

**Mark Mathew Braunstein**  
Writer & Speaker about **Cannabis & Medical Marijuana**  
Updated January 2024

- Complete Public Speaking list at: [www.MarkBraunstein.org/bibliographies](http://www.MarkBraunstein.org/bibliographies)
- YouTube channel: [www.youtube.com/channel/UCXuTm2s2pleM5D28g3gou\\_Q](http://www.youtube.com/channel/UCXuTm2s2pleM5D28g3gou_Q)
- YT playlist: [www.youtube.com/playlist?list=PLdqk\\_lhFCg6pBhP9\\_nMBnQZqgQqhZty6x](http://www.youtube.com/playlist?list=PLdqk_lhFCg6pBhP9_nMBnQZqgQqhZty6x)
- Instagram account devoted to Cannabis: [www.instagram.com/mindful\\_mj\\_smoking](http://www.instagram.com/mindful_mj_smoking)

### **My Presentations** with active links to those presentations

- 2023: *Let's Be Blunt with Montel Williams*, 50-minute interview on YT & podcasts: <https://letsbebluntmontel.com/episodes/health-tips-for-canna-consumption-mark-braunstein>
- 2024: *Here's to Your Health*, 16-min interview, January 8, radio & Apple podcast: <https://ttrplayer.com/tabs/archives/episode/35681>
- 2023: *Here's to Your Health*, 22-min interview, January 23, radio & Spreaker podcast: <https://ttrplayer.com/tabs/archives/episode/34215>
- 2022: *Health Tips for Cannabis Smokers*, 9-minute narrated slideshow on YouTube: <https://youtu.be/EaRsUCKC31g>
- 2022: *Here's to Your Health*, 16-min interview, Dec 27, radio & podcasts: <https://herestoyourhealthwithjoshlane.com/portfolio-item/mark-mathew-braunstein-author-mindful-marijuana-smoking-health-tips-for-cannabis-smokers/>
- 2022: *Cannabis Corner*, 32-minute interview: <https://youtu.be/mz44lthPcGw?t=1114>
- 2022: *Cannabis Health Radio*, 34-minute Episode 360: <http://cannabishealthradio.com>
- 2022: *Thinking Green*, 54-minute interview: <https://youtu.be/xvrc56n4vQg?t=63>
- 2022: *Here's to Your Health*, 16-min interview, Aug 2, podcasts & SoundCloud
- 2017: My 56-minute talk to a MMJ support group: <https://youtu.be/K56taXgOIRE>
- 2014 *Wall Street Journal*, 3-minute interview: <https://youtu.be/2Zp1DoxodW0>
- 2011: Connecticut Judiciary Committee public hearing, 4-minute testimony: <https://youtu.be/ELmKbYSBM38>
- 2006 & 1997: 11-minute network TV news shows: <https://youtu.be/cji9DMe7t0o>
- 1997: 2-minute interview on ABC-TV's CT news: <https://youtu.be/KRLA1U74y90>

### **Book Author**

- Complete 12-page Writer bibliography at: [www.markbraunstein.org/bibliographies](http://www.markbraunstein.org/bibliographies)
- My 6th book, with eBook & audiobook, published 2022 by Rowman & Littlefield:
  - ◉ *Mindful Marijuana Smoking: Health Tips for Cannabis Smokers*
  - ◉ <https://rowman.com/ISBN/9781538156681/Mindful-Marijuana-Smoking-Health-Tips-for-Cannabis-Smokers>
  - ◉ [www.amazon.com/dp/1538156679](http://www.amazon.com/dp/1538156679)
  - ◉ Book preview 9-minute video: <https://youtu.be/EaRsUCKC31g>
  - ◉ eight excerpts have appeared in 2022-2023 in the British cannabis magazine, *Weed World*, and one in 2023 in the horticulture magazine, *Grow*

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## Writer of magazine articles & newspaper editorials

More than 30 articles in glossy magazines about cannabis & MMJ at:

- ◉ [www.markbraunstein.org/cannabis](http://www.markbraunstein.org/cannabis) &
- ◉ [www.markbraunstein.org/medical-marijuana](http://www.markbraunstein.org/medical-marijuana)

**Connecticut Magazine** – glossy, glitzy, ritzy monthly magazine

- *I'm a Longtime Medical Marijuana User – And Now I'm a Home-Grower*
  - ◉ pages 28-29 of the January 2022 issue, web reprint at:  
[www.ctinsider.com/connecticutmagazine/health/article/I-m-a-longtime-medical-marijuana-user-and-now-17046610.php](http://www.ctinsider.com/connecticutmagazine/health/article/I-m-a-longtime-medical-marijuana-user-and-now-17046610.php)
  - ◉ or read it on my website at: [www.markbraunstein.org/cannabis](http://www.markbraunstein.org/cannabis)

**Grow** – The Hemp and Cannabis Horticulture Magazine

- *Why to Grow Your Own: What's Hiding in Your Weed?*
  - ◉ Volume 8, Issue 1, Spring 2023, pages 12, 104-108
- ◉ entire issue web reprint at: [www.growmag.com/digital-issues/](http://www.growmag.com/digital-issues/)
- ◉ article web reprint at: [www.growmag.com/grow-files/why-to-grow-your-own/](http://www.growmag.com/grow-files/why-to-grow-your-own/)

