

TORREY HOLISTICS™

YOUR CANNABIS STORE

Vol. 420

Elevating Our Community

Torrey Philanthropy



Local Business Owners Donate
Thousands of Face Masks and Hand
Sanitizers to Health Centers in San Diego
County and Announce Portion of April
Sales to be Donated to Senior Centers

Amid COVID-19 pandemic, Torrey Holistics’
founders leverage former industry network and
current business sales to help their community



Local business owners, Tony Hall and Doug Gans of Torrey Holistics, have donated over 8,600 face masks and over 11,000 hand sanitizers to various health centers, local organizations, customers and staff since mid-March. With shortages of medical supplies around the country caused by the COVID-19 international health crisis, Hall and Gans saw an opportunity to directly help their community, the medical workers

on the front lines, and those most vulnerable. “Now is the time to demonstrate we are one, united community and that we will overcome this pandemic by helping each other out in any way we can,” said Hall. “We feel very fortunate to have met some amazing people, albeit under these circumstances, and are confident that our community will continue coming together to serve one another.”

Hall and Gans personally visited six different hospitals and health clinics to donate the face masks, including American Red Cross, VA San Diego, Family Health Centers of San Diego, Scripps Hospital, UCSD Jacobs Medical Center, St. Paul’s Senior Services, and Remedy RX. To further their mission, Hall and Gans have decided to expand their efforts by supporting senior populations and their caretakers

during the COVID-19 crisis. Hall and Gans will donate portions of April sales from Torrey Holistics to St. Paul’s Senior Services and the Senior Adult Department at the Lawrence Family JCC. Hall and Gans’ hope is that their donations will provide valuable assistance in the battle to protect those who may be most vulnerable during this pandemic. “Our seniors need our help now more than ever,” said Hall.

ORGANIZATIONS WE SUPPORT

MAXLOVE PROJECT	I LOVE A CLEAN SD
BRIAN SCHULTZ FOUNDATION	HOMETOWN HEROES PROJECT
PERFECT 33 FOUNDATION	WEED FOR WARRIORS
CANCER FOR COLLEGE	CROHN’S & COLITIS FOUNDATION
GOT YOUR BACK SD	LAWRENCE FAMILY JCC
HEARTS FOR SD	ST. PAUL’S SENIOR SERVICES
SD CHAMBER OF COMMERCE	SD OPERA

“We are so grateful for your generosity and support of the JCC’s Senior Adult Department.”

Melanie Rubin
Director of Senior & Adult Services
LAWRENCE FAMILY JEWISH COMMUNITY CENTER | JACOBS FAMILY CAMPUS

”

“Your incredibly generous donation to MaxLove Project is fueling our impact and goes such a long way with us.”

Audra DiPadova Wilford
Chief Hope Officer
MAXLOVE PROJECT

”



ABOUT

TORREY HOLISTICS™ YOUR CANNABIS STORE

ABOUT US

Originally founded in 2014, and opening at the end of 2015 as one of the first four medical marijuana dispensaries in San Diego, Torrey Holistics went on to become the first dispensary in the state of California to receive a license to sell recreational cannabis. Its unequalled professionalism can be attributed to the acumen of Tony Hall, Torrey Holistics’s founder, who was later joined by Doug Gans as a co-owner. Hall and Gans befriended one another while studying at the SDSU Fowler College of Business and went on to form a lasting business relationship, eventually leading to their decision to join forces in the emerging cannabis industry. Since establishing Torrey Holistics, the company has led the way in erasing the stigma surrounding cannabis use and is a vocal advocate for the safe, legal market.

MISSION STATEMENT

Torrey Holistics’ deep-rooted commitment to providing our shared community with superior customer service and science-backed cannabis education proudly leads the way in empowering adults to purchase safe, legal, sustainably-sourced cannabis.

