



# THE GOOD HERB: LA YERBA BUENA

The NMMCP Newsletter

## What's New At Akeso Botanicals?

Akeso Botanicals, LLC.  
Tues - Sat  
10 - 5:30

**NEW STRAINS**  
Bien Loca Industries, LLC.

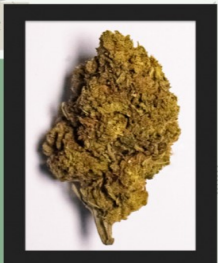
**NEW PRE-ROLLS**  
Aim High Enterprises, LLC.

200 W Conway Ave, Unit B, Las Cruces, NM, 88005



### Wedding Cake

Wedding Cake is an Indica-Dominant Hybrid that is a cross of Triangle Kush and Animal Mints, with THC at 24.15%. This strain is enjoyed for its sweet, frosting aroma and undertones of earth, pepper and lemon. While this strain is commonly used as a night-cap, you can expect the onset of this bud to make you more focused and aware of your surroundings, later changing into a relaxed, euphoric warmth.



### Goat Cookies

Goat Cookies is a Sativa-Dominant Hybrid sitting at 21.92% THC, achieved with genetics descending from Nightmare Cookies and SinMint Cookies. This strain has dense, compact nugs, and a vanilla aroma living up to the "cookies" in the name. Accompanying these sweet overtones is a base of earth, pepper, and dried dates, which blossoms into a mellow, coconut-like flavor during the smoke. The high is all in the head and eyes, with minimal body-locking.

## BOGO (for a penny) AIM HIGH PRE-ROLLS

### Big Island

Enjoy Big Island's prominent tropical aromas of pineapple and lime, as well as a strong, energizing high that motivates. Stay away from this strain at bedtime, unless you want a boost of creativity and energy. Boasting a solid 21.7% THC, and a fine grind, this 1 Gram Pre-Roll is a nice, slow burn.



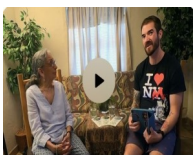
### Jagberry

Jagberry is a sativa-hybrid, with THC at 21.93%. On the first dry-hit and light, you get a rush of sweet, berry scents, which shifts to a gassy smoke that mellows with time. A fine grind of the flower within makes for an even burn. The high is energizing in the body, with a calming euphoria in the mind. This effect leads to easier movement, but if you allow it, this flower can still lock you down.



## What's New at NMMCP Consulting?

Follow us on our new podcast "The Good Herb Project", in which Dr. Hilda Chavez interviews local health professionals, educators, members of law enforcement, legal experts, and others in the community about what's happening in the world of



The Good Herb Project with Dr. Chavez Podcast: Jordan Kocon

Cannabis, in New Mexico. Check out the first interview with Clinical Psychology PhD candidate, **Jordan Kocon:**

<https://youtu.be/https://youtu.be/UcDxwx1sUGs?si=-YLucX3iiD9MimN>

We are excited to welcome Craniosacral Therapist, **Cydney Wilkes** to our NMMCP Office! Call for an appointment, today!

**CranioSacral Therapy**

Gentle healing touch therapy

Pain Migraines Injuries      Stress TMJ Issues Wellness

**Cydney Wilkes** LMT, CST-D  
20+ years experience

**575-740-6764**  
Truth or Consequences, NM  
cydneywilkes@gmail.com  
Lic NM MT7032, OR7842

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### AKESO BOTANICALS HOURS

Monday Closed  
Tuesday 10:00 AM - 5:30 PM  
Wednesday 10:00 AM - 5:30 PM  
Thursday 10:00 AM - 5:30 PM  
Friday 10:00 AM - 5:30 PM  
Saturday 10:00 AM - 5:30 PM  
Sunday Closed

Located at 200 W Conway Unit B



## YOUR CANNABIS QUESTIONS: WHAT IS MORE IMPORTANT THAN THC?

Cannabis, as you may already know, has been around forever! It has always been known as a sacred and medicinal herb. There was a time, before joints, pre-rolls, pipes and bong, culturally and traditionally, the herb was used in tea, topicals and food. Smoking was also used but not as much as today.

There is evidence of medicinal use in most cultures for thousands of years, however, recreational use is more recent. The percentage of THC is always a question. In addition, there are thousands of cannabis strains and testing results for THC may vary from 14% to 30%.

