to date and I
 13 think complete aggregation of science that's
 14 been -- been prepared.

15 BOARD MEMBER FREY: Thank you.

16 RALPH SMITH: You're welcome.

17 TERRY WITKOWSKI: We want to thank all
 18 of you that have been waiting around. We are not
 19 quitting yet, but we are going to take a break,
 20 partly for the sake of our court reporter so she
 21 can rest her fingers.

22 We will be back in about 15 minutes,
 23 and at that time we will start taking testimony
 24 from those of you that have been waiting so
 25 patiently that came in without reservations, so

1 the board my story. I told them about my -- my
 2 medical use and my persecution of this medical use
 3 and how it was ridiculous and how I was taken out
 4 of college for -- smoking marijuana in my dorm room
 5 enabled me to go to class, so I don't need to
 6 repeat that.

7 What I want to talk about today is I
 8 want to say some thank yous. I want to thank -- I
 9 want to thank whoever it is that wrote the law that
 10 Carl Olsen discovered. I've always thought that
 11 the law is out to get cannabis users, and that's
 12 pretty much what it has been. That's what
 13 politicians have been pushing. They really, like,
 14 Gil Kerlikowske that was just in Iowa saying while

15 he wants to stay out of it, he definitely doesn't
 16 support it. No one is supporting a debate. It's
 17 all political rhetoric. It's not accomplishing
 18 anything.

19 So I want to actually thank whoever
 20 wrote this little statute in the law that says if
 21 there is medicinal value in the United States that
 22 it needs to be reviewed because that is protecting
 23 the people. The law is protecting us and wants us
 24 to use our common sense and wants us to follow with
 25 what is best for the people and that I feel like

1 this law is helping us to voice our opinions and to
2 call attention to this issue.

3 I want to thank the board for
4 clarifying right after our lunch break that the
5 issue is not about legalization. A lot of
6 proponents think that because people like Keith
7 from NORML have been vocal that medical marijuana
8 is going to be the root to legalization. They say
9 that that's a bad thing. Well, they don't offer
10 what's going to be so bad about legalization, and
11 they don't compare it to what's actually happening
12 with alcohol, and they don't show that it's much
13 less harmful. That's a moot point.

14 We don't need to talk about
15 legalization. We need to talk about how to get
16 patients their medicine. There's people here in
17 wheelchairs. There's people here crying. George
18 McMahon would not be alive if not for this. We
19 need to talk about the medical issue. We need to
20 quit wasting time, political rhetoric.

21 I want to thank our lovely Senator
22 Grassley, and I'm a little biased against this
23 gentleman, but I want to thank him for this recent
24 amendment he put in in time for me to be able to
25 point it out at this hearing. He basically -- this

1 is an amendment he just put -- I don't recall
2 exactly what the name of the bill is. Carl would
3 probably be able to tell you that, but he just
4 introduced an amendment in the U.S. Senate making
5 it impossible for anyone to discuss legalization or
6 decriminalization as an option to the end of this
7 failed War on Drugs that has persecuted millions of
8 people and turned respectable college students like
9 myself into criminals to where I now work at Burger
10 King instead of a \$30,000-a-year salary manager job
11 that I was offered based on my skills and my
12 knowledge in the landscaping field.

13 I was offered this job, but because of
14 my record, I can't do anything, so I'm flipping
15 burgers at Burger King. Twenty years old. I could
16 be doing a lot more with my life.

17 But Grassley doesn't want me to talk
18 about this. He doesn't want to listen to the
19 people that he is representing. This is another
20 great example of the political rhetoric, and it
21 just drives me crazy.

22 I want to point out that if we aren't
23 able to discuss this, then there's no point in
24 being called free. This is America. Schedule I, I
25 want to tell a story about someone on PCP.

1 Happened two months ago. I can e-mail you the
2 article if you'd like it. I don't know if you guys
3 really need to hear this, but this is very graphic,
4 so this is what a Schedule I drug is deserving of.

5 A four-year-old boy was found two
6 months ago, one eyeball completely missing, the
7 other one hanging on by a thin thread crying
8 bleeding all over his floor. Neighbors found him
9 in there and asked what happened. All he could say
10 was "Daddy ate my eyeballs." This is a true story.

11 What happened was a man, a Mexican
12 gentleman who was a very upstanding father -- no
13 one can believe this happened -- he took PCP,
14 ripped out his son's eyeball, ate one of them,
15 tried to bite out the other one, and was found down
16 the street chained to a tree naked hacking at his
17 leg with an ax. How many cannabis users have done
18 this? It's a Schedule I narcotic. No, it doesn't
19 deserve to be in Schedule I. It's safe. I've
20 never seen anyone eat anybody's eyeball, and you
21 sure as heck are not hacking off your leg.

22 This is the reality of it. I can cut
23 through the political rhetoric. I'm only a
24 20-year-old kid, and I understand that I might
25 appear kind of emotional over this, and so my

1 thoughts are not always able to be brought forth
2 completely, but if I can speak in plain English to
3 you and you can speak in plain English to me and
4 avoid this political rhetoric, we can make a
5 difference. We can come to a consensus, and we can
6 move on with more important issues.

