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Fall 2015

# Interview of the second second



# how to choose...your guideto everything





















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# How to Choose an Auctioneer

If you are liquidating a business, selling off an estate or raising money for a good cause, then consider using an auctioneer. Auctions are fun for the participants and host. It is a fantastic way to make a profit. When searching for an auctioneer, there are a few things to consider. Auctioneers specialize in auction types, so look for the right one to fit your needs.

### MANY AUCTIONS ARE PERSONALITY-DRIVEN EVENTS, SO BE **SURE YOU SELECT AN AUCTIONEER WHO IS GREGARIOUS AND PERSONABLE.**

This person much have the gift of speech, a touch of humor and the ability to develop a rapport with the audience.

The success of your auction will depend on how much the auctioneer can establish a relationship with the audience. After all, he will entice bidder to participate. A great auctioneer can make a sale or entice people to bid on unattractive items.

### LOOK FOR AN AUCTIONEER AT AN AUCTION HOUSE.

The best auctioneers are independent contractors with skills and a long track record of experience.

### YOU CAN ALSO UTILIZE THE INTERNET OR YOUR LOCAL **NEWSPAPER TO FIND A OUALIFIED AUCTIONEER.**

Most newspapers have an auction section in their advertising section. If you use the Internet, be sure to visit the website of a certified institution. Not every site lists credentialed auctioneers.

### IF YOU'VE EXHAUSTED THESE SOURCES, CONTACT THE NATIONAL AUCTIONEERS ASSOCIATION OR VISIT THEIR WEBSITE, WWW.AUCTIONEERS.ORG.

Many auctioneers belong to professional organizations such as the Certified Auctioneers Institute, or CAI. By hiring an auctioneer with this certification, you can know he or she has had extensive training. Auctioneers with this certification are also held to a higher standard of integrity.

While it it important to use a professional, especially for large events, sometimes it can be difficult to find a person in your area. If you can't find a professional, look for someone in your community with charisma. Sometimes a well-known person can also draw people to your event. Your potential auctioneer should undergo some training in the overall auction process. There are often logistics that must be explained beforehand.

### WHEN SPEAKING TO CANDIDATES,

**BE SURE TO ASK FOR REFERENCES AND WORK HISTORY.** 

Verify licensing and check that they are actively working auction events.

### ONCE YOU HAVE A LIST OF FINALISTS, ATTEND AN AUCTION AND WATCH THEM PERFORM.

Pay attention to how they handle attendees and the pacing of the event. Take notes on each auctioneer. Once you have narrowed your list to one or two candidates, perform a background check and obtain reliable references.

### AFTER YOU HAVE COMPLETED THIS PROCESS. YOU CAN RELAX AND HAVE FUN ALONGSIDE THE PARTICIPANTS **OF YOUR EVENT.**

The right auctioneer will not only be entertaining, he or she will get the job done with ease.

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# **Logan Auction Service, INC**

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Logan Auction Service, Inc. is based out of Clyde Park, MT. in south central Montana. We are a full service auction business conducting various auctions: Estates, Farm/Ranch, Moving, Liquidations, Personal Property, General Consignments, and Real Estate.

We also offer a personal property appraisal service for: Household, Tools, Farm/Ranch Equipment, Livestock, Antiques, Collectibles, and more.

JimBo and Chris Logan own and operate Logan Auction Service, Inc. We are first generation auctioneers and have been serving the needs of individuals, estates, local governments and businesses in south central Montana since January 2000. JimBo and Chris possess some of the highest educational achievements in the auction industry.

Logan Auction Service, Inc. is one of the few companies that handles all saleable items within a home from the front door to the backdoor, from basements to attics. No estate is too small or too cluttered. Personal property includes: precious metals (pots and pans), normal household items including like-new working appliances, jewelry, collectibles, high-end antiques, outdoor furniture, as well as tools, automobiles, boats, motors, trailers, motorcycles, and countless other items.

Our professional staff include auctioneers, clerks, bid assistants, bookkeepers, set-up crew, and support staff. Together we make a dedicated team committed to making your auction a success. All your items will be handled with care and JimBo and Chris are always present during the pickup and inventory process. Our goal is to sell your property for the most money in a short time frame to convert your assets to cash.