**Weed World** – British cannabis magazine, read all these articles on my website

- *Pass That Joint? Let's Get Rolling*
  - pages 108-111 of Fall 2023, Issue 166
- *Keep Your Drugs Off Drugs: Beware Pesticide-Laced Cannabis*
  - pages 108-111 of Summer 2023, Issue 165
- *Pipes are More than Pipedreams: Maximize the Benefits & Reduce the Risks of Pipes*
  - pages 108-111 of late Spring 2023, Issue 164
- *Don't Hold That Hit*
  - pages 108-111 of early Spring 2023, Issue 163
- *How to Preserve the Potency of Pot*
  - pages 34-37 of late Winter 2023, Issue 162, also on its website at:  
[www.weedworld.co.uk/blog/post/How-to-Preserve-the-Potency-Of-Pot](http://www.weedworld.co.uk/blog/post/How-to-Preserve-the-Potency-Of-Pot)
- *Eat, Drink, & Be Healthy: Eat & Drink to Reduce Health Risks of Smoking Cannabis*
  - pages 34-37 of early Winter 2023, Issue 161, also on its website at:  
[www.weedworld.co.uk/blog/post/Eat-and-Drink-to-Reduce-the-Health-Risks-of-Smoking-Cannabis](http://www.weedworld.co.uk/blog/post/Eat-and-Drink-to-Reduce-the-Health-Risks-of-Smoking-Cannabis)
- *Waterpipes: The Big Bong Theory*, also on its website at:
  - pages 34-36 of late Fall 2022, Issue 160, also on its website at:  
[www.weedworld.co.uk/blog/post/Waterpipes-The-Big-Bong-Theory](http://www.weedworld.co.uk/blog/post/Waterpipes-The-Big-Bong-Theory)
- *Playing with Fire: Safer Ways to Tune Up Your Cannabis Ignition System*
  - pages 26-28 of early Fall 2022, Issue 159, also on its website at:  
[www.weedworld.co.uk/blog/post/Playing-With-Fire-Safer-Ways-to-Tune-up-your-Cannabis-Ignition-System](http://www.weedworld.co.uk/blog/post/Playing-With-Fire-Safer-Ways-to-Tune-up-your-Cannabis-Ignition-System)

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**Writer of magazine articles & newspaper editorials, continued**

***The Hartford Courant*** – New England’s 3rd largest circulation newspaper

- *Legal but Out of Reach: Patients, Supplies Face Hurdles*
  - ◉ front page of June 24, 2012 Sunday *Commentary* section
- *A Connecticut Paraplegic Tells His Story: Marijuana Works the Best*
  - ◉ front page of January 12, 1997 Sunday *Commentary* section
  - ◉ revised web reprint at: [www.rxmarijuana.com/Braunstein.htm](http://www.rxmarijuana.com/Braunstein.htm)
  - ◉ web update: [spiritofchange.org/Journal-of-Natural-Healing/Marijuana-and-Paraplegia/](http://spiritofchange.org/Journal-of-Natural-Healing/Marijuana-and-Paraplegia/)

***Spirit of Change Magazine*** – New England holistic health quarterly

- *First Aid for Cannabis Smokers* – Spring 2016
  - ◉ web edition at: [www.spiritofchange.org/first-aid-for-cannabis-smokers/](http://www.spiritofchange.org/first-aid-for-cannabis-smokers/)
- *Breathe Easy: The Number One Health Tip for Cannabis Smokers* – Spring 2020
  - ◉ web edition at: <https://www.spiritofchange.org/breathe-easy/>
- *Playing with Fire: Safer Ways to Fire Up Your Herb* – Fall 2022
  - ◉ web edition at: <https://www.spiritofchange.org/playing-with-fire/>

***Treating Yourself*** – International medical marijuana magazine

Full issues can still be downloaded at: <https://treatingyourself.com/back-issues/>

- *Connecticut Has Legalized Marijuana as Medicine* – pages 12-14, Issue 36, Fall 2012
- *Cannabis Therapeutics* – pages 104-106, Issue 23, Summer 2010
- *A Walk on the Wild Side* – pages 52-54, Issue 16, Spring 2009
- *Getting High & Staying Healthy* – pages 55-60, Issue 13, Fall 2008

***New Mobility*** – monthly disability magazine

- *Medical Marijuana 2.0: Stirring the Pot* – July 2016 cover story
  - ◉ edited web edition: [newmobility.com/2016/07/medical-marijuana-refined](http://newmobility.com/2016/07/medical-marijuana-refined)

**Hearst Media’s 19 Connecticut newspapers:**

“*Opinion: It’s High Time to Grow Your Own Cannabis,*” published November 12, 2021, online in all 19 of Hearst’s Connecticut newspapers, including:

- ***The Connecticut Post:***  
[www.ctpost.com/opinion/article/Opinion-It-s-high-time-to-grow-your-own-16612838.php](http://www.ctpost.com/opinion/article/Opinion-It-s-high-time-to-grow-your-own-16612838.php)
- ***New Haven Register:*** [www.nhregister.com/opinion/article/Opinion-It-s-high-time-to-grow-your-own-16612838.php](http://www.nhregister.com/opinion/article/Opinion-It-s-high-time-to-grow-your-own-16612838.php)

“*Opinion: Medical marijuana in Connecticut has problems; Legalizing adult recreational use can fix them,*” published online February 5, 2021; print editions February 7, 2021 in all 6 (later grown to 19) of Hearst’s CT newspapers, including:

- ***The Connecticut Post:***  
[www.ctpost.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php](http://www.ctpost.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php)
- ***New Haven Register:***  
[www.nhregister.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php](http://www.nhregister.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php)

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## Writer of magazine articles & newspaper editorials – continued

**CT Mirror** – daily independent online newspaper

- February 22, 2021, updated and expanded version of my *Hearst Media* editorial, “*Medical marijuana in Connecticut has problems*” <https://ctmirror.org/category/ct-viewpoints/medical-marijuana-in-connecticut-has-problems-legalizing-adult-recreational-use-can-fix-them/>
- November 15, 2021, expanded version of my *Hearst Media* editorial, “*It’s High Time to Grow Your Own Cannabis*,” includes 3 of my photos, <https://ctmirror.org/category/ct-viewpoints/its-high-time-to-grow-your-own-cannabis/>

**The Day** of New London – daily newspaper for Southeastern Connecticut

“*Lives Won’t Go Up in Smoke if Marijuana Used Medicinally*” – May 31, 2007

◉ web reprint: [www.mapinc.org/drugnews/v07/n672/a11.html](http://www.mapinc.org/drugnews/v07/n672/a11.html)

**Neighbors Paper** – monthly newspaper of Northeastern Connecticut

- “*A Scholarly Book about Cannabis Not Just for Scholars*” (book review of *Seeing through the Smoke*) – December 2023, <http://neighborspaper.com>

## More documentation of my advocacy for Medical Marijuana

Four news articles about me as an MMJ patient, all with photos of me, one on its cover:

- **The New York Times**: June 11, 2007  
<https://www.nytimes.com/2007/06/11/nyregion/11marijuana.html>
- **New Mobility**: April 2010 cover story about MMJ: <https://newmobility.com/rx-for-pot/>
- **Wall Street Journal**: November 14, 2014 article: [www.WSJ.com/articles/reviews-are-mixed-on-connecticuts-medical-pot-program-1415932220](http://www.WSJ.com/articles/reviews-are-mixed-on-connecticuts-medical-pot-program-1415932220)
- **Connecticut Magazine**: April 2019 cover story about cannabis in CT:  
<https://www.ctinsider.com/connecticutmagazine/health/article/An-Accident-Turned-a-Recreational-User-Into-a-17044490.php>

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## More documentation of my advocacy for Medical Marijuana

### My speaking engagements

- XpoCanna 2023, Connecticut Cannabis Expo, <https://xpocann.com/event/connecticut-cannabis-expo/speakers/>
- 2008-23: Lectures about medical marijuana every spring semester to Professor Manuel Lizarralde's Ethnobotany course at Connecticut College: <https://conncoll.smartcatalogiq.com/en/2020-2021/catalog/courses/bot-botany/300/bot-308/>
- 2021 & 2022: Hempstock, North Stonington, CT: <https://hempstockct.com/festival-archive>
- 2019: two-speaker panel discussion of me and the head of CT's MMJ program: <https://www.scovillelibrary.org/event/medical-cannabis-in-connecticut/>
- 2014 *Wall Street Journal* 3-minute video for article: <https://youtu.be/2Zp1DoxodW0>
- 2011: my 4-minute testimony to the Connecticut Judiciary Committee: <https://youtu.be/ELmKbYsBM38>
- 1997-2006: My 11-minute compilation of my early advocacy on network TV news: <https://youtu.be/cji9DMe7t0o>
- 2007: seven-speaker press conference at State Capitol Bldg, Hartford, CT, March 23
- 2007: three-speaker Medical Marijuana Discussion at University of CT, Oct. 3
- 2005: three-speaker Marijuana Forum at Wesleyan University, April 17
- 2004: five-speaker press conference at State Capitol Building, Hartford, CT, March 1
- 2004: speaker at 2nd Medical Marijuana Symposium at Brown University, April 10
- 2003: speaker at Medical Marijuana Symposium at Brown University, April 4
- 2003: speaker at Worcester, MA, Global March for Cannabis Liberation, May 3
- 2003: six-speaker press conference at State Capitol Building, Hartford, CT, Feb. 6
- 1999: three-speaker Marijuana Prohibition Forum at Yale University, May 8
- 1999: speaker at Earth Day Festival at Western CT State University, April 17
- 1998: interview on Sidebar RHC-TV show with attorney Steven W. Varney, Jan. 27
- 1997: my 1st of 7 in-person testimonies at public hearings before the CT Legislature
- 1997: 2-minute interview of my early advocacy on ABC-TV's CT evening news: <https://youtu.be/KRLA1U74y90>