7 It's not fair what we're doing. We've
8 asked the board to recommend to the legislature to
9 remove it from state Schedule I. Obviously that's
10 what the law says should be done. I believe the
11 board will do this, and I want to thank them as
12 well. You guys put up with a lot. It's very
13 emotional for me to just be at two of these

14 hearings now to hear these people and the pain
15 they're going through. I can't imagine what it's
16 like to be actually reading it all and studying it
17 and having to have the weight on your shoulders of
18 making this recommendation. It's a big deal.
19 We're all watching. We're all paying attention.
20 So am I.

21 One other thing I'd like to mention is
22 as far as this political rhetoric, the lady who
23 spoke right before our lunch break, I was able to
24 approach her, and I asked her for her card. I said
25 "You and I have completely opposite views. This is

1 not the place for a forum. This is not the place
2 for a debate. Can you help me set up some kind of
3 a town hall meeting where we can have our
4 politicians simply come in, talk in plain English,
5 get rid of the rhetoric, and inform the citizens
6 what's going on, and then they can hear what we
7 have to say instead of this lovely amendment by our
8 amazing Senator Grassley."

9 She said, actually, "Yeah, I would
10 love to do that." She listened to me. I listened
11 to her, and we were able to come to a partial
12 consensus as to what we can possibly do to further
13 this once you guys make your recommendation, and
14 I'd like to please ask you to help us in something
15 like that.

16 Once you make this recommendation, I
17 can understand that it's much easier to push it
18 off, say, okay. Let the legislature handle it like
19 what happened in New Mexico when the Board of
20 Pharmacy recommended to remove it from Schedule I.
21 But I think that citizens, I think that now that
22 you have seen -- from what I understand, the
23 chairman of the board has said, by the way, that
24 they are going to recommend to remove it. This
25 isn't official. I'm not trying to put words in his

1 many ways.

2 We shouldn't ignore its medicinal
3 value. We should recommend to remove it from
4 Schedule I. It has tons of medicinal value.
5 Fourteen states are going to join us. I'm going to
6 have to go over the border to be able to have the
7 same rights as other people throughout the nation.
8 I'm an American citizen. Just because I'm in Iowa
9 doesn't mean I should be arrested, taken out of
10 college, lose my license, lose my scholarships,
11 lose my internship at Principal Financial that I
12 had set up a week after I had gotten arrested.
13 It's not right.

14 I didn't want to come in and talk
15 about my personal stuff. I just wanted to please
16 say stop the political rhetoric. Help us further
17 this debate, and let's make a difference and move
18 the heck off of it so we can get on with this. We
19 all have stuff to do, and I think this is a
20 distraction. We have health care. We have all
21 sorts of political issues that need to be
22 addressed. This one is easy. It's easy. You need
23 to help the patients. Let's just do it.

24 BOARD MEMBER FREY: Thank you.
25 Speaker No. 6. Is Speaker No. 7? Speaker No. 7?

1 mouth, but he said -- he'd alluded that scientific
2 evidence is ripe. Okay. Obviously, we all have
3 done our research ahead of time, so we know this.
4 Now that they have seen it, that's what they have
5 alluded to saying they are going to do.

6 If you do that, please don't let it
7 stop. Please, I know that you don't necessarily
8 need to become activists, but you have children,
9 family members, friends, people who maybe in
10 30 years are going to have a terrible disease like
11 multiple sclerosis or fibromyalgia who need the
12 option of talking to their doctor about an
13 alternative medicine.

14 ~~None of us here today are trying to~~
15 say "Legalize marijuana. Give it to everyone."
16 We're not trying to say this is going to save
17 everyone. There's opiates, the amphetamines. All
18 the Rx drugs, all the prescription drugs help
19 people. Marijuana is an extra option so in
20 individual situations you can assess whether or not
21 this is the best drug or this is the best drug.
22 There's no reason to say we should completely
23 ignore this. It potentiates opiates. It helps
24 with withdrawal symptoms from people who are
25 addicts on something like heroin. It helps in so

1 KAITLYN DONOVAN: Hello. I'm Kaitlyn
2 Donovan.

3 SARA PARKS: And I'm Sara Parks, and
4 we're here today to support the medicinal marijuana
5 being moved from Schedule I and to take a stand for
6 marijuana legalization in general.

7 Judging from just the testimonies I've
8 seen today, I can't believe we are even debating
9 this. I can't believe we are letting these people
10 live as criminals when they are not harming anyone,
11 only bettering themselves. The basic views have
12 been apparent for years. Cannabis sativa extracts
13 have been used as medication for cough attacks,
14 asthma, exhaustion, migraines, cramps, and much
15 more. JFK even smoked regularly to relieve chronic
16 back pain, and Queen Victoria used marijuana for
17 her periods.

18 I know that medicinal marijuana can
19 help a great number of people, and it's heartless
20 to let them suffer without the natural medicine
21 they need.

22 KAITLYN DONOVAN: All right. I'm
23 going to say that I think that they should
24 reclassify this to either no schedule or
25 Schedule IV. I'm not quite sure exactly the