VISION STATEMENT

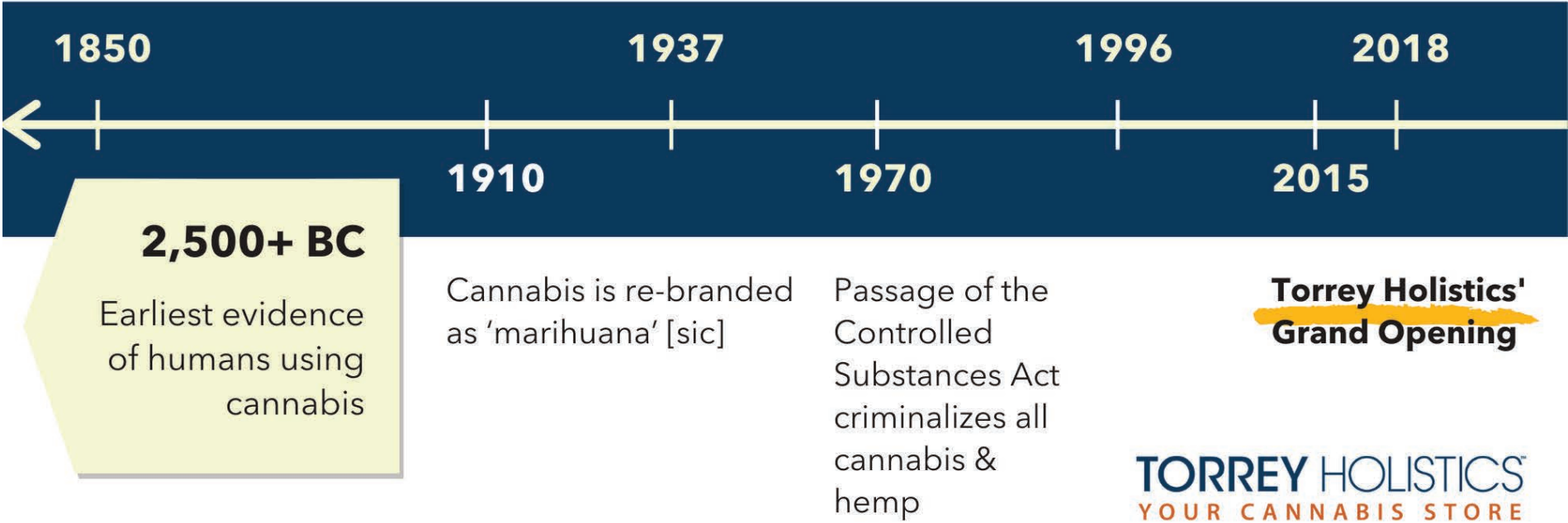
To elevate and educate our community as San Diego’s leading provider of safe, premium quality and sustainably-sourced cannabis for medical and recreational use.

History

Cannabis is introduced to North America

Passage of the ‘Marihuana’ Tax Act effectively outlaws recreational cannabis

Passage of Prop 215 in CA permits medical cannabis use
Prop 64 Passes in CA





Staying home?
Whatever you need, we'll bring it to you

**FREE
DELIVERY**



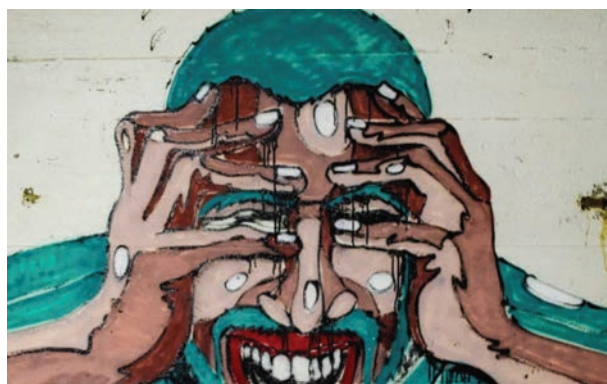
Ordering pick up?
We're conveniently located between the 5 and 805 split

CURBSIDE



Questions about cannabis?
We offer free workshops and presentations

EDUCATION



Managing Anxiety with Cannabis Part #1: Cannabis & the Importance of Flow

Shelby Huffaker,

Lead Educator for Torrey Holistics

As I sit here writing this, the COVID-19 pandemic is challenging individuals around the world to question their values, traditions, and beliefs in the face of fear and massive, unprecedented social upheaval. If you suffer from a clinical anxiety disorder, this pervasive uncertainty about the future is probably not making your symptoms any better. The good news is, you are not alone; it is estimated that as many as 30% of Americans have been diagnosed with some type of clinical anxiety disorder.¹

There are multiple types of anxiety disorders, including Generalized Anxiety Disorder, Panic Disorder, phobia-related disorders, and Obsessive Compulsive Disorder. Despite their differences, anxiety disorders overlap in their causes, symptoms and treatments.² Fortunately, there is clinical evidence to suggest that cannabis, in combination with traditional anxiety-management techniques, can be used to help manage symptoms and improve quality of life over the long-term. But before delving into the research behind cannabis and anxiety, it is important to first gain a basic understanding of what anxiety is and how it works.

