

Mark Mathew Braunstein
Writer & Speaker about **Cannabis & Medical Marijuana**
updated 2025

- Complete Public Speaking list at: www.MarkBraunstein.org/bibliographies
- YouTube channel: www.youtube.com/channel/UCXuTm2s2pleM5D28g3gou_Q
- YT playlist: www.youtube.com/playlist?list=PLdqk_lhFCg6pBhP9_nMBnQZqgQqhZty6x
- Instagram account devoted to Cannabis: 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: *Green Haven Media*: 8-min interview: www.youtube.com/watch?v=Bm3aWLMbEkk
- 2024: *Here's to Your Health*, 16-min interview, January 8, radio: <https://ttrplayer.com/tabs/archives/episode/35681> & Apple podcast Jan 9, Episode 444: <https://podcasts.apple.com/us/podcast/heres-to-your-health-with-joshua-lane/id1557571986>
- 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 & Spreaker podcasts: <https://herestoyourhealthwithjoshlane.com/portfolio-item/mark-mathew-braunstein-author-mindful-marijuana-smoking-health-tips-for-cannabis-smokers/>
- 2022: *Cannabis Health Radio*, 34-minute Episode 360: <http://cannabishealthradio.com/podcast/episode-360-a-tragic-diving-accident-left-him-a-paraplegic>
- 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>
- 2017: *Here's to Your Health*, March 20: <http://podcasts.kcaastreaming.com/josh/#>
- 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
- 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
 - ◉ Book preview 9-minute video: <https://youtu.be/EaRsUCKC31g>
 - ◉ eight excerpts published in 2022-2023 in the British cannabis magazine, *Weed World*, and one in 2023 in the cannabis horticulture magazine, *Grow*

Writer of magazine articles & newspaper editorials

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

- ◉ www.markbraunstein.org/cannabis &
- ◉ 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
 - ◉ also at: www.ctpost.com/opinion/article/Opinion-It-s-high-time-to-grow-your-own-16612838.php
 - ◉ or read it on my website at: www.markbraunstein.org/cannabis

Grow – The 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/
- ◉ article web reprint at: www.growmag.com/grow-files/why-to-grow-your-own/

Compulsive Reader – Reviews of books by the hottest writers working today

- Book review of “*Seeing through the Smoke*” by Peter Grinspoon, MD
 - ◉ December 12, 2024
 - ◉ <https://compulsivereader.com/2024/12/14/a-review-of-seeing-through-the-smoke-by-peter-grinspoon-md/>

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
- *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
- *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
- *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

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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
 - ◉ web update: 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/
- *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

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
- ***New Haven Register:*** 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
- ***New Haven Register:***
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

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
- **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 & 2024, 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 with me and 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>