




**“CBD has allowed me to control my anxiety, depression and PTSD”**

I joined the Army in May of 2003 and went to Fort Knox for Basic Training. During my 10 years in the military and 4 deployments to Iraq and Afghanistan, my PTSD, anxiety and depression increased after each deployment. Before I got out of the military I found out that my wife had been cheating on me during my last two deployments. Still going through divorce, getting out of the military, losing my kids, having PTSD and depression, my drinking started getting out of control. One day I decided to give CBD a try and I haven't looked back. CBD has allowed me to control my anxiety, depression and PTSD. I incorporate CBD everyday in my life.


- Jeffrey, US Army Veteran

**“Cannabis and CBD help me become a better person, husband and father”**



Wounds of war come in all shapes, sizes and time fuses. My physical condition had been slowly but consistently deteriorating since my initial deployment in 2009. I was battling chronic musculoskeletal and nerve pain from 4 years (2 of those deployed) as an Infantry medic. Too many close calls and 6 yrs later, my mental health finally started feeling the effects of all I had experienced. Only once I left the service was I able to legally acquire the medicine that would allow me to find relief for the physical and mental pain so many veterans experience. Years of pharmaceutical interventions could not amass to the supportive nature of what mother nature has provided. Vaporizing dry herb cannabis and CBD from hemp helps me become a better person, husband and father. The decrease in pain, anxiety have given me better quality of life like no other treatment modality before. Too many close calls and 6 years later, my mental health finally started feeling the effects of all I had experienced.

- Brandon, US Army Veteran



**“That’s no way for a Veteran or anyone to live”**

During my service I injured my back, had two surgeries on my left shoulder and lost half the mobility in it. Insomnia and depression along with joint pain is a daily for me. During my time in service, because of my injuries, my unit bounced me around till I was medically separated. Those were dark times as it made me feel useless. Cannabis and CBD helped me cut back on taking 8 pills daily. It helps me sleep when I need it. I am able to do more and help my wife out more around the house. I don't have to rely on pills just to get out of bed. That's no way for a Veteran or anyone to live. When something is grown from the earth and has positive medical benefits, I'm all for it. Taking cannabis/cbd these last 5 years has eased my mind, body and soul.

- Richard, US Army Veteran



**“Cannabis and CBD have improved the quality of my life”**

My time in the Navy was stressful since I didn't know about anxiety and depression. I served time on a destroyer doing multiple jobs in the busiest fleet in the Navy. My next command got more stressful when we had a tour in Afghanistan where we had 24 bombings in 4 months. Cannabis and CBD have helped me get a handle on things like anxiety and depression. It has helped me with my sleep disorder, and keeps me on the right track on staying away from alcohol. During my service times I would deal with all of my stress by drinking way to much. When I have CBD and cannabis I don't need to pick up alcohol. When I am out in environments that are too crowded for my taste, a couple of CBD gummies will help me be comfortable.


- Tyrone, US Navy Veteran



**“I’m embarrassed that I enforced cannabis prohibition”**

I come from a long line of police officers. My grandfather was a decorated police chief in his native country, becoming famous for purging corruption from his department. My law enforcement roots combined with conservative Latino upbringing, makes me a very unlikely proponent of cannabis. Three years ago I was seriously injured in the line of duty and medically retired. I became addicted to prescription opioids and ended up taking over 100MGs per day. After repeated attempts to stop cold turkey, my wife's naturopathic doctor convinced me to try cannabis. It allowed me to cope with the withdraw symptoms and saved my life. I'm honestly ashamed and embarrassed that I enforced marijuana prohibition during my career.

- Miguel, Retired Law Enforcement Officer



**“Marijuana was the only thing that allowed me to cope”**

I joined the Air Force in 1980 and was stationed at Malmstrom AFB in Montana. I suffered with clinical depression for thirty years after surviving child abuse. Marijuana was the only thing that allowed me to cope with the daily difficulties of life. I would wake up in the morning and the first thought on my mind would be I don't want to go to work today. And I would eat breakfast and take a shower and then smoke some marijuana. As soon as I finished smoking, it was if a light switch turned on in my head and I would think, okay I'm ready to go to work now. I would smoke more at lunch to get through the rest of the day and have a positive attitude instead of a negative one. It also enhances my creativity and makes me laugh and also helps me sleep.

- Bernadette, US Air Force Veteran

**REAL STORIES FROM AMERICA'S BEST & BRAVEST**



**HEROGROWN FOUNDATION**  
**STORIES of HOPE**



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# CANNABIS & CBD

## SCIENCE VS STEREOTYPES

*Cannabis is a dangerous drug without any medical uses; an 85-year-old narrative rooted in corruption, greed, and racism. A blatant fabrication that has inflicted unimaginable suffering on millions of Americans. A lie that has separated families, taken away livelihoods, and caused unneeded suffering for the sick and dying.*

Nearly a century after cannabis and hemp were first criminalized and demonized, it's time we let science and real-life experiences take precedence over the unjust stigma and stereotypes.

- » Regardless of either quantity or potency, cannabis cannot cause lethal overdose in humans
- » State-based cannabis legalization has lowered crime rates
- » In states where medical cannabis is legal, opioid-related mortality has fallen significantly
- » Cannabis is more likely to be used as an "exit" from dangerous drugs than to act as a "gateway" drug\*

Even more compelling than scientific data are the first-hand *Stories of Hope* from America's best and bravest. HeroGrown® fights to 'Liberate Cannabis' on behalf of these heroes, along with the millions of other Americans suffering silently in the shadows.

