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# PLANTXRA

*“Extra, extra read all about Cannabis in Africa”*

AN EDITORIAL JUNCTION OF PLANT INTENTIONS



## AFRICANNABIS

CANNABIS CONNECT IN NIGERIA,  
ZIMBABWE, MAURITIUS, ZAMBIA &  
SOUTH AFRICA

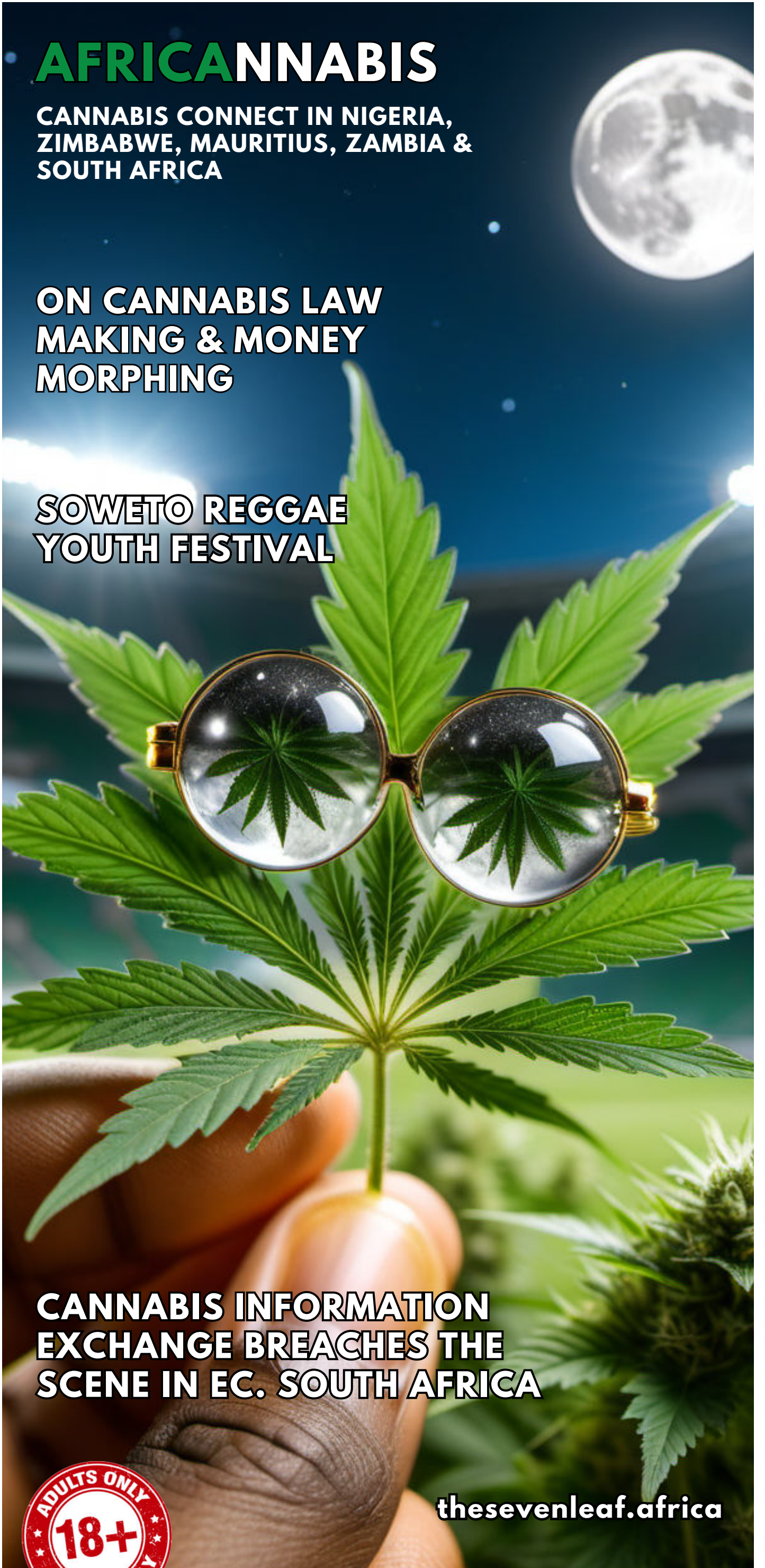
ON CANNABIS LAW  
MAKING & MONEY  
MORPHING

SOWETO REGGAE  
YOUTH FESTIVAL

CANNABIS INFORMATION  
EXCHANGE BREACHES THE  
SCENE IN EC. SOUTH AFRICA



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# XKANNA

**NO.20**

*"Extra, extra read all about Cannabis in Africa"*



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# WEEDITOR

CANNABIS PERSPECTIVES & NARRATIONS WITH SAMMORA



## AFRICA ON THE HORIZON OF AN INTELLIGENT GREEN REVOLUTION



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**T**he merging of ends is a sequence that in the continuation of intents marks the return to core in a journey symbolic to the cycles represented in our everyday moments and replayed in the astrological alignments decoded in chronological tablets. As 2024 emerges in another swing of the calendars we attribute yet another issuing talking to Cannabis and considering the bliss and the piss in the pendulums of the journey to legalisation, with castrated consciences we rise to seek once again a home for the herb in the hearts of humanity.

The Cannabis plant in its freed and captured existence has for generations been the core of sustaining revolutions and on the forefront of parallel systems running alongside the centralization of conscience currencies. The attributes seeded by Marijuana root the way of nature that morphs the primary falsehoods accepted to the degradation of the being and the place of the being, the tides of time turn, what sees the order of affairs flow and cripple new mandates looking to capture the freed plant in pages of practices and procedures.

The ethos witnessed in the twisted tales across Africa has been the unrefusable presence of the Reefer in every state, in one form of existence or another the Cannabis seed finds refinement and position in the everyday lives of the greater part of the nations of Africa. The smoking is the primary ambassador to a generation of vapers modernizing old cultures of ignitable procedures in the cold and hot spaces with consideration of the automotive attributes of the body, the mirrored in the man.

In the time of unveiling the future is an awareness matched by the gatekeeping of access in tagged, flagged and geofenced territories of virtual worlds paralysing primary policing procedures and binarizing the solutions as the "trusted" messengers in the droned.

The primary industries are coupling into the Artificial primary essence and as the green looks to mother the boards in the shadowed bedrock of the intelligence revolutions in server and nanotech stability, the fluidity of Cannabis coupling into the threads of these codes sounds melodies mocking the tall papyrus placeholders serving the twenty-five-year Carbon compliance timelines.

This remodeling of farming freedoms folds into frameworks opportunities to regrind the fibre of society in an unparalleled acceleration towards greening and intelligence in one swing, the current in the demographics on Africa with consideration of the masses and the land position Africa with the foundations to be determinant role players in the artificial pavement.

Moving to the building XKanna walks into a new light in presentations of tales on Cannabis, the reconsiderations retract to the African warehouse and green potential as we embark into a time of Agricultural revolutions and the mechanization of food production. How the continent of Africa and Cannabis will couple in formulation is paramountly detailed by the conscious design of today.

In formulating policies not just on Cannabis but on endemic plants that favour and foster the prosperity of the dual Kingdoms in the Plant and the Human. To create a synergy of sustainable in the energy exchange, an ecosystem that feeds the cycle in a co-creative congruence, in that equalization of intents there just might be a balance realised which still in the order of balance unleashes a binary in the opposing poles.