What Causes Anxiety?

Anxiety is a sensation we experience as a result of the evolutionary mechanism known as the fight-or-flight response. When we encounter a threat—such as being faced alone in the woods with a Grizzly bear—our bodies respond physically to prepare us to either run away or attack in self-defense. Our cortisol levels spike; our muscles tense; our hearts race.³ When the threat has dissipated, our bodies return to normal, completing the stress response cycle.

What happens, though, when we can neither run away nor fight back? We become locked in a permanent state of fight-or-flight mode.⁴ Inability to complete the stress response cycle is a feature of anxiety disorders and can result from socialization, exposure to traumatic incidents, genetics, or various combinations of the three. Symptoms often include persistent worrying, restlessness, muscle tension, inability to concentrate, insomnia, panic attacks, and

more—any of which can interfere significantly with daily activities and impair quality of life.⁵

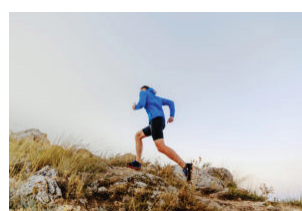
Science-Backed Strategies for Reducing Anxiety—and How Cannabis Helps

There are a number of different strategies for reducing and managing anxiety, and most of them come down to setting and following routines that rewire existing thought patterns. By practicing science-backed stress reduction techniques, it is possible to reshape your ways of thinking so that the cognitive pathways contributing to your anxiety are replaced by those contributing to your well-being instead.

One of the best ways to change thought patterns, according to research, is by immersing oneself in a state of flow. Think about a time when you became so absorbed in an activity that you lost track of time; you became fully concentrated on the task at hand so that all other thoughts and worries evaporated. Dr. Csikszentmihalyi defines flow as a state that results from engaging in an activity that challenges the individual to cultivate a skill, making it intrinsically rewarding. Flow allows the individual to transcend self-consciousness and performance anxiety.⁶ In other words, flow is living fully in the moment.

Medication, too, can be tremendously helpful for some individuals with anxiety, particularly if the biological structure of the brain is preventing them from putting in the work necessary to change their thought patterns.⁷ That being said, you should always consult with a doctor before combining cannabis with other medications. While cannabis is not a cure for anxiety, it can work synergistically with proven stress-management techniques to heighten their overall impact.

If you are a runner, you are all too familiar with the runner's high, or the warm, fuzzy feeling that causes you to forget the pain you have just endured and lace up again tomorrow. Exercise-induced euphoria is a classic example of flow. In addition to aerobic activity, other activities conducive to flow include mindfulness practice (meditation, yoga, grounding), creating art or music, having sex or sharing affection, and practicing bodily self-care (e.g., getting a massage).^{8,9,10}



Interestingly, the biological state of flow is characterized by the release of anandamide, the body's internally-produced equivalent to THC (tetrahydrocannabinol).¹¹ THC is a compound found in cannabis and, when consumed, is responsible for producing the mind-altering effects commonly associated with use of the plant. THC, CBD (cannabidiol), and hundreds of other cannabis compounds known as cannabinoids work synergistically with the stress-regulating systems of the body,

suggesting that—with practice—cannabis may facilitate the formation of habits that are helpful for reducing the amount of anxiety in your life.

When using cannabis to manage anxiety, it is important to incorporate both THC and CBD into one's regimen. Like THC, CBD is a cannabinoid, though it does not produce a high. Whereas THC mimics anandamide in its ability to induce flow, CBD has the unique ability to increase the amount of anandamide in the body, compounding its anxiety-reducing effects.¹² CBD also reduces cortisol levels, which are responsible for activation of the fight-or-flight stress response cycle.¹³

One similarity between THC and CBD is that both cannabinoids are linked to fear memory extinction,¹⁴ meaning that exposure to situations linked with traumatic or stressful experiences do not invoke as intense of a reaction. For individuals dealing with panic disorders, the ability to reduce the intensity of a situation can sometimes be enough to allow you to stop, take a deep breath, and curb the cyclical thought storm that ultimately culminates into a full-blown panic attack. Cannabis reduces anxiety through a variety of mechanisms—many of which we have yet to understand—underscoring the importance of incorporating a full spectrum of naturally-occurring cannabis compounds (or at the very least, THC and CBD) in order to achieve the maximum therapeutic impact afforded by the plant.

