

Breast cancer survivor Argie says she's now a believer in "functional medicine."



Homemade Healing

How one cancer patient found relief, and a new life, thanks to CBD.

When Brooklyn, New York-based product designer Jenny Argie was diagnosed with breast cancer four years ago, she knew one thing for certain. She wanted to avoid addictive prescription drugs as part of her treatment, since opioids made her violently ill. That meant finding natural alternatives, which led her to stories about the medical benefits of cannabis. Still, she had reservations about going that route.

"I hadn't really done cannabis much since when I was in high school in the '80s, until more recently when I tried it again in the last decade. It was nothing like what was grown in the '80s," Argie explains. "It's very common

for people my age...you try weed again and it just knocks you on your ass! I didn't want to get high, but I wanted something to take the edge off the pain and nausea I was experiencing."

Still, Argie was intrigued to learn of cannabis' long history as food: "A thousand years ago, we were using it in our food and probably weren't smoking it as much." So, armed with this information, she tried cannabis edibles for relief—but was unhappy with the lack of healthy options (for instance, many edibles are often loaded with sugar). Instead, she created her own.

"I thought, 'How can I make this fun?'" Argie recalls. She perfected

a recipe to infuse cannabis into cooking oil, which she then used to begin a microdosing regimen with homemade edibles that allowed her to regulate the effects and not feel too high. By the time Argie underwent a double mastectomy a few months after her initial diagnosis, CBD had become the focus of her recovery treatment. "I found a lot of research that suggests a high-CBD diet discouraged cancer cells from incurring to mass. I was thinking the THC was helping, while what I really needed was a high-CBD diet."

WELCOMING WELLNESS

After surgery, Argie ditched prescription painkillers and hormone therapy for CBD. "I don't want to make claims that CBD cures cancer," she says, but "I used it to replace pharmaceuticals and it worked for me."

She credits CBD with helping her achieve overall wellness and providing help in managing the side effects of mastectomies, like night sweats. "There's this whole hormonal thing that I'm balancing. I don't feel premenopausal. My mood has really softened. I'm not anxious."

Today, the 48-year-old mother of three owns and operates Jenny's Baked at Home, an organic food product and tincture line infused with full-spectrum



Argie's Jenny's Baked at Home line includes this hemp oil-infused coconut oil.

hemp. "I wanted a line that was fun and could be incorporated into everyday life. We used this plant for thousands of years and then just stopped. Why? Simply politics and economics."

THE COMPLETE GUIDE TO CBD

Healing Powers

How Cannabis
Can Help

- Beat Stress
- Improve Sleep
- Relieve Pain
- Fight Disease



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