*Extra, Extra Read All About Cannabis*

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# ALL ABOUT CANNABIS





# AFRICAN

CANNABIS CONNECT IN NIGERIA, ZIMBABWE,  
MAURITIUS, ZAMBIA & SOUTH AFRICA

# NABIS

**T**he herb ignites to the whistle of the puffer, a scenario in the homes of the many across Africa as blissfully they reconnect with the beauty of life in its existence and the unveiling of perceptions in their assent. The descent in the bites and the ascent in the puff keeps the scores as the munchies warm the bench sitters making homes on touchlines as they welcome the freedom found in reconnecting with the Ganja and fathoming the possibilities questioning the dew of the morning grass.

The realities of a Cannabis plant on a regeneration are witnessed on most, seldom we say all the states of Africa, the green thread of trade, raids, the unpaid and the privileged mingle on the cross roads of stadiums talking to legalisation and maybe open participation. On the green and white stripes of Nigeria we find a Cannabis movement anchoring on the social synergies presented by the Cannabis connection as they curate expressive events talking to the arts in music and dance.

On another wing the Bang conversations at a state level are simmering in the affairs as Tinubu muscles into office to find the reserves in shelved Cannabis discussions kickstarted by Princess Miriam Onuhoa at the House of Representatives in May 2020 stating that "this Cannabis Control Bill when passed will be useful for our pharmaceutical companies for products that will enhance healthy living as our country join the league of nations in embracing the good side of this (Cannabis) farming".

In a discussion with XKanna Ziggy Machala the founder of Cannaville, an organisation in Nigeria positioned to sensitize the people of the land on cannabis; XKanna soaks in waves of intents relayed at Cannaville Nigeria as founded in the envisioning of the organisation anchoring in the hope that one day Cannabis will be legally accepted in Nigeria, howbeit eventually. The thrust in these times of information battles is welcomed by the Cannaville community as Ziggy openly states; "we can be on the war front, teaching people the many potentials of the cannabis industry".



Keeping the motion in the volatile box Machala points to the penalty spot as she considers the potentials of an open Cannabis economy in Nigeria stating that "as far as cannabis is concerned in Nigeria, it is still very illegal and we're a long way away from legalization. Possession and distribution of cannabis will literally lead to jail, with consideration of the quantity that one is found with".

The Anslinger campaign in full throttle is still a reality that is witnessed in times of change sparked by new minds and times, reevaluating the propaganda births the rise of a shepherd free furred nation pushing for plant liberties in unprecedented models.

In continuing indications of realities towards plant freedoms Ziggy references the discussions defragmenting the stocks on the neck of Ganja as she alphabetically notes huddles and the pains in the criminalization of cannabis in the muscled connotations reflecting the abys of plant wars. "Currently, there aren't any conversations regarding freeing the cannabis plant, all attempts including the Cannabis Control Bill to legalize it in the parliament in 2023 were faced with major setbacks. Therefore, there aren't any opportunities that are presented for the general public. The only people who are benefiting from cannabis in Nigeria are colluding cartels and their partners running the black market".

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# AFRICANNABIS

CANNABIS CONNECT IN NIGERIA, ZIMBABWE, MAURITIUS, ZAMBIA & SOUTH AFRICA

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There is however an undisputed state that with indication to the geographical generalization in location reference, Nigeria is said to present what would be the top-ranking composition of cannabis users clustered in a populace, take note of "use" not smoking.

The clamping of Cannabis within the state has however not deterred various brand affiliations as the pioneers emerging from the green and white flagged nation fly the Bang colors in bliss.

Ziggy concludes with the acknowledgement of such disparity stating that "despite the fact that some of our Nigerian celebrities like Burna Boy are on the frontline of cannabis brands globally, there is no progress towards the official embrace of Cannabis here in Nigeria.

It's been a fruitless process so far and corruption and stigmatization are definitely huge barriers to the development of the cannabis industry in Nigeria. The social and cultural stigma around cannabis is deeply ingrained in the country, and the government's corruption makes it difficult to create any kind of legal framework that would actually work."

On the ancient stone houses in Zimbabwe the conversations see the flower power call rallies sound beyond the Pied Pipers Ruva Rangu (My Flower) melodies; teams formulate to kick the ball on discussions around Cannabis with a Hemp genetical reference.

In the past accolade awarding displays the Zimbabwe Industrial Hemp Trust pioneered discussions on Cannabis a feature that witnessed them receive an exhibition honor for a Hemp oriented design at the Zimbabwe International Trade Fair.

The farming of Cannabis in Zimbabwe is active beyond the landrace terrains of Binga as forums and farmers unions have been fielded to feed the Cannabis oil processing plant commissioned by the president of the state Emmerson Mnangagwa in 2022 (find the article in XKanna archives

<https://snipfeed.co/7leaf>).

The facilitations of information exchange gatherings in conferences, tours and seminars towards the unlocking of the Hemp participation opportunities have shroomed. The opening days of 2024 have seen an acceleration that is witnessing two different organisations rolling out initiatives talking to pathways on plant policy adherence and participation opportunities with Reference to Hemp. XKanna connected with one of the facilitators in Davison Chikazunga on the frontlines of a Grow Money business initiative positioned towards Starting a Hemp Farming Business information sharing workshop positioned for February in Harare Zimbabwe.

In what would be a pre-match discussion to consider the upcoming fixture and the state of the Hemp potential and participation opportunities for teams in Zimbabwe, University of Joburg based Davison centers with references pointing to the stigmas affiliated with Cannabis stating that "when people say one has smoked something, that is ridiculing people because Hemp is not as toxic as these other drugs, in fact it is not a drug at all it's a plant which can be used in versatile applications". Returning to the founding purpose birthing the workshop Davison indicates that "our vision is to have people producing a significant amount of Hemp in 2024 season, we believe that we need to start preparing people to go into production. Right now, people are not producing Hemp, we want to create production, so our training is not training, our training ends up with a farmer of being an out grower".

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ZIGGY MACHALA  
CANNAVILLE NIGERIA



DAVISON CHIKAZUNGA  
GROW MONEY





# ON CANNABIS, LAW MAKING & MONEY MORPHING

**T**he present dynamics of freeing the herb present attributes that were founded as the folds to realise capitalism. The liberated Cannabis plant first crippled with the non-commercial unveiling of a Hemp themed Ford model was propelled by the promises of the steel and oil Industries. The anchors on rails brought the considerations of gapping the Hemp plant freedoms as Henry demonstrated the plant in its prowess with fluidity in functionality. This gapping of the times in evolving moments birthed the rise of the war on the Cannabis plant as the Western square mile man on the Walled Streets to be running proxy states in Africa considered freeing the nations. "Avail tagging models and free movement with latrine access, but cap the pathways to potential freedoms through Incrimination of culture and the conditioning of the brains.

So many moons later, we are in the Aquarian age and at this stage the global connection is seeing the reach of Cannabis clock new high in user counts. Forget that this is a growing population on the plant, the herb in its own way is weaving a thread of connection between the young and the old gapped by the war on Cannabis. From connoisseurs to come let's see what grows, the valley in Cannabis fields is reportedly more frivolous in the current phase for humanity. Experimentation in affiliation, an action of love or maybe resistance in action or the awakening of the remark by the activist Chico Mendes, "Environmentalism without class struggle is just gardening".

As the gates of contribution and commenting come to a close, has your voice been recorded on the calls you desire to see in Cannabis legislation? The street marching culminates in paper submissions and compliance protocols as the steps to see the herb come home reach the corridors of constitutional courts.