The importance of dosing cannot be stressed enough when it comes to managing anxiety with cannabis. While the therapeutic benefits of THC and CBD are well-documented, these effects vary according to dose. Consuming a large dose of THC, for instance, may elicit an anxiety-producing effect due to its biphasic properties.¹⁵ CBD can also produce different effects at high or low doses, though the threshold can be several times higher than that of THC.¹⁶ Consequently, cannabis products with lower amounts of THC and higher amounts of CBD are typically recommended for those with anxiety. A low or beginner dose of THC typically ranges from one to three milligrams,¹⁷ but every body reacts differently to cannabis; it will take conscious experimentation to find a dose that works best for you. Luckily, a licensed cannabis dispensary will have plenty of products available that meet these standards.

One misconception people have about cannabis is that it can fix all of your problems after one use. This is not true. Just as anxiety management techniques require practice to achieve results, cannabis must be used regularly to experience its long-term benefits. Tinctures are



a versatile option for incorporating cannabis into your daily routine. A great product for this is Dr. Raw's Focus formula tincture. With 20 parts CBD and 1 part THC, one dose does not produce a high, but it does impart the synergistic benefits of both THC and CBD. One of the added benefits of taking a high-CBD product in the morning includes boosting alertness and concentration,¹⁸

allowing you to reach flow more easily and without feeling high. When using tinctures, you can let your dose absorb under your tongue, or put it in your coffee or breakfast.

By now, you probably recognize that simply knowing all of this information is not enough to reduce and manage anxiety. Regular practice is needed to alter thought patterns and yield long-

term results. Luckily, cannabis is a wonderful supplement to assist you in taking these steps. In the meantime, remember to be kind to yourself, as it is normal to experience anxiety during times like these. At Torrey Holistics, we hope you will take solace in knowing that we will be here to help you every step of the way.

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HAPPY 420 SPECIALS ALL MONTH LONG

*WHILE SUPPLIES LAST

✎ TORREY SELECT VAPE'S* \$20
✎ SPEND \$100 (BEFORE TAXES)
& RECEIVE A \$20 GIFT CARD TO REDEEM IN MAY & JUNE

APRIL 20TH ONLY

- ✎ TAKE 20% OFF* DR. RAW
- ✎ ADD ON FOR A PENNY WITH PURCHASE*
1 SKU PER CUSTOMER
- ✎ ORIGINAL POT COOKIE SINGLE
(MACADAMIA NUT, CHOCOLATE CHIP, DOUBLE FUDGE)
- ✎ MINDSET COLITAS SINGLE (LOVE, PEACE, HAPPINESS)
- ✎ DR. RAW HEARTS 100MG (RELAX, BALANCE, FOCUS)
- ✎ PREROLL (SATIVA LITTLES, NORTHERN EMERALDS TITAN OG & MOONSTONE KUSH)
- ✎ KIN SLIPS SINGLE (PARK LIFE & SHUT EYE)
- ✎ CHILL CHOCOLATE PEPPERMINT SINGLE
- ✎ ACME .3G VAPE

- ✎ TAKE 20% OFF* DIXIE DRINKS, MOON BARS & KIN SLIPS
- ✎ TAKE 30% OFF* ALL BEBOE PRODUCTS

APRIL 24TH - APRIL 27TH

- ✎ CANN SOCIAL TONICS 42% OFF*



TORREY HOLISTICS™
YOUR CANNABIS STORE
TORREYHOLISTICS.COM

A PORTION OF SALES IN
APRIL WILL BE DONATED TO:

 Lawrence Family
Jewish Community Center
JACOBS FAMILY CAMPUS

 St. Paul's
SENIOR SERVICES
LEADERS IN SENIOR CARE

C10-0000242-LIC



TYPES OF PRODUCTS

Flower / Bud

INHALATION METHOD
Fast onset time
Experience peak effects within 3 to 10 min.
Benefits may last 1-4 hours
Use for immediate relief from pain, nausea, anxiety, etc.

Tinctures / Oils

SUBLINGUAL METHOD
Great alternative to inhalation methods
Experience effects within 20 min. to 1 hr.
Benefits may last 5+ hours
Discreet & versatile
Hold under the tongue for sublingual absorption.
Tinctures will act like an edible if swallowed.

