

CHAPTER XV – ADDICTIONS AND THE CRUEL WAR FOR THE MONOPOLY ON HEALTH

^(1st) Look, if there's one topic that really needs our honesty, humanity, and neutrality to be discussed properly, it's the use and abuse of drugs — especially because of the issue of addiction. The reason our society still hasn't solved the problem of drug abuse and addiction is because we're still not looking at it the right way. Because of that, in this irrational era, many absurd things are still happening around the world when it comes to how drugs are treated — mainly due to the lack of distinction between what is toxic and what is therapeutic.

^(2nd) Take alcoholic beverages, for example. It's widely accepted and even advertised on TV. But alcohol is toxic, causes a lot of diseases, and puts users at serious risk. So, just like with cigarettes, it really shouldn't be promoted like it is. Its labels should carry real warnings about the damage it can do to your health, and the dangers of mixing it with other substances. Yet, the system focuses solely on the inability to drive after consumption. Moreover, here in Brazil, in commercials and songs, alcohol is constantly linked to meaningless sex, like those things automatically go together. Since this is shown as something fun and festive, it ends up meaning just pleasure and entertainment. It's as if there were no harm in getting drunk and engaging in reckless fornication.

^(3rd) The lack of clarity caused by alcohol makes people easy targets — and very profitable for the system. That's why it's pushed so much. Capitalists treat people like part of a profitable herd, especially because of how careless they are about having kids. So, the media has created countless humorous characters who are portrayed as drunkards and philanderers, teaching us to laugh at alcoholism and sex addiction, fostering sympathy for these afflictions from childhood. But the fact is that a toxic like alcohol should not be so widely publicized, nor should a behavior like sex be irresponsibly encouraged.

^(4th) On the other hand, marijuana (cannabis)⁵⁵¹, a remedy with a history of use dating back thousands of years and known for combating various diseases, has been persecuted as if it were a poison or a toxic.

^(5th) These days, marijuana is usually consumed by smoking it. The parts of the plant that are used to make the smoke are the flowers and the leaves. The stem of the female plant and the male plant — hemp — are known for their wide use in industry. But the male plant has less medical value, and its flowers and leaves don't change brain waves when smoked. There are also hermaphrodite plants, and their medical potential depends on whether they're more like male or female plants.

^(6th) Marijuana has been recognized as a remedy in China for thousands of years. Some authors claim that, depending on the culture, it was the second or third most-used medicine between 1000 BCE and the mid-19th century. According to them, during this time, marijuana and hemp were also the primary materials for producing

⁵⁵¹ Here, the term marijuana was preferred over the term cannabis in most contexts in order to reach all audiences and to emphasize the persecution carried out against this plant, even though the term *cannabis* is more universal than the local nickname *marijuana*.

paper, fuel, and textiles. Logically, depending on the culture, it might even have been the most-used medicine — due to its immense versatility.

^(7th) Under the name cannabis, 19th-century English doctors often sold it as tinctures, popularizing the term. Sir John Russell Reynolds, who was Queen Victoria’s personal doctor and used this medicine to treat her, wrote an article in the first issue of the medical journal *The Lancet* about the benefits of cannabis⁵⁵².

^(8th) In Brazil, “Indian cigarettes”⁵⁵³ were sold in pharmacies in the early 20th century, with some already-known indications such as combating insomnia. This quality makes marijuana incredibly important to the population.

^(9th) Cannabis has such therapeutic power because it acts at the cellular level, regulating the body. It can be used to combat muscle spasms, multiple sclerosis, glaucoma, colitis, nausea, pain, migraines, and many other conditions. The list is not finite. There are hundreds of reasons why people find marijuana helpful. It leads patients toward less toxic, more affordable medicine, with the potential to replace a *wide range* of conventional medications. Therefore, sooner or later, people will recognize its importance.

^(10th) And yet, despite all this, there’s still a brutal war going on within society today, trying to wipe marijuana off the market and punish its users — sometimes with beatings, sometimes with prison, and sometimes even with death. Thus, even if, at the time you read this chapter, this truth has already been clarified, the nonsenses of the so-called “War on Drugs” must not be forgotten. Even if it doesn’t seem like it, the persecution of pothead should be debated in the same way we still discuss the persecution of lepers in Jesus’ time on Earth.

^(11th) Due to these inverted concepts, society ends up experiencing severe imbalances, where illness and social distress are created, and physical and social health are hindered. This war creates a scenario of terrorism, where prisons act as a threat of state-sponsored assassination against the population. This makes people tolerate government abuses and even align with its repression out of fear of being targeted themselves.

^(12th) Many people support this government persecution because they cannot imagine themselves in prison and absolve themselves as if they could never be labeled as criminals. However, this is a selfish perspective. A true Christian could neither oppress the use of medicine nor condone the inhumanity inflicted on others in prisons, because, in the end, these injustices will affect everyone.

^(13th) Furthermore, the Brazilian law that prohibits and punishes people for involvement with illicit drugs does not provide sufficient distinctions between a user and a trafficker. This allows for variations in its application, disproportionately — often punishing people in vulnerable social situations more harshly. The oppression that is far greater against marijuana than other drugs reveals economic interests driven by imperialists. This exposes a carefully crafted structure of domination.

^(14th) Over time, the system has adapted to maintain this oppression, which began in the 1960s. Initially, marijuana was labeled a “toxic” to justify its repression. But when it became clear that it was not toxic, the system broadened the scope of the law by generalizing the definition to “drugs.” The term “drug,” after all, can even apply to sugar.

⁵⁵² Source: Wikipedia. Available at: https://pt.wikipedia.org/wiki/Legisla%C3%A7%C3%A3o_sobre_a_cannabis

⁵⁵³ Research taken from page 26 of *Mente e Cérebro Magazine*, which contains the image of the advertisement for Indian cigarettes — images XVI.

(15th) This leads to absurd situations where users of toxic substances can voluntarily seek treatment—which is not wrong—but marijuana users are arrested, punished, and even killed because of it. By using the generic term “drug,” the law fosters a social consensus that people imprisoned for drug-related charges are only traffickers or addicts. However, marijuana users are frequently misrepresented, and it's not uncommon to find people in prison for nothing more than a single joint of this medicinal plant.

(16th) This situation creates additional problems. Consider that when someone needs a medication, what harms them most is the inability to access it. It is common for such individuals to overuse other drugs in an attempt to substitute the proper one, often without success. Many try to enhance the effects of these substances by combining them with alcohol—a practice that is indeed highly toxic and can be fatal, as alcohol is a deadly drug. Homeopathy, for example, uses only minimal amounts of it to accelerate the effects of medicines.

(17th) Meanwhile, police officers have been granted excessive powers to oppress marijuana users. These powers often exceed legal boundaries and are accepted merely as a matter of custom. During routine stops, Black citizens or those appearing poor are frequently subjected to violence, sexual groping, threats of evidence planting, and even rape with batons to coerce them into revealing where marijuana is. Many times, marijuana users are arrested in completely illegal and abusive ways, as the police act as their own witnesses and feel emboldened to do so. This unchecked power fuels oppression.

(18th) Continuing with this, in prisons, people often don't have the money to pay for a lawyer, and because of that they end up being held for an indefinite amount of time. The law provides the *habeas corpus provision*⁵⁵⁴, as a legal guarantee, where a person could write their request on any piece of paper, signed either by themselves or by someone else on their behalf. This was meant to fight against illegal imprisonment and could even be done without a lawyer and without having to cite the law. However, after being arrested, the person goes through a kind of social death and can no longer communicate with anyone outside the prison — not even by letters. That's why they become dependent on a paid lawyer, because the only way to get a document in front of a judge is through one.

(19th) The public defender's office can't meet these needs because it's overwhelmed with cases, which results in a service that is slow, mechanical, and ultimately ineffective. This issue leads to overcrowded prisons, which become the initial foundation for social terrorism. However, when a prison becomes overcrowded, it is rendered illegal — as are the detentions carried out within it. Yet countless actions that worsen this situation are taken, and people remain indifferent.

⁵⁵⁴ *Brazilian Federal Constitution*, Article 5, item LXVIII — “*Habeas corpus* shall be granted whenever anyone suffers or is threatened with suffering violence or coercion to their freedom of movement, due to illegality or abuse of power.” Source: Planalto. Available at: http://www.planalto.gov.br/ccivil_03/constituicao/constituicao.htm

(20th) In the minds of many, the government retains the authority to harm the population, as if the AI-5 (Institutional Act No. 5)⁵⁵⁵ had never been repealed. During AI-5, the public associated its enforcement with the disappearance—and thus the death—of the government’s enemies.

(21st) Nowadays, a lot of people get killed with the excuse that they resisted arrest. Sometimes the killing is carried out in an indirect way C like beating the prisoner badly and then leaving them in poor conditions to survive, sleeping on the floor, without water or food. So, while the bruises caused by the police fade away, because the body is weakened, the prisoner develops other illnesses — pneumonia, for example — that will end up killing them.

(22nd) Some witnesses report that many prisoners are subjected to cold as a form of torture. They are placed in spaces so cramped they resemble vertical tombs, leaving them unable to sit or lie down. When they ask for water, it is poured over their heads instead.

(23rd) The lack of citizenship inside prisons ends up spreading to the whole society. Making standardized *habeas corpus* forms available in prisons and having a judicial officer periodically review and forward them would be a good way to fight these injustices. The requests would start with asking for a court-appointed lawyer paid by the State, but they should be written in a way that allows them to reach the highest level of judgment — the Inter-American Court of Human Rights⁵⁵⁶.

(24th) It is worth noting that I was once like anyone else in our society. I was insensitive to many of our social struggles. To me, anyone in prison was simply a criminal, and I condemned them in my mind. I also didn’t want my children to smoke marijuana, and I still don’t today. However, I am now more tolerant of that possibility because I understand it represents underlying health issues that are being treated. My perspective changed after my health problems worsened, and I had to use marijuana as medicine. At that point, it became impossible for me to remain neutral because I was at risk of going to jail.

(25th) In the following events, situations gradually became more complicated around me. As a result, I firmly joined activism because I began to see crimes being committed against citizens, which had to be denounced to stop them. This chapter details, among other events, the informal criminal report that made me hastily gather my writings and distribute the first edition of the book, which was still quite underdeveloped.

(26th) And what about the fact that we have a natural body system named after the herb? Yes, we do. It is the *endocannabinoid system*⁵⁵⁷, and its name comes from cannabis. The

⁵⁵⁵ *Institutional Act No. 5* of December 13, 1968 — This Act provided for the loss of constitutional rights and guarantees, such as *habeas corpus*, and allowed the State to take extreme measures in order to defend the so-called “military revolution,” which was in fact a coup. However, it was popularly known as a hypocritical means used by the State to apply the death penalty.

⁵⁵⁶ Inter-American Court of Human Rights — It is a regional court, based in Costa Rica, created by the Organization of American States (OAS). It judges cases of human rights violations committed by member states that have accepted its jurisdiction.

⁵⁵⁷ *Mente e Cérebro Magazine* de setembro de 2011, p. 26 – “, September 2011, p. 26 — “In the 1960s, Israeli biochemist Raphael Mechoulam managed to isolate the main psychoactive compound of marijuana, delta-9-tetrahydrocannabinol (THC). While studying the action of this substance, the researcher’s group observed that it interacted with two types of cannabinoid receptors, identified in peripheral tissues (CB1) and in the brain (CB2). These receptors are found in ‘strategic’ areas of the neural system, such as the hypothalamus, related to appetite control and sexual behavior; the cerebellum, an important center for movement coordination; and the hippocampus, involved in memory (see the box ‘Throughout the Brain,’ p. 27). This does not mean, of course, that we have brain structures created exclusively to process chemical components from marijuana. However, it shows that the brain naturally produces and releases equivalent substances — in simplified terms, a kind of ‘endogenous Cannabis’ — called endocannabinoids by Mechoulam’s team, as well as other similar molecules that take part in the process of transmission and modulation of communication between neurons.”

documentary *The Culture High*⁵⁵⁸ is one of the reliable sources that disseminates scientific knowledge about marijuana. It explains that marijuana is a powerful medicine because it works inside this system. This system has various receptors for cannabis, because it mimics endogenous chemicals naturally present in the human body. The plant-based substances are called cannabinoids, while the ones produced by our bodies are endocannabinoids. In other words, this system is super important — which makes the herb really useful when it needs to be activated or boosted.

(27th) Cannabinoids are molecules with 20 carbon atoms each, made by both humans and plants. Small differences between them create different substances. The plant has over 100 different types of these compounds. Then, through a group of cells, these molecules work together to help regulate the internal functions of other cells. Cannabinoids simply support how cells work — and always in a positive way, because they're part of a system that helps control the body's metabolism.

(28th) Cannabinoids don't care whether the cells are shrinking, releasing hormones from the thyroid, synthesizing something, or building bones. The only thing they recognize is that the cells are doing something to regulate the body, and they help make that action more effective. Modern Western medicine has forgotten the benefits of a substance like this, even though it can play a role in every cell. It's a contradiction that our society has so much knowledge and yet keeps killing people because of marijuana⁵⁵⁹.

(29th) The most contested feature of marijuana in our society is its ability to alter the frequency of the electrical pulses⁵⁶⁰ emitted by our brain. It creates a “brainwave” or “brain frequency” different from our normal waking state. Its chemical action on the psyche alters perception and can lead to effects ranging from sedative, calming, and antidepressant responses to psychic disturbances.

(30th) In the human body, the brainwave induced by marijuana resembles the one observed during dreams, which serve to cleanse the brain. This occurs because marijuana has neuroprotective properties⁵⁶¹. Our unconscious comes closer to our conscious mind, giving us a sense of dreamlike uncertainty. It's as if the real environment is enveloped in a dreamlike atmosphere.

⁵⁵⁸ *The Culture High* It is a feature-length documentary released in September 2014, directed by Brett Harvey. It addresses the prohibition of marijuana and the war on drugs in the United States. Written and produced by Michael Bobroff and edited by Stephen Green. Source: Wikipedia. Available at: https://en.wikipedia.org/wiki/The_Culture_High

⁵⁵⁹ Information collected from the documentary *The Culture High*.

⁵⁶⁰ Pulse (signal processing) — A rapid, brief change in the amplitude of a signal from a base value to a higher or lower one, followed by a rapid return to the base value. Source: Wikipedia. Available at: [https://pt.wikipedia.org/wiki/Pulso_\(processamento_de_sinal\)](https://pt.wikipedia.org/wiki/Pulso_(processamento_de_sinal))

⁵⁶¹ Neuroprotective effect refers to the ability of a substance to protect nerve cells (neurons) from damage, degeneration, or death. Neuroprotection can help maintain brain function and slow down or prevent neurological disorders.

^(31st) In USA, the marijuana-induced brainwave is called a “high”, “buzz” or “stoned” (“barato” or “onda” in Brazil and in Portuguese). In this state, tetrahydrocannabinol (THC) and cannabidiol (CBD) are the cannabinoids responsible for the feelings of euphoria and calm, respectively.

^(32nd) THC is found in greater amounts in the Sativa variety of the plant, while CBD is more predominant in the Indica variety. Besides each plant having its own unique mix of cannabinoids, they also have other therapeutic compounds. Because of that, every time someone uses a different plant, the effect feels stronger — like they’re trying out a whole new formula. Thus, repeating a single variety can be a way to reduce the “high,” allowing for better management by the patient.

^(33rd) Both the high and the calming effects can make your attention drift. It’s not that your consciousness breaks down — it’s more like your language does. Your mind wakes up to all kinds of random ideas that pop up through free association. When you’re euphoric, the flow of abstract thoughts can get really intense, constantly interrupting your line of reasoning. That overloads your memory and makes you forget things. If you’re not mentally ready for that flow, it feels confusing. But if you are, it feels like your consciousness is going beyond itself.

^(34th) I don’t entirely condemn the “high”, although I understand it should be reduced or even avoided in certain cases. However, I can understand why a neuroprotective agent must produce the “high”. I even understand why treatment without the “high”, when necessary, might be ineffective. The issue is related to the concept of what constitutes restorative sleep.