## CANNABIS POLICIES BREWING

2024 marks an election year for South Africa and the mandates at such times normally snail pace in bill policy considerations decelerations with indications that whilst 2018 recorded 78 Bill in consideration, 2019 scratched the halfway attribute at 39 on the count. The gates in consultation towards the formulation of a Cannabis informative bill have been opened before.

The rejected Dr. Mario Oriani-Ambrosini proposition on the Medical Innovation Bill is one attribute that should alert the Cannabis enthusiasts and community on the continuing causes and intents to free the Cannabis plant. We might be at the frontline of another drive but we are on the ends of many faces that have pushed the intents to free the herb.

The grandstanding could consider bowing to hold hands as frontlines and faces change but the mandate to relay the plant moves along. On the 19th of January the 2020 tabled Cannabis Bill 19B closed another chapter of consultations but still faces a churning journey all before an assent to the states president's office. One wonders who it will find at the echelons, if at all the bill would be able to arrive at those docks past the House of Assembly towards assentation by the President.

The hope is found in the indications now more than ever that display the willingness from the praesidium to free the Cannabis plant. The formation of steering committees and the foundational enhancing of a Cannabis discussion under the Phakisa movement indicate a form of positive engagement from the policy enactors.

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# ON CANNABIS, LAW MAKING & MONEY MORPHING

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Now to the tapping of potential financial licks with the introduction of cashless society, the primary power of Cannabis in the capitalism system might be land on a podium presenting a possible governance. Look into the very indication that growing Cannabis is growing money, with the fields of the green gold at large the capitalism system could leak to a collapse. The introduction of green money into the circles of capitalism is fragmented as one of the forces of Ganja that can cause chaos and collapse to fiat circulation.

Digitizing economies could sequence the movement of cents from one hand to another and with service clicking, the full circle cashless system looks to exclude unfiscused income from the narrative. In the golden line the tracking and tracing is fully operational and the herb growers in the Americas are folding into blockchain and crypto to flow with the trade.

In South Africa the Inventory Club has propriated similar systems to network the Agricultural front on digital economies from Cannabis and beyond. The future in this moment is clearly more digital than we possibly envisioned in the Y2K campaigns and digitizing plant money is definitely a call and an answer when considering plants of the future. The question in digitizing considers the formulation of clusters in the hubs mimicking fifteen-minute cities as communal collaboration could bring to life once again visions like Rafael Caro Quintero with no NDAs and bounties in the millions.

The drug war on Cannabis has almost always been a diplomatic reference towards controlling the Capitalism narrative and with the doors of capitalism on the collapse financial fiat cartels are gathering to curb the system and look towards a free plant with culled freedoms of participation.

This ethos promises to continue the freedoms of the Cannabis plant in the grey operations and cripple the global role out through sectorization of grows. We have already seen the Cannabis belts on varying ends of Africa function in resistance to the systems and keeping the plant culture and cultivars alive. Whichever way the mechanization morphs there is Marijuana with the people at the end of the line. In the greys or in the assent the plant of the people in Cannabis will seemingly always be with the people in a form or another in its morphing dexterity.

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# AFRICANNABIS

CANNABIS CONNECT IN NIGERIA, ZIMBABWE, MAURITIUS, ZAMBIA & SOUTH AFRICA

*CONTINUED from page 7*

Talking to the Hemp potentials and participation opportunities pinging in Zimbabwe that are anchored in the presence of both high THC and Low THC cannabis under medicinal Cannabis classification and Hemp on an Agri-industrial fold the narrations from Davison are that Grow Money's training of farmers in Zimbabwe is for the participants to go into Hemp production as he references two sub categories of participation portfolios. "We want farmers to come into Hemp for seed and fiber or into Hemp for flowers".

This he states with mention of an eco-system talking to actualisation beyond the workshop through presentations of incubations and value chain coupling looking to actualise permit and offtakes housed in letters of intents and varying funding models. "We will roll out and buy the final produce from the original farmer through contract farming models in synergy with banking houses in Zimbabwe".

Now to the Island of Mauritius that evidently still has a tight grasp on Cannabis plant regulation, the country positions the plant alongside synthetic substances in scheduling. The uncommissioned community in the supply and demand circle of the herb is operational and visible to the knowers as would seemingly be across various Berlin conferenced statelines in Africa.

The entry participatory tickets into the Cannabis game presents indoor flower pouch packs sufficient for one joint that pack a stint in the match from six to eight equivalent in US dollars cross rating at three hundred and fifty Mauritian Rupees. The tickets in the bud pockets are exchanged through tightly regulated circles of fans that still chant the songs of Ganja in the Island bellowing the unwavering existence of Gandia on the rise.

A stoner who recently returned from a living trial at the Island of Mauritius spoke to XKanna stating that "When I saw some patrons at the restaurant where I was having a meal looking like fans of the Green Team, I approached them for directions to the ticketing office, I was right and with the herb fan recognition they pointed me to the network; I must indicate that discretion in reality is still the key when smoking Cannabis on this Mauritian turf".

Marijuana has run her own underground currency for generations and with this flood in the green gold waters covering African states now embraced in features tucking the Cannabis plant into political campaigns, it is only time that stands between the seed and the harvest. Such realities exemplified in promises uttered by the losing aspirant George Wajackoyah in his Presidency campaign within the confines of Kenya state that; "Cannabis carries a potential to save the ailing economy of Kenya and solve some of the challenges we are facing as a country".

This remark stands reflectively true for the greater nations in Africa amidst skewed trade agreements and adherence policies inherited from colonial frameworks Cannabis presents a reset where nations have the opportunities to formulate their own rules and refereeing on the Cannabis industrialization front.

Kicking on with the ball we cross over to another end of the Kasambavezi (Zambezi) river, we dock on the lands where we recently experienced the call for a primary connect facilitation into the grassroots green network in the outlets end. The looping surge of ticketing agents witnessed the envy of Tube Tv in its prime hours as a plant match was remotely facilitated for a smoke session on the Southern African Country.

The supply chain is alive and well in the underground and the underlying existence of these markets and ticket offices across the African states indicates recognized value in the Cannabis plants contribution to the metaphysics of the being coupled with the promises of Hemp wealth could see the green water in the herb currency feeding the plant industry tributaries.

XKanna connected with Rozayne Malyo of Think Green Consulting who was part of a collaborative effort that hosted a Zambian Hemp discussion in 2023, the collaborative gathering was a partnership with Zambia Hemp Growers and Industry Association (ZAMHEMP).

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# AFRICANNABIS

CANNABIS CONNECT IN NIGERIA, ZIMBABWE, MAURITIUS, ZAMBIA & SOUTH AFRICA

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In an update with regard to the pathways to unlocking the Cannabis plant in any of its genus as an official industry Rozayne Malyo states that, "Zambia is waiting on the three departments in the Ministry of Health, Ministry of Agriculture and Ministry of Commerce to formulate a Cannabis committee that will steer the Cannabis economic and policy dynamics in the country". Speaking on the calls to action from the conference Malyo indicates that the rolling out of outcomes and the resolutions witnessed the organisers of the conference submitting a letter to the new government office in the Presidential Delivery Unit (PDU).

