



# JUSTIN ASHENDORF

**"I'M USED TO DEALING WITH A LOT OF CHRONIC PAIN PATIENTS WHO AREN'T HAPPY, THEY AREN'T AT THEIR BEST. WE'RE VERY UNDERSTANDING WHEN TALKING TO PATIENTS LIKE THAT, WE START OFF BY GOING THROUGH WHAT EXACTLY THEY'RE TRYING TO ACHIEVE AND FEEL WHEN TREATING A SPECIFIC CONDITION OR AILMENT."**

  
**CURIO WELLNESS**  
 2060A York Rd,  
 Lutherville-Timonium, MD  
 (443) 484-8600

#### HOW DID YOUR PERSONAL CANNABIS JOURNEY BEGIN?

So, I was born with multiple birth defects. One of which was Amniotic Band Syndrome [ABS], which basically caused my fingers and toes to not fully develop and be stuck together. I received multiple surgeries when I was younger to give me more mobility and dexterity, which succeeded and everything was well until I hit puberty. After puberty, the pain was intense and that led me to start using Cannabis as an outlet for pain relief.

#### WHAT MADE YOU WANT TO GET INTO THE INDUSTRY, AND HELP OTHERS?

My personal background is also in pain management (before getting into the Cannabis industry). Dealing with insurance companies and that sort of thing was very difficult, especially providing healthcare to patients based off of doctor recommendations when the insurance companies didn't want to pay for it. This industry is great for providing recommendations to the patients in need right on the spot, and not having to worry about that process.

#### WHAT IS CURRENTLY YOUR PERSONAL FAVORITE STRAIN THAT YOU FIND MOST BENEFICIAL TO YOURSELF? AND WHAT IS YOUR MAIN WAY OF USING CANNABIS?

Right now, I know I work here... but the Lemon Tree from Curio. It's by far my favorite medical Cannabis strain in Maryland. I call it my 'desert island strain,' if I had to be stuck with just one that would be it hands down. I mainly smoke flower (vaporizing with the Volcano) and use ingestibles. I make my own ingestibles, I'm actually the instructor for the cooking with Cannabis classes that we hold here. I believe that for nerve pain and chronic pain the ingestibles are definitely an effective route.

#### WHAT SETS CURIO APART FROM OTHER DISPENSARIES, WHAT DO YOU LIKE ABOUT WORKING HERE?

The reason I chose to apply to Curio, is the medicinal approach. I was looking online, and my personal Cannabis doctor was familiar with them and he told me all about the approach they take and with my personal background in pain management it seemed like a great fit. I'm used to dealing with a lot of chronic pain patients who aren't happy, they aren't at their best. We're very understanding when talking to patients like that, we start off by going through what exactly they're trying to achieve and feel when treating a specific condition or ailment. From that point we expand into their history and try to find the proper dosages and usages that will fit them best. I'm very good at finding a starting

point and proceeding from there. We have a "start low and go slow," approach that we take.

#### WHEN A PATIENT COMES IN FOR THE FIRST TIME AND HASN'T USED CANNABIS BEFORE HOW DO YOU MAKE THEM FEEL COMFORTABLE IN TAKING THIS APPROACH?

We start off by really trying to engage them, not overwhelm them. If you look at our menu it has a lot going on and it's overwhelming, it's like the Cheesecake Factory with all the different options. That's why I'm here, to make this a much easier journey for the patients. I don't rush them at all, I've literally spent three hours with a single patient before. I feel like this really sets us apart and helps them open up to us more, and that's the goal. If a patient comes in and doesn't feel comfortable telling you what's wrong or what they're looking for then we can't really help as much.

#### IS CANNABIS THE MOST EFFECTIVE OUTLET FOR TREATMENT THAT YOU'VE FOUND COMPARED TO OTHER ROUTES (PHARMACEUTICALS, ETC.)?

Absolutely, my father was a doctor and my mother was a nurse. I had trials with pharmaceuticals and didn't like any of the side effects, so I wouldn't take them. My parents introduced Cannabis to me when I was 15 (I'm 38 now) so I've been using it for 23 years now. I don't take anything else, all that I use is Cannabis. I love what Maryland has done with the medical program. We know all the terpenes that are involved and we know exactly what we're dealing with. From what I've seen and heard a lot of other states won't be able to provide proper testing documentation and knowledge of the actual products, basically all you get is a warning label. I feel spoiled living here and being in the industry in Maryland now, I don't want to try anything unless I know it's been tested.

#### WHAT DO YOU ENJOY DOING OUTSIDE OF WORK? WHAT ARE SOME OF YOUR HOBBIES THAT YOU DO IN YOUR DAY-TO-DAY LIFE?

Video games, I love video games. I met my wife playing Call of Duty, I'm from New Jersey and she was from Ohio and we met playing online and eventually moved to Maryland.

GOT A FAVORITE BUDTENDER? TELL US WHY! [WYATT@LEAFNATIONMD.COM](mailto:WYATT@LEAFNATIONMD.COM)