^(35th) We dream to undo psychological blockages. A traumatic fall, for example, may cause us to dream repeatedly of falling for several days until we heal from the pain we felt. Then, perhaps, we dream that as we fall, we catch ourselves, and from that point on, we let go of this recurring dream. The mental cleansing we need is like wiping down a chalkboard. However, this isn’t done on things we must memorize; it should only be done on unnecessary thoughts. It is an erasing of bad sensations that transport us back to their associated chemistry. The flow of thoughts that emerges during a high corresponds to the ideas we retained — perhaps even a single obsession⁵⁶² —that we begin to analyze, sometimes to eliminate them.

^(36th) In reality, this process is a chemical cleansing and a re-establishment of interrupted mental pathways, addressing neuroses formed by emotional blockages such as mystery and fear. The sense of uncertainty in dreams arises because they confront these blockages, our “traumatic complexes” or “inner demons”.

^(37th) Dreams often seek a more inward language to reveal something about what we retain — topics that may be suppressed in our conscious minds. Taboos, for example, are subjects that are socially forbidden and that individuals generally do not discuss. When they are brought up, they awaken feelings of guilt in the speaker, as if they were committing a crime. Taboos are preconceived concepts, like prejudices, which are prior judgments that prevent us from seeing the deeper truth about them.

⁵⁶² *Monoidealism* — It is a Spiritist concept in which a person is dominated by a single obsessive idea, such as revenge, greed, the need for recognition, resentment, passion, among others, forming a condition of mental disturbance.

(38th) When we face our blockages or taboos, we experience feelings of insecurity and mystery, which is why dreams often seem like hazy experiences. They remove the psychic boundaries between the conscious and the unconscious, treating the mind as a whole and accessing its “forbidden” areas. Marijuana, on the other hand, also causes this sensation. The high undoes psychic blockages and raises the “demons.” So, if someone absorbs a higher proportion of THC — the compound that most provokes this reaction — while smoking herb, they run the risk of experiencing something akin to a temporary mild psychotic episode. However, with proper use, this factor can be positive, as it can expose the formation of psychoses. This is counterbalanced by CBD, which has an antipsychotic effect. The danger of this mechanism is that the “inner demon” may be too large, and the dosage may be exceeded.

(39th) The issue with using marijuana is not the plant itself but the person not knowing what type of neuroses they have. If the neuroses are very severe, the individual’s discomfort during the high can be intense and psychologically risky. However, with moderate use of marijuana, as the neuroses are reduced, the high also reduces.

(40th) Excessive lethargy that some experience with marijuana, as if they have entered a trance, is also heavily criticized. I call this “Stoned,” and it occurs when someone absorbs a higher proportion of CBD. In this case, the high causes a kind of introspection through contemplation of time, space, and the surrounding things. It is the energetic language of dreams accessing interrupted unconscious channels. Therefore, we see that the ideal approach is not to remove THC or CBD because they are complementary, but rather to balance them — or use a small dosage of the herb.

(41st) Clarifying the effects of marijuana tends to lead people to more cautious use or even abstinence, as they recognize its risks as a medication. Thus, promoting awareness is a more effective strategy for preventing abusive use than suppressing its use entirely.

(42nd) In recent times, the information gap has become so great that people who need to use marijuana experiment with it intuitively, adapting to its effects. However, they fail to recognize the importance of a systematic treatment, differentiating medicinal use from recreational use. The latter is characterized by the occasional consumption of herb in festive contexts, and I believe that those who use medicine recreationally are already unwell. So, it can even be used for recreation because it brings joy — and joy and leisure are also therapeutic. We often need something that gives us mental relaxation, because we are not always able to relax by our own effort, and marijuana provides that relaxation. But it shouldn’t be mixed with alcohol or other toxic substances, like people often do.

(43rd) In my personal experience with marijuana, I sought ways to reduce the “high” because it is inconvenient for practical life. The high is a sensation that makes us clumsy. It is stronger when the flowers are fresher. If the herb ages too much or becomes moldy, it does not cause a strong high but still retains therapeutic functions, showing the greater action of CBD.

(44th) Marijuana stands out in treatments that require sleep therapy, surpassing traditional methods that can cause brain damage and fail to provide truly restorative

sleep. Marijuana offers exactly that. Sleep therapy is a very important treatment, even for relieving the stress caused by withdrawal syndrome from drugs.

^(45th) Because marijuana does not cause harm and brings the conscious mind closer to the unconscious, it facilitates psychological treatment when the patient is guided properly and understands the mechanics of the high. In this process, all fixations are updated in thought. The individual dissolves states of mental confusion by directly confronting them. After the energy of the high—which intensifies feelings—is dissipated, if all goes well, the psychological problem appears less intense. Thus, the problematic psychological state, which was once intense because it was unconscious, is dissolved by becoming conscious.

^(46th) There are situations where smoking marijuana requires greater caution: when someone is smoking for the first time; when they are using a different strain than before; and when they are not accustomed to smoking marijuana. In these cases, they should take only one puff. After that, they should wait to see how they react before taking a second puff. To smoke marijuana, it is not necessary to hold the air in for long—it is enough to inhale the smoke through the mouth, hold it briefly, and exhale. Beyond that, the advised dosage when using marijuana is just two puffs. During the dictatorship in Brazil, when people who smoked marijuana were being hunted down, this act was called “smoking two”. In fact, if someone gets used to this dosage, they may never feel the need to smoke more than that during each use.

^(47th) I must be very clear when discussing marijuana because, while some people are “marijuana-phobic,” others are overly liberal about it. I must strike a balance between these extremes because the system vilifies it greatly—and that is a reality that must also be challenged. At the same time, there are really risks associated with marijuana use.

^(48th) The length of the high depends on the type of marijuana and each person’s individual sensitivity. It’s estimated to last around two hours, but it can go on for many hours beyond that. Among the risks of marijuana is the possibility that someone may give themselves negative psychological commands if they are inexperienced with its use. As a result, they may somatize unpleasant effects such as anxiety attacks, tachycardia, and shortness of breath, for example. Low doses help prevent this.

^(49th) Moreover, when the dosage tolerated by the user is exceeded, reactions like these are common. To help combat both overdosing and the harm caused by combustion, I recommend using vaporizers for natural herbs, as they eliminate the adverse effects of combustion. However, attention: these are not the popular vapes or electronic cigarettes; they only heat the natural plant—not chemical preparations. After I started using a vaporizer, I no longer experienced any discomfort when inhaling the herb. These devices also limit the amount of herb used and the duration of consumption because their batteries last for approximately 45 minutes before running out.

^(50th) After I started using a vaporizer, I no longer experienced any discomfort when inhaling the herb. These devices also limit the amount of herb used and the duration of consumption because their batteries last for approximately 45 minutes before running out. They also help reduce the urge to keep smoking continuously, which often happens with combustion. Because of that, they can also be used to taper off marijuana—and I should point out that with vaporizers, that process becomes surprisingly easy, since it allows for a gradual, low-impact reduction. You can control both the dosage and the temperature. After a few months of using vaporizers, a person can begin chewing the same amount of herb they used to vaporize and then gradually reduce the dose until they no longer need it.

^(51st) If someone experiences discomfort while smoking marijuana, it is advisable to immediately consume salt and sugar to prevent fainting, followed by water and

carbohydrates. I also believe that the best practice would be for people to always consume water or fruit juice while inhaling cannabis.

(52nd) After neutralizing the unpleasant sensations, it is recommended to relax and wait, as these precautions reduce the intensity and duration of the “high.” Sleeping after consuming a small dose normalizes brainwaves upon waking. Even at high doses, marijuana is not lethal like toxic substances; at most, it may cause prolonged psychological discomfort. Without these discomforts, the high can awaken an affectionate outlook, as though the person is making discoveries.

(53rd) One thing that must be emphasized is that marijuana does not cause schizophrenia. At most, it can act as a trigger to bring it out. But other things can also do this: an accident, trauma, alcohol, cough syrup — many things. If someone with schizophrenia does not know their diagnosis and exceeds the recommended dosage, instead of helping to treat the schizophrenia, marijuana might trigger it. As a result, this person may waste a tool that could have been valuable for future treatment, as this bad experience might develop into a traumatic memory.

(54th) We shouldn’t mix alcohol with marijuana, just like with any other medicine for brain or mental health issues. Alcohol dehydrates you and poisons your blood, which makes all the other chemicals in it act stronger, even if their actual amount hasn’t changed. That’s why alcohol makes everything hit harder in your body. With marijuana, it’s different. It can cause a little dehydration too, but nothing serious — and since it doesn’t poison your blood, your body bounces back easily. The problem is when you mix the two: the drunkenness gets way more intense.

(55th) One of alcohol’s first effects on our body is to reduce or suppress our ability to assess situations — potentially removing barriers even to experimenting with toxic substances. Thus, an intoxicated person feels a pleasant sense of overall approval of their actions, something that does not occur with isolated cannabis consume.

(56th) If people are made aware of the proper use of marijuana, they will conclude that the use of any substance should only occur when there is compatibility with it or a real need for its use. It is a social setback that people in need of a continuous-use medication end up in jail for using it. If we also consider that this is a plant that is easily accessible because it can be easily cultivated, it becomes even clearer how backward our society is. However, the dominationists do everything they can to make it inaccessible and expensive. This is as outdated as provoking hunger.

(57th) Here, I am not minimizing the problems caused by addiction — quite the opposite. We began this book by discussing them. When I was 15, I debated with a friend about the degree of chemical dependence caused by industrialized tobacco cigarettes. My friend insisted that I was addicted to them. At that time, the understanding was that these cigarettes caused only psychological dependence — not chemical. I defended this thesis, while she argued that I was chemically dependent. We made a bet to test whether I was addicted, and I lost. Shortly after, I realized that this addiction enslaved me and dictated my actions.

(58th) Facing addiction is such a terrible experience that the most logical approach is to avoid starting it totally. When I tried to quit smoking industrialized tobacco, the withdrawal crises brought on unpleasant symptoms — such as difficulty defecating or even speaking, and I experienced memory lapses. I would become

irritable if I ran out of cigarettes. I would cry over anything, and sometimes for no reason at all. Because of these withdrawal crises, I lost control over myself.

^(59th) Each time I reiterated my attempts to quit smoking, the withdrawal crises became more intense. Until, after decades of using myself as a test subject, I concluded that I should try quitting without suffering. The suffering was the trigger for the withdrawal crises, and it was what carried me to defeat.

^(60th) Currently, the prevailing consensus is that those addicted to industrialized tobacco cigarettes are potential suicides. However, tobacco is also a therapeutic substance that many people need, which prevents some from quitting. In my reasoning as a potential suicide, I thought that death would bring me relief, disconnecting me from my conflicts and compulsions. Today, I know that if we take our own lives, we experience the opposite of relief.

^(61st) And what about methods to quit smoking tobacco? Look, I'm really sorry I couldn't try the dry herb vaporizer to give you my opinion on it as a method. But I just couldn't risk going back to the hell of addiction — not ever again! I also don't know what the effects of compulsive vaporizer use might be, since the ideal approach is always to reduce the amount over time. Some of my smoker friends tested the method of washing dark tobacco with hydrogen peroxide, combined with chewing mint gum with a small piece of rolled tobacco inside, and they managed to quit smoking in a short time.

^(62nd) And what about the downsides of this method? In the gum method, if a person can't quit smoking within a year, it's still better for them to keep chewing tobacco than to go back to smoking. However, if they can stop earlier, that's even better, because the gum also causes harm. The recommended way to use this method is by strategically reducing or cutting down on both cigarettes and gum. The idea is to move through the process with as little suffering as possible, making gradual reductions without giving up. Anyone trying to quit should aim to move forward during times when they're experiencing fewer difficulties.

^(63rd) Nicotine is a metabolic stimulant, and sugar is an energy booster. Hence, the combination of sweetened gum and tobacco accelerates metabolism significantly and makes the body addicted to that stimulation because the energy it provides is pleasurable. As a result, the body becomes dependent on this consumption, experiencing hypoglycemia⁵⁶³ when delayed, which leads the person to increase their intake. This scenario is risky as it can be a precursor to diabetes.

^(64th) Alternating between sweetened gum and sugar-free gum (with artificial sweeteners) prevents the risk of diabetes. However, because artificial sweeteners are also extremely acidic and excessive use can cause mouth sores and even lead to cancer, this rotation should be maintained. Moreover, people should be aware that caffeine is also a stimulant like nicotine. Therefore, when consuming coffee, it's also wise to alternate between sweeteners and sugar — or to drink it pure and decaffeinated.

^(65th) During the time my mother was battling cancer, I was unable to stop chewing tobacco. The sadness of seeing children in the hospital with the same illness made me reflect on a possible “cancer pandemic”, leading me to research atmospheric contamination without realizing how interconnected things were.

^(66th) After my mother's passing, it took me years to fully rid myself of the chewing tobacco habit, and my health problems worsened.

⁵⁶³ Reduction in the amount of sugar required in the blood, causing weakness, dizziness, and other symptoms.

(67th) Before undergoing spinal surgery, I was practically living in a constant state of pain in my hands, arms, shoulders, and back, and sometimes experienced dizziness, headaches, and nausea. The pain I felt was intense and pain relief injections no longer worked.

(68th) At the peak of a pain crisis, I asked a friend to find a dealer for me so I could try marijuana. After smoking less than one marijuana cigarette, I managed to stay pain-free for a week. To my surprise, I also found relief from all my other health issues, especially the insomnia and depression that had been constant in my life.

(69th) Today, I find it absurd that we tolerate the use of far more harmful drugs, like morphine, to treat pain, while we face bureaucratic barriers to access marijuana. Marijuana could be an earlier solution to this type of issue, with virtually “zero” harmful effects when used properly.

(70th) At that time, I didn’t realize that my main problem was psychological, stemming from the accumulation of too many responsibilities. I was simply exhausted and in desperate need of sleep because I hadn’t had restorative rest in a long time due to taking sleeping pills. Thus, I applied a treatment to myself, which I named “lucid sleep therapy.” It was based on keeping myself constantly under the herb’s drowsy effect. Behind the initial problem, I discovered more and more reasons to smoke marijuana regularly.

(71st) Since childhood, I had struggled with sleep difficulties. During an episode when I tried to quit tobacco, I went five days without sleeping, and by the fifth day, I began to experience auditory hallucinations. Marijuana then helped me free myself from sleeping pills, pain medications, two types of antidepressants, industrialized tobacco cigarettes, and alcoholic beverages.

(72nd) Alcohol was also a serious problem in my life. I usually turned to drinking when I was upset, restless, or having trouble sleeping. But since I was also taking sedatives and psychiatric medication, one day I got desperate — because I still couldn’t sleep, even after the pills — and I drank an alcoholic beverage trying to make them work stronger.

(73rd) The result was that I got into my car, left home sleepwalking, and ended up at a public event in a neighboring city — because I was worried about talking to someone who might be there. At the event, I embarrassed myself repeatedly and fell multiple times in front of everyone, to the sarcastic laughter of both Known people and strangers, until a kind soul decided to take the risk of helping me. My memory of that occasion is fragmented, with only certain moments standing out, particularly when I was surrounded by police officers because I was a known person in the area. After that, it became a constant worry in my mind, as I realized that if I didn’t sleep, my life was also at risk, and the suffering was enormous. I couldn’t guarantee that it wouldn’t happen again.

(74th) The progression of illnesses showed that I was beginning to enter a state of general imbalance. With marijuana, I finally managed to stabilize myself, something I couldn’t achieve before. I didn’t use marijuana to “get high”; I used it to regain balance.

(75th) Marijuana is a plant that succeeds in the real war on drugs because its addictive potential is lower, allowing it to combat addiction. Someone trying to break free from an addiction wants to remove a heavy burden from themselves, as if a sword were hanging over their head. With marijuana, I completed the process of quitting tobacco, stopped having withdrawal crises, and lost the urge to smoke. The use of marijuana could be restricted

without major issues to appropriate times, just like continuous-use medications — something I couldn't do with industrialized tobacco cigarettes.

