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Applied weed science pdf

I'm at a bar in what appears to be an Old West salon, shooting the wind with a guy from Nevada who sits on a chair in a dark corner, hiding from his fans, accidentally collapsing marijuana in his rolling tobacco. As he does this, the Nevada guy explains why the nipple, along with another drug we had that morning in camp, psychoactive bean juice commonly known as coffee, provides a pathway to a state of brain valued by athletes, monks, and every creative person ever. Salon and camping is actually on business property - sorry, institute - in downtown Mendocino, Calif., zero for old-school outdoor pot production. Pot company Flow Kana, which pitches itself as an organic farm-to-table service - is a medium grass, basically, and a rising star in the world of cannabis. I've been watching the expansion of Flow Kana up close, ever since I met its gregarious Venezuelan-American CEO, Mikey Steinmetz, at his 2015 launch party at a house in Berkeley Hills, where generous trays of joints and excited conversations VCs talked about the industry being born. Now, four years later, look at Mikey: setting up an institute, building compelling Old Western salons, filling fields full of fully stocked glamping tents on valley property's unspeakable rolling acres. And down from the salon on the extensive stage of the tent installation, the centerpiece of the new content is the first plan: Flow Talks, the US industry's response to TED. Later, Mikey will bring on stage a mysterious guest of the event: Snoop Dogg. All respect for Snoop, but the true headliner of the talks was an expert in the fascinating state of the brain for which the company was named: Flow. (Some talk in the zone, musicians talk about the pocket, but we all know the flow: the moment when time doesn't make sense and your ego disappears and you just perform, effortlessly. DARPA says it allows you to learn new things 490 percent faster.) This expert was a Nevada weed guy, aka multi-bestseller author Stephen Kotler, who founded the company, a stream of research collective, formerly of the Genome Stream Project. It funds further flow science in collaboration with universities like UCLA and Imperial College London. Clients for its ultimate human performance training (which does not include millets, at least on paper) include Google, Nike, and the U.S. Naval College. Kotler also headlines The Flow of Cana's first podcast, hosted by National Geographic Channel's Jason Silva and released this week. His flow talk was called Cannabis, Flow and Peak Performance. The conversation began with an anecdote from the 1990s, when Kotler was a reporter covering extreme sports. He at 7am one morning in windy, 10 below-zero weather atop the scary Palisades, the steepest peak in the California Olympic Olympics Mecca, Valley, with eight world-class skiers. And what did they do to prepare? Sitting in a circle, smoking and passing a glass bowl. It was like a 5, 10 minute lap; they were high, Kotler told me in the salon when I clicked on it for details. At the time, I was like what the fuck are they doing? Like, throw rocks at the bar last night, okay, but you're about to do a double flip with an 80-foot cliff over the rocks. This led to Kotler revealing the popularity of pre-game sports at the highest level of professional sport. The action of sports athletes for years has been combining exercise, coffee and cannabis into a hippie speedball, and they use it as a performance-enhancing chemical, Kotler said. Which led me to that fuck going on a question that took about 20 years to answer. A: Performance enhancement, combined with exercise, was chemically indistinguishable from the state of flow. Brain science has taken giant leaps forward since the stream was first identified in the 1970s by renowned psychology professor Mihai Csikszentmihalyi (respectively, his name is pronounced chicken sent to me high). Not only do we know what the flow looks like in the brain, thanks to the miraculous MRI MACHINE, we know exactly what neurochemicals are present when we enter that mystical state of perfect performance: dopamine, anandamide, serotonin, and endorphins. And guess what chemicals are released by hippie speedball? Yes. The same. How it works endorphins should be in the first place, Kotler stresses: Ideally, you should exercise for a good 20 minutes or more to cause a state of flow. We don't enter the flow until we do what taxes us, something that extends beyond our comfort zone. Wait until he's quiet up, he says, tapping his forehead. It's a thing: It's called an induced transient hypofrontality, and scientists have proven that it literally changes your thought process. Once you're there, if you add in caffeine and then sativa, you're as close as we can get to the pharmacological version of the flow. It is at this stage that we should point to the obvious caveat: Kotler is just a researcher, not a doctor, and he doesn't