(\*Norml)

### "I'm completely sold on this plant"

I am currently employed by a well known fire department specializing in wildfires, often in remote areas. A few years ago I injured my knee and back rolling down a hill to avoid falling debris. I was prescribed pain medication but found myself craving the medication rather than needing them just for pain. I was terrified that I would become fully addicted so I stopped, but I started having more pain and new anxiety issues. After my injury, a paramedic on my crew gave me CBD oil that I never tried. I decided to give it a try and the first thing I noticed is my anxiety went away almost immediately. The CBD also made my pain more tolerable. I came from a family with negative views of cannabis, but I'm completely sold on the healing power of this plant now. I'm hoping to try cannabis if my department ever allows it.

- Tom, Active Firefighter



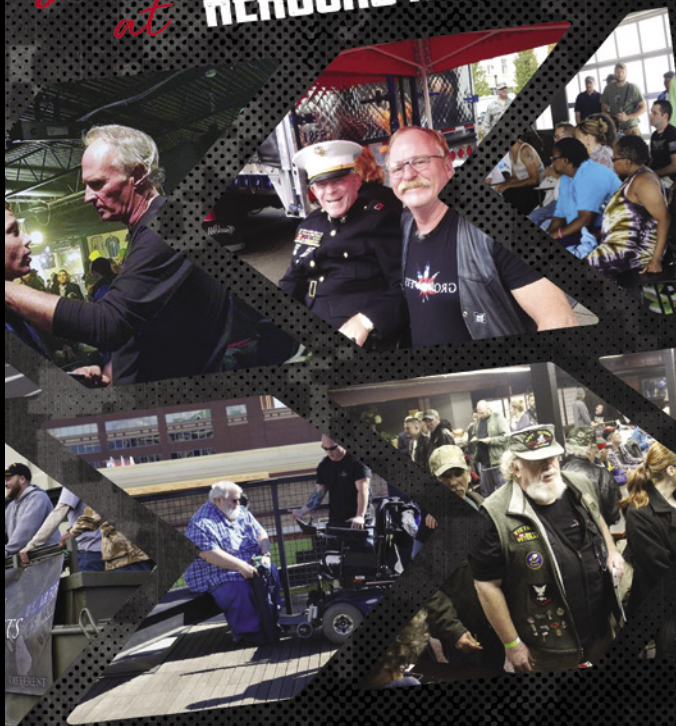
### "This product has given me my freedom"

In 2003 I was deployed to Baghdad Iraq as a mechanic with the 234th signal. I served for one year and while I was deployed I fractured my spine jumping from a wrecker as mortars starting coming in. The CBD and THC products allow my pain and anxiety along with my PTSD to slow down some and allow me to do some things that I have thought would be long gone. So thank you.

- Joseph, US Army National Guard



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- ★ Cannabis Giveaways
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### "Immediately, my pain would stop, my anxiety was gone"

While deployed in Iraq in 2007 in the Amariyah province, my tank rolled over an IED while on patrol. The blast penetrated the belly armor, breaching the hull and caving the hull floor upward, breaking my ankles and tossing me violently into the ceiling of the tank, knocking me unconscious. First being in a wheelchair, to using a cane today. Today I suffer from a TBI, metal screws in my ankle, PTSD, migraines, and constant pain. I was originally prescribed 12 different pills for my body and brain. Pills that made me zombie-like or just sleep for 3 days and were damaging my kidneys. In 2011, my wife introduced me to cannabis and CBD. I started smoking cannabis and immediately my pain would stop, my anxiety was gone, and any other lingering symptoms would seem to dissipate while using cannabis and cbd. Eventually, I stopped taking my prescriptions. All of them. I can't get cannabis from the VA. So God Bless HeroGrown!!!!

- Jaime, US Army Veteran

### "It has changed my life for the better"

I am combat injured infantry man (recon- scout -sniper ). I served in the 82nd airborne infantry and the 10th mountain division. I was also a Mortar pit crew chief I served in Afghanistan and in Iraq multiple combat tours as a 11b 12b 21b. How has cannabis and CBD helped me with my combat wounds? It helps me with pain, I have back injuries such as spinal stenosis, protruding discs, nerve issues. The other way it helps me out is with my PTSD, anxiety, and depression. It has helped me in a holistic safe approach, it has eliminated drugs I used to take and for that I am grateful. It has changed my life for the better. It's a bit easier to cope with everything with the CBD. It really helps with my anxiety as well. Helps me feel calm.

- Adrian, US Army Veteran



### "CBD has helped me cope during this Pandemic"

I've been a registered nurse for nearly 25 years, working in several major hospitals across the country. Being a nurse can be highly stressful during normal times. Taking care of sick patients on the front lines during the Covid19 pandemic, I have experienced things I never could have imagined. Working long hours with what seemed like no end in sight, I needed a break after I got off of work. I've been sober for 12 years after a decade of self-medicating with Alcohol, so my options for stress relief were limited to natural remedies. I've been exercising and taking CBD products to manage my stress and PTSD. I primarily credit the CBD with allowing me to finally rest when I get home and be a better partner and grandparent.

- Brenda, Registered Nurse