(76th) At this point, I must be clear in saying that I don't believe, for instance, that marijuana is entirely free from causing addiction today. I understand that its cultivation likely involves the use of chemical fertilizers, pesticides, and herbicides, which are a major source of addiction in industrialized tobacco cigarettes. But, marijuana causes a lower level of chemical dependence, making it easier to quit if needed.

(77th) I assume it's not being poisoned to the same extent as industrialized tobacco cigarettes because marijuana users often test its quality and check its smell. Adding toxic substances would alter its smell. The addiction to industrialized tobacco cigarettes is complex because it's not entirely natural.

(78th) While I was editing this book, I went through several phases regarding marijuana. At one point, I even wrote about having stopped using it naturally and with the intention of quitting for good. However, my quality of life declined. I started having trouble sleeping again — a problem I've dealt with my whole life — and my back pain came back, which tends to go away once I finish the book, since I need to move more and this work still keeps me too sedentary. Ideally, a person wouldn't need anything to feel well, and I want to get there too. But marijuana is often a psychological support for me — without it I'd fall apart, and that's a risk I just can't take. The ideal is to live without crutches, but sometimes crutches are necessary. So all we can do is hope they're at least temporary, used as tools to train our minds so that both our bodies and minds work well even without them.

(79th) I need to make it very clear that I'm completely against drug use — quite the opposite, my life has been a long fight against addiction. I probably started drinking alcohol around the age of four. However, if marijuana truly is medicine, then those who need it shouldn't worry too much about addiction, because it would be a form of ongoing treatment. Ideally, while using it, one should take advantage of its therapeutic effects to develop healthy habits that reduce their reliance on it — like exercising regularly. After that, they should begin a process of weaning off — and if quitting completely isn't possible, then at least reducing the dosage — without turning to any toxic substance in the meantime. Low doses, and only at night, can reduce the risk of cannabis dependence.

(80th) All drug abuse, at its core, is a consequence of the absence of love. The system is the main factor responsible for creating addicts — it breaks down families and encourages conflict through movies, TV shows, music, and other media. By causing diseases through addiction, the system profits even more from monopolizing healthcare. Everything is done out of interests that undoubtedly are “nothing personal”, entirely against human dignity. The sabotage begins with the individual, extends to the family, affects the nation, and ultimately the world, creating a cycle of destruction — even for those who started it.

(81st) The system's dominationists encourage addictions because they are profitable — while keeping the public uninformed about drugs to prevent learning about their conscious and safe use. The evaluation of drugs should be based on objective criteria, such as levels of harm, lethality, and addiction. However, as we see with cigarettes, they are not interested in clarifying this. Their industries claim that there are 4,700 toxic substances or more in

cigarettes, and this is repeated across all media. Yet no one provides a full list of these substances or explains why they are present.

^(82nd) The fact that a drug is natural is an important part of solving addiction problems, but it is not the only answer. Many drugs are natural, yet addiction to them is not beneficial. Many poisons are also entirely natural. The ultimate solution in all cases is knowledge about what drugs are, even though most problems stem from the artificial manufacturing of drugs.

^(83rd) The real issue lies in what dehumanizes us, trapping our minds in repetitive and unproductive behaviors. An example is addiction to electronic devices, which offer purposeless pleasures and, when interrupted, can trigger extreme reactions.

^(84th) The same applies to sex addicts, who often become insensitive and dehumanizing toward the people they try to force into relations. Our society also fosters this addiction by promoting provocative images and stories.

^(85th) In Jesus Christ's time on Earth, there were communal fields of poppies — the source of opium — yet opium addiction was not a problem significant enough to be mentioned by Him⁵⁶⁴. However, we see that alcoholic beverages were a notable issue, as John the Baptist, His forerunner, was particularly distanced from them⁵⁶⁵. Similarly, the Bible contains numerous passages addressing alcohol as a problem⁵⁶⁶. Jesus did not condemn its use, as it can bring joy, and He addressed the underlying problems that lead to addiction. When the root causes of addiction are treated, the addictions themselves stop to be an issue.

^(86th) Jesus, in His incarnation, was a balanced and joyful man who sought to show us how to avoid dependence on the system. With the greatness of his spiritual elevation, alcohol could never be a problem for Him. On rare occasions, He shared in drinking a little wine, acknowledging that in small doses, alcohol can serve as a remedy or relief for the soul's suffering⁵⁶⁷. And alcohol can also be seen as a symbol of freedom, since it's easy to make alcoholic drinks from fruit.

^(87th) For example, it's easy to make jabuticaba wine. You just need to crush (or leave) the jabuticabas whole and place them in a sealed bottle. Water and/or sugar can be added, (or not). From there, fermentation begins. The bottle should be opened occasionally to prevent it from bursting. In about two months—or less—after straining the mixture, the wine will be already ready to drink.

^(88th) The morning consumption of coffee with sugar, both potent substances, exemplifies how drugs are integrated into our culture without an awareness of their risks. Sugar depletes the body's calcium levels, affecting bones, the brain, and many other aspects of health. Consuming too much sugar is not without consequence. It is one of the main causes of cavities and also leads to chemical dependency and behavioral changes.

⁵⁶⁴ *The Secret Gospel of the Virgin Mary* by Santiago Martin, p. 176 — “He asked me if I was tired, and since I said no, he asked me to go with him on a walk through the fields around the village, fields of olive trees, wheat, barley, and poppies.”

⁵⁶⁵ BIBLE, *Luke* 1:15.

⁵⁶⁶ BIBLE, *Leviticus* 10:9; *Proverbs* 31:4–7; *Proverbs* 20:1; *Isaiah* 5:11; *Isaiah* 5:22; *Ephesians* 5:18; *Galatians* 5:21

⁵⁶⁷ BIBLE, *Numbers* 6:2–4.

^(89th) Sugar is recommended to counteract blood alcohol poisoning because it competes with alcohol. Since sugar has the same proportions of hydrogen and oxygen as water, it quickly dissolves in the water content of the blood and neutralizes its acidity, restoring the body's acid-base balance. The problem is that sugar also saturates the aqueous solution quickly due to its disproportionately large number of carbon atoms, requiring more water to dissolve. This also increases the body's acidity. Sodas, for example, are highly toxic drugs. One reason is their excess sugar; another is carbonation. Yet we give them even to small children—or worse, especially to small children, making this all the more absurd.

^(90th) Humanity needs to learn to use drugs with greater precision. The compulsion to consume refined drugs is incredibly strong. The main issue with refined drugs is that their absorption by the body is rapid and unrestricted. Often, with the use of Clonazepam, the person experiences worsening symptoms in response to the treatment, as they gradually increase their chemical dependence in the short term.

^(91st) During digestion, substances are broken down until they can become part of the body. Refining, on the other hand, means concentrating molecules that were already separated and grouping them in high amounts. When refined drugs are taken, they go straight into the bloodstream and create an imbalance. And our body needs to keep a steady acid-base balance in the blood, among other things.

^(92nd) When that balance is off, the body starts pulling substances, especially minerals, from other parts of the body to fix it. After finishing the process of breaking the drug down, the body is left with a chemistry that was made to digest that drug. So it asks for more of it, because the body has now built a new kind of balance where the drug is part of it. At the same time, the body enjoys getting already-made substances, which adds to the problem.

^(93rd) Clonazepam is one of the most sold and prescribed medications in Brazil. It has effects similar to marijuana when it comes to sleep, but it can quickly lead to physical damage and addiction. That's the opposite of marijuana, which actually protects the brain, and many people use it just for fun without getting hooked.

^(94th) A society that suffers physical harm instead of getting proper psychological care isn't in anyone's best interest. But there's a dominationist network working to block information from reaching people in order to make that happen.

^(95th) The idea that legal drugs are always safe is misleading. Many of them can kill if the dose is too high—especially when mixed with alcohol. In the U.S., this kind of mix is known as a "date rape drug" situation, where substances like sleeping pills are secretly added to someone's drink to make them vulnerable.

^(96th) We don't need to invent sedatives. What we really need is access to natural, organic healing substances and the right information about them so we can be free to use them without refining. This is a permanent issue, not something temporary. In my view, natural marijuana works better than isolated compounds from the plant. That's because the whole plant contains other therapeutic substances, such as terpenes, which boost the healing effects of cannabinoids through the entourage effect. Even plants from the same strain can have different terpene mixes, which can change the experience for each person.

Some Terpenes Found in Cannabis			
Terpene	Aroma	Effects	Also Found In:
MYRCENE	Earthy, musky, clove-like, light fruity sweetness	Relaxing, sedative, enhances the effects of cannabinoids	Mango, hops, thyme
LIMONENE	Citrus, lemon, orange	Uplifting, mood-boosting, reduces anxiety	Lemon peel, orange peel, peppermint
PINENE	Pine, forest	Improves focus and mental clarity, anti-inflammatory	Pine needles, rosemary, sage
LINALOL	Floral, lavender	Relaxing, anti-anxiety, may aid with sleep	Lavender, coriander, cinnamon
CARYOPHYLLENE	Spicy, peppery, clove-like	Anti-inflammatory, anti-anxiety, interacts with cannabinoid receptors	Black pepper, cloves, cinnamon
HUMULENE	Woody, earthy, with a hint of spice	Appetite suppressant, anti-inflammatory properties	Hops, coriander, ginger

^(97th) I'm not against self-medication. I'm against the ignorance that leads to the monopoly of healthcare by industrialized medicine — even though these types of medications are often necessary. The biggest issue with modern pharmaceuticals is that they're made from concentrated substances. If we used natural remedies, we wouldn't need doctors so often. On top of that, patients shouldn't be left out of the conversation about their own health as if they had no say in it.

^(98th) Health shouldn't be a privilege for a few, and even fewer people shouldn't be the ones controlling it, because it's a basic need for everyone. The best approach is always to get regular checkups, especially blood tests, to prevent diseases and make changes in habits and diet when needed. Doctor's offices should also have visual displays on their walls showing human biology so that patients, while waiting, can better locate the source of their discomfort and help the doctor in the diagnosis.

^(99th) Everyone should have basic health education to know how to take care of themselves and how to self-medicate for mild, non-recurring symptoms using natural substances. But if the symptoms are strong or keep coming back, then a doctor should be consulted, and the body should be examined—along with regular checkups, of course. Our society's overdependence on doctors often makes patients see themselves as helpless victims and act like spoiled children. The best thing is for us to learn how to take care of our own health, instead of being forced to hand it over to someone else.

^(100th) A more understanding and less punitive approach is needed when it comes to growing healing plants like cannabis. That would reflect a more humane and updated sense of justice.

^(101st) It's unlikely that any drug today is more profitable than alcohol. Still, I'd bet that most of alcohol's profits come from the fact that marijuana is blocked. If cannabis were allowed to compete fairly, it could break alcohol's dominance.

(102nd) Before someone becomes addicted to a toxic substance, they usually have the option not to use it and not be harmed. But that's not the case with real medicine like marijuana. Not using necessary medicines is often what pushes people toward toxic substances like alcohol. Medicines help balance our health. Toxics are usually used when that balance is already lost.

(103rd) When it comes to cocaine, for example, I've heard reports that its effects include a boost in self-esteem, a sense of superiority, and euphoria. So, it's possible that people start using it because of underlying depression. But what follows is a deep crash — a strong depressive phase—along with a kind of generalized neurosis, full of paranoia, suspicion, and fear. This psychological drop creates a strong desire to keep using it, because of the contrast between the short-term high and the long-term emotional low.

(104th) I'm not going to get into the physical damage caused by cocaine — that's already well known for being destructive and potentially deadly in a short time. I think just knowing about the intense crash that comes after the high should be enough to make anyone think twice before trying it. From what I've heard, a lot of people end up trying cocaine for the first time usually after drinking. And it's incredibly addictive.

(105th) I once had a very close friend — someone I shared countless happy moments with and who stood by me through hard times for eight years — but during the last four months of his life, he just wasn't the same anymore. There were times when he came to me in a panic, saying he was overdosing on cocaine — and yet, he wouldn't stop using it, snorting desperately and insisting he'd die if he quit.

(106th) He was only 24 and had been sober from alcohol and cocaine since 2019, under my guidance. But near the end of his earthly life, he suffered a brutal relapse. Through the public healthcare system, we couldn't even get him referred to a psychologist — his addiction was listed in the emergency care paperwork, and he was terrified of being stigmatized in our small district. So we didn't reveal the real reason, and the doctors wouldn't refer him to a psychologist.

(107th) We tried again with another general practitioner, but he refused to give us a referral, assuming a psychiatrist would be enough and would just prescribe him some medication. My friend had lied, saying he was only dealing with panic attacks.

(108th) I even thought about seeing my own therapist to figure out a strategy to deal with him. But things got so dramatic that I ended up keeping constant watch over him, unable to take care of myself — like standing next to someone who's drowning while barely knowing how to swim. I couldn't really communicate with him anymore; during his depressive episodes, he became as catatonic as he was unreachable, leaving me burning with worry.

(109th) When it was finally time for his psychiatric appointment, I suddenly had to rush to the restroom. When I came back, he had already gone in by himself. The psychiatrist only prescribed him some medication and refused to refer him to a psychologist. But he needed therapy — he still had to be convinced to even take the medicine, since he was afraid of anything that might make him mentally dull.

^(110th) In the end, things got so bad he began putting my own safety at risk, forcing me to step away from him — and using that distance as my last desperate attempt to push him toward hospitalization. And he actually wanted to get admitted, but he didn't know how to do it. He had a store to run, a wife, and a one-year-old son to support. When he finally decided to go through with it, it was too late. He relapsed again... and was murdered by drug dealers.

^(111th) I have to say, I was honestly horrified by the state my friend was get into — and even more terrified of cocaine itself. It was like watching Dr. Jekyll turn into Mr. Hyde every time it happened.

^(112th) The worst part of it all? The lie. Not being able to tell anyone what was going on — and having no access to real information on how to deal with it, because it's such a forbidden topic. Exactly... Cocaine is out there as if it weren't even illegal — and yet, when it comes to real information, there's just complete silence...

^(113th) We really don't know if there's a right way to use cocaine. A lot of artists use it because they feel like they need something to stay energized or productive. Honestly, I believe there could be a more natural way to use coca leaves — maybe even as a way to fight cocaine addiction. But all we know is the poison — not the medicine — and that's why so many people die from it. This so-called “war on drugs” is really just a form of mass murder that starts with banning natural substances that might actually have healing potential.

^(114th) The unlimited use of refined substances leads people to say, for example, that a cocaine user ‘snorted’ their house. But if people paid attention, they'd see that many others “drink away” their homes—just like they drink away their dreams. Some don't even get the chance to build those dreams because of how much they spend on alcohol. After crack, we can say someone “smoked” their house, but not before that. A marijuana user, on the other hand, is in the opposite situation. If they're a patient in treatment, not using marijuana means losing their health—and because of that, they lose everything.

^(115th) Alcohol, even though it's not demonized by the system, is the biggest cause of domestic violence, femicide, and family breakdowns. Alcoholism is a serious disease, and people under the influence often commit violence and even murder.

^(116th) We need to make sure that cannabis doesn't become an addictive and contaminated drug, because the business leaders who run our society have a habit of doing that with substances. People are killed and kill themselves over drugs. No more, please! Let's stop this! So far, our society has been giving hell to people who can't protect themselves. And if it gives hell, it will get hell in return! But that decision belongs to each person, not just to the collective mindset. Marijuana, in fact, helps treat health problems caused by many harmful substances — showing just how much its prohibition goes against the principle of health protection found in our *Brazilian Federal Constitution of 1988*⁵⁶⁸.

^(117th) The process of banning marijuana began on January 23, 1912, with the signing of the International Opium Convention in The Hague. Later, on February 19, 1925⁵⁶⁹, a

⁵⁶⁸ Article 196 of the *Federal Constitution*.

