

Medical Cannabis bill (SB560)

03/15/2022

Personal Testimony for Medical Cannabis Use

My name is Jenifer Lee Holmes. I'm a Kansas Native and I spent 13 years in Southern Oregon, during the medical & recreational programs. Today is March 14, 2020. I'm a trusted leader and business developer in the cannabis-hemp industry, since 2014. My contact is 541-326-9510 and jenifer@plainjanehempc.com or sales@midwesthemptechnology

I've listed my most important thoughts on medical cannabis and please know that this was not easy to do and the only way I was able to sit down and write this is because consumed CBD with the legal limit of THC.

I grew up living in Pratt, KS, daughter of the late Police Chief & President of the KPOA, Stephen F. Holmes. He retired a few months early and died after that in Hospice care. My dad had 2 things wrong with him: a tumor on his spine like an octopus that had spread to his liver, pancreas, and stomach. Then, he was also diagnosed with Microvascular Ischemia of the brain, it's the white spots that show up in an MRI, showing the dying brain tissue for no circulation of the blood because vessels had stopped working, he suffered seizures and eventually almost all motor skills.

The reason I express his medical conditions and locations is because I believe my dad would have been more comfortable if he had access to medical cannabis and hemp from his doctors prescription. He was a narcotics officer for years. I even had the pleasure to sit in on a court case of his for my government class, during high school. 102 "bricks" of weed were presented. I remember my dad saying later on, "at least it was only weed", knowing people used this for everyday medication. He wasn't only a police officer, prior to this he was a paramedic. He understood medicine and science and in his younger days, he used cannabis to cope with the alcohol abuse in his family. He said it himself, he would be better off and possibly have an appetite if he has access to medical marijuana. My hearts breaks everyday that he had to leave this wild on the narcotics he fought to keep off the streets instead of a natural plant that has become a medical treatment in almost every state in the United States.

Aside from knowing my dad could have used cannabis-hemp to feel more comfortable in his state of health, I believe business development and state development are far behind other states. This isn't a race but lacking so far behind in our states development and then entering markets that have been successfully running for years, it makes it hard to expand because of the "competition" already established. Many states have collected and provided many services Kansas cannot. We can update our schools and our hospitals, hire more police officers for more patrol in our crime driven areas. We can create scholarships, build homes that families can afford, our state can be a leader in the US by going green and finding ways to fund this. So many things can be done.

For myself, I have PTSD. I was in the NAVY in 2005 where I was sexually assaulted after being assaulted at 7, and never knowing it had a long term effect on me. I have been a patient of Cannabis since getting my patient card, when I lived in Oregon. I also started EMDR therapy. I have terrible ADHD and cannabis is the way I am able to deal with rough emotions, that cause my body to tighten up and ache because of the response to daily tasks, really anything. Memories or familiar events or items even flare my PTSD. With cannabis-hemp, I'm able to relax and take a deep breath and be gentle with myself and let my body feel safe again. I don't use medicine everyday, some days I really need this and choose it over my prescription drugs that cause addiction.

Some days I don't have an appetite because of my anxiety. Cannabis or hemp help me feel hungry and relax so I'm not worried or anxious about anything.

Cannabis and hemp have helped me become a better worker and now I'm making over \$80k/yr being able to work and hold senior executive positions.

I started out and went to college to be a nurse and then worked in primary and specialty care in Southern Oregon. Our doctors here believe in the science of plant medicine, just like they do in Oregon.

Humans deserve an alternative or collective choice for their medicine and treatment.

Please reach out to me with any questions. I was a senior executive for a DEA registered analytical lab for almost 2 years before deciding to work for myself as a contractor. My business is plainjanehempc.com and I represent Midwest Hemp Technology, out of Augusta, KS as their Sales Manager.

I wish patients could grow their own weed. I will say that I grow house plants and in Oregon I grew cannabis plants for my medicine. Even growing the plant is therapy and eases the soul.

I understand that smoking will not be allowed. Please keep in mind for the critical or sick and in pain patients. Smoking is the fastest way to relieve symptoms, especially nausea. Some I'll patients won't be able to eat anything and a topical won't internally treat symptoms.

Thank you for reading.

All the best,