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 $F(H \sim$ 

GPPA

JimBo Logan Auctioneer





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Visit our website, www.loganauction.com, to view all our upcoming auctions.

**BIG or small**,

# 10 Tips for Choosing the Best Custom Closet and Storage Company

Once considered a luxury or an afterthought, most homeowners now view customized organization as an indispensable part of maximizing space. But storage can be so much more. With a little planning, your home organization project can do as much to amplify your style as it does to establish order. Before you start your next project, it's worth the research to find a company that fits your expectations. The following tips will help you identify a professional that not only delivers a great storage solution, but a great experience.

### **1. PREVIEW THEIR WORK**

The best way to get a sense of the quality of a company's product is to visit a showroom. Additionally, companies with showrooms tend to be better established.

### 2. LOOK FOR A COMPANY THAT HAS EXPERIENCE.

That is not to say that newer companies cannot provide great service and product. However, a company with many years in business is more likely to be there to back up their warranty or match original installations.

### **3. REFERRALS FROM PRIOR CUSTOMERS.**

Referrals are a great way to get an idea of what sort of experience a company delivers. Customers' first-hand accounts of their experiences are available through Yelp, Angie's List, Houzz and GuildQuality.

### 4. A PROFESSIONAL COMPANY SHOULD OFFER A GUARANTEE.

Not only does that protect your investment, it shows that the provider takes your satisfaction, and their reputation, seriously.

### 5. MAKE CERTAIN THAT A COMPANY'S DESIGNERS HAVE BACKGROUNDS IN DESIGN.

Off-the-shelf designs are fine if you are doing the project yourself, but a true expert in conceptualizing unique spaces is part engineer, part artist and worth the effort to find. The advantage of a real designer is that he or she is trained to combine form and function in a way that matches your style, whether it is contemporary, transitional or traditional.



### 6. MATERIALS AND HARDWARE MATTER.

Designs can be realized in different materials to achieve different price points. Make sure the company you choose offers a variety of finishes, from wood to laminate, and can explain their benefits in more detail than just price. A company that works with wood will have a higher level of experience and skill than companies working exclusively with laminates. Projects built with wood require greater attention to fine details. Besides wood selection, hardware is one of the most important components to choose for a storage system! Doors and drawers are opened multiple times everyday. Metal hardware lasts longer and performs better than the plastic counterpart.

### 7. CONSIDER WHERE THE PIECES ARE BUILT.

A company with in-house manufacturing is advantageous in terms of greater control over your project and a higher level of customization. Additionally, future changes, added work and quality control are better managed in-house. Independent companies that design, manufacture and install are more flexible and tend to take a personal stake in your satisfaction.

### 8. KNOW WHETHER OR NOT THE COMPANY IS LICENSED, INSURED AND BONDED.

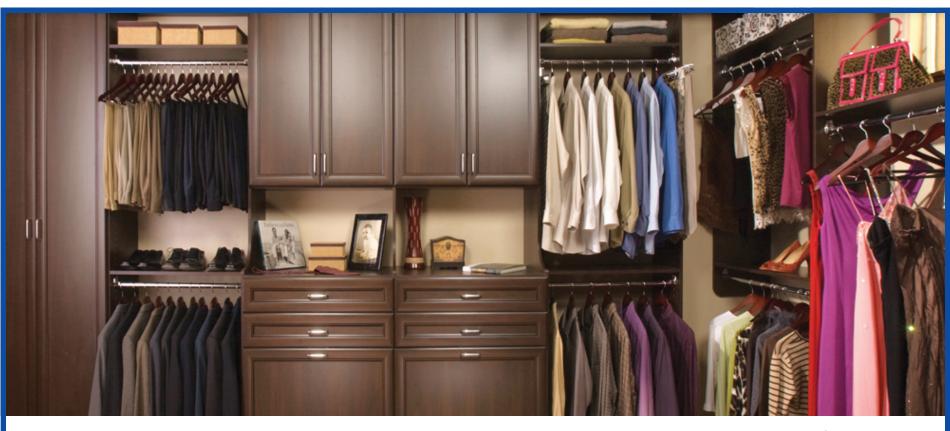
Any professional or company that is manufacturing and installing fixtures should be licensed, insured and bonded. Generally speaking, this means a company is reputable, responsive, and equipped to handle any problems that arise with your project.