⁵⁶⁹ Revision of the International Opium Convention – League of Nations – Treaty Series - CHAPTER I. DEFINITIONS. Article I. The Contracting Parties agree to adopt the following definitions for the purposes of the present Convention: (...) Indian Hemp. - "Indian hemp " means the dried flowering or fruiting tops of the pistillate plant *Cannabis sativa* L. from which the resin has not been extracted, under whatever name they may be designated in commerce.(...) Article 4. The provisions of the present Chapter apply to the following substances (...) (f) Galenical preparations (extract and tincture) of Indian hemp; Article 5. The Contracting Parties shall enact effective laws or regulations to limit exclusively to medical and scientific purposes the manufacture, import, sale, distribution, export and use of the substances to which this Chapter

global ban on marijuana and its derivatives was enacted through a revision of that convention, which came into effect on September 25, 1928. After that, cannabis was banned in individual countries through local laws that implemented the convention.

^(118th) The fact that marijuana was banned through a revision of a convention that was originally about opium reveals a great deal of hypocrisy. Governments were aware of its worldwide use, and there was already scientific knowledge⁵⁷⁰ about its healing potential, which points to its likely high economic value.

^(119th) And notice: opium is a very different substance from marijuana and much more aggressive. I believe the dominationists used the trick of revising the opium treaty to avoid drawing attention to the real reasons behind marijuana prohibition—reasons that were dishonest. After all, marijuana used to be sold freely in pharmacies without causing any social problems.

^(120th) The legal basis in Brazil for banning narcotics in general—and mistakenly, marijuana—is found in Decree-Law 891 of November 25, 1938⁵⁷¹. That decree indirectly defines in paragraph 3 of article 1, and in articles 27 and 29, that it aims to fight toxic substances and drug addiction.

^(121st) The best choice is not to use any drug at all, but the legalization of marijuana is necessary. And for that to happen, it would be enough for the President of the Republic to revoke item XVI of article I of Decree-Law 891/38. And this shows that no President so far has truly wanted to legalize it, as they have all been heirs and successors of a persecution that basically began during the Brazilian military dictatorship as a way to target the population—or certain people within it. The legalization of other illegal drugs, however, should be

applies. They shall co-operate with one another to prevent the use of these substances for any other purposes. CHAPTER IV. INDIAN HEMP. Article II.1. In addition to the provisions of Chapter V of the present Convention, which shall apply Indian hemp and the resin prepared from it, the Contracting Parties undertake (a) To prohibit the export of the resin obtained from Indian hemp and the ordinary preparations of which the resin forms the base (such as hashish, esrar, chiras, djamba) to countries which have prohibited their use, and, in cases where export is permitted, to require the production of a special import certificate issued by the Government of the importing country stating that the importation is approved for the purposes specified in the certificate and that the resin or preparations will not be re-exported; (b) Before issuing an export authorisation under Article 13 of the present Convention, in respect of Indian hemp, to require the production of a special import certificate issued by the Government of the importing country and stating that the importation is approved and is required exclusively for medical or scientific purposes. 2. The Contracting Parties shall exercise an effective control of such a nature as to prevent the illicit international traffic in Indian hemp and especially in the resin.. Texto Avaiable at: <http://www.worldlii.org/int/other/LNTSer/1928/231.html>

⁵⁷⁰ The earliest historical records of the use of cannabis as a source of fiber and grains date back about 12,000 years, in Central Asia (Small and Marcus, 2002; Pain, 2015).(...)

The first reported use of cannabis as a medicine, attributed to the Chinese emperor Shen Nung, occurred around 2700 BC.(...) Years later, in 1899, British chemists isolated cannabidiol, which was the first cannabinoid identified in the plant. (...) At the beginning of the 20th century (1924), the encyclopedia *Sajous's Analytic Cyclopedia of Practical Medicine* presented medical indications for the use of cannabis for various illnesses, in three main areas: as a sedative or hypnotic; as an analgesic; and for other uses in different diseases, such as diarrhea, diabetes, heart palpitations, and dizziness (Zuardi, 2006). In the following years, between 1932 and 1963, cannabidiol was isolated again, its structure was clarified, and pharmacological research was started (Mechoulam et al., 2014; Pain, 2015). (Borille, Bruna Tassi. *Characterization of the plant Cannabis sativa L. from seeds seized by the Federal Police in the state of Rio Grande do Sul*. Doctoral thesis. Federal University of Rio Grande do Sul, School of Pharmacy, Graduate Program in Pharmaceutical Sciences, Porto Alegre, Brazil, 2016.. Source: UFRGS. Avaiable at: <https://lume.ufrgs.br/bitstream/handle/10183/159507/001023496.pdf?sequence=1>

⁵⁷¹ Avaiable at: http://www.planalto.gov.br/ccivil_03/decreto-lei/1937-1946/del0891.htm

considered on a case-by-case basis. But the contamination of substances meant for human consumption—that absolutely must stop.

^(122nd) When a legal rule goes against the *Brazilian Federal Constitution of 1988*—like this item that defines marijuana as an illegal drug—it becomes unconstitutional, because essential medicines cannot be considered illicit. That’s an indirect way of saying the rule is illegal. Since this rule came before the *Constitution*, it would be enough to recognize that it was never accepted by it. But the Judiciary, which holds the monopoly on declaring social truth, refuses to do so for political reasons. However this illegality also creates a broader conflict with the entire legal system, because the *Brazilian Federal Constitution of 1988* is the country’s highest law. And that causes a general imbalance.

^(123rd) Until 2006 in Brazil, Article 12 of Law 6.368, from October 21, 1976⁵⁷², imposed a prison sentence of 3 to 15 years and a fine of 360 days for any contact with the substances listed in Decree-Law 891/38. Later, Law 11.343, from August 23⁵⁷³, became the law that defines the current situation. It gives an initial appearance of tolerance toward users—but that tolerance often doesn’t exist in practice.

^(124th) And do you think things got any better? They didn’t. Article 33 of this law removes the idea that the substance has to be a narcotic or cause physical or psychological dependence — which, in the case of marijuana, is generally milder. On top of that, just like the previous law, it blurs the line between what a user typically does and what’s considered drug trafficking. And in the end, it actually raises the minimum prison sentence to five years and increases the fine to between 500 and 1,500 daily penalty rates — punishing any kind of contact with these substances.

Article 33: To import, export, send, prepare, produce, manufacture, acquire, sell, offer for sale, hold in storage, transport, carry, keep, prescribe, administer, deliver for use or provide drugs, even free of charge, without authorization or in violation of legal or regulatory rules: (...)

^(125th) Notice that if, in this article, the word “drugs” were replaced by “medicine”, it would make the conflict with the right to health⁵⁷⁴ painfully obvious. As a result, it would have to be recognized that this law violates the right to life itself⁵⁷⁵.

^(126th) In my view, failing to provide an essential medicine to someone in need would amount to a failure to render assistance⁵⁷⁶, showing that the legal conflict extends into other areas as well.

⁵⁷² Article 12 — “To import or export, send, prepare, produce, manufacture, acquire, sell, offer for sale, or offer; to supply, even free of charge; to keep in storage, transport, carry, keep, prescribe, administer, or deliver, in any way for consumption, a narcotic substance or one that causes physical or psychological dependence, without authorization or in disagreement with legal or regulatory provisions. Source: Planalto. Available at: https://www.planalto.gov.br/ccivil_03/leis/l6368.htm

⁵⁷³ Available at: https://www.planalto.gov.br/ccivil_03/_ato2004-2006/2006/lei/l11343.htm

⁵⁷⁴ Article 6 of the *Federal Constitution of 1988*. Available at: http://www.planalto.gov.br/ccivil_03/constituicao/constituicao.htm

⁵⁷⁵ Article 5 of the *Federal Constitution* and Article 4 of the *Pact of San José of Costa Rica – Inter-American Convention on Human Rights*. Available at: http://www.planalto.gov.br/ccivil_03/constituicao/constituicao.htm. Available at: https://www.cidh.oas.org/basicos/portugues/c.convencao_americana.htm

⁵⁷⁶ Article 135 of Decree-Law 2848 — Penal Code — “Failure to provide assistance, when it is possible to do so without personal risk, to an abandoned or lost child, or to an injured or disabled person who is helpless or in serious and imminent danger; or failure to request help from public authorities in such cases. Penalty: detention from one to six months, or a fine. Sole paragraph: the penalty is increased by half if serious bodily injury results from the omission, and tripled if death results. Source: Planalto. Available at: http://www.planalto.gov.br/ccivil_03/decreto-lei/del2848compilado.htm

^(127th) From this perspective, it seems clear that the law should only apply to toxic substances, not to medicines like marijuana. A marijuana user is someone undergoing therapeutic treatment, not a drug addict.

^(128th) Decree-Law 891/38 is somewhat tolerant when it comes to preparations made with cocaine and morphine—which isn't necessarily a bad thing—but it is completely intolerant toward any amount of marijuana. It even bans hemp, the male form of the cannabis plant, which has no THC⁵⁷⁷ and is highly profitable for the textile industry. Hemp, in fact, shows promise in reducing environmental impact when used to make biodegradable plastics, disposable diapers, and sanitary pads. On top of that, it can add soothing and pain-relieving properties to these products. So this prohibition has no moral justification—it's purely an economic blockade.

^(129th) Paragraph 3rd of Article I in that Decree-Law allows for the list of banned substances to be updated as new research emerges. Logically, that also implies the possibility of reducing the list. This suggests that the law is flexible and should allow for changes based on scientific evidence.

§ 3th These instructions are subject to future revisions, when considered appropriate, and at any time changes may be made to the list of substances mentioned in this article to include other substances with similar therapeutic action or pharmaceutical products that could lead to addiction. (BRAZIL, 1938).

^(130th) Now, we have no real reason to continue enforcing the international *Opium Convention* in relation to marijuana, since it conflicts with the *Constitution*. However, the *Inter-American Convention on Human Rights* takes precedence over the *Constitution*⁵⁷⁸ and also guarantees the right to life—which logically includes access to health and medicine.

^(131st) Believing in the law and ensuring that it is upheld is the only way to achieve peace. But for that to happen, laws must be in alignment with higher laws. Otherwise, unfortunately, peace may come from disobeying the law. To me, the fact that there are over 500 patents related to marijuana clearly shows that Decree-Law 891/38 is unlawful in relation to it.

^(132nd) In fact, the risks to the population regarding this issue go beyond drug use itself. Article 243 of the *Brazilian Federal Constitution of 1988* and its complementary laws, which allow for the expropriation of land used to grow illegal substances, are often applied disproportionately to marijuana. This reflects a targeted persecution of the plant.

^(133rd) I'd say that if the production and sale of deadly substances were banned, that would at least follow a kind of rational logic. But there are countless poisonous substances in nature that the law doesn't even mention, while the government

⁵⁷⁷ *Tetrahydrocannabinol* — also called THC, is the main psychoactive substance found in plants of the Cannabis genus. It can be obtained by extraction from the plant or by laboratory synthesis. Source: Wikipedia. Available at: pt.wikipedia.org/wiki/Tetra-hidrocanabinol

⁵⁷⁸ *Federal Constitution* — “Article 4. The Federative Republic of Brazil is guided in its international relations by the following principles: (...) II – the prevalence of human rights; (...)”. Source: Planalto. Available at: http://www.planalto.gov.br/ccivil_03/constituicao/constituicao.htm.

chooses to punish the production and use of therapeutic ones? That makes it easier to kill than to care for your health.

^(134th) If there were a genuine moral intention behind these bans, the laws wouldn't list a fixed number of illegal substances. Instead, they would broadly ban the sale of toxic substances with lethal potential. But that would mean banning alcohol and industrial tobacco—and not banning marijuana.

^(135th) The lack of social transparency around drugs gives people access to poisons but not to their antidotes. Awareness is the only real solution so that each person can find their own best path to liberation.

^(136th) The illegality of marijuana creates contradictions. The government is required to provide marijuana-based medicines under Articles 5, 6, and 196 of the *Brazilian Federal Constitution of 1988*, while at the same time it arrests—and even kills—people because of it.

^(137th) It is inhumane for our society to persecute marijuana users, especially since it is a medicine for pain relief. And the truth is, with such a long list of therapeutic uses⁵⁷⁹, the legal principle of *in dubio pro reo*⁵⁸⁰ (when in doubt, rule in favor of the accused) should prevent anyone from even considering imprisonment for this reason.

^(138th) For those who need it, marijuana is a daily emergency medicine. In this case, it's not possible to wait for a judge's ruling or for a decision from Brazil's national health agency (Anvisa). Buying pressed marijuana on the street isn't just easier—it is often a matter of necessity. This creates a situation where the citizen's right overrides the State's right, since what's at stake is access to medicine.

^(139th) For marijuana to be sold in Brazil, no new law is needed—only the removal of its classification as an illicit substance. From that point on, it could only be sold in pharmacies with a package insert, or directly from an authorized producer to consumers over 18. But since it would be recognized as a therapeutic substance—the very reason it would no longer be considered illegal—it would have to be organically produced and labeled with information about its genetic selection, meaning the specific plant type and its THC and CBD concentrations. What we wouldn't encourage is its recreational use — even buying cannabis-based candies or gummies at a pharmacy would still require a doctor's prescription or *signing a liability waiver*, something only allowed for adults above the legal age.

^(140th) In fact, candies and sweets shouldn't come in easy-to-open packaging or have attractive designs that might encourage use by minors — since marijuana use can be harmful to children and young teens. A liability agreement would help track these situations and assign responsibility when necessary. There would even be clear guidelines for how to act in case of accidents involving minors — and failure to follow them could be treated as a crime, either by omission or negligence.

⁵⁷⁹ Some of the therapeutic functions of cannabis include: antispasmodic, anticancer, antibacterial, vasorelaxant, anti-ischemic, antiemetic, antipsoriatic, neuroprotective, antidiabetic, analgesic, antiepileptic, antipsychotic, bone-stimulating, anxiolytic, anti-inflammatory, immunosuppressive, appetite-reducing, antimicrobial, among others.

⁵⁸⁰ *In dubio pro reo* — It is a Latin expression meaning that, in case of doubt, the case must be decided in favor of the defendant. Items VI and VII, Article 386 of the Code of Criminal Procedure — Decree-Law 3689/41. Article 386. The judge shall acquit the defendant, stating the reason in the ruling, when he or she recognizes: VI – the existence of circumstances that exclude the crime or exempt the defendant from punishment, or even when there is a well-founded doubt about its existence; VII – the lack of sufficient evidence for conviction. Available at: http://www.planalto.gov.br/ccivil_03/decreto-lei/del3689.htm

^(141st) Capitalist interests fuel marijuana phobia so they can manufacture and sell more addictive and deadly drugs. After smearing marijuana, they created drugs just as harmful as the image they projected onto it. As a result, many people reject and fear marijuana simply because it has been socially stigmatized—almost universally. And when they finally feel the need for marijuana as medicine, they end up turning to these other, more harmful substances instead. What we wouldn't have is recreational use—any purchase at a pharmacy, even of cannabis-based candies or sweets, would still require a medical prescription or proof of legal age.

^(142nd) Judges are instructed to avoid issuing unenforceable rulings so as not to compromise the credibility of the law or the legal system. The ineffective and widely disrespected ban on cannabis reflects this principle.

^(143rd) The inability to effectively prohibit marijuana shows a disconnect between the law and social needs. If our society insists on banning it, then the irrationality lies in our collective mindset—but the impact falls on our entire social body. Overcrowded prisons are proof of this. Due to poor legal definitions of what constitutes a trafficker, far more users are imprisoned than actual dealers. On top of that, it is a judge's legal duty⁵⁸¹ not to order imprisonment when prisons are overcrowded.

^(144th) Because of the persecution of marijuana, the mainstream media often portrays Brazil as if it's a war zone—which it is not. This narrative breeds extremist self-conflict ideologies among the population, similar to what has happened in Bolivia and Colombia due to cocaine. It fuels aggression and sets back social development. The musician Gabriel o Pensador⁵⁸² expresses this contradiction in his song “Cachimbo da Paz” (“Peace Pipe”). Here's a translated excerpt:

And they beat the old Indian until he couldn't take it anymore
And before dying, he thought: This tribe is way too backward!
They say they want to end the violence,
But peace is against the law and the law is against peace.
And the Indian's pipe is still forbidden,
But if you want to buy it, it's easier than bread.
Nowadays it's sold by the same criminals
Who killed the old Indian in prison⁵⁸³(...)