prescribe you a prescription. Each flow of triggers is different, he says, and he is constantly pointing out that more research is needed. (He's particularly excited about the portable MRI machine currently being developed, ex-Facebook executive Mary Lou Jepsen among others who, if they pan out, turn the cost of a multimillion-dollar research flow into a penny on the dollar.) Let me tell you how little we know from this place, Kotler warns me in the cabin. We don't know anything about cannabis combinations; we think it's sativa because we need dopamine but probably actually about terpenes, these miraculous, mysterious chemicals in plants that science science barely started cataloguing. Also: What caffeine? Does coffee work better than tea? Here's another substance that we use all the time for high performance, and we don't know shit about it. We have a lot of information on how these three elements work in isolation. Exercise is as close to a silver bullet against disease as we found; it is even associated with a lower risk of cancer. If it came in pill form, every doctor in the world would prescribe it. Psychoactive chemical caffeine is so effective in sharpening the mind that the famous mathematician once uttered the immortal phrase mathematician is a device for turning coffee into a theorem. Given that the great leap of the 18th century forward, the Enlightenment, occurred around the same time that coffee shops sprang up everywhere and we stopped drinking beer for breakfast, one could also say that humans are devices for turning coffee into a modern civilization. (As little as we understand why, we know it's safe to drink up to 25 cups of coffee a day.) And cannabis? It's not just sports pros who sing his praises. His influence on musicians is well documented, from jazz (Louis Armstrong was named Satchmo for the little pack with the weed he wore around his neck and consumed every day) through pop and rock (Bob Dylan changed Beatles music forever when he got the Fab Four high in 1964) to hip-hop (too many artists mention). Famous writers too: not only are the decidedly tall (Hunter S. Thompson), but also literary giants (Thomas Pynchon, Maya Angelou) and thriller masters (Lee Child, the series' author, Jack Reacher, revealed in a 2013 interview that he smoked weed five nights a week for 44 years). Count Kotler is among that number. I've written nine bestsellers, he says; he was moderately high throughout the writing process for all but his first book, a novel he now dislikes. And that's the key word, at least for the way Kotler does it: moderately. When he started doing this, he was stuck in bed healing from Lyme disease, unable to write. His attitude at the time, he says, based on the doses he's swallowed in the past, was how the fuck is this shit going to help me? A friend, veteran psychedelic researcher Rick Doblin, replied: No, you're doing it wrong. Doblin suggested Kotler take a very short breath - a quarter hit, says Kotler, mostly microdoses - for every 45 minutes of writing. It turned out to be a sweet spot, and the words flowed. What usually prevents you from going away, says Kotler. You should do a great editing session afterwards, especially at the beginning, but you can usually find enough nuggets that it's worth pursuing. This is not a topic Kotler has written much about in his books on human activity so far, although he is starting to see off his work. His latest book is a novel, The Last Tango in Cyberspace, in which the main character gift gift gift A mysterious billionaire that includes a vial of the Trainwreck hybrid, and clubs it constantly all over. I took a lot of crap for that, says Kotler. This was set in the future and people were like why is there so much cannabis? I'm like, Because in the future alcohol will disappear. Of course, the millennial attitude to alcohol suggests that the binge industry has a long, slow decline ahead, but Kotler suggests the timing of marijuana takeover is more expedited than we think. Look at Silicon Valley, everyone smokes weed during lunch break. That's in five years. Don't fool yourself. Looking around the Kahn Stream Institute, listening to the serious conversations that followed Kotler, it was hard not to believe it. When Snoop arrived at the end of the day, Mikey seemed to stumble upon his words a lot during an interview with him on stage. He later told me that the hip-hop legend insisted that they smoke six (six!) joints together before going any further. He could have said no, of course, but hey, it's Snoop! Obviously, not everyone is going to microdose in this beautiful new world. But for those who know how to limit themselves, and can mix in the right amount of caffeine and exercise, the science of Kotler suggests the benefits of flow - the boundary of ideal performance - can wait. The information contained in this article is not a substitute or an alternative to information from a doctor. 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