### 9. INSTALLATION ARRANGEMENTS ARE TELLING, SO ASK.

A legitimate company will have its own installation crews who do nothing but install storage solutions. Installers that are not subcontractors, and who work closely with the manufacturer, will take responsibility for their work and be accountable. That translates into fewer mistakes.

### **10. A DEDICATED SERVICE DEPARTMENT MAKES A DIFFERENCE.**

Some companies have dedicated field technicians solely devoted to handling service requests. This can speed up response time and result in expert customer service. Look for it.



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# How to Choose the Best Soap

Soap...it seems that many people LOVE handcrafted soap. Lots of folks have the bottom drawer of the or cabinet dresser in the hallway FULL to the brim with....SOAP!

Soap really serves a multitude of purposes: It should appeal to the senses, look beautiful in the wrapper, smell amazing, look amazing, and not feel like a rock, and get us clean without drying out the skin. It can also.... sluff off dry skin in the form of an exfoliating bar, leaving our skin feeling refreshed, smooth and moisturized, not dried out.

Here in Montana moisture is a BIG deal...or rather, the LACK of moisture is a big deal. When it comes to soap – glycerin is key – glycerin is what bonds moisture (water) to the skin. Some soap companies take the glycerin out of the soap, as it is worth more on the open market and and they replace the removed glycerin with chemicals that try to do what glycerin does naturally – that is a tall order!

Glycerin is not an additive, it is the by-product of the process of saponification, a complex work used to describe how soap becomes soap. A handcrafted bar of soap is loaded with glycerin and is responsible for all the moisturizing properties contained in a handcrafted bar of soap. There is no sodium laurel sulfate (chemical that makes lots of lather), no dyes or additives. Just high quality, 100% all natural ingredients, essential oils, ,minerals and nutrients for your skin. Keep it simple and pure. When it comes to handcrafted soap, less is so much more!

Be sure to read the ingredients – some brands can have a long list of chemicals in them. Our skin is the largest organ of our

bodies – be careful what you place on it. A good rule of thumb could be: "never put anything on your skin that you would







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# How to Choose a Furniture Store

With all the eclectic choices available today, there has never been a better time to buy new furniture. Whether your budget is big or small, choosing new seating, tables and accessories can make a big difference in your daily life.

Furniture gives your house a personality. It creates an ambiance that sends a message to guests about who you are. What is your particular and unique style? What do you value most in furniture?

### **QUALITY THAT LASTS**

Look for a store that sells quality, long-lasting furniture. While inexpensive accessories can be bought cheaply and changed often, big furniture investments -- sofas, dining tables, and the like -need to be purchased for the long term.

That means putting solid construction before a pretty style. Solid construction isn't always apparent at first glance. It should feel solid, not flimsy, of course. Beyond that, find out as much information as possible about the frame, materials, and what kind of warranty it comes with.

A well-trained staff can inform you about their furniture, how they're built and why the construction matters. The best stores have employees who act as guides and teachers, not pushy salespeople.

### **VALUE, NOT JUST PRICE**

It is best to pay more for a quality piece than to try to save money on something that will not last in the long term. The bigger the investment, the more important the design and build quality become.

Concentrate on finding the best value. An inexpensive sofa will not be a good value if it is built with cheap and weak materials. Likewise, the most expensive love seat will have a wise investment if the frame is not built solidly.

It's best to look for brands with a long track record and good reputation.

### **SERVICE, DELIVERY**

Every store has a different customer service policy. Choose a store that is well known for being loyal to its customers. Inquire about return policies. Some furniture stores will allow



you to exchange an item within a certain time limit if it doesn't meet your expectations. Learn what fees are involved if you have to return an item -- if that is allowed at all.

As well, ask about the store's delivery policy, including how much it costs, how far they'll deliver and how quickly your furniture will arrive.

If you are comparison shopping, factor the delivery cost when considering different stores. A low-priced couch will not save you money if it comes with an expensive delivery fee. It may be worth it to pay a little more for the couch if free or reduced cost delivery is available.

