

It is 'high' time to move away from mainstream politics and take a sensible attitude towards our world, on local, national and international levels.

By giving ONE of the three votes you will have in the local elections, to me, Farooque Ahmed, your legalise cannabis candidate, you will be sending a message to the Government and helping to elect a non-politician who cares about people, the community and the environment.

If elected to be one of your Thorpe Hamlet councillors, I will do my best to push forward for the legal uses of cannabis to help us all.

And I will do my best to represent YOU!

For more information or to speak to me personally, please phone me on 07949 226565



VOTE AHMED
VOTE FOR THE LEAF



Produced, published and promoted by and on behalf of Farooque Ahmed and the Legalise Cannabis Alliance, both of PO Box 198, Norwich, NR3 3WB.
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ELECTION COMMUNICATION
NORWICH CITY COUNCIL ELECTIONS THORPE HAMLET WARD
THURSDAY 10 JUNE



TIME FOR A CHANGE!

We need more relaxed attitudes towards cannabis users who do no harm.

We need to use bio-fuels to cut down on pollution.

We need to improve public services.

We need to reduce crime.

We need free hospital transport for all.

We need to concentrate on employment and constructive leisure for youth and unemployed as well as workers.

We need to elect people who will listen to



**VOTE
FAROOQUE
AHMED**

Now we CAN make a difference



My name is FAROOQUE AHMED and I am standing in this election because I want to try to make a difference on the council. I am interested in improving living conditions for us all and making sure that the authorities put people and the environment before big business and profits.

I am 48-years-old and very happily married with four young children. I am now a carer. I have lived in Norwich for over 14 years and worked in the public sector as a plumbing and heating engineer. During that time, I have seen, at first hand, many of the problems we face in Norwich and I want to do something about it.

A vote for me is a vote for you

Please don't let the word "cannabis" put you off, after all, it is a plant that grew naturally and was used widely here for centuries.

Also called hemp, it has many uses, from the production of valuable medicines to pollution-free fuels. It's local cultivation and use for paper, plastic and building materials would boost employment and the local economy.

Legalisation and utilisation of cannabis is about more than just a toke.

Different parts of the cannabis plant are useful in different ways.

The **RELAXANT** properties of cannabis reside mainly in the sticky resinous product found most abundantly in the flowering tops of the female plant. The main psychoactive compound is Tetrahydrocannabinol (THC)

The **SEED** of the hemp plant is an excellent food and source of oil. Hemp seeds produce oil for cooking or for lubrication. The seed when eaten is cholesterol-lowering and full of protein. The leaves and flowers are also edible. The oil from the seeds can also be used to make a range of soaps and cosmetics and shampoos.

The **FIBRE STRANDS** can be spun into thread and used to make rope or woven into durable, high quality textiles. These in turn are used to make clothes, sails, linens and fabrics of all types. The cannabis hemp fibre produces the strongest, long lasting natural fibres in the plant kingdom.

The **HURDS** or pieces of the stalk left after the fibre is removed, is 77% cellulose. This can be used to make dioxin-free paper, packing materials, non-toxic paints and lacquers, industrial fabrication materials such as plastics and chipboard and even bricks. Waste materials are completely biodegradable and no harmful chemicals are needed in the production of these powerful materials.

The **LEAVES** have use as a recreational and medicinal ameliorant. They can also be eaten as a salad vegetable.

The **ROOTS** play an important part in soil conservation and reclamation, preventing erosion and mudslides. Boiled and made into a poultice, cannabis roots can ease the pain of arthritis and sprains.

As a **THERAPEUTIC MEDICINE**, both as a preventative measure and cure, cannabis was used for many thousands of years at least since the time of the Ancient Chinese and Ancient Egyptians. The range of ailments often eased by smoking cannabis includes Multiple Sclerosis and spasms associated with spasticity, glaucoma, appetite stimulation in AIDS patients, epilepsy, nausea associated particularly with cancer patients undergoing chemotherapy, spinal injury, menstrual pains and childbirth, asthma, depression, migraine, drug addiction and alcoholism, stress, insomnia and even herpes.

The **WHOLE PLANT** is an extremely valuable source of BIOMASS for the production (through a process of controlled decomposition) of pollution-free fuels.