

To whom it concerns,

I am providing this submission along with the attached cover sheet to express my wholehearted SUPPORT for the amendments in the scheduling of the Cannabis compound "CBD" or Cannabidiol with the inclusion of Schedule 3. The following statement seeks to discuss topics relevant to 52E of the *Therapeutic Goods Act 1989* regarding Proposed amendments referred for scheduling advice to the Joint ACMS-ACCS #25.

I was fortunate enough to have firsthand experience in trying, recommending and providing CBD products (retailed as tinctures, capsules, salves, creams, bath salts, arm patches, vaporiser pens and even CBD for pets who suffer from the same ailments as their human owners) as an alternative form of medicine throughout my time living in Vancouver, Canada in 2018. I worked at a cannabis clinic where customers could purchase varying cannabis products depending on their needs.

From personal and anecdotal experience the use of CBD is a low risk, high reward compound.

From the list of different products provided above, the varying forms of administering CBD is also a representation of just how versatile the compound itself is. Here are a few items I provided customers for there ailments (most of whom returned to tell me of their success and express endless amounts of gratitude and thanks):

- Arthritis:
Creams, salves, bath bombs, liquid capsules and tinctures were provided to customers who suffered from minor joint pain to severe, debilitating arthritis. The demographic of this type of customer was usually 50+ years. Creams, salves and bath bombs were all applied topically, the liquid capsules and tinctures were ingested.
- Psoriasis:
I witnessed different types and intensity of psoriasis. We sold a product that had predominantly CBD with small amounts of THC present that was used as a cream/lotion and reduced swelling, inflammation and itchiness when topically applied to the area with psoriasis.
- Insomnia:
Although I cannot speak on the first two conditions above personally, I did use CBD in Vancouver at night to help me sleep a solid, unbroken 8 hours (something I have not been able to achieve for years). I administered the CBD either through a vaporiser, tincture or capsule. I have not slept as good since I stopped taking CBD and my sleeping patterns reverted back to normal – restless and often waking tired.
- Anxiety:
A mental illness which most people suffer, or will suffer from, at certain stages in their life. Small doses of CBD were provided to customers of varying ages to help them feel calm and relaxed throughout the day which allowed them to complete daily tasks without the stress and anxiety hovering above them.

This is not a full or comprehensive list of the ailments discussed with customers during my time working in Vancouver. There is countless amounts of data and research acknowledging the long-known benefits of CBD and Cannabis in general as a plant based medicine.

I believe the proposed maximum recommended dose of 60mg or less of cannabidiol for adults is a reasonable starting point. Like other compounds, more or less is required depending on the condition being treated.

Natural CBD will always work better than synthetic CBD as cannabinoids are more effective when working together, or what is known as the “entourage effect” as the CBD benefits from having small amounts of other cannabinoids present and not isolated as a single compound.

CBD is not a compound that can be abused as its side effects are relaxation and sleepiness, along with a calming feeling over the body therefore an abuse of CBD would result in sleep (known from personal use).

This amendment is certainly a move in the right direction in giving citizens of Australia (and the earth) more choices and control over their own health. As discussed above, my own personal benefits of incorporating CBD as part of my health regime worked wonders. Something as simple as a good night sleep is what I believe to be the first step in the process of improving personal well-being. A clear mind has clear thoughts thus making better and more appropriate decisions throughout daily life.

In a complex system such as the human body, one or two ailments (which most people would carry daily) can cause major disruption in our ability to live and interact with each other and the world around us. Cannabinoids as a whole service our own bodies endocannabinoid system, of which a major function is to promote homeostasis in the body. We live in an intensely busy and stressful world and when coupled with illness, fatigue or any particular ailment, homeostasis is crucial in assisting the body in returning to equilibrium across our major bodily systems and functions.

This is a topic I have spent countless hours researching and experimenting with. Without the experimentation side you can only provide half of the story as personal experience is paramount when providing perspective on any subject matter. More amendments to the classification of Cannabis compounds is needed and the reclassification of the CBD compound is a positive step towards that reality and I look forward to what the future holds.

Yours sincerely,

Joshua D'Antino