^(145th) The social ban on marijuana also causes other side effects, such as the growth of the illegal market. It removes people's ability to judge what is truly morally right. This ends up pulling many well-meaning individuals toward illegal activities because they believe they are helping their fellow citizens by doing so.

^(146th) Selling marijuana would be fair—but because it is punished, it gets lumped together with the sale of hard drugs and even theft. Many poor people sell drugs because they need marijuana, and this becomes the only way they can afford or access it, which leads them into contact with more harmful substances. In my view, these are hunger-driven reasons—since they involve both survival and medical need. And someone driven by hunger⁵⁸⁴ should not be punished by law or by justice.

⁵⁸¹ *Strict compliance with legal duty* — Item III, Article 23, Law 7,209/84.

⁵⁸² **Gabriel, o Pensador** (Gabriel Contino, 1974) — Better known by his stage name, he is a Brazilian rapper, songwriter, writer, and entrepreneur. brasileiro. Source: Wikipédia. Acessível em: < https://pt.wikipedia.org/wiki/Gabriel_o_Pensador>.

⁵⁸³ Lyrics available at: <https://www.letras.mus.br/gabriel-pensador/46096/>.

⁵⁸⁴ I argue that “hunger-driven” marijuana trafficking is similar to hunger-driven theft. Hunger-driven theft happens when someone steals to meet an urgent and essential need. It is the case of a person who steals food because, if they did not, they would die of hunger. But hunger-driven theft is not limited to food. Someone

(147th) This also leads people to break the law on a large scale, while the injustice surrounding marijuana undermines the credibility of the police. And the police end up unable to fight what should really be considered crime, since their actions are mixed up with inhumane crackdowns.

(148th) The documentary *The Culture High*, which talks about the war on marijuana in the United States, shows that similar things happen both there and here. The difference is, many of the abuses are legal over there, while they're not here. One of the things the documentary says — and I completely agree — is that the prohibition of marijuana just doesn't make sense. And it's not because people are ignorant — even the experts don't understand it.

(149th) From there, the documentary presents the opinions of several experts. Stephen Downing, former Deputy Chief of the Los Angeles Police Department, explains what's called the "equitable sharing policy." The idea is to seize assets that might be linked to criminal activity. He says marijuana has become a major source of profit under this policy.

(150th) Annie Machon, a former member of British intelligence and counter-espionage, adds that these seizures happen without any conviction. They just keep the money or property they take.

(151st) Ed Burns, a former detective in the Baltimore narcotics and homicide department, says this is done with no real moral standards. Officers are motivated to seize property as if they're producing revenue for the state. In other words, they're institutionalized thieves, stealing both for themselves and "for the Crown." It's like how English pirates used to operate. On top of that, it's the person who lost their property who has to deal with the cost and effort of getting it back. So, the people taking it don't face any real risk — and most of the time, the property is never recovered.

(152nd) Other experts who spoke in this documentary were: Cara Santa Maria (science correspondent, writer, TV host), Dr. William Courtney (medical researcher), and Dr. Lester Grinspoon (emeritus professor of psychiatry at Harvard). Dr. William Courtney says he was shocked to find out that the U.S. federal government — specifically, the Department of Health and Human Services — already held patents on cannabinoids as antioxidants and neuroprotectants, and for conditions like heart disease, diabetes, Alzheimer's, Huntington's, cataracts, Down syndrome, and malignant tumors. Still, at the same time, the government did not recognize marijuana as medicine. This shows a policy that doesn't mind harming people, hides valuable information, and decides who gets to profit from it.

(153rd) This documentary says that in 2012, for example, the 11 biggest pharmaceutical companies in the world made a net profit of 85 billion dollars. And all of this is just a reflection of what we are as a society. We are not an adulterous generation only because people cheat on their partners, but because we "adulterate" everything we have. To adulterate means to fake or change something to make it worse. So we mess with our medicine, our food, our drinks, the air we breathe, and more. Marijuana is at risk of the same. Since the government doesn't let people use the natural plant, it gives companies a chance to tamper with it.

who steals essential medicine for their health, a blanket on a cold night, or basic clothing to wear may also be committing hunger-driven theft (Article 155 combined with Article 24 of Decree-Law 2,848, the Penal Code). Available at http://www.planalto.gov.br/ccivil_03/decreto-lei/del2848.htm .

(154th) Right now, here in Brazil, even the instructions for cannabis oil doesn't tell the full truth. This shows that the main reason behind the war on marijuana is that dominationists use demonization and misinformation to make huge profits from it.

(155th) Not even medical students learn enough about the endocannabinoid system. That's because, when trying to sell a product, people usually start by convincing the seller. Doctors are like medicine sellers, even if that's not their intention. By learning only from studies that oppose cannabis, doctors become unable to prescribe it in its natural form. This makes them dependent on foreign understanding, which pushes them to prescribe expensive cannabis-based medications only in extreme cases. So they end up helping imperialists maintain their monopoly. I don't believe many of the studies that speak badly about marijuana, because my research so far shows they were directed by governments to make cannabis look bad. The future will reveal the truth.

(156th) Because people really need marijuana, it has become the "golden goose" of institutionalized theft in the war on drugs. Its smell is strong and can be noticed from far away, which makes it easy to report its use. This causes even more separation between users and non-users. People who don't use it stay away to avoid problems. And this makes it harder for the public to get accurate information about what marijuana really is.

(157th) According to Stephen Downing, at the time of the documentary, there were tens of thousands of people in U.S. prisons just for using marijuana — meaning, without being linked to any other crime. The strange thing is that, roughly speaking, about 85% of illegal drug users in the U.S. are marijuana users — which is a huge number. The failure of this policy is what exposes it as a lie, because it doesn't fix any social problems — it actually makes them worse. It doesn't stop the supply of drugs or harmful human behavior.

(158th) In 2012, for example, the documentary says that a U.S. Senate subcommittee released a report about major financial transactions by HSBC bank. These transactions were linked to money laundering for drug trafficking, terrorism, and more. And what happened in the end is what usually happens with the powerful: no one went to jail. The bank paid a \$1.9 billion fine and didn't face any federal or criminal charges. And it's still as powerful as ever.

(159th) The global war on drugs, as we know it today, was started by Richard Nixon. He later resigned from the U.S. presidency on August 9, 1974, to avoid impeachment. This makes the government's aggressive stance against marijuana even more suspicious.

(160th) What helps certain countries take the lead in marijuana-based medicine patents is the fact that, in most of the world, growing and using marijuana is still illegal. So, these patents are basically a legal way to steal medicine from the people. It's similar to biopiracy — when outside interests try to take control of natural and cultural resources that have been used for generations, like when a Japanese company tried to patent Brazil's cupuaçu candy.

(161st) A lot of people just can't admit that marijuana is a denied medicine, and that many people truly need it. But think about it — legalizing marijuana would also be a big step toward ending corruption in our government system, starting with the

police. It would also cut off the flow of money to organized crime and international corruption. This could help dismantle criminal networks and stop mafia groups from operating inside the country today.

^(162nd) Today, with either support or opposition from militias⁵⁸⁵, criminal gangs have grown into groups that operate like big corporations. They fight each other, but they're also controlled by the police, in a power struggle that moves toward an imperialist monopoly. By focusing only on fighting drugs, the law repeats past mistakes and ignores the basic need to protect people's health and even their financial well-being.

^(163rd) Financially speaking, the government puts so much red tape on the job market that many Brazilians have no other way to survive with a bit more comfort except by selling drugs. That's why, in Rio de Janeiro, drug dealing is seen with some tolerance by the public—partly because it's linked to marijuana. Drug dealing is often seen as less harmful than crimes like robbery or theft.

^(164th) I didn't have as many problems using marijuana as poorer people did. I'm someone who — according to some — faces society “without needing to.” Some people say this isn't my problem. That's because, under this dishonest system, only the clearly poor are punished.

^(165th) It shouldn't matter if the person in need is rich or poor—no one should be punished for using a medicine they need. Just knowing the law shouldn't be a reason to apply justice differently. True justice doesn't allow double standards. So, it's my duty to stand up for people who need cannabis, because I deeply understand how unfair this persecution is. Bezerra da Silva⁵⁸⁶ sings about this reality, where privileged people go free, but the poor get punished:

Se Leonardo dá vinte (Bezerra da Silva) Se Leonardo dá vinte, por que é que eu não posso dar dois? (2x) Mesmo apertando na encolha, Malandro, Pinta a sujeira depois (2x) Levei um bote perfeito com um baseado aceso na mão. Tomei um sacode regado a tapa, pontapé e pescoção. Hiiiiiiii! Eu fui levado direto à presença do dr. Delegado Ele foi logo gritando: “Vai se abrindo, malandro, e me conta tudo como foi”. Eu respondi: “Se Leonardo dá vinte, Doutor, por que é que eu não posso dar dois?” A parada é essa, aí Doutor mandou assim pro Malandro, se ligal Leonardo é Leonardo, me disse o doutor, ele faz o que bem quer e está tudo bem.	If Leonardo can give twenty (Bezerra da Silva) If Leonardo can give twenty, Why can't I give two⁵⁸⁷? (2x) Even if I do it in secret⁵⁸⁸, man, Later on, they'll clean up the mess (2x) They caught me red-handed with a joint⁵⁸⁹ in my hand. I got beaten down—slapped, kicked, and hit. Man, I was taken straight to the police chief. He yelled, “Speak up, tell me everything!” I said, “If Leonardo can give twenty, sir, why can't I give two?” That's the deal. Then the chief said, “Listen up!” Leonardo is Leonardo, he told me. He does whatever he wants, and it's all good.
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⁵⁸⁵ *Militia* — In this period, it refers to a way of operating by criminal organizations formed by police officers in urban communities. At first, they carry out illegal practices and oppress the population. Under the excuse of fighting drug trafficking, they control it by oppressing traffickers who do not belong to their own criminal groups. These groups survive due to protection from corrupt governments and financial resources coming from drug handling, gas supply services, cable television, illegal slot machines, loan sharking, price markups in real estate sales, among other activities..

⁵⁸⁶ **Bezerra da Silva** (José Bezerra da Silva, 1927–2005) — Activist, songwriter, violinist, percussionist, and Brazilian performer of the musical genres coco, samba, and partido alto. Source: Wikipedia. Available at: https://pt.wikipedia.org/wiki/Bezerra_da_Silva.

⁵⁸⁷ *give two* — is an expression meaning to smoke marijuana.

⁵⁸⁸ *do it in secret* — means making the cigarette in a hidden way

⁵⁸⁹ *Joint* — is the name given to a marijuana cigarette.

Infelizmente é que na lei dos homens a gente vale o que é e somente o que tem. Ele tem imunidade pra dar quantos quiser porque ele é rico, poderoso e não perde a pose. E você, que é pobre e favelado, só deu dois, vai ficar grampeado no doze.	Sadly, in our system, people are worth what they have. He has protection to do whatever because he's rich, powerful, and untouchable. But you, poor and from the favela, gave just two and you're already locked up⁵⁹⁰.
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^(166th) Sometimes people refuse to learn the truth about marijuana just because they're stuck in old habits. Even when they know it's a medicine, they avoid talking about it and support the oppression of its users, as if that were totally okay.

^(167th) Also, some people claim that the war on drugs exists just to keep profits going, because marijuana can be grown for free and competes with other drugs that are very profitable. That doesn't make sense either. Most people would probably rather buy it than grow it, since professional growers and sellers can offer much more variety and safety than homegrown plants.

^(168th) With legalization, users might even start buying many other products made from the plant, helping grow the market. It's also likely that users would start checking the quality more closely, demanding it to be organic — since it's a medicinal substance — and choosing plants with more or less THC.

^(169th) Even if the reader believes marijuana should be illegal, they still have to admit that when someone is arrested only because of it, that arrest is unjust. Drug use isn't a police matter — it's a public health issue, something that should be handled with medical treatment. Transcranial stimulation⁵⁹¹, for example, is an effective method for treating addiction.

^(170th) This system that punishes marijuana use needs to be reconsidered, especially because these unjust arrests don't just affect one person — they also harm their families, often taking away their source of income. This leads to a cycle of anger and social imbalance.

^(171st) Our energy is only borrowed, and health is something that should always be protected — not wasted on trivial things. But the way our society is structured, illness is actually encouraged — like through the criminalization of marijuana. Meanwhile, alcohol faces very few restrictions and is mostly only regulated when it comes to driving. This ends up overwhelming our hospitals, when we could be improving people's quality of life simply by not making things worse.

^(172nd) It's important to remember that the current marijuana profits are almost entirely monopolized by bad actors, and that money is used for harmful purposes when it should be invested in social development. But for that to happen, marijuana needs to be legal.

^(173rd) Drug trafficking and the war on drugs are the main sources of violence and the spread of firearms in Brazil — something that could be significantly reduced if marijuana weren't lumped together with other truly harmful illegal drugs. Drug dealers arm themselves because that's how they're attacked. In fact, when mainstream media shows images of seized weapons and mentions their prices, they're basically advertising them. And drug traffickers are their main customers.

⁵⁹⁰ locked up — equivale a dizer ficar preso por causa do artigo 12 da Lei 6.368 que era a antiga previsão de cadeia pros usuários de marijuana.

⁵⁹¹ <http://g1.globo.com/jornal-nacional/noticia/2012/06/tecnica-combate-abstinencia-de-dependentes-de-cocaina.html>

(174th) The situation we're living in across Latin American countries is like a chemical war, where a coalition of countries poisons everything others have in order to destroy them. Tobacco cigarettes are an example of what they would do with all drugs if they had the chance.

(175th) Right now, we're killing our own people just to follow foreign orders. Our governments have acted like foolish rich men who accept scraps in exchange for giving away all the family's wealth. And foreign governments — especially the U.S./UK alliance — might be paying a billion here or there, while getting back sextillions or even more in long-term profits.

(176th) To make matters worse, because of the dishonesty behind the war on drugs, everything around it becomes dishonest too — until it affects the entire system. Just look at Article 88 of the Brazilian Penal Execution Law and Article 5 of the *Brazilian Federal Constitution of 1988*, and compare them to the overcrowded conditions in Brazilian prisons:

Article 88. The convicted person shall be housed in an individual cell containing a bed, toilet, and sink. (...) Minimum area: 6.00 m² ⁵⁹² (BRASIL, 1984).

Article 5, XLVII – There shall be no punishments: (...) (e) cruel ones; (...)

XLIX – Physical and moral integrity is guaranteed for all prisoners. (BRASIL, 1988)⁵⁹³.

(177th) This is where the dishonesty of our prison system and criminal justice starts. Judges, in fact, end up being ultimately responsible for illegal imprisonments, because most of the time they order arrests without checking the conditions of the jails. As a society, even today, when we allow someone to be jailed just for using marijuana, we repeat the act of freeing Barabbas⁵⁹⁴ and killing the innocent one. Every innocent person in jail takes up police time and prison space that should be used for real wrongdoer.

(178th) However, the heads of Brazil's executive branch are truly the ones responsible for the lack of enough prisons to legally hold the inmate population, since it's their job to build and fix prison facilities. So, judges should require the Executive to fix the prisons, so they themselves don't end up taking the blame. And if the prisons aren't fixed, the personal bank accounts of those responsible should be seized to pay for construction or electronic ankle monitors — in the latter case, when the crime committed is less serious.

(179th) The Judiciary, in turn, is an important part of this problem. But it can't always enforce its orders on the other branches of government. And many times, it also can't handle cases quickly because there are fewer judges than needed for the size of the population.

(180th) Well, the Judiciary is a branch of government, so just like the Executive and the Legislative, it shouldn't have vacant positions. But since not all judge positions are filled, highly skilled staff who didn't pass the exams to become judges end up doing almost all of the judges' work, even though they earn much less.