The bottom line is that there are only two things that matter: the quality of the furniture you are purchasing, and the level of service you receive. Once you discover them both, furniture shopping can be a fun experience that that will beautify your home for many years. And you can be happy and comfortable with the furniture for generations to come.



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# What to Look for When Buying Windows

Your eyes are the windows to your soul. Your home's windows, on the other hand, protect the inside, or soul, of your home. Gorgeous windows for your home or commercial building can enhance the appearance of the property. It can also increase its value. But weighing functionality, aesthetics, placement, price and efficiency can be daunting. There are is an array of things to consider.

Understanding the terminology used to describe various windows will help you make your decision. Here are common words and phrases you are likely to encounter:

### WINDOW GLAZING

The actual glass in a window is called glazing. Many homes and older buildings have a single pane of glass within each frame. It is a traditional style; however, it is not energy-efficient.

Double-glazed windows are the most popular option. There are two panes of glass in a frame. The gap between the panes is sealed with a spacer creating layer of insulation. It improves the window's ability to maintain the building's temperature.

Sometimes, newer structures have triple-glazed windows. They are more expensive, but they also provide additional insulation benefits.

### **R-VALUES**

R-values measure the amount of heat a window loses through its glass panes. Higher R-values mean more energy efficiency. An R-value of three is very desirable.

### **U-VALUES**

U-values tell you the level at which a window conducts heat. The lower the U-value, the better.

People who live in wintery climates should choose replacement windows with strong R-value and U-value ratings to conserve energy.

### LOW-E

Low-emissive, or low-e windows, are the latest innovations in the energy-efficiency mark. Low-e glass traps heat by placing a thin metallic coating on the appropriate window pane. Indoor radiant heat is reflected back inside, cutting the burden on a building's heating system. If you live in a cold climate, install a low-e window as a complement to low U-value components.

People who live in sunnier, warmer climates can also take advantage of low-e windows. The summer's higher levels of infrared rays are reflected back outside, keeping the interior of the house cooler.

### **UV FACTORS**

Blocking UV rays will spare your carpets and furniture from sun damage. That's why a window with high ultra-violent blockage is recommended, especially for people who live in warm climates.

### **CASEMENT WINDOWS**

When energy efficiency is a key concern, casement windows are the best choice. This simple high-and-crank design lowers air seepage. When the wind pushes against the glass, the seal becomes tight and reduces leakage.

Casement windows are hinged on the sides. When the windows have top hinges, they are called awning windows. Hoppers are bottom-hinged windows.

Hinged windows must be maintained, as the seal erodes over time. When left unchecked, the erosion can make the window less energy efficient.

### **OTHER FACTORS**

Large differences between interior and exterior temperatures create meddlesome condensation on glass. Always choose a window appropriate for your climate.

Window placement is another factor when building a new structure. Consider the building's position and location as they relate to the sun. Windows facing the south let in more heat than north-facing windows. Properly placed, a window can increase a structure's passive solar efficiency.

Extreme temperatures cause frames and seals to deteriorate more quickly. Windows using warm-air technology and adequate spacers reduce temperature fluctuations, placing less strain on seals and framing.

Before beginning any improvement project to your home or business, understand the building codes in your area. You may need a permit to do a major window-replacement project. If you don't have the required paperwork in order, you might have to pay a fine and remove the work that's already been done and start over.

Knowing basic terminology and concepts before you shop for windows will save you time and money in the long run. It is really less complicated than it looks.







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# How To Choose a New Car Dealer

Purchasing a new car can seem like a daunting experience, especially if you have never done it before.

Inexperienced car shoppers are often intimidated by the cost, the process and even dealers who may try to overcharge them. It doesn't have to be this way.

Finding a dealer you can trust will diffuse anxiety. The whole experience will become a simple, low-pressure transaction. Good car dealers will make the entire process of buying a car simple and straightforward.

### CHOOSE THE RIGHT CAR

Selecting the right automobile for your needs and lifestyle is essential. Large families may need an SUV or van to fit everyone into the vehicle. But college students buying their first car would probably be happy with a compact car such as coupe. The savings on gas will help ease finances while one is in school.

Along with the car model, there are

CHEVROLET

numerous options to consider. You might get a car with a navigation system, moonroof, GPS and satellite radio, just to name a few.

