



## Meet a Member - Rick's Story

As a partner in opening True Compassion Toronto, Rick says he did it for a few reasons. "I truly feel medical marijuana saved my life," he says. "I wanted to open this centre and be able to give others that same opportunity I had to be well and better manage their chronic pain or disease without pills. Frankly, I also think I can do it better than other options out there that provide access to medicinal forms of pot."

When asked about the risks in opening what is essentially an illegal business under the current Canadian laws, he says he's willing to take the risk. "The feeling in Canada towards the benefits and importance of medical marijuana are changing. I so strongly believe in the power of this medicine, and the model of compassion centres versus the current licensed producer system in delivering quality, effective, affordable medicine that I'll take the risk so that others can have safe access to relief they need."

For the past seven years Rick has suffered from chronic back pain from a workplace injury, he also has fibromyalgia and post-concussion syndrome from years playing hard sports. His prior treatment plan included a myriad of prescription pain medications. Five Percocet's a day, 90mg of morphine, and two 80mg Oxycodone pills were his daily routine. It's no wonder that prior to finding medical marijuana as a treatment option Rick was what he called "a walking zombie" and close to death.

My doctor finally gave me a sample of Cesamet, which is synthetic THC," he says. "While I didn't find it totally effective, it did lead me to try medical marijuana which has dramatically improved my quality of life." Rick says he doses daily with four to five medicinal cookies, or edibles, which he finds easiest to carry around and ingest during his daily routine. He'll also do the occasional dab or smoke a joint which has entirely eliminated his prior routine of prescription pain medication.

"I am much more social now," says Rick. "I'm able to be physically active, and have a range of motion that I didn't have before, and I truly feel the quality of my life is where it finally should be now that I'm not worrying about constant pain or side effects from medication."

When asked about what he'd say to anyone suffering through similar circumstances and considering medicinal marijuana, a big grin comes across his face. "Please just try it,"

he pleads. His highest hope is that it becomes legalized across the board in Canada for medical and recreational use in the near future.

Here's hoping many more chronic pain sufferers find relief like Rick through this amazing treatment option.

For more information on becoming a member of True Compassion Toronto please visit our website at [truecompassiontoronto.com](http://truecompassiontoronto.com).

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