

**The information given during this individualized consult is not intended to be a substitute for professional medical advice. It is for educational and informational purposes only and is made available as a tool(s) for your own use. While we draw on our prior professional expertise and background. We are not medical health practitioners or mental health providers and are not holding ourselves out to be in any capacity. Rather, we serve as holistic health coaches, mentors and guides who help you reach your own health and wellness goals through dialogue and education. We provide information concerning but not limited to, the maximizing of ones health and optimizing wellness as it relates to cannabis.

Handout #1: Introduction and the Endocannabinoid System

I. Herb

- A. Used as a medicine for 1000s of years
- D. Non-toxic a 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. Anadamide
 - 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