If you have to commute long distances, think about purchasing a smaller car with a good MPG rating. Hybrid cars can help you save money on gas. Anyone in a cold climate might look at various vehicles with either all-wheel or front-wheel drive.

### **CHOOSE THE DEALER**

Once you have settled on a car model, check into area car dealers. Finding several dealers who sell the brand of car you want is usually best. The competition for your business will help you negotiate the total cost of your car.

Make sure to look for current discounts on the car you want. During specific times of the year, you might be able to get a great deal on a new car. It is particularly true during year-end sales.

Of course, you should test-drive a car before purchasing it. When you begin your negotiations, remember that price isn't everything. Service should play a role as well. You are building a long-term relationship with this dealer and manufacturer. It is not worth getting a less-than-satisfactory experience just to save a few dollars.

Make sure that you feel comfortable with the dealership. Buying a car is an expensive, long-term commitment. It is always better to find a car salesperson who is informative and friendly. It will make your transaction as simple and comfortable as possible.



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# How to Choose an Auto Body Shop

Does your vehicle have dents and dings, scratches and bumps, or even more serious damage?

Anyone who has experienced a car accident knows that it can be a calamitous event. Once you have dealt with any resulting health issues, you will have to contend with damage to your automobile.



Whether your car has experienced significant damage or simply a scratch, you will want to find an auto body shop that is trustworthy and dependable.

A good auto body shop will ensure that your car, truck, SUV or minivan is repaired quickly, affordably and correctly.

The shop you choose should be able to complete all manner of work, from a minor touch-up to a full-body repair.

Your friends, family and colleagues might have recommendations. After all, auto body shops are an unfortunate, but necessary, part of life for most people. Once you have a list of companies, research each shop on the Internet and read customer reviews.

Testimonials, negative and positive, should be considered. But keep in mind that no

business has a 100 percent satisfaction rate. Someone will always be displeased. Also, more people are likely to leave a negative rather than a positive comment.

A good source for finding an auto body shop is your local newspaper. Local businesses advertise and many times you can find special deals to help save you money.

Once you have created a list of shops, contact them on the phone and ask pertinent questions. How long have they been in business? What are their specialties? How soon can you bring your vehicle in for an inspection?

Ask to set up an appointment for an inspection, which should be free, and further investigate the business. Look around their lobby. Is it clean? Do they have their license and any awards or certificates posted? Do they care enough about their customers to offer reading material, coffee or water?

Consider their prices. Are they comparable to other body shops? While you want to find that deal, remember, cheaper is not always better. Understand that you will often get what you pay for when it comes to auto body work.

Low prices may be tempting, but they typically mean sub-par work, used parts and paint incorrectly applied.

Feel free to ask the manager or owner for references before they work on your car. You can also check their previous work. When you see a car with paint drips, panels that are misaligned or paints that don't match, look elsewhere. You will not save money if you need to have the improper work redone.

The shop should inspect your vehicle for repairs that are not readily visible. Oftentimes, there are hidden damages that cannot be detected until repair work begins on the vehicle.

Finding an auto body shop may not be the most pleasant business because it usually means your vehicle has suffered some kind of damage. But finding the right shop will make the experience much more pleasant and you will be happy with the repairs. Especially if you find the right shop that knows how to repair your vehicle so it looks the same as before, or even better.



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# How To Choose an ATV

All-terrain vehicles, or ATVs, are a popular vehicle for fun and work. It is a fantastic way to escape the busy week or spend time with your friends. Or, it is a great way to cover ground quickly while you check on crops or animals. Perhaps you're looking for a bit of competition? There are plenty of races and competitions around if that is your desire. Unlike many other hobbies, ATVs are a relative bargain. With some basic equipment and gas, you are on your way.

### **GETTING STARTED**

First, conduct some research. Think about how you will use the equipment.

Are you using the ATV for competition or strictly recreation? If your goal is to compete, then you will need a higher level of equipment. On the other hand, long excursions demand strong fuel capacity and range.

No matter what your goal, you should learn to ride safely and comfortably. Take a training course and always follow local traffic laws.

Finding more experienced ATV riders will help you learn more about your vehicle. Joining a local club is an excellent way to make new friends and find riding partners. You can also discover local trails and listen to riding tips from experts.