The PDU is a Zambian presidency portfolio positioned to accelerate the ascendancy of matters to the statesman, "our request for an engagement and information sharing gathering was approved, I attended the meeting with the (ZamHemp) Director, the intents indicate that the state of Zambia is positioned towards unlocking the Hemp conversation as suggestions to date state that at least two of the three ministries have completed the prototypes towards formulating a working structure.

The incrimination in the code that is the heritage of the drug war, has seen a ban on Cannabis and Hemp innovation across Africa due to exclusionary affiliation and participation rules, as seen in the information on Cannabis composition and attributes that remain red carded from participation in primary academic structures.

This season of greening must consider evolutions that will see that the harm to mankind has been in banning the Cannabis herb from participating in the everyday lives of this Ai civilization. Given that Cannabis comes forth as one of the most studied plants on these turfs it is time that will review the peers and the papers as the present periods cannot continue to ignore the Cannabis plant at a time of reforming global perceptions on the Herb.

Forgetting the far and wide let us consider the global environmental conditions that in the current blizzards and hail storms see the East and Southern African ports face unprecedented winds and rains. The call to regreening has been the theme governing discussions sponsored by the environmental disruptors.

It is no secret that the greener the state approach with regard to the Cannabis plants the greater the potentials presented to unlock the economic prowess locked in the promises of Matekwane, and unlocked in pursuits towards the liberation of African Cannabis that promises beyond the sequestering of carbons from the environment.

South Africa is positioned as the emerging leader on the African green gold revolution as the start to 2024 has seen the conclusion of a submissions timeline looking at acquiring policy informing inputs from interested and affected parties towards the Cannabis for Private Use Bill-19B of 2020. The presidency in the state accelerated the Cannabis legalisation discussions through a Phakisa consultative initiative positioned to accelerate and enable unlocking of economic sectors rippling into government. The Department of Health in South Africa has also put out what would also be a call to participate in input contribution towards the rescheduling of Cannabis.

This intent could inform the ripples down the paining Drug Trafficking Act that still houses Cannabis in its text and is the current wing being rolled out by the authorities to clamp down on Cannabis operations.

The activations on the Southern ends of Africa have continued to function in balance with the systematic resistance presented in the six-year journey since the privacy privileges presented in the Constitutional Court.





# AFRICANNABIS

CANNABIS CONNECT IN NIGERIA, ZIMBABWE, MAURITIUS, ZAMBIA & SOUTH AFRICA

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It must be indicated that with all the developments seen on entrepreneurial fronts recreational Cannabis in its essence is still illegal on one end whilst the Industrialisation that is being prototyped on a Hemp front is formulating the legal privileges as the developments are on an agricultural front talking to the Plant Improvement Acts and Hemp grow hectarage revisions.

The various government department within the cordons of South Africa are taking steps independently powered by the intent uttered by the South African Head of State remote remarks at the Phakisa gathering as he stated that "I believe that this Cannabis engagement will birth fruitful discussions towards the unlocking of this plant industry and opportunities for South Africa".

We at XKANNA believe in the revolutionizing potential of the Cannabis plant, the presentations on the plant in all its facets to date represent findings indicating that the repressive grasp and the war on Cannabis has presented unmerited oppression to mankind and the environment. The Cannabis plant known fully to present altered cognition in the assuming being transforming to a knowing being who in one space also presents a world of different perceptions and voices.

Voices that have called for the ushering of alternate approaches to everyday life as we have accepted it, a life of propaganda and debilitating agendas is the very ground that has positioned Cannabis as the enemy of Africa and a gateway to falsehoods, however as we dock on these 2024 gates of change, let us consider the truths in the present plights of man and the roots in the revolution of the Mbanje herb. Cannabis can accelerate the recovery of Africa on one economic wing whilst unlocking the presence of unfathomable innovations as Africa frees the herb, Cannabis will.

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# CANNABIS INFORMATION EXCHANGE BREACHES THE SCENE IN EASTERN CAPE

Information has been narrated as the gate on which the future embeds towards the realisation of a new bedrock to springboard an acceptance in cognition and conduct. In the same manipulation subliminal talks spear deep into the conscience for that unzipped perspective, blighted at the point of germination. The coding and the decoding in the presentations and the retention of plant love and hate modalities leans to the balancing of affairs as the shift in the preferences and perambulation witnesses a flocking to the fields of Cannabis.

The affairs of facilitating folk freedom now fiddle into the fiscus in tables of discussions lobbying on fortunes and fencing the fields. To the actual fields and the Cannabis belt in the Eastern Cape Province of South Africa we connect with the integration of an interactive experience for Cannabis farmers in the province.

In a training facilitation rolled out by Cheeba Cannabis Academy the Eastern Cape Hemp Producers Association together with the Eastern Cape Rural Development Agency (ECRDA) and Fort Cox College of Agriculture collaborated towards a practical Hemp plant information exchange program.

The Hemp Producers Cultivation training was rolled out over the week commencing on the 22nd of January for 100 Hemp farmers in the Eastern Cape province at Fort Cox College of Agriculture. In the event communication documents the ECRDA Cannabis Program Specialist Langa Blouw who also offered opening remarks as the training commenced, stated that the primary design of the Hemp Cultivation Training is to "provide technical training to hemp producers, plant primary production extension officers and agronomist researchers as this is pivotal for the Eastern Cape Province to position itself as a cannabis and hemp industrial hub".

The AgriSeta accredited hemp cultivation training course feeds into the vision relayed by the ECRDA to "establish a thriving Cannabis industry in the Eastern Cape through developing and growing a Cannabis industry underpinned by primary producers cultivating 100000 hectares of the plant in the next twelve to fifteen years". The frameworks and opportunities in Cannabis grow worlds are coupling into practicalities seeing the actualisation of intents as witnessed at Fort Cox College of Agriculture.



The ripple from this information sharing program modulates a shift towards the changing of affairs on foundational grounds and grow models; providing a needed shift in the plant and Cannabis grow space towards commercialization.

The ECRDA targets the maturity of this onboarding initiative with numbers considering 50000 farmers with a straight line oversight cultivating at least 2 hectares of Hemp to the actualisation of the desired goal of 100000 hectares of Hemp in the province. Sectorisation of working fields and Cannabis plant application dynamics will on so many doors emerge as the key attribute towards the folding of communities in specialised clustering ecosystems. The balance will ping in the sequencing of the lenses an alignment that prismatically will see the beauty in the shade shine beyond the bridged barriers of participation in the Cannabis industry. Buying back the foundational roots of exchange the Hemp on the ground will present values that shift the ripples on the surface as already witnessed in the wings of Cannabis communication podiums within the digital space. Giving insight into the training underway on a social platform, Bra Joe remarks at the value-added Hemp products showcased at the event acknowledging that "Hemp is very multi-purpose and agro-processing of the plant is very key here".

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# CANNABIS INFORMATION EXCHANGE BREACHES THE SCENE IN EASTERN CAPE

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Images Supplied by Cheeba Cannabis Academy

In the language of value addition, the ECRDA indicate the identification of five corridors as output channels for the produced Hemp crop "these five corridors are earmarked to produce food, fuel, fibre and medicine from the plant". The fifth could notably be flower an aspect already present in the Eastern Cape Cannabis belt, still waters running deeper in a call to a fruition that will anchor the cofounding of crop valuation systems from seed to sale.

The presentations now see practicalities of man in physicality working the ground, at a time when the artificial intelligence acceleration within the agricultural grow spaces brings into consideration the next ten years talking to docking digital grows and unmanned plants. The extended collaboration between the ECRDA and the Department of Rural Development and Agrarian Reform (DRDAR) in the Eastern Cape looks to sequence the Cannabis competitive advantage of the province affixed on legacy Cannabis farmers and grows.