The saying that the cannabis today is not the cannabis of the 60's, is true. THC percentages back then were in the 5 to 10 % area. Today, percentages can be as high as 30% for flower and 99% in concentrates.

So, many ask do I need high percentages of THC?

The answer is deep and broad. There are many other factors that are important when it comes to THC.

**Genetics:** More and more growers are creating genetics that may have very high percentages of THC.

**Harvest time:** When the plant is allowed to mature longer, the percentage of THC will be higher.

**Light cycles:** More light means more potency.

And then there are other factors:

**How it's grown:** Are pesticides used? Are plants grown indoors or outdoors?

Is it grown commercially or by craft farmers? Are the growers experts or novices? Are growers reputable ?

**Aesthetics:** How does the flower look—color, texture, loose, tight, dense? Are trichomes visible?

**Trichome density:** This is essential, as this is where cannabinoids and terpenes create the medicinal effect. A lack of trichomes means a plant is immature and not as potent.

**Terpene profile:** Aroma is medicinal. Profiles must be loud and clearly defined.

**Is drying and curing correctly done?:** Smokers will experience smooth flavor, but if not processed properly, the smoke will be harsh and have a poor burnability.

**Burnability:** This is crucial as it must burn right for maximum effect.

**The Entourage Effect:** Cannabis has over 400 cannabinoids, terpenes and flavonoids. It is best to maximize the Full Spectrum to benefit from all.

The overall experience is what matters most.

Ask yourself:

Did it taste good?

Did it burn well?

Did it make you feel the way you wanted to feel?

Is it worth telling others about it?

It's time to speak up and acknowledge that cannabis is medicine. Do your own research, Google for strains that meet your needs, ask questions at the dispensaries, journal your use. Using cannabis comes with a learning curve. Every user may experience different results. Be a mindful and responsible user.

For more information, or to set up an appointment for NM MEDICAL CANNABIS CERTIFICATION, Contact Dr Hilda Luz Chavez, Traditional Naturopath at [hlchaveznd@gmail.com](mailto:hlchaveznd@gmail.com) or call (915) 204-5440



## Let's Save The Medical Cannabis Program!!

### **How Can We Serve You?**

**We at NMMCP Consulting and AKESO Botanicals are always open to your feedback, suggestions and ideas.**

**Please feel free to reach out to us!**

**akesobot@gmail.com**

### What's New At NM Dept of Health?

NMDOH changed the rules in March of 2023 and it has caused some confusion. It will take time to get use to the new rules!

- ◆ Recertification is now every 2 years!
- ◆ No hard cards will be issued, Electronic Card only. You must have a SmartPhone to access your card.
- ◆ If you are not sure when to recertify, call NMDOH (505) 827-2321

The NMDOH Medical Cannabis Online Portal provides qualified patients and caregivers 24-hour access to check the status of their application, available units, review their sales history and access their electronic card.

Visit: <https://mcp-patient-tracking.nmhealth.org/>

### Advantages of keeping your NM Medical Certification

1. It legitimizes you as a medical patient. Your employer and your medical doctor will appreciate your legitimacy.
2. It protects you from law enforcement. You must have proof of legitimate purchase.
3. Medical patients **DO NOT** pay tax on cannabis products, recreational users pay 20% excise tax.
4. Your dosage of THC will be of medical grade quality and more than 10mg per serving. Recreational users are limited to 10 mg per serving.
5. No fee for Personal Production, grow up to 12 plants per household

**NOTE:** As required by NMDOH, you must have an established relationship with us, your practitioner.

### CHECK YOUR CARD TODAY CERTIFICATIONS AND RENEWALS AVAILABLE AT NMMCP CONSULTING BY APPOINTMENT AND PRIVATE ZOOM CALLS ARE AVAILABLE!

Please contact us at least 1 month before your recertification is due and be prepared to bring the following to the consult:

1. CURRENT NM ID
2. NMDOH CARD
3. Updated and current medical records and/or letter from counselor
4. Pharmacy profile, if you take prescription medications
5. \$125 plus tax - cash, credit or debit cards ( discounts may apply)

You may qualify for a discounted fee, ask Dr Chavez at your appt.

**REMEMBER:** It is your responsibility to know when your card needs to be renewed. Neither NMDOH nor a DISPENSARY will remind you.

\*\*NM Medical Cannabis Program changes\*\*

*If you are not benefiting from our Newsletter, please reply to the email with the word "Remove."*

*-Thank you!*