

Ariana Ayu

Canny Nurse®

SAMPLE STORY AND INTERVIEW TOPICS

1. The Endocannabinoid System: Where Spirit & Matter Intersect
2. **The Role of Nurses in Cannabis Care**
3. The Plant Medicine Paradigm: How Medical Cannabis differs from Pharmaceutical Medicine
4. Conscious Cannabis: How Mindful Use Minimizes Risk
5. **Cannabis as a Tool for Spiritual Growth**
6. Cannabis: Legitimate Medicine or an Excuse to Get High?
7. The Paradox of Pot: How Cannabis can both Relieve and Create Anxiety
8. **Lifestyle Medicine & the Body's Master Regulatory System**
9. It's Natural, but Is It Safe? Medical Cannabis and You
(alternate: MC and Young people/ Pregnancy/ Seniors, etc.)
10. Cannabis & Depression: Can a Doobie a Day Keep the Doctor Away? (alternate: Cannabis & Anxiety)

MEET ARIANA

Ariana Ayu is a nurse educator specializing in medical cannabis, the endocannabinoid system, and lifestyle medicine. She has more than 20 years experience in mind-body-spirit healing and has taught over 100 nurses through her 72-hour CEU-accredited **CannyNurse® Certificate Program**. Ariana combines intuitive wisdom with current, scientifically-based evidence. A seasoned international speaker with a background in entrepreneurship, health and wellness, and business strategy, Ariana is available for press/media interviews and speaking/ training opportunities for a variety of audiences. Born in the USA, Ariana now resides on the Isle of Lewis in Scotland, UK.

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"Ariana Ayu is ultimately captivating. She has the most wonderful persona and knows how to hold the room when she speaks. Ariana has an amazing stage presence and is able to capture the crowd with her unique personality. And she really knows her stuff!"

Jo Westwood, Lincolnshire, UK

"Ariana is truly a leader and motivator... a shaker and a mover. Working with her has been an intensely magical experience. The energy she wields as a speaker is truly powerful. She is clear and concise on the information she brings forth in her presentations. I encourage you to connect with her and her team. It will be a step you'll be happy you took. She is amazing."

Jason Taylor, Jacksonville, FL

"This (The Magic of Mojo) is one SPECTACULAR read! It really picks me up when I'm having one of those 'not so good days'. I wish that this book had been around when I was playing football. At the very least, it would have helped me through those tough games and I could have possibly played an additional 5 years! Kudos to Ariana for her great work!"

William Judson, Atlanta, GA
Former NFL Player (Miami Dolphins)