On the timelines of maturity contemplations towards the merging and modernisation of Ganja grows may need considering to unlock the potential that could present another edge in the provinces Cannabis faucet.

The unadulterated Cannabis plant information is here, the moment is now as exemplified at Fort Cox College, it is the time to move beyond the resistance of habit, to tap into the change in the orbit presentations of new timelines on Cannabis freedoms, the old days of plant wars to resent. New tides flow across the dimensions and only the strides that go with the future beyond that in mention will adhere to the core that is here to ripple not just the plant freedoms but the planned dooms on the free as the Cannabis information exchange facilitations breach the scene.

It is a given already that the intellectual cognitive relational attributes have been mandated as a reality for man and machine as the binary is unlocked in action. Unchanged, still the fiscus of sourcing opportunities at the gates of the Cannabis world are kept by the programmer hosting the applicable information, Cheeba shared the manuscript with practical demonstrations of mankind minding mankind at these grassroots, which Cannabis information session will you our reader consider tapping into? Do let us know on [izwilabo@gmail.com](mailto:izwilabo@gmail.com), love and light.





# RAINS WRECK HAVOC ON CANNABIS CROP GROWS

**W**ater and Tyla rocked the airwaves on many audio streaming platforms as the archetype in the para-realities in one aspect or another has seen record amounts of water plummet over the Southern ends of Africa and the Cannabis grow regions. The coupling of the rising water levels tweaks the tides mingling with previously unseen falls and highs in temperatures presenting new environmental realities that are altering the agricultural grow patterns and timed sky conditions.

In dancing in the rain XKANNA in the continued connection with the legacy and rural Cannabis farmers on the Southern ends of Africa and the Kingdom of Eswatini took the impetus to assess, how these unwavering waters where pinged the patterns and the plantations of Ganja grows. In the primary engagements XKANNA connected with Snoux Poswa the Secretary of the Pondoland Cannabis Belt Association.

In response to a query on the prevailing rains beyond the Eastern Cape Cannabis belt. Poswa in conversation with XKANNA brings to light the Cannabis crop damages recurring consecutively from the last grow season. "We have noted very bad damage along the Eastern Cape Cannabis belt. It is a very sad situation because we don't have subsidy or insurance for acts of God. A tough one, this is the second year with so much excessive rain. 😞". The damage to the Cannabis crops is presenting a recurring crippling of the subsistence roots availing more than the way of life for the growers. In the water damaged crop there are presentations talking to threats beyond the commercialisation of the Cannabis crop and the opportunities prevailing in potentiality in the moment of time.

To point out the considerations of Insurance on the Cannabis crop is to primarily reconsider the trends in the crop liberating states in America. South Africa as a nation is a Cannapioneering state, but in the wheel of time the invention of probable policies is already presented elsewhere in black and white. The underwriting of Cannabis cannot be considered where the crop money is still on stalemate with the concepts of capitalism.



In the acknowledgement to the acts of God in rains the total revolution of global ecosystems seen in the horizon will call for the enacting of fluid policies that will ripple across the frameworks of banking halls and free the Cannabis plant accessibility beyond prescriptions. The morphing embrace by the Department of Agriculture, Land and Rural Development that talks to an expanding facilitation in the grow hectarage ripples participation opportunities at an expanded scale.

This talks to growing models that could see the participation of financial houses and the ropping in of Cannabis in the primary points of entry into the system and maybe then will consideration be open in hand welcoming Cannabis crop bankability with insurances; well and just maybe some assurances. Back to the water and the rains and this moment lands us in the Kingdom of Eswatini as we connect with Renata Reck a plant paver.

*CONTINUED ON NEXT PAGE*



**SNOUX POSWA**  
**SECRETARY**  
**ABALIMI BOMYA**  
**CANNABIS ASSOCIATION**







# RAINS WRECK HAVOC ON CANNABIS CROP GROWS

*CONTINUED FROM PREVIOUS PAGE*

The Swazi Gold is a famed landrace from the Kingdom that supplies vast corners of the world with Cannabis buds and amazingly Eswatini is still to enact an intentional policy drive to unlock the Cannabis economy and free the crop. The time is December and there are reports of a high winds and water having swept through the heart of the Kingdom and past the regions of Ngculwini, after Hhelehhele on the road to big Bend.

The morning after sees roofs of houses displaced and fields of green levelled as the actualities in crop loses and water damage rise with the daybreak. The continuing rains presented grow and curing challenges in the final two months of 2023 as the farmers and facilitators on the Eswatini value chain where required to restrategize and reinvestment in resources and deliverables.

A Cannabis facilitator and free thinking Kufu Zungu meddling between the Kingdom of Eswatini and South Africa connects with XKANNA to express the high rain water situation from their grows. "We have had Heavy rains and storms in Eswatini and this has definitely affected our Cannabis crop yields". Kufu continues to narrate that their farming operations were affected in November whereas the rains are still continuing to wreck damage in the present. In response to the damage the indications from Kufu Zungu are that they have had to "replant fast" this he says with indications that the hand of man play might be present in the clouds.

With grassroots conversation indicative of a definite damage to crops and an alteration to weather patterns Ras Riddim connects with XKANNA from Port St. Johns in the Eastern Cape province of South Africa remarking that "If this is the act of God we ask for mercy or is this the Climate change that was being spoken of? Our Cannabis crop has been damaged, it's going to be another drought season again this year. This he says also referencing the mealie fields that present a primary food staple in provisions.

Swinging back to Cannabis Riddim in the Ras states "we are not getting an opportunity to plant replacement seedlings all we can do is care for the remaining Cannabis plants and clear the area of unwanted weeds".

Crop replacement on one end and salvaging on another, the works of higher rainfalls and water damage on the Cannabis plants. A Cannabis Club founder in anonymity spoke to XKANNA on the Cannabis yields coming in from the Kingdom of Eswatini with lines considering caution on consumption due to high humid conditions in the air and altered curing conditions.

So many aspects come into the fold when water presents its presence on plants with a high fall count.

The plea to the Prime Creator from Ras Riddim is for mercy, the concern from Snoux Poswa is the absence of crop insurance in moments like these whereas Kufu Zungu considers an introspection into the influence of man on the weather and the rains wreaking havoc on Cannabis crops.




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**TO PARTICIPATE CONTACT**

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**• DAVISON +27 72 813 7875**

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• • •

REGISTRATION: 

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# REGGAE VIBES FROM SOWETO TO DURBAN



*Pictures Supplied by Ralenale Images*

In the aftermath of the festive hype and the family feasts the start of 2024 witnessed the musical staple as the Soweto Reggae Festival relayed Ital beats from the stage positioned in Klipspruit Soweto in the community of Johannesburg South Africa. This year's festival took place on the weekend of the 7th of January at Mbambisa park and offered a twist with the age participation limit capping at 20 years.

XKANNA connected with the visionary behind the festival in Solly Malatsi who took the time to narrate the origins of the event as well as the activities on the day. "Our event this year was limited to twenty-year olds and below, the reformation witnessed the gathering for performances at the event being lined up by young artists".

The pictures in the age dynamics took indication in the event imagery facilitated by Ralenale images; An old adage states that "dynamites come in small packages" as the Soweto Reggae Festival belted to the sunset the youth on the stage had detonated a musical blast in a diversity characteristic of the festival. Solly Malatsi further indicates that whilst the event is held in Soweto it is graced by young artists from beyond the Gauteng province with other participants coming as far out as the KwaZulu Natal (KZN) Province and across South Africa.