### **TYPES OF ATVS**

There are several kinds of ATVs to consider.

The youth model is smaller and less powerful. With an automatic transmission, it is designed to introduce children to the hobby.

The basic four-wheeler is an affordable choice. It is perfect for the first time ATV owner. These easy-to-ride vehicles are affordable selections, but they are not ideal for deep mud or large rocks.

Utility quads will help you with towing, snowplowing or hauling cargo on front-or rear-mounted racks. These ATVs have many other accessories as well. Sport-utility quads have features that will enhance performance and practicality. These ATVs are popular because they are fun to ride. Finally, some ATVs have long-travel suspensions, powerful engines and lightweight construction. These machines are for sports and fun. They can jump, slide and run over rough terrain.

### COMPETITIONS

If you are thinking about becoming more involved with ATVs, consider taking part in competitions. From races to endurance rides, you can test your skills. There are even safety competitions. Look for more information at your local ATV club or on the Internet.

### SAFETY TIPS

Purchase an ATV that fits your strength, size and experience.
Never let a child ride an ATV designed for an adult.

 Wear a helmet designed for ATV riders. Always insist that all members of your crew wear their helmets.

- Follow safe towing practices when moving your ATV.
- Ask for permission before riding on private land.

Choosing the right ATV is a combination of finding what you like, what meets your budget, and what fits you and your experience level. Visit your local ATV reseller to see in person the different types of machines, talk to the experts and get an idea of the prices.

Many retailers will also have programs and information on ATV clubs, events and competitions. They are a great source of information for you and your new ATV.



We all strive to be the type of friend that gives the unique gift. However, if we don't have a crafty bone in our body, our job becomes harder. Fossils & Crystals are gifts that were formed thousands/millions of years ago. Waiting under ground until being brought to the surface to be cherished.

### FOSSILS:

A fossil is a preservation of a once living thing. Impressions of ancient footprints, Insects, leaves, shrimp and more are preserved in the host rock. The most desirable is when the background rock is a contrasting color from the fossil. i.e. ancient shrimp are preserved in such detail that their antennae's & legs give the illusion of being drawn in brown on a cream colored backdrop. Or multi-colored leaves forever impressed on a beige sandstone. Fossils freeze a moment in time, from long, long ago. Fossils confirm climate change; i.e. fossilized Horn Coral can be found in the Bridger Mountains.

Other fossils preserve a 3-D stone replica of ancient live forms. Teeth from sharks or mammoths, bones, skulls and horns from dinosaurs. Trilobites are one of the oldest marine life forms and are thrilling to hold. Take the time to examine a complete trilobite with it's compound eyes and 3 segmented body.

When choosing a fossil, research the reputation of the store or seller so you can be confident in their knowledge and reputation. As with anything else, fossils can be faked. Look for repairs or enhancements. Is the collection area & age of fossil included? Know what you are buying by asking questions and developing a relationship with your local rock & fossil store.

### **CRYSTALS:**

See at www.EarthsTreasuresMT.com

Some minerals form into distinct symmetrical shapes. Quartz crystals are 6 sided "rods" ending in pyramid points and can be clear, purple, black, & yellow. The most prized are transparent with inclusions that reflect brilliantly colored rainbows. A rarer quartz can have red, black or golden "needles" inside. The "needle" minerals are

tourmaline or rutile. Calcite cystals form into dogtooth shaped points or rhombohedrum shapes (picture a box, slightly squished and tilted to one side). Examples of minerals that form perfect square crystals are barite, pyrite & galena. A rare formation of crystal is the pinwheel shape presented with cavansite & wavellite.

Crystals can be set or wrapped into eye catching jewelry. Single pieces with multiple shapes of crystals are a delight. Truly a one-of-a-kind work of art, not shaped by human hands.