Vape Pens

INHALATION METHOD
Fast onset time
Experience effects within 5 to 10 min.
Benefits may last 1-2 hours
Use for immediate relief from pain, nausea, anxiety, etc.

Edibles

INGESTION METHOD
Great for long-lasting relief
Experience effects within 1-2 hours
Benefits may last 5+ hours
Effects can be up to 4x more intense than with other consumption methods due to absorption in the liver
Proper dosing is critical

Topicals / Lotions

TRANSDERMAL METHOD
Great for localized relief
Experience effects within 20 min. to 2 hours
Benefits may last 6+ hours
Not likely to produce psychoactivity
Works well for joint pain, muscle pain, & skin conditions

Drinks / Beverages

INGESTION METHOD
Great for microdosing throughout the day
Experience effects within 30 min.-2 hours
Benefits may last 6+ hours
Faster onset time than edibles due to absorption in the upper GI tract



UNDERSTANDING DOSAGE

What is a Dose?

It is extremely important to understand dosing with THC. With both THC and CBD, start low & slowly build your way up as you find your ideal dose.

1-5 MG THC: LOW DOSE
Low tolerance
New consumers, microdosers

5-15 MG: MEDIUM DOSE
Moderate tolerance
Intermediate consumers

15-25 MG: HIGH DOSE
High tolerance
Experienced consumers

25 MG+: VERY HIGH DOSE
Very high tolerance
Veteran consumers



SUSTAINABILITY

At Torrey Holistics, we are constantly working to preserve and protect the environment.

That’s why we have made sustainability a priority, both within our business practices and our community. In order to avoid falling prey to greenwashing, we promise to be as transparent as possible in our efforts, and we hope that our valued customers will hold us accountable.

Here are some of the things Torrey has done to show that we practice what we preach:

<div>MONTHLY NEIGHBORHOOD CLEANUPS</div>	<div>SD GREEN BUSINESS NETWORK MEMBER</div>	<div>COMING SOON... REUSABLE EXIT BAGS!</div>
<div>BEACH CLEANUPS/COASTAL CLEANUP DAY</div>	<div>SUPPORTING LOCAL NON-PROFITS (HEARTS FOR SD, I LOVE A CLEAN SD)</div>	
<div>RECYCLING PROGRAM</div>	<div>WASTE AUDIT WEEK</div>	



There are many challenges that cannabis companies face when it comes to sustainability, which is why we love and value brands that go the extra mile to adopt environmentally-friendly solutions in this burgeoning industry. We hope that you will share our appreciation and support these forward-thinking brands.



We work with a cacao supplier who is over 100 years old and known for their commitment to responsible, sustainable sourcing throughout their supply chain, as well as their uncompromising standards. Illegal practices such as child labor and unsafe working conditions are 100% not tolerated.

Our suppliers are founding members of such trade organizations as the World Cocoa Foundation (WCF), which supports foundations like the African Cocoa Initiative, Cocoa Livelihoods Program, and Empowering Cocoa Households with Opportunities and Education Solutions (ECHOES). They actively work to eliminate child labor in the chocolate industry through the International Cocoa Initiative (ICI), an organization that promotes child protection in cocoa-growing communities. They also work closely with governments to advance better agriculture practices, policy, cocoa breeding, and labor conditions in cacao-producing countries. Their practices are verified through stringent third-party certifications such as Rainforest Alliance, Fair Trade USA, and SQF Level 2.

ELEVATE YOUR WELLNESS

15% OFF DAILY DEALS
FOR DELIVERY OR CURBSIDE PICKUP

Munchie Mondays - Edibles

Topical Tuesdays - Topicals

Weed Wednesday - Flower

Thirsty Thursday - Drinks

Sunday Funday - Vapes

VISIT [TORREYHOLISTICS.COM](https://torreyholistics.com)
FOR MORE DETAILS.

May not be combined with other offers.

Special discounts are by delivery and curbside pickup.

While supplies last.

C10-0000242-LIC

TORREY HOLISTICS™
YOUR CANNABIS STORE

A PORTION OF SALES IN APRIL WILL BE DONATED TO:

 Lawrence Family
Jewish Community Center
JACOBS FAMILY CAMPUS

 St. Paul's
SENIOR SERVICES
LEADERS IN SENIOR CARE