(181st) Many times, problems in the Judiciary come from the top. There are cases where staff work hard to remove certain bottlenecks in how things are done, to make

⁵⁹² Lei 7.210 /84 – *Brazilian Law on Criminal Executions*. Available at: http://www.planalto.gov.br/ccivil_03/leis/17210.htm

⁵⁹³ *Brazilian Federal Constitution of 1988* http://www.planalto.gov.br/ccivil_03/constituicao/constituicao.htm

⁵⁹⁴ **Barabbas** — was the criminal chosen to be released by the Jews instead of Jesus.

cases move faster. When they succeed, other staff use that knowledge to speed up their own court divisions as well. But then the leadership steps in and changes the way procedures are applied, and everything slows down again.

(182nd) I see that this whole situation holding back the Judiciary starts with the entrance exams. Very few people pass them because the required scores are extremely high. Now, in the Executive and Legislative branches, candidates are elected based on whatever percentage of valid votes they get, as long as it's more than their opponents. So, entrance exams for the Judiciary shouldn't be limited by a minimum test score, but instead by the number of positions that need to be filled.

(183rd) And to reduce the workload, ending the war on drugs would be a good first step. If prison overcrowding were reduced by stopping this war, it would also make it easier to evaluate police effectiveness and lower the chances of injustice.

(184th) Also, many people get arrested for carrying small amounts of marijuana, and based on the principle of insignificance, that shouldn't happen — even when they're selling it. This topic, by the way, is still being debated and has even sparked conflicts between the Supreme Federal Court (STF) and Congress. The STF set a guideline: carrying up to 40 grams of marijuana or growing up to six female plants should be considered personal use, not drug dealing. Up to that amount, there's a general assumption that it's not a crime, just an administrative issue⁵⁹⁵. But since it's only a "relative" assumption, someone could still be seen as a dealer if there's enough evidence to prove it.

(185th) On the other hand, the Senate passed a constitutional amendment — PEC No. 45⁵⁹⁶ — that goes against this view, making the possession of any amount of drugs a crime.

(186th) The war on drugs builds a strong ideological base that supports violence as a way to fight back against the oppressive capitalist system. Drug trafficking ends up becoming a symbol of that fight. Ending the war on drugs could be a way to "disarm" the people. In fact, there's little difference between not having a weapon and choosing not to use it when you do. This disarmament would happen quickly, because it's more psychological than physical.

(187th) Letting guilty people go free is also a problem, just like punishing the innocent. Murders and attempted murders are judged by juries made up of regular people with no legal knowledge, who can be easily misled by lawyers or by the testimony of psychopaths. Also, jurors often end up judging the victim and acquitting guilty people, as if they were saying, "I would've killed that person too!"

(188th) This loss of the moral standard that killing is forbidden for anyone is largely caused by police killings—most of them related to the war on drugs.

(189th) In theory, Brazilian law only allows very few situations where a killing is not punishable⁵⁹⁷. One of them is self-defense, where a person kills only to prevent their own death. However, the reaction must be proportional to the threat, and that

⁵⁹⁵ Extraordinary Appeal 635.6599 and General Repercussion Theme 506.

⁵⁹⁶ Full text of the decision. Available at: https://www.camara.leg.br/proposicoesWeb/prop_mostrarintegra?codteor=2437730&filename=Avulso+PEC+45%2F2023+%28Fase+1+-+CD%29&utm_source=chatgpt.com

⁵⁹⁷ Cases of exclusion of unlawfulness are found in Article 23 of Decree-Law 2.848/40, the *Brazilian Penal Code*.

should also apply to police actions so a killing can be legally seen as the strict fulfillment of duty.

^(190th) That’s why we can’t consider it self-defense when someone shoots another person in the back, or goes home to get a weapon and then comes back — because in those cases, they had already escaped the danger. But these criteria are often ignored, which ends up justifying a kind of death penalty without a proper trial.

^(191st) These kinds of unfair situations are common in jury trials in small towns, especially when the defendant has money or is related to, friends with, or politically connected to someone important. In cases like that, I believe that for a jury trial to be truly fair, it should be moved to another location (what we call a “change of venue”)⁵⁹⁸. After all, it’s the killers who should be going to prison — not the people who just need medicine.

^(192nd) Killing with social approval as a way to fight evil reflects social vanity and stories of violence. It’s absurd to think, for example, that when lions pose a threat, they’re put down with tranquilizer darts—but when it’s humans, they’re killed. Our technology has been developed to kill, because our point of view is homicidal.

^(193rd) It’s ironic to see people killing and dying over drugs, since drugs were supposed to help us live. In the case of marijuana, using it is versatile—because the plant itself is versatile. This is a war driven by ignorance, mainly because the government, instead of giving people clear information about marijuana, pushed it into misuse through demonization. That made us easy targets for dangerous synthetic drugs, because we haven’t been separating the wheat from the chaff.

^(194th) Worse than the drugs is the war on drugs itself, which corrupts everyone involved. Police corruption related to marijuana has become an endemic problem, with abusive practices aimed at profiting from users and dealers—even through torture and extortion. When they smell marijuana, many officers detain the user or dealer, beat them, take everything they have, and repeatedly demand bribes so they don’t go to jail.

^(195th) My activism began before I started defending marijuana. One of my first actions was helping a teenage girl who was being abused by her partner—a story I’ve already mentioned. Late one night, I saw her being thrown out of the house by her hair, and the next day, I took her in. But she kept getting threats from him and wasn’t getting help from the police, who gave her prejudiced answers about women. So, I asked my landline provider to give me records of the emergency calls I had made, including to the police.

^(196th) I wrongly assumed that my request had been processed. After that, I started making more forceful calls to the police. I told them they had to answer because the calls were logged, and if they didn’t act, they could be held responsible for neglect or omission if something happened. That worked for a while. But when I truly needed help, I found out that the calls weren’t being logged, and I had no way

⁵⁹⁸ Change of venue — is the composition and holding of the jury trial in another location. Decree 2848/40 – Brazilian Penal Code, art. 427. — “If the interest of public order so requires, or if there is doubt about the impartiality of the jury or the personal safety of the defendant, the Court, at the request of the Public Prosecutor, the assistant, the complainant, or the defendant, or upon representation by the competent judge, may order the transfer of the trial to another district in the same region where such reasons do not exist, giving preference to the nearest ones.” Source: Planalto. Available at: http://www.planalto.gov.br/ccivil_03/decreto-lei/del2848compilado.htm.

to access any proof. On top of that, only one department within the police was responsible for those records, which made them unreliable.

^(197th) Despite all that, I managed to get the police to respond to my calls. That way, I started — even if by accident — to see and fight police corruption in my area.

^(198th) After that situation, I witnessed another one where I also ended up taking action, but in a hidden way. Some police officers arrested a man — a small-time local marijuana dealer — right next to the house of a former contractor who is also a relative of mine. Though, calling him a dealer is a stretch — he's epileptic and sells marijuana just so he can have some for himself. His situation could be called desperate. If people looked at it from other perspectives, they'd see it was a case of real need — the kind that makes someone stop fearing even prison. Honestly, I think the problem doesn't even have to be that serious — having insomnia is already a strong reason for someone to use marijuana.

^(199th) On top of this unfair situation, the arrest was completely illegal. The police waited in their car and grabbed the man as he got off the bus. They took him to his house, where he lived with his parents and brother — though none of them were home at the time. They handcuffed him to a chair in the kitchen and started searching the house.

^(200th) In the bathroom, they found 38 grams of marijuana. In the brother's room, they found some money — which was never returned — and claimed it was from drug dealing. The brother, however, said it was from his vacation pay. In a drawer in the parents' room, they found a ski mask, which was used as proof of a crime — but it actually belonged to the father, who worked in the fields and used it to protect his face from getting cut by the grass.

^(201st) When the epileptic man was first taken by the police, his family didn't even know if he was alive. His parents, brother, other relatives, and neighbors were all shaken by the abuse they witnessed, like there were no laws protecting citizens. It shouldn't be like this — this is still a place where people sleep with their windows open and sometimes even leave their car keys in the ignition when parked on the street. Still, many police officers secretly abuse the poor like there's nothing to stop them.

^(202nd) I even tried to file a habeas corpus request, but the man's family didn't have access to him, so they couldn't get his signature to validate it⁵⁹⁹. Only a lawyer could help him, and the legal fee to file a habeas corpus was R\\$/5000,00. In the end, after being released for a while, he was arrested again at the beginning of 2019 for the same reasons — and he died in jail.

^(203rd) Little by little, I was being noticed — or rather, targeted — by the corrupt police in that area. But many people already knew me because of my strong personality. Some time ago, I was leaving our country property with my earthly husband, who was driving, and our 4-year-old son, who luckily was asleep in the back seat. Suddenly, we were surrounded by several police officers with machine guns pointed at our car. I was a little drunk and had planned to sober up by dancing at a

⁵⁹⁹ Decree-Law 3.689/41 — Code of Criminal Procedure. Article 654 — “Habeas corpus may be filed by any person, on their own behalf or on behalf of another, as well as by the Public Prosecutor. § 1. The habeas corpus petition must contain: a) the name of the person who is suffering or is threatened with suffering violence or coercion, and the name of the person exercising the violence, coercion, or threat; b) a statement of the type of constraint or, in the case of a simple threat of coercion, the reasons on which the fear is based; c) the signature of the petitioner, or of someone at their request, when they do not know how or are unable to write, and the indication of the respective addresses.” Source: Planalto. Available at: http://www.planalto.gov.br/ccivil_03/decreto-lei/del3689.htm

local restaurant. When we stopped, I pulled out my public employee ID, held it up high, and went to speak with them.

(204th) Good evening! I’m also a public employee! I’m even a neighbor to some of you, and I believe everyone here knows me” — I introduced myself as the daughter of the judge from the neighboring town.

(205th) “And look — I just got back from vacation, and all my work was piled up because no one did anything while I was gone! So I thought I deserved to enjoy this Friday night in peace! I had a beer to relax and was on my way to burn off the alcohol on the dance floor — and then I run into you! You know what crime I’m committing? The crime of being a mother — because, thank God, my son is asleep! Otherwise, you’d be leaving a scar in his mind so deep I’d spend the rest of my life trying to fix it. On top of that, you made my husband hurt me — when I got out of the car, he grabbed my arm hard. You’re committing a real attack on my family! And you know what? I don’t even know if I feel like dancing anymore. I think I’d rather go home and cry. Happy now?”

(206th) It wasn’t until December 30, 2015, when we witnessed something even worse, that I finally told my son this story. He asked me, “What did they say?” I answered, “Well, of course they were embarrassed. They apologized over and over.” And it wasn’t because of any authority — even though I had to protect myself. It was because I told the truth.

(207th) On that day, my teenage son and I witnessed a criminal incident that became the spark for the beginning of my mission. We were walking along the RJ116 highway, between Comendador Venâncio and Laje do Muriaé (in Rio de Janeiro), when a police car stopped a red car in a spot where it was hard to see from the road. One of the officers got out and pointed a gun at the car. In that area, a red car is often seen as a sign of a possible connection to drug trafficking. Inside the car were a baby and a couple. From where I was standing, it looked like the officer was pointing the gun at the baby — which made me really angry.

(208th) I took off my shirt and showed my red “halter top”⁶⁰⁰ as a bold warning. I looked around and found a spot on the road that was fully visible, then walked over there. I crossed my arms and nodded my head in a challenging way, as if saying, “Now what? What else are you going to do?” Just my attitude was enough to make the bad cops uncomfortable.

(209th) Meanwhile, my son realized that what was really happening was a bribe being negotiated. The situation became less tense because the officer, realizing I was watching, was forced to put his gun away. From that moment on, I understood my life was at risk and felt I had to do noticeable things to quickly draw attention, so I could be protected by the eyes of the people around me.

(210th) After that event, in the first edition of this book, I made a commitment to spread the truth and influence global thinking. I mentioned *Elite Squad*⁶⁰¹ as a movie that — reflecting foreign influences — shows the facts in a biased way.

⁶⁰⁰ A piece of clothing also called a “top,” similar to a very short T-shirt, and that works like a bra without cleavage. It covers only the front part of the body.

⁶⁰¹ *Elite Squad* — (Original Name *Tropa de Elite*) also known as *Elite Squad – Mission Given Is Mission Accomplished*. Brazilian film released in 2007. Director: José Padilha. Production companies: Zazen Produções and The Weinstein Company. Distribution: Universal Pictures. The film deals with urban violence in the Brazilian city of Rio de Janeiro, with the involvement of the Special Police Operations Battalion (BOPE) and the Military Police of the State of Rio de Janeiro. The film is based on elements from the book *Elite da Tropa*, by André Batista and Rodrigo Pimentel, in partnership with Luiz Eduardo Soares. It is narrated in the first person by Wagner Moura. It criticizes users of illegal substances, blaming them for the expansion of drug trafficking and urban violence. Practices

(211th) That movie encourages hate from both the public and police against drug dealers. I must say, many drug dealers really are bad — but it was the government that started this war as we know it today when it made marijuana illegal. Today, in real life, many police officers oppress marijuana users by threatening to commit the same kinds of violence shown in the movie. That’s what happens when we turn violent characters into heroes.

(212th) One week later, on January 6th, 2016, I went to the courthouse where I used to work, I stamped the first page of the book’s draft using the official date clock and initialed every page, just like a legal case. Then, at home, I scanned the whole thing and sent it to all the email addresses of the Federal Court in Rio de Janeiro, warning them that my life was in danger. That way, if I died, it would have to be investigated.

(213th) By making my report public, I did something similar to what happens in a legal proceeding: publishing the case. This was a self-protection measure, since I couldn’t turn to the justice system or the police.

(214th) I imagine that the legal ritual of publication probably started from something like this. But today, court filings are published in legal newspapers, and only legal professionals usually follow them — offering procedural protection, but not real, physical protection.

(215th) In my view, my message would be heard, even if only as a riddle. However, in reality, that publication turned out to be an ideological smokescreen. The texts were already exposing what had happened, but in a way that was hard to understand. That helped hold back my opponents — but they would soon figure out my strategy.

(216th) That whole situation reflected my feelings of anger, fear, urgency, and also the lack of spiritual permission to speak out — something that would take me a few more years to receive. From that point on, it became easy to sense the mood of my closest enemies, because they began to harass me constantly and even came close to an attack on my life, when I was threatened by a truck.

(217th) Every time I left the house, I had to shake off bikers who were following me. They matched my every move, even when I changed the car’s direction multiple times — which proved to me they were really tailing me.

(218th) Over a year later, the incident with the young barber gave me my next push to take action, showing me I still needed to take precautions to protect myself. A little earlier, a friend had told me that a group of young guys — including him — had gone into the fields to smoke weed and ended up surrounded by cops who wanted to kill them because some of their relatives had criminal records. They were lucky to get away.

(219th) One of the boys was a childhood friend of my son, which led me to give them something like political asylum, letting them stay at my house almost like boarding students.

of torture by police officers are shown, raising questions about an alleged transformation of these characters into heroes. Wikipedia. Disponível em: [https://pt.wikipedia.org/wiki/Tropa_de_Elite_\(2007\)](https://pt.wikipedia.org/wiki/Tropa_de_Elite_(2007)).

(220th) Living with those young guys also became a chance for mutual learning. I taught them about what I was writing, civility, grammar, music, and job skills; and they helped me improve the language in my book. In our free time, we'd go hang out in the countryside, rivers, waterfalls, and other nature spots. And I enjoyed being around them, mostly because they didn't harass me sexually.

(221st) My decision to take them in sparked a lot of questions and threats from everyone, and I had no support — not from their families, not from mine, not from society, and not from the police. The boys themselves had serious psychological issues. Even so, this move brought social attention to my house and gave me a kind of protection. Only over time, after I showed persistence and dedication to this, did the people around me begin to calm down. Eventually, the parents even thanked me after seeing how their kids' behavior had improved. Even my son, who had a strong prejudice against marijuana users because of the way I raised him, slowly started to understand me — something that only happened much later with the rest of the family.