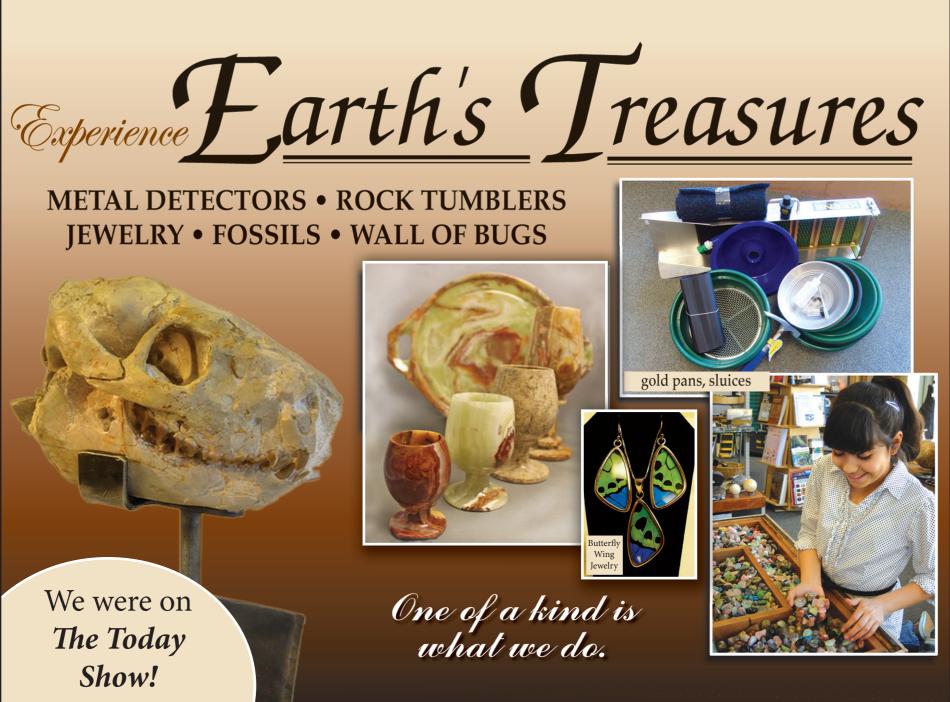
When choosing a specimen, inquire if all sides are natural or if some or all have been polished. Determine if anything has been heat treated, dyed or radiated, which are techniques used to intensify colors.

### GIFTS THAT KEEP GIVING:

Fossils and Crystals are a limited resource. Collection sites can become exhausted, flooded or closed. Fossils and Crystals can be an investment that can increase in value.







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# How to Determine if Medical Marijuana is Beneficial for You

While recreational marijuana is still faced with controversy, the majority of Americans now believe that the drug should be legalized for medical purposes. As a result of the nation's shifting attitudes on legalizing marijuana for medicinal uses, researchers have led some breakthrough studies to better understand the following health benefits that cannabis has on the body.

### **1. STOPPING THE SPREAD OF CANCER CELLS**

Researchers have discovered that the active ingredients in marijuana can stop cancer from spreading. Since marijuana is linked with anti-inflammatory activities that block cell growth and prevent the growth of blood vessels that supply tumors, the drug has been found effective with cancer in the brain, lungs, prostate, cervix, and even pancreas.

### **2. CONTROLLING SEIZURES**

For patients diagnosed with epilepsy and other severe seizure disorders, marijuana has been linked to preventing seizures by regulating relaxation in the body.

### 3. PAIN RELIEF INCLUDING PAIN FROM ARTHRITIS AND FIBROMYALGIA

While it is common knowledge that marijuana is a useful tool for pain management, researchers are now certain that cannabis can be used to reduce inflammation and discomfort for patients diagnosed with rheumatoid arthritis too.

For example, Tabitha (pictured) was diagnosed with Fibromyalgia. After starting a program of physical therapy and medical marijuana, Tabitha is now able to stop relying on pharmaceuticals and begin experiencing a higher quality of life. For Fibromyalgia patients, medical marijuana provides many benefits such as controlling pain, boosting mood, alleviating stress, maintaining an appetite, and improving sleep. Because of these benefits, marijuana makes it possible for Tabitha to stay active and positive and overall improves her quality of life.

### 4. PROTECTING THE BRAIN FROM TRAUMA

According to research at the University of Nottingham, marijuana is able to effectively protect our brain from the trauma caused by stroke by lessening the area affected by the stroke. In addition to reducing the effects of strokes, marijuana can also decrease the bruising of the brain associated with concussions and activate the brain's natural healing mechanisms.

