









CHEAT SHEET FOR YOUR MEDICAL CANNABIS JOURNEY

METHOD	 SMOKING	 VAPORIZING	 EDIBLES, OIL, CAPSULES, OTHER	 TINCTURES, GUM & MINTS	 TOPICAL	 TRANSDERMAL	 SUPPOSITORIES	 RAW CANNABIS (JUICING)
PROS	Quick dosing	Quick dosing Less lung/throat irritation than smoking Can use a vaporizer to target specific cannabinoids	Longer effect (see duration below) Easier to maintain steady blood levels Recommended for treating pain	Quick onset and easy to dose Cost effective and easy to make Absorption can be slowed by adding to tea	Great for local pain relief and many skin ailments No psychoactive effects	Continuously gives medicine to the blood stream over time Can be found in the form of THC or CBD skin patches	Great for pain relief with no psychoactive effects Good for nausea and for cancer patients who cannot tolerate THC	All of the positive health effects of cannabinoids without