

OLLI Fall 2019 Syllabus

Hemp, Cannabis & CBD - the History, the Hype & the Healing

Date & Time: Solera: Tuesdays from 10:30am-12:15p

Date & Time: Paradise: Tuesdays from 1:45-3:30pm

Instructor: Tisia Procopio Stemp, M.Ed.

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*Weekly Discussion Topics

- Class 1 – 9/17/2019 The History and the Hype - Part 1:
Hemp, a Historical Look at Cannabis Through the Ages:
What is cannabis / hemp and where did it all begin? Explore the what, when, where, why and who of cannabis through historical artifacts and traditions from ancient Ayurvedic & Vedic healing to Chinese herbalism to aboriginal ceremonies to modern American agriculture, politics and controversy.
- Class 2 – 9/24/2019 The History and the Hype - Part 2:
Cultural Fascination, Politics and Policy of Cannabis:
Why is cannabis so fascinating and who are the folks at the epicenter of all this hype? What exactly is legal? Explore the influence of hemp /cannabis in popular culture through music, literature, fashion and the visual and performing arts from ancient Eastern disciplines to civil disobedience and counterculture to modern day jazz and rock-n-roll. Examine legislation, standards, regulation and state / federal laws distinguishing medicinal & recreational marijuana and CBD, and the impact of the cannabis industry on public institutions – i.e. the prison system, education, taxation.
- Class 3 – 10/1/2019 Just the Facts Please - Part 1:
The Hemp Plant
What is cannabis? Hemp? Marijuana? What are cannabinoids? Explore the potential therapeutic effects of cannabinoids, terpenes and medicinal compounds found in the cannabis / hemp and other botanicals. Examine how fragrance and healthful properties in cannabis, healing herbs and many other common plants such mint, lemons, garlic and lavender determine plant genetics and hemp cultivation methods.
- Class 4 – 10/8/2019 Just the Facts Please - Part 2:
The Human Body's Endocannabinoid System (ECS)
How do cannabinoids effect the human body? Investigate the science of cannabinoids, the endocannabinoid system, marijuana vs. industrial hemp and non-psychoactive CBD (cannabidiol) vs. psychoactive THC (tetrahydrocannabinol). Explore the science encompassing the therapeutic uses of cannabis and the human body's ECS.
- Class 5 – 10/15/2019 Just the Facts Please - Part 3:
Bioavailability, Efficacy and the Endocannabinoid System (ECS)
How do phytocannabinoids effect the ECS? How is cannabis used? Analyze the myriad of cannabis consumption methods and the bioavailability and efficacy with regard to each and the stupefying number of products in today's marketplace. Discuss informed consumerism, learn to interpret package labeling requirements and consumption guidelines for optimum safety and specific health and wellness needs.

- Class 6 – 10/22/2019 Integrative Medicine – Part 1:
Integrative Therapies, Holistic Healing & Traditional Medicine
Compare and contrast chronic and acute care, discuss natural methods of treatment and understand the role of CBD, in naturopathic and holistic integrative medicine as well as traditional western medical practices. Discuss holistic integrative therapies the importance of daily wellness practices with regard to disease and healing and. Understand how phytonutrients and phytocannabinoids can influence cell health and play a synergistic role in disease prevention and recovery.
- Class 7 – 10/29/2019 Integrative Medicine – Part 2:
Integrative Therapies & Mind / Body Disciplines
Can food, herbs, exercise and experiencing joy be medicine?
Understand the impact of daily wellness practices and nutrition on disease and healing, and as the cornerstones of holistic integrative therapies. Examine the science and practical applications of plant-based supplements together with healthy mind & body disciplines such as Yogic breathing and stretching, Yoga, Tai Chi, massage and meditation with regard to stress, anxiety, pain management and overall wellness. Yes, food and fun are medicine!
- Class 8 & 9 – 11/5/2019 CBD, Seniors and Smart Consumerism:
11/12/2019 Who is buying and using CBD, and why?
How can the consumer distinguish safe reputable products and practices from those that may be substandard or potentially dangerous?
CBD sales exploded in 2019 and are expected to increase again in 2020. Unfortunately, confusion, misinformation and fraudulent products will increase as well. Learn to recognize FDA and GMP standards and observe smart, safe practices when considering the purchase of CBD or any herbal supplements. Examine the research specifically evaluating Senior and Veteran concerns including pain, inflammation, anxiety, depression, sleep, and overall general wellness with regard to CBD, THC, pharmaceuticals and the side-effects. Consider addiction, different methods of use and the stigmas and stereotypes surrounding medication and aging.
- Class 10 – 11/19/2019 Recap and Review:
What have we learned?
Reflect on topics and discussions covered over the past weeks. Share comments and take-aways, ask & answer lingering questions, give constructive feedback relating to this class and future classes. Celebrate our new knowledge!

*Content/Order/Classes subject to change.

*This class is designed as an objective informational guide for those interested in learning more about the history, utilization, cultural relevance and controversy surrounding CBD, cannabis and the hemp plant. This class does not and is not designed to endorse any political positions, specific products, therapies or medical practices.