(222nd) On the morning of March 31, 2017, the young barber, who lived on a nearby street, showed up at my house scared, asking for help to call the police. His barbershop had been invaded, and he'd been attacked while working. The man who did that claimed to be a police officer and said he didn't want that barbershop there — a behavior typical of militia members.

(223rd) Before taking any action, I tried to talk to the supposed officer to clear up the misunderstanding — without bringing my ID, which turned out to be a naive move given how aggressive he was. When I tried to speak, he cut me off and told me to say my full name. As I began, he shouted: “Sáskia? Who's Sáskia? I'm a cop and I don't know any Sáskia! But I know what Sáskia is doing in Comendador Venâncio!”

(224th) Right away, I thought: “So do I! Even if indirectly, I'm fighting police corruption by having my phone log emergency calls. However, I can see what he really wants is to slander me.”

(225th) Faced with his loud attempt to slander me, I realized I needed to draw attention to protect myself. So I started walking back and forth across the street, waving my arms. At the same time, I shouted things loudly to make people come out and see what was going on. I yelled: “Because no one here is going to break into anyone's house, or slap anyone in the face, or say there won't be a barbershop here, because there's not going to be a militia here!”

(226th) My intention was to draw attention and discourage any possible attack or something worse. I shouted, “I'm calling the police.” He replied, “I am the police!” I shot back, saying that if he was off duty, his authority didn't apply — just like a judge can't rule on a case while on vacation.

(227th) After he said he had already called the police, I waited a bit in front of his house, where he pushed me to the ground, saying he didn't want me on his sidewalk. I got up and told him that the sidewalk was public and I had just as much right to be there as he did.

(228th) I decided it was essential to call the police myself and file a report against him. Back home, I got my ID and called the police, as I always did, mentioning negligence, failure to act, and call logging.

(229th) When I returned, the witness — the barber's customer at the time — told me the attacker had tried to intimidate him, saying: “No witnesses.” When I saw the police car arrive, I shouted: “He said no witnesses, but there is a witness!”

(230th) Suddenly, I was attacked by the same man who had assaulted the young barber — now backed by the police officers who had just arrived.

(231st) At the first shove, my wallet fell to the ground, and when I bent down to pick it up, he put me in an armlock, pulled my hair, and used force in ways that wouldn't leave marks. He pinned me against the police car and handcuffed me. I kept describing everything to the people watching, without fighting back.

(232nd) The officers mocked my attempt to identify myself, and the attacker took the young barber's phone — which had recorded the assaults against me — and quickly deleted the footage. Then, they pressured the young barber and the witness, trying to get them to say if there were any objects in my house that could be used to accuse me of drug dealing.

(233rd) The street was full of people watching from a distance. When two more police cars arrived, the attacker started telling a story as if the young man had been smoking weed. I jumped out of the car and shouted, "That's a lie! He's a liar!" I was pushed back into the car again. Then they searched the young man's grandmother's house and found nothing. At the barbershop, they claimed to have found cocaine — which was unlikely, since the shop had a glass front and everything inside was clearly visible. It was just a small garage with a transparent glass facade.

(234th) After that, I gave full shelter to the young man. At the time, I received spiritual messages telling me to calm down — but I didn't know how to do that. So I rushed to publish 1,000 copies of the first edition of my book, paying a high price. In early 2018, I distributed most of them to judges across the state of Rio de Janeiro, which had just come under military intervention.

(235th) I surrounded myself with strategies, because I preferred that to living in fear. After all, this is only a world of fear because fear here is stronger than love. Here's a WhatsApp message attributed to Pope Francis that speaks to that:

Interview with Pope Francis

What should we do when we face a difficulty?

First: never despair.

Stay calm.

Then, look for a way to overcome it.

And if I can't overcome it, endure it.

Until the moment comes when it can be overcome.

We should never be afraid of difficulties.

Never.

We're all capable of overcoming every difficulty.

We just need time to understand, intelligence to find the way, and courage to keep going.

But never be afraid.

(236th) What followed were my attempts to prove I had in fact called the police, and their attempts to frame us — both sides failed. Having to defend myself by shouting showed me how justice has become a set of rituals, sometimes used more to take away people's rights than to grant them. The judiciary monopolizes the declaration of social truth, but often has no real access to it due to formalities. Still, if this is what we have, then this is what we have to work with — without losing our reason.

(237th) I was stunned by what had happened, and I imagine that would be the reaction of any honest person. People usually think that police officers beat those who break the law, but I'm a law-abiding citizen — I even do social work — and I was beaten by a police officer with absolutely no legal justification.

(238th) At the police station, still in shock, I gave a confused account of what had happened to the lawyers. Meanwhile, I watched in anger as the real offender — the man who attacked me — even though still in plain clothes, stepped in and took a leadership role in the internal operations.

(239th) In the police reports, my statement and the young barber's were processed as separate incidents. Shortly after, I submitted a request for them to be combined, along with a formal complaint against the officers and an investigation into their actions. But the reports were never merged, and when I was called to testify, I was misled by coded language that effectively blocked my complaint against the officers involved that day.

(240th) Since I didn't have any experience with criminal law, I couldn't understand what certain expressions meant. Maybe I should've crossed out the part that suggested I wasn't pressing charges, written that I wanted to, and initialed it. But the language used wasn't straightforward. In fact, many lawyers say that criminal law often creates a gap between what's written in the law and what actually happens in practice.

(241st) Police reports are written by the officers and shape the entire legal process — with no chance of going back to the police to make corrections unless there's a new incident. This leads to many errors, since officers often write the reports in ways that benefit themselves or make their jobs easier, rarely describing the truth accurately.

(242nd) So ideally, police reports should also be recorded on video, with the written document serving only as a summary. That would allow room for objections if the description of events were distorted — reducing corruption among officers and police chiefs.

(243rd) In Rio das Ostras, RJ — and in another situation — a friend of mine used to sell marijuana to his friends because they would come to his place to smoke his weed, and he didn't want to pay for it all by himself. The police got suspicious, broke into his house, beat him up, took his marijuana, and told him to disappear — otherwise, they would send local traffickers to kill him. This showed the collusion between the police and local drug dealers.

(244th) A homeless man I once helped told me that in Macaé, RJ, things were even worse. He was traumatized after meeting a man there who had been dismembered and thrown into the sea because of that drug war. He said that in that city, the violence from both the police and the traffickers was extreme.

(245th) At the entrance to that city, there's a Masonic monument with the image of a pyramid and the Eye of Horus. To me, that makes the place even more suspicious. After all, that's a symbol of the secret society at the top of imperialism — and it's the imperialists who are the main ones responsible for this kind of terrorism.

(246th) Since this war exists to increase foreign profits from marijuana, it's also important to talk about its prices. My research is from 2018. In neighboring countries, traffickers could buy it for as little as R\$80 per kilo. That same year, in Brazil, marijuana bought wholesale and directly from the production site — without police

interference — cost about R\\$1 per gram. In retail, it sold for around R\\$5 per gram, or R\\$20 to R\\$30 for slightly larger amounts. These prices were far below the cost of legal marijuana in the U.S., which was R\\$26.07 per gram.

(247th) With marijuana legalization, the domestic production market would likely be activated very quickly, since users usually have plenty of seeds — and as an immediate effect, the money spent on marijuana would start staying in the local economy.

(248th) In prisons, corruption continues with marijuana being sold at outrageous prices. According to testimonies, inmates are given nothing—not even a piece of cloth. A friend who spent time in a prison I often use as an example said that families are forced to buy goods specifically from government-approved suppliers and face many obstacles just to get them to their loved ones.

(249th) It's somewhat normal for there to be barriers to bringing items into prisons. However, inmates are denied basic things needed for human survival—things the government should provide—like mattresses and blankets. In this prison, families also face long delays getting approved to visit their loved ones.

(250th) The inhumane treatment extends even to the visitors, who go through degrading procedures under the excuse of preventing drug trafficking inside the prison. Women are forced to strip and squat. If there were individual cells and camera monitoring, this would be unnecessary, since these searches are done exclusively to detect drugs and poisons. After all, to detect metal objects, visitors can sit fully clothed in a metal detector. But the State's right to fight drugs doesn't outweigh its duty to respect people's dignity and moral integrity.

(251st) That same year, in this prison, marijuana was being resold among inmates for R\\$80.00 per gram. The drugs got in through people who swallowed them wrapped in plastic and later expelled them by vomiting or using the bathroom. Still, inmates heard of other prisons run by drug gangs where police allow drug sales more freely.

(252nd) On top of that, inmates had even their most basic rights disrespected. Many didn't even have 3 square meters of space to themselves—which is also a violation of physical integrity. Because physical integrity isn't just about having all your body parts intact, but also about having enough space to exist.

(253rd) The cells were designed to hold 30 people and had 60 bunk beds, but in reality, they housed 120 inmates. Hygiene facilities were very limited. That cell had only 2 working toilets, 2 showers, 1 sink, and 4 water taps that were opened just 5 times a day for 4 to 10 minutes each, at unpredictable times. Even plastic bottles to store water were expensive, and sometimes the guards would confiscate them too.

(254th) Inmates received money through visits from family members, who were allowed to give up to R\\$150 per person. But even that money was sometimes seized by the police in periodic raids. In all prisons, despite their differences, there seems to be one thing in common: people make a lot of money inside, because a human being becomes profitable even through their most basic needs.

(255th) At that prison, at the time, a mattress was called a "space" and cost R\\$350. A bed was known as a "district", and its price depended on its location in the cell—ranging from R\\$300 to R\\$600. A plastic bottle of water cost R\\$10, a sewing needle R\\$10, and so on. Inmates were given only two meals a day—mostly

rice with small portions of beans, meat, and salad—two light breakfasts with half a cup of milk and half a piece of bread, and two to four small 290ml cups of a guaraná-based artificial soda. That last item seemed to benefit a specific company, since an artificial soda is far from being an essential food item. Sometimes, two small candies were handed out, and inmates would even fight over them. Everything had a price and was turned into something to be sold: drinking water, a bucket of water to bathe with, a piece of fruit brought by relatives — and even enslaved people, among other things.

(256th) Of course, there are prisons that are worse—and some that are better. In some places, the food arrives spoiled. In a notorious prison in Rio de Janeiro, which has a sign at the entrance saying “Welcome to Hell,” there are cells that smell like pus and rotten flesh, where sick inmates—like those who have been shot—are placed. It has underground cells with water leaks, where prisoners must take turns sleeping in the dry spots. There's an internal gang war going on, and firearms are used inside. So when inmates go out for sun exposure, there's a real risk they'll get gunned down. And when someone is released, they need someone to pick them up by car—otherwise, they're often shot and killed the moment they step outside.

(257th) None of this would be happening if it weren't for the war on drugs and if there were open competition for selling marijuana. This only happens because bad actors see an opportunity to monopolize its sale. And the profits are so huge that police and traffickers end up working together to get their share.

(258th) The war on drugs, across the rest of Latin America too, is designed to destroy agriculture and entire nations. If it weren't for this war, I believe countries like Colombia or Bolivia could have progressed toward producing high-quality goods instead of refined cocaine.

(259th) The real traitors of these countries are often the very ones who claim to be their defenders. Their false moralism poisons the population on a massive scale when they destroy coca crops using glyphosate (Roundup)—an environmental toxin that, along with phosphate-based fertilizers, has greatly increased cancer rates. And behind all of this are the United States, promoters of war because they are the ones selling the weapons.

(260th) All of these oppressive dynamics serve to make the population a hostage of the system as a whole. What adds to the problem is that government structures have become enormous in recent times. That could be a good thing, offering protection from powerful corporations. But they still don't work that way because they lack moral integrity. If people could truly understand that these institutions are meant to work fairly for everyone—and not just settle for enjoying the personal benefits they receive—then they might actually start to function properly.

(261st) Note that the executive network—meant to serve the public—ranges from the police all the way to the country's executive presidency. It includes mayors, governors, ministries, secretariats, the army, the Federal Savings Bank (Caixa Econômica Federal), the National Institute of Social Security (INSS), and other government agencies. And this entire network seems deeply corrupted to me. Worse still, the same political forces that restrain the judiciary restrain the prosecutors even more.

(262nd) As a result, producers—whether of marijuana or milk—remain in poverty due to government oppression, while the middlemen—traffickers, pharmaceutical

companies, dairy corporations—and imperialist powers continue to grow rich by exploiting them.

(263rd) It's intriguing to think that this entire system is upheld by things that seem harmless, but that keep the population divided by promoting an ideology of hostility and lack of ethics. TV shows like *Os Trapalhões* and their successors depict toxic relationships where friends are dishonest, annoying, and laugh at the cruelty they inflict on each other. One day, no one will laugh at that kind of humor anymore. Because of things like this, people have lost their sense of discernment. They are both good and bad at the same time, yet believe they are good. However in the end, evil prevails, because the good in them is destroyed by this inner conflict.

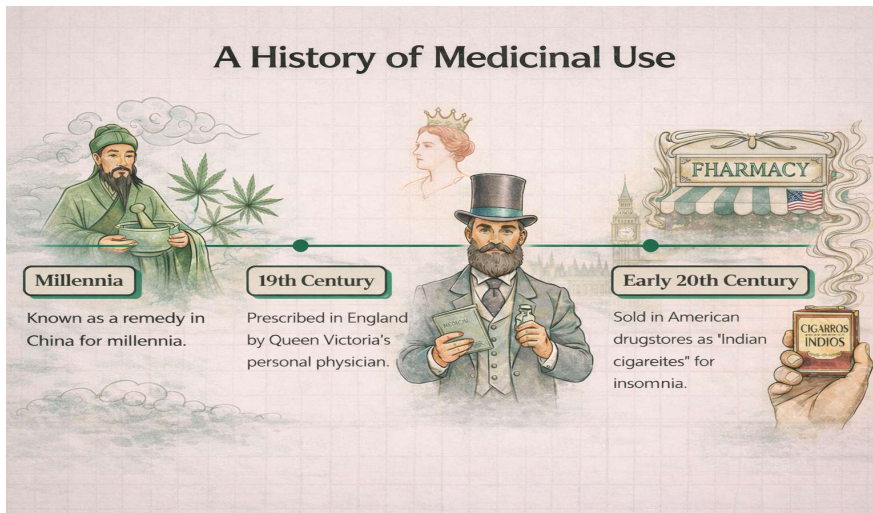
(264th) Drug addiction is the ultimate expression of our attachment to the material world, but it starts long before drugs—with our attachment to negative emotions, harmful thoughts, and bad behavior. Therefore, we must learn to fight all kinds of addiction, even those related to speech, food, or actions. Only then can we hope to free our society from addiction. Otherwise, the risk of addiction—as well as of suicide—will be permanent, not temporary. A single hurtful word or facial expression can be the seed of someone's material ruin and spiritual decline, just as a kind word or expression can be the very thing that leads them to healing.

(265th) I want to call on people to be fully good and to end this war that is based on doing harm rather than good. The reader must reflect: even if you don't personally need marijuana, our society does. I also do not support any addictive use of drugs. But if marijuana is such an important medicine, we must ensure that it does not fall into the hands of imperialist monopolies. Drug abuse must not be allowed to prevent its legitimate uses⁶⁰².

(266th) And have you, the reader, ever stopped to think that the absurdities caused by this war should never have happened at all? That drunk mother from the past—though she set a bad example by drinking—still protected her child from trauma at the age of four. But I couldn't avoid waking mine up at sixteen. It would have been worse if my son had become like a robot—numb in the face of such serious abuses.



⁶⁰² Maxim of Roman law: *Abusus non tollit usum* (abuse does not eliminate use).



Images XV

Below and in the following two sections are documents from the author's collection gathered during the episode involving the young barber. For enlargement and better viewing, please access the electronic edition at www.contradominationismo.com.br. Adapted translation — copy of the original image contained in the Portuguese edition.

