



## CANNABIS DOSING GUIDE

### 1. PERSONALIZED MEDICINE

Cannabis therapeutics is personalized medicine. The right treatment for you depends on the person and your condition. For maximum therapeutic benefit, choose cannabis products that include both CBD (cannabidiol) which is non-intoxicating, and THC (tetrahydrocannabinol) which is the psychoactive component of cannabis.

CBD and THC interact to enhance each other's therapeutic effects. They work best together. Your sensitivity to THC is a key factor to determining the ratio and dosage of CBD-rich medicine.

While many people enjoy the cannabis high and can consume reasonable doses of any cannabis product without feeling too high or dysphoric, others find THC unpleasant or they find that they have a greater sensitivity to it, again this may be dependent on the particular condition being addressed.

CBD can lessen or neutralize the intoxicating effects of THC. So a greater ratio of CBD-to-THC means less of a "high". For effective dosing, finding your ratio is the first step to effective treatment.

- i. For anxiety, depression, spasms, and pediatric seizure disorders, many patients initially find they do best with a moderate dose of a CBD-dominant remedy (a CBD:THC ratio of more than 14:1). Remember, a combination of CBD and THC will likely have a greater therapeutic effect for a wider range of conditions than CBD or THC alone.
- ii. For cancer, neurological disease, and many other ailments, patients may benefit from a balanced ratio of CBD and THC. Extensive clinical research has shown that a 1:1 CBD:THC ratio is effective for neuropathic pain.
- iii. Optimizing one's therapeutic use of cannabis may entail a careful, step-by-step process, whereby a patient starts with small doses of a non-intoxicating CBD-rich remedy, observes the results, and gradually increases the amount of THC.

A. Find Your Ratio!

START WITH SMALL, TOLERABLE DOSES OF A CBD- RICH REMEDY THAT INCLUDES AS MUCH THC AS A PERSON IS COMFORTABLE WITH

### 2. THE BIPHASIC EFFECT

CANNABIS COMPOUNDS HAVE BIPHASIC PROPERTIES, WHICH MEANS THAT LOW AND HIGH DOSES OF THE SAME SUBSTANCE CAN PRODUCE OPPOSITE EFFECTS.

SMALL DOSES OF CANNABIS TEND TO STIMULATE; LARGER DOSES SEDATE.

TOO MUCH THC, WHILE NOT LETHAL, CAN AMPLIFY ANXIETY AND MOOD DISORDERS.

CBD HAS NO KNOWN ADVERSE SIDE EFFECTS AT ANY DOSE. BUT AN EXCESSIVE AMOUNT OF CBD COULD BE LESS EFFECTIVE THERAPEUTICALLY THAN A MODERATE DOSE. REMEMBER, "LESS IS MORE" WITH RESPECT TO CANNABIS THERAPY.

### SHOPPING GUIDE FOR DISPENSARIES

#### TAKE YOUR FIRST TRIP TO THE DISPENSARY

- 1. Spend less than \$100 on medicine. Many new patients are convinced to buy much more than they need. You may also want to purchase a vaporizer for \$50-\$400 (more on vaporizers below).
- 2. Decide if you want to use a specific delivery method (e.g. inhalation, oral, topical). If you're not sure, I recommend trying both inhalation and oral for most conditions, plus topical if you're treating pain or skin conditions.
- 3. Purchase small amounts of a variety of different products. Every person has an individualized response to cannabis, and the purpose of your first trip is to sample enough products to get a better idea of what's right for you.