### **5. REDUCING THE SIDE EFFECTS OF CHEMO**

For cancer patients going through the awful pain and nausea associated with radiation from chemotherapy, medical marijuana is often prescribed to help reduce the side effects and avoid other additional health complications.

### **6. SLOWING THE PROGRESSION OF ALZHEIMER'S**

In a recent study lead by the Scripps Research Institute, researchers discovered that THC, the active chemical in marijuana, is able to slow the progression of Alzheimer's disease and dementia.

### 7. REDUCING ANXIETY FOR IMPROVED MOOD

Based on research conducted at Harvard Medical School, medical professionals believe that marijuana is able to decrease anxiety and act as a sedative to improve the user's mood. Therefore, medical marijuana is becoming an increasingly popular treatment option for military veterans returning from war with post-traumatic stress disorder (PTSD) to regulate the system that causes fear.

### 8. INCREASING TREATMENT EFFECTIVENESS FOR HEPATITIS C

When patients are diagnosed with hepatitis C, the harsh treatment that follows often leads to extreme fatigue, nausea, loss of appetite, depression, and severe muscle aches that last for months. Of those receiving the treatment, 86%



of marijuana users were able to successfully complete their therapy treatments with fewer side effects.

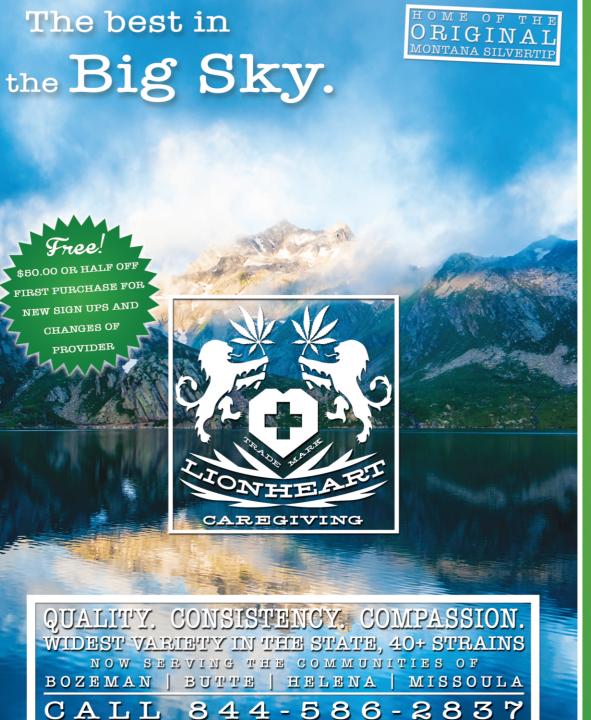
### 9. ELIMINATING INFLAMMATORY BOWEL DISORDERS

Patients who have been diagnosed with Crohn's disease, ulcerative colitis, and other inflammatory bowel disorders can reap health benefits from using marijuana too because marijuana use can help regulate bacteria in the gut for improved intestinal functioning.

### **10. BOOSTING METABOLISM**

Despite the fact that marijuana smokers often eat more calories from the munchies, researchers in the American Journal of Medicine discovered that people who use marijuana have healthier metabolisms, weigh less than the average person and have a healthier response to sugar.

In addition to the benefits listed, Medical Marijuana has many other uses and can be a helpful tool to assist patients in managing symptoms and relieving pain. Please contact your Medical Marijuana dispensary to attend a doctor's clinic and learn how you can start the process to obtain your Medical Marijuana card.



WWW.LIONHEARTCAREGIVING.COM

Our experts can help you navigate the registration process to get you a required medical cannabis card. We take great care when it comes to maintaining your privacy and confidentiality.

YOU CAN VIEW OUR ENTIRE PRIVACY POLICY AT WWW.LIONHEARTCAREGIVING.COM

## WHAT OUR CLIENTS ARE SAYING

"Amazing!!! The medicine, the people, the service, the attention to little detail... they are just amazing." -angelicacane93

"They are always knowledgeable about the different strains and there is enough variety that I can always try something new." -joressa

"Lionheart is my first provider. They have been incredibly helpful and made me feel very comfortable."

-vjjswizzle