GOVERNMENT OF THE STATE OF RIO DE JANEIRO STATE SECRETARIAT OF PUBLIC SECURITY - SESPG CIVIL POLICE DEPARTMENT 143 rd Police Department Avenida Cardoso Moreira, 667 - Itaperuna - RJ ZIP: 28300-000 - Tel.: (22) 3822-7700	
STATEMENT RECORD	
Control No.: 009714-1143/2017	Proceeding: 143-005660/2017
Date: 03/31/2017 at 5:59 p.m.	
Name: [REDACTED] (Adolescent - Offender)	
Nationality: Brazilian	Place of Birth: Santo Antônio de Pádua
Date of Birth: 10/04/2000	Sex: Male
Profession: Student	Marital Status: Single
Identity Document: [REDACTED] SSP/ [REDACTED], emitted in [REDACTED]	
Parentage: [REDACTED]	
Residential Address: [REDACTED]	
Telephone/Mobile: [REDACTED]	
Background:	
Criminal Record: None	
Legal Commitment: —	
STATEMENT:	
The interviewee STATED:	
THAT the declarant provides this statement in the presence of his legal representative, [REDACTED], as well as his attorney, [REDACTED] OAB/RJ No. [REDACTED]	
THAT he has been informed of his constitutional rights, including the right to remain silent;	
THAT the declarant lives with his grandparents, located on Rua [REDACTED] downtown Comendador Venâncio, district of Itaperuna, and owns a barbershop at that location;	
THAT there is a Military Police officer named [REDACTED] who lives next to the barbershop, who threatens him by stating that he does not want the barbershop operating at that location and that, if the declarant obeys it, he "ll treat everything".	
THAT the declarant does not understand why [REDACTED] harbors such hostility toward his establishment;	
THAT there as then, the declarant has kept the barbershop closed out of fear that sthoming;	
THAT at the date of the events, [REDACTED] the declarant decided to ober the establishment because a client had contacted him requesting a Caircut.	
THAT the declarant went to the residence of Saskia Carneiro Rodrigues, a friend, to ask for help, and that Saskia accompanied him to ask assistance.	
Print Date: 03/31/2017 Page: 01/02	
ADAPTED TRANSLATION - NO LEGAL VALUE	

STATEMENT RECORD - PAGE 02/02	
Internal Control No.: 009714-1143/2017	Proceeding: 143-005660/2017
Date: 03/31/2017 at 5:59 p.m.	
THAT the Military Police was called;	
THAT SÁSKIA went to [REDACTED]'s residence while the declarant returned to the barbershop to finish the client's haircut;	
THAT the declarant saw Police Officer WAGNER pushing SÁSKIA into the Military Police vehicle;	
THAT the declarant recorded, with his own mobile phone, the actions of Military Police Officer [REDACTED] who assaulted him by applying a "rear naked choke," pulling his hair and dragging him by the neck;	
THAT, according to the declarant, [REDACTED] took the the phone from his hands and deleted the video;	
THAT, during the same time period, while Military Police officers conducted a search of the barbershop, two packets of cocaine were found behind the mirror;	
THAT the declarant INFORMS that said material does not belong to him and that he does not know to whom it belongs;	
THAT he does not know how said material came to be inside the establishment;	
THAT the declarant is not a drug user, nor does he use his establishment as a drug trafficking point;	
THAT the declarant informs that he did not finish cutting his client's hair	
And nothing further was stated.	
I, [REDACTED] clerk, registration no. [REDACTED], prepared and signed this record.	
Chief Delegate - [REDACTED]	Court Clerk - [REDACTED]
Adolescent - Offender	
Legal Representative - [REDACTED]	Legal Representative - [REDACTED]
SSP-MG [REDACTED]	SSP-MG [REDACTED]
ADAPTED TRANSLATION - NO LEGAL VALUE	
Print date: 03/31/2017 Page: 02/02	



GOVERNMENT OF THE STATE OF RIO JANEIRO
STATE SECRETARIAT OF PUBLIC SECURITY
Sixth Area Command Headquarters of the Twenty-Ninth Military
Police Battalion

STATEMENT OF THE OFFENDED PERSON

At ten hours and five minutes on the third day of the month of July of the year two thousand and sixteen, at the Ostensive Policing Detachment of Laje do Muriaé – Headquarters of the Twenty-Ninth Military Police Battalion, proceeding with the present Administrative Inquiry under Ordinance No. 9080/046-2017, the FIFTH WITNESS, [REDACTED] identity document No. M [REDACTED], SSP No. [REDACTED], [REDACTED] Brazilian, married, [REDACTED], [REDACTED] born on February 8, 1955, a native of Muriaé/MG and resident at Rua [REDACTED] – Comendador Venâncio – District of Itaperuna/RJ, was heard. When questioned regarding the fact that gave rise to the present inquiry, she stated that she had nothing to declare regarding habits, and STATED AS FOLLOWS:

On the day of the events, a Friday, the declarant instructed [REDACTED] to open the barbershop in order to try to earn some money to cover his transportation and meal expenses when traveling to Itaperuna to attend his course. Around 11:00 a.m., she noticed movement on the street and, upon checking, observed that it was the police officer [REDACTED], who was shouting at [REDACTED], stating that the barbershop should not open because it was a drug dealing point.

The declarant also witnessed the moment when [REDACTED] arrived and was physically assaulted by the police officer [REDACTED]. The declarant then called the police to the location, where –

ADAPTED TRANSLATION – NO LEGAL VALUE

Print date: 03/31/2017

Page: 01/03

Two patrol vehicles arrived, and the declarant authorized the police officers to search her residence in order to verify that there were no drugs in the house. She stated that the [REDACTED] drugs found inside the barbershop do not belong to her grandson [REDACTED], and that she does not know to whom they belong, believing that someone placed the drugs in the establishment in order to incriminate [REDACTED]. She further stated that the police officer who found the drugs showed them to [REDACTED], and that the declarant instructed [REDACTED] not to touch the drugs, as this would serve to incriminate him.

When asked whether [REDACTED] had been assaulted, she answered yes, stating that he was slapped twice on the face by the police officer [REDACTED]. When asked whether any object had been seized or gone missing after the search of the residence, she answered no. When asked whether [REDACTED] had any involvement with drugs, she answered that she does not know. When asked whether [REDACTED] had any involvement with drugs, she answered that she does not know.

When asked whether any legal proceedings had been initiated or were intended to be initiated against Corporal (CB) [REDACTED], she answered that on the day of the events an occurrence report was filed, in which the facts were recorded, and that she has full confidence that [REDACTED] will be declared innocent and that Corporal [REDACTED] will be held responsible for the assault.

When asked whether, after the incident, [REDACTED] was threatened or harassed by Corporal [REDACTED] or by any other police officer, she answered that she does not know. When asked whether Corporal [REDACTED] in his daily life, demonstrates violent behavior toward people, she answered that [REDACTED] used to frequently look into the alley of the residence, but that after security cameras were installed, [REDACTED] stopped looking into the residence.

When asked whether she witnessed the police officer finding the drugs inside the barbershop, she answered yes, stating that she saw him place his hand behind the mirror, but that she cannot affirm whether he already had the drugs in his hand. When asked whether she saw anything in the police officer's hand before he placed it behind the mirror, she answered no. When asked whether [REDACTED] was subjected to the BCD examination contribute to clarifying the facts, she answered no.

ADAPTED TRANSLATION – NO LEGAL VALUE

Page: 02/03

to clarify the facts, she answered no. And as nothing more was said and no further questions were asked of her, the present statement was concluded at eleven of o'clock, as such I have prepared this record, which after being read and found to be in accordance, I sign together with:

2nd Sgt PM [REDACTED] – INVESTIGATOR.

WITNESS

2nd Sgt PM [REDACTED] – Investigator
ID: [REDACTED]

STATEMENT OF SHELTER

I, [REDACTED] holder of Identity Card RG no. [REDACTED] SSP/DETRAN-RJ, hereby issue this statement on this date, in which I am still a minor, but I come to ratify it on 10/04/2018, when I reached legal age.

I declare, for all due purposes, that I am fully aware that I received SHELTER from Ms. [REDACTED] holder of RG no. [REDACTED], IFP, and CPF no. [REDACTED] SSP/DETRAN-RJ, [REDACTED] S [REDACTED] who has been providing me with shelter out of mere charity, and therefore **NOT AS A RESULT OF ANY LEGAL ACT GENERATING RIGHTS**, at her residence, located at Rua Pedro Silveira, no. [REDACTED] downtown, District of Comendador Venâncio, Itaperuna/RJ, starting a short time before 01/01/2018, when I REQUESTED ASSISTANCE from said lady WITH THE AUTHORIZATION OF MY PARENTS.

I did so BECAUSE IT WAS NECESSARY in order to continue my studies, considering that in the previous year papa worked in the commerce as a street vendor and ended up not being able to keep up his studies during that year. I also requested shelter from this lady because her residence has a more secure structure than my grandmother house, which is located in the same district.

I also requested shelter because my grandmother's house customarily remains open during the day, whereas this lady's house has high walls and is usually kept locked. I require such security because I have already suffered threats from individuals who expressed the intention to harm me.

I further declare that it is clearly established by this lady that I **do not perform any activity** in her residence for her benefit or profit, whether remunerated or not; that is, there is no subordination whatsoever between her and me, in such a way that there is no characteristic of employment, servitude, or any intimate relationship with said lady and therefore **NO PERSONAL RIGHT IS GENERATED IN MY FAVOR** due to my stay in her residence. I also declare that I am fully free to carry out my personal activities while staying there, provided that I do not disturb said lady in her residence.

I declare further that my few commitments toward this lady refer solely to fulfilling my own personal obligations and to cooperating, as any family member would, in maintaining order within the residence. I also have the obligation to respect the private space of each member who resides there as well as the obligation not to cause any type of disorder or lack of decorum, in accordance with the normal standards of social conduct required nowadays. This means that I am only required to follow the basic rules of good manners, which were summarized and explained to me as the house rules.

I further declare that, since the shelter granted to me is an act of mere liberality by said lady, [REDACTED] may be terminated at any time, regardless of any formalities or bureaucratic procedures, and the such shelter does not constitute an acquired right on my part. For this reason, it may be terminated based on any personal conviction of said lady, even if for reasons of an intimate nature.

Being in full possession of my mental faculties, I hereby sign this statement together with the witnesses below, who declare themselves fully aware of the facts described above and in full-understanding of its contents. I, [REDACTED] typed this document

Comendador Venâncio, Itaperuna/RJ, August 8, 2018

[REDACTED]

RG no. [REDACTED] SSP/RJ [REDACTED]

Page: 01/01

WITNESS STATEMENT

I, [REDACTED], holder of identity card no. [REDACTED] SSP/DETRAN/RJ, residing and domiciled at [REDACTED] Comendador Venâncio, Itaperuna/RJ [REDACTED] telephone no. (22)99858-8115, where I may receive possible summons, hereby declare, for all due legal purposes, that I was a witness to an event that occurred on 03/31/17, before lunchtime.

On that day, I walked past [REDACTED]'s barbershop, an acquaintance of mine, saw it open, went inside, and asked [REDACTED] to cut my hair. He began cutting my hair and, before finishing the haircut, [REDACTED] a police officer who lives on that street, came to the door and stood there looking inside. I knew that [REDACTED] was a police officer, but he was not wearing a uniform that day. [REDACTED] then asked him whether something was going on. [REDACTED] replied to [REDACTED] that nothing was happening, and shortly afterward asked [REDACTED] whether he himself had any problem. [REDACTED] replied that he was only working. [REDACTED] then told [REDACTED] that if he did not want him why, but that he did not want the barbershop to be open, because he was a police officer, and also stated that he was not the right person to argue with a sixteen-year-old boy.

[REDACTED] replied that he would not close the barbershop because he was studying, attending a course, and working. At that moment, [REDACTED] entered the barbershop and slapped [REDACTED] in the face, while I remained seated in the chair. Shortly afterward [REDACTED] asked me to leave the barbershop so that he would not close it, and told [REDACTED] that he would call his lawyer. [REDACTED] also went to his own house. Soon after, I saw Saskia arriving with [REDACTED]

After that, Saskia began talking to [REDACTED] and he started verbally mocking her. Saskia said that she would call the police. When Saskia went to call the police, [REDACTED] called me aside and said that it was "without witnesses." After that, when Saskia arrived, I told her that he had said it was "without witnesses", which was how he had threatened me. Then Saskia shouted in the middle of the street that there were witnesses and that he had threatened me.

After that, the police vehicle arrived, and I saw them pushing Saskia, pulling her hair, applying an armlock, handcuffing her, and placing her inside the police vehicle. At that moment, the other police officers went to search the house behind the barbershop, and [REDACTED] stayed inside the barbershop with us. He ordered us to stay on the sidewalk outside; at that moment, he remained alone inside the barbershop and shortly afterward went to call the other police officers who were at the house to come and search the barbershop.

Being in full possession of my mental faculties, I hereby sign this statement.

And I, [REDACTED] typed this statement at the request of the declarant.

[REDACTED]
Identity Card no. [REDACTED] 7 – SSP/DETRAN/RJ

Page: 01/01

Below are images taken from the Mente e Cérebro magazine from September 2011, with images belonging to the archive of Brazilian advertising. Cannabis cigars were sold in Brazil until the late 1930s and were recommended for various health problems, such as asthma, migraine, and insomnia.

C A P A

Maconha para desvendar o cérebro

ESTUDOS COM A Cannabis ABREM PERSPECTIVAS PARA A COMPRENSÃO DOS MECANISMOS DA DOR, DA MEMÓRIA E DE DOENÇAS DEGENERATIVAS, COMO PARKINSON E ESCLEROSE MÚLTIPLA. CIENTISTAS BRASILEIROS SÃO PIONEIROS EM PESQUISAS COM O CANNABIDIOL, COMPONENTE QUÍMICO DA ERVA COM POTENCIAL EFEITO ANTIPISICÓTICO

// por Fernando Novais Ribeiro, jornalista e editor executivo de Mente e Cérebro

28 Setembro 1 Setembro 2011



Em sono reparador, além de todos os sintomas assustadores, surgiu um cartaz publicitário de 1905, referindo-se aos poderes terapêuticos dos "Cigarros Índios", da companhia Grimault, vendidos em farmácias brasileiras até o fim dos anos 30. Fatos de maconha, os cigarros eram indicados para tratar vários problemas de saúde, como asma, enxaqueca e insônia. O efeito psicoativo da erva e sua ação sobre processos biológicos de sobrevivência, como sono e apetite, são, na verdade, conhecidos há milênios. Existem, por exemplo, relatos sobre seu cultivo e uso medicinal como analgésico e tranquilizante em 2700 a.C., na China. Mais a Cannabis usou logo imagem na pág. 32, só passou a ser estudada cientificamente há pouco mais de 200 anos. Nas últimas décadas, foi considerada medicamento, conforme se vê pelo anúncio da Grimault e depois "da pesquisa quanto à erva", como registrado na ata da Conferência Internacional da OMS de 1954. Esse ponto de vista, aliás, persiste na maior parte das culturas ocidentais. Nos anos 60, o químico brasileiro Raphael Mechoulam conseguiu isolar o principal psicoativo da maconha, o delta-9-tetra-hidrocanabinol (THC). Estudando a ação dessa substância, o grupo do pesquisador observou que ela interagia com dois tipos de receptores canabinóides, identificados nos tecidos periféricos (CB1) e no cérebro (CB2). Tais receptores se encontram em pontos "estratégicos" do sistema neural, como o hipotálamo, relacionado ao controle do apetite e ao comportamento sexual; o cerebelo, im-



PROPAGANDA NO BRASIL – 1905

Asthma
Catarrhos
Insomnia
Cannabis Indica

CIGARROS ÍNDIOS, De GRIMAULT e C^{ia}

A dificuldade em respirar, a congestão, os ataques a aspersão abundante acabam quase logo, produz-se uma expectoração abundantíssima quase sempre em pouco tempo, torna-se mais fácil a respiração, mais branda a tosse e um dormir reparatório alivia todos os sintomas assustadores que se tinham manifestado.

PROPAGANDA DE 1905:
cigarro da planta era
vendido em farmácias