In an unrelated gathering in KZN, Sisanda Reggae promotions and Durban Reggae Culture curate a weekend of Reggae and Cannabis staged melodically by several notable artists on the presentation platforms.

Peter Tosh and Bob Marley have ignited Kaya on the performance stage in continuing advocacy for the Cannabis plant musically. It is open knowledge that reggae music and the herb Humm together in harmony. The month of February this year witnesses the celebration of the life of the legend Bob Marley at Gibaland in KZN.

The three-day event dubbed as Bob Marley's birthday tribute will be taking place from the 23rd to the 25th of February under the Get Up, Stand Up chant.

The event that will also feature a Rasta Fair is themed with the entire family in mind as considerations have been availed on an edutainment front for all ages. Cannabis author and influencer Kelly McQue will host an interactive exchange in the form of a Cannabis anchored talk shop.

*Continued on Page 19*





# REGGAE VIBES FROM SOWETO TO DURBAN



*Ras. Shante*

*Continued From Page 18*

The heartbeat of the community in gathering at the festival will find resonance as the Nyabingi drumming sessions echo foundations for the chants over the three-day festival.

The highlight packed event will also grace the activities of the weekend with the showing of the 'One Love' Bob Marley movie premiering on the 14th of February this year. On the musical stage the live performances are heralded by RastaRubaDub Selector, with on stage and live performances from Sizwe Zakwe Band of Richards Bay; King Shaft Band from Johannesburg, Trinity and The Standing Band from Pietermaritzburg together with Azoh Vibes from Uganda, The Mediators and more.

Reggae and the riddims continue to relay the message of oneness and inclusion as the melodies carry messages beyond bodily entertainment. The connection seen in the vision of Solly Malatsi nurturing artists and the young musically through platforms of expressions in Soweto couple generationally into the ongoing narrative being witnessed in the Gibaland gathering this coming February.

The ethos of culturing culture is the same reason that sees Ras Shante indicate as the vision behind raising his son Zengakhona as one of the instrumentalists in The Mediators Band. Ras Shante connected with PlantX Radio on his musical journey as he indicated the roots behind the February gathering following Rita Marley's visit to Durban South Africa.

Will February find you chanting One Love from KZN or watching the One Love movie from your couch? Let us know on our socials @7LKXPX MEDIA.

# AN ELEVATED TRANSCENDENCE INTO 2024



The Elevated Adventures team spent the last few days of 2023 preparing, packing and unpacking as the contingences the Transcendence NYE 2023, at the lovely Rain Farm in Ballito came into time. The take away from the event are that the New Years Eve (NYE) experience was one to write home about with remarks from Claire indicating that "we had an amazing time, thank you to those of you who came out to play.

We laughed, we smoked, we dabbed, we danced. We are so grateful for those who made it extra special, Louise from The Green Hobbit for yummy edibles, Kelly from Visual Eyes for our footage, Zululand Laser Company for our centre piece and prizes and bountiful gratitude to the The Rain Farm, the staff was absolute treasures from the beginning. To our DJs without you it would've been so boring, thank you for the sick tunes, you are appreciated, Dr Ray, Tubeless, Hans Solo and Dhasen thank you".

The event branding on the day was brought to life by from Ice Promotions and Sportswear, "thank you from the bottom of our hearts for our kick-ass DJ box dressing and our Transcendence t-shirts". Reporting for Elevated Adventures this is Claire Campbell.



*Sunrise 2024 Claire with Louise Maxwell from The Green Hobbit, epic*





# 420 RETRO JAM NIGHT IN LAGOS



The annual Cannafest gathering returned in 2023 to close out December with a Retro Jam Night themed as a stoner music festival in Lagos, Nigeria on the 22nd of December. This one of a kind event was hosted by CannavilleNG, one of the progressive cannabis communities in Nigeria which curated the event as an avenue for the Nigerian Cannabis community to express themselves and showcase their creativity. This year's music festival was sponsored by TokenTimber, an organisation involved in the education and destigmatization of cannabis in Africa, in collaboration with other 420 conscious brands. Cannaville community artists in Ziggy Machala, Chuchucash, Y1nka, Sosa and TheGodZeph graced the stage setting the theme for the mellow evening.

Ziggy Machala stated that the Retro Jam night "was truly a memorable night of unrequited energy, music, dance, games, networking and promoting the culture among like-minded cannabis enthusiasts".

On the face of the African continent formulating positions around the Cannabis plant, the future sees significant young people in Africa fanning the flames of Bang constructively in their lifestyles.

CannavilleNG is one such organisation of young people in Africa positioning beyond the self-actualization as the founders of the organisation continuously roll out community engagement programs to couple beyond Cannabis conversations.

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# SA CANNABIS CONNOISSEURS SESH FROM BANGKOK



**T**he 2024 Full Moon Sesh set ablaze Cannabis in its different classes from the ever-buzzing city of Bangkok in Thailand. This year's edition witnessed two South Africans Cannabis Connoisseurs in Canna LadyC (Candice) and Big Green Buddha being selected as part of the High profile 420 judges list. Canna Lady C powered in the moment landing into Bangkok alongside Walter Pretorius of Aaptwak Private Lounge and the Speed Rolling Competition as he took the rolling challenge to the international stage. The Full Moon Sesh is positioned as a nomad festival that is a sesh and a cup for enthusiasts and professionals to connect and celebrate glass art. In the spirit of celebration, Canna LadyC connected with XKANNA as she landed in South Africa from the event to share on the puffing and proceedings from the Sesh.

In conversation with XKANNA Canna LadyC stated that the Full Moon Smoke Sesh was "absolutely Incredible it was based around sesh, networking and getting together to smoke tonnes of products. It was incredible to see how the extracts and rosin game has grown from when I was last in Thailand six months ago, the Cannabis culture is growing forward".

In relation to the South African Cannabis Industry with comparison to Thailand that is now considering rescinding on some Cannabis privileges Candice considers the South African



Industry remarking that "I judged alongside fellow South African Big Green Buddha who was on the rosin whilst I experienced Hash Holes which is something I have never before seen in South Africa, it's like a doughnut joint with hash in the centre".

In expansion on the quality and packaging with an Inclusive reference to store presence and product range Canna LadyC states that "South Africa ranks poorly and is very far behind what's going on out there globally; there is over 10000 stores in Thailand which is incredible to see".

The Cannabis store presence on the Gauteng ends of South Africa has continued to unveil at a slower pace when classed in comparison to Western Cape and KwaZulu Natal provinces. Similar indications have been remarked by Premiers of different South African provinces talking to activations within the delineations.

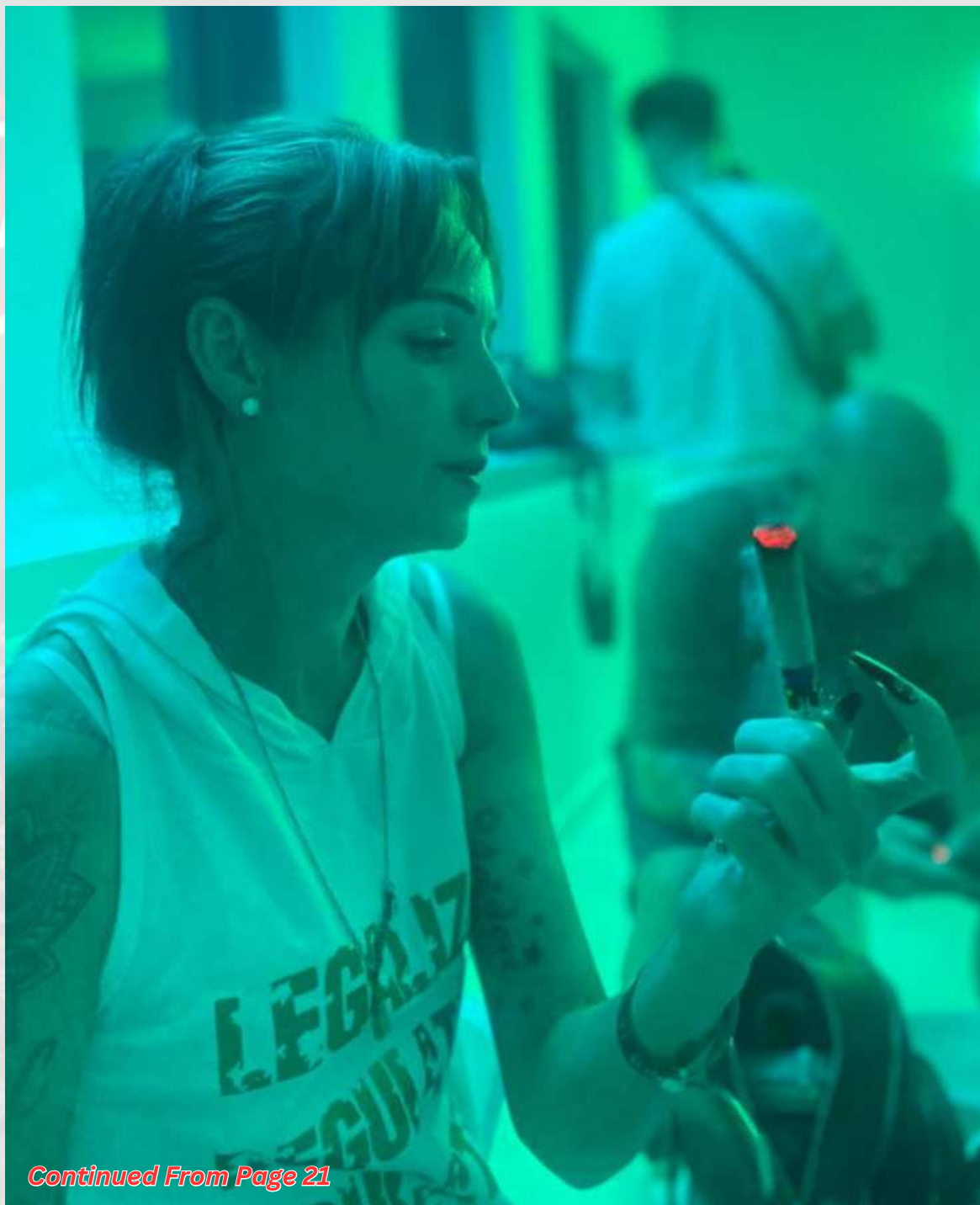
Canna LadyC's travel buddy in Walle took the tour to turn weed rolling tables round the global Ganja streets.

*Continued on Page 22*





# SA CANNABIS CONNOISSEURS SESH FROM BANGKOK



*Continued From Page 21*

Talking on the Cannabis cultures between South Africa and Thailand Walle indicates that “South African Cannabis culture has a lot to learn, we here do what we can as South Africa still operates under a privacy privilege, in Thailand the trade in Cannabis is open but the policing is very strict with compliance procedures talking to documentation permitting 420 businesses with acceptance to trade in Cannabis.

The global Cannabis communities are continuing in the formulation of green networks that continue to squeeze the distance and bridge the information gap between different Cannabis societies as the Cannabis industry developments roll on. Such exchanges when channelled with mutually constructive intents spearhead the developments within the Cannabis industry towards spinoffs in business-to-business exchanges via platforms of puffing, practice and policy sharing discussions.



The speed rolling competition functions as a fixed entertainment feature in Cannabis gatherings in South Africa with indications that the fastest joint rolling time to date stands at 3.5seconds.

Walle indicates that he took the visit to Thailand with an open mind and an intent to connect with a global Cannabis community from different worlds. Cannabis possesses the power to palpate differences and merge pathways of purpose when hearts are horned in truth.

“The speed rolling front was a new concept to the 420 community we encountered in Thailand” states Walle as he points to the experience in the full moon session more enthusiastically. “The full moon sesh was a blast and something out of this world, it was a session at multiple stores in Bangkok there are over 9000 Cannabis stores; it took me over the moon”.





# XKANNNA

*"Extra, extra read all about Cannabis in Africa"*

JANUARY 2024 Vol 2 Issue 20 [thesevenleaf.africa](http://thesevenleaf.africa)



# REGGAE VIBES FROM SOWETO TO DURBAN

Full story on Page 18



## MAXIMIZING YOUR CANNABIS YIELD

### THE CRUCIAL ROLE OF TRAINING AND TOPPING DURING THE VEGETATIVE STAGE



by Lisa-Marie Lovell

Cannabis cultivation has witnessed a surge in popularity over recent years, thanks to the increasing acceptance of its medicinal and recreational use. Whether you're a seasoned grower or a beginner, understanding the plant's growth stages is vital for optimizing yield. In this article, we delve into the significance of training and topping techniques during the vegetative stage to ensure healthier plants and bountiful flowering.

Before diving into vegging and the specifics of training techniques, it's essential to understand some fundamental concepts:

- a) Main Stem: The primary vertical stem that runs from the base of the plant to its top.
- b) Nodes: Points on the main stem where leaves or branches emerge.
- c) Colas: Dense clusters of buds that form at the tips of branches.

#### The Vegetative Stage:

During the vegetative stage, which typically lasts 3-16 weeks depending on various factors including strain genetics, light cycle, and growing conditions, cannabis plants focus primarily on leafy growth rather than bud development. This phase sets the foundation for the plant's overall structure and determines its potential yield during flowering.

#### 1. Promoting Healthy Growth:

Training techniques such as low-stress training (LST) and high-stress training (HST) can be employed during this stage to manipulate the plant's shape, optimize light penetration, and encourage lateral branching. LST involves gently bending branches away from the centre of the plant, while HST methods like topping involve removing or pinching off the main stem's tip.

#### 2. Enhancing Light Distribution:

By training your cannabis plants early on, you create an even canopy that allows more light to reach lower branches. Adequate light distribution results in fuller growth throughout the plant's structure instead of just focusing on the uppermost parts.

#### 3. Controlling Height:

Topping refers to cutting off the main apical bud at an early age when it has developed several nodes below it. This technique encourages bushier growth by stimulating multiple colas (flowering sites). Topped plants exhibit more uniform height distribution and are less likely to outgrow their vertical space in indoor setups.

#### 4. Encouraging Air Circulation:

An often-overlooked benefit of training and topping techniques is improved air circulation within the canopy. By manipulating the plant's shape, you create better airflow, which helps reduce humidity levels and minimizes the risk of pests or diseases.

#### Topping during vegetative stage:

Topping involves removing the tip of the main stem, encouraging lateral branch development. Follow these steps:

- a) Wait until your plant has developed several sets of true leaves (typically three or four).
- b) Sterilize sharp pruning shears with rubbing alcohol or hydrogen peroxide.
- c) Identify the fifth or sixth node from the base of your plant and make a clean cut just above it.
- d) Two new shoots will emerge from each side within a week. These will become new colas.





### - Low-Stress Training (LST):

LST involves gently bending and securing branches to create a more even canopy, allowing light penetration and encouraging multiple colas. Here's how to do it:

- a) Start LST during the vegetative stage when branches are still pliable.
- b) Use soft gardening wire or plant ties to bend the branches horizontally away from the main stem.
- c) Secure the bent branches using stakes or hooks, ensuring they remain in place without causing damage.
- d) Continue adjusting and tying down branches as needed until you achieve an even canopy.

### - Screen Of Green (SCROG):

SCROG is a high-yield training technique that utilizes a screen or mesh to support and manipulate cannabis plants. Follow these steps for SCROG success:

- a) Install a screen above your plants at approximately 12-18 inches height during the early vegetative stage.
- b) As your plants grow, weave them through the screen, tucking each branch under an open square.
- c) Continue weaving until the entire screen is filled with growing tops.
- d) Trim any growth underneath the screen to ensure optimal airflow and light penetration.



Training and topping your cannabis plants can significantly enhance both yield and quality by improving light distribution, maximizing bud production, and promoting overall plant health. Remember to tailor your approach based on strain characteristics, monitor plant response closely throughout the process, and always prioritize gentle techniques to prevent stress or damage. Mastering these techniques will undoubtedly elevate your cultivation skills and lead to bountiful harvests of top-quality cannabis



### Transitioning to Flowering:

After a successful vegetative stage, it's time for your cannabis plants to transition into flowering. Proper training and topping during the previous stage play a crucial role in ensuring optimal bud development:

#### 1. Increased Bud Sites:

By employing training techniques like LST or HST, you have encouraged lateral branching, resulting in an increased number of bud sites.

#### 2. Balanced Canopy:

Training helps maintain a balanced canopy where light reaches all parts of the plant evenly. This ensures that buds develop uniformly across multiple colas rather than focusing solely on the uppermost portions.

#### 3. Improved Light Penetration:

The low-stress training method allows lower branches to grow closer to the light source by bending them outwards instead of upwards. This maximizes photosynthetic efficiency throughout the plant and increases flower production.

Efficiently managing the vegetative stage of cannabis growth sets the groundwork for a successful flowering phase. Employing training and topping techniques during this period helps optimize light distribution, promote healthy growth, control vertical height, and enhance air circulation within the canopy—all factors that contribute significantly to maximizing yields during flowering.

Remember, each strain may respond differently to various training methods, so experimentation and observation are key. By investing time and effort into properly training your cannabis plants during their vegetative stage, you'll be rewarded with healthier plants and an abundant harvest when it comes time for flowering.

**"Learn character from trees, values from roots, and change from leaves."**

**- Tasneem Hameed**





# CANNABIS AND YOUTH:

## THEIR BRAINS ARE STILL DEVELOPING

In human beings, the brain undergoes numerous changes from birth until death. In the early stages of life, the neonatal period, the brain is only rudimentary, but through regular interactions and growth is developed.

Changes in cognitive and reasoning abilities define the teenage developmental period. During this time, adolescents exhibit natural and socially influenced curiosity, which may lead to increased vulnerability and risk exposure to substances such as alcohol and cannabis. Scientifically, the human brain undergoes important stages of development from early childhood.



Contrary to popular belief, the human brain does not reach full maturity until early adulthood. Neuroscientists suggest that the prefrontal cortex—the region responsible for executive functions like impulse control, decision-making, and risk assessment—continues developing until the mid-20s (up to 25). This prolonged maturation process highlights the vulnerability of young brains to external influences like alcohol, cannabis and other substances.

The different stages of human brain growth in neonates, children, adolescents, and adult individuals:

### Brain Development in Neonates

The neonate developmental phase refers to the first 28 postnatal days when the brain is still highly adaptive to the new environment it has been exposed to. The weight of the human brain doubles within the first year of life. Repeated exposure to environmental cues is responsible for the development of synapses. The synapses tend to develop before birth and reach a peak before the neonate's fourth month. Over time, the fine motor pathways develop as redundant pathways regress. Thus, repetitive tasks help in the creation of redundant pathways, which become stronger.

### Brain Development in Childhood

The brain undergoes significant critical growth in children between the ages of two and six. Over this period of development, the brain triples its weight. Language skills also develop at a very high level when children are at this age. The developmental process can be supported by nurturing the individual in multiple ways and offering access to different resources. Neglect does not facilitate cognitive development because the brain shrinks due to stress and lack of stimulation, which can lead to permanent losses of synaptic connections. The period of brain development between three and six years is characterized by the generation of brain synapses.

### Brain Development in Adolescence

Development in adolescents can progress at a faster rate. The period between the ages of thirteen and fifteen years is considered an age of rebellion characterized by feelings of loneliness, indecision, and emotional fluctuation. During this period, the synapses in the brain can be significantly pruned back, a process called apoptosis. Children who have positive day-to-day connections usually have normal development.







### Brain Development into Early Adulthood

During early childhood, there is a decrease in generated synaptic matter which can limit the functioning of lower limbs. However, white matter development allows greater control over body movement such as running and jumping. Myelination improves nerve functions involved in controlling movements while potentially reducing sensitivity to bumps and falls resulting from decreased abrasions for children during this phase of their growth.

*Why wait till the age of 25 to experiment with cannabis?*

The human body possesses an endocannabinoid system that maintains signal transmission equilibrium to avoid excessive synapse generation. This system synthesizes natural cannabinoids, which activate receptors and aid appetite stimulation and suppress nausea while maintaining homeostasis processes. Additionally, the endocannabinoid system produces its own compounds for cell communication related to memory retention, sensation processing and emotional regulation, among other functions. However, the introduction of cannabis alters brain receptor activity by mimicking natural cannabinoid effects leading to altered cognitive abilities such as coordination impairment over time.

The human mind is a fragile entity that requires nurturing surroundings for healthy growth and positive development. During the teenage and pre-adolescent years, the body and mind react differently compared to adults. Cannabis consumption during this developmental stage can lead to an increase in hormone levels causing emotional complexities such as fatigue, exhaustion, nervousness among others. It also impacts cognitive functions leading to impaired brain activities.

### Substance abuse and poor Academic Performance:

Smoking cannabis at a young age can have adverse effects on both academic and personal development. The cannabinoid receptor CB1, a key neurotransmitter responsible for learning, problem-solving abilities, and anxiety management is affected by the drug. Cannabis use often lowers endorphin levels in humans which includes dopamine hormones that induce pleasure to the body leading to emotional turmoil like depression or mood swings.

### Psychosis:

Psychosis involves experiencing delusions and losing touch with reality, which can be accelerated by cannabis use in children, teenagers, and adults. The effects include disrupted sleep patterns and altered dreams as well as physical symptoms such as bloodshot eyes and an increased heart rate commonly referred to as heart palpitations.

While the debate surrounding cannabis legalization persists, it is essential to prioritize the well-being of our young generation. The importance of waiting until the brain and body are fully developed before experimenting with cannabis cannot be stressed enough. By delaying cannabis use until adulthood, we provide our youth with the best chance at reaching their full potential while minimizing potential risks associated with early substance exposure. Let us empower our youth by encouraging healthy development choices that will shape brighter futures.

