Handout #1: Introduction and the Endocannabinoid System

I. Herb
   A. Used as a medicine for 1000s of years
   D. Non-toxic with high therapeutic ratio
   E. No known overdoses ever

II. Endocannabinoid System
   A. Regulatory system present in the human body
      1. Closely tied to immune regulation
      2. Receptors are clustered around the body
   B. Human body produces natural "endocannabinoids"
      1. Anandamide
      2. 2-AG

III. Cannabis
   A. Contains phytocannabinoids—plant version of endocannabinoids
   B. Cannabinoids
      1. THC
      2. CBD
      3. CBG, CBC, etc.
      4. THC-A, CBD-A, etc.
   C. Terpenes
      1. Synergistic effects

IV. Obtaining the Medicine/Legality
   A. California decriminalization
   B. Compassionate Use Act of 1996 (Prop 215)—removes criminal penalties associated with possession, cultivation, and sales (with a Physician Recommendation)
   C. Under Prop 215, patients can collectively cultivate/distribute medicine
   D. Changing regulatory structures

Handout #2: Dosing, Titration and Cannabinoid Ratios

I. How to ingest
   A. Possible through any mucosal tissue in the body
   B. Various ROI

II. Cannabinoid Ratios
   A. Medicine categorized by ratio of CBD:THC
      1. High ratio (8:1 or more)
      2. Mixed ratio (4:1 to 1:2)
      3. High THC (1:4 to 1:50)

III. Titration
   A. Beginning with high ratio CBD and increasing THC as comfortable
   B. Keep in mind treatment goals to be able to judge progress

IV. Dosing
   A. Start low, increase steadily
   B. Journal your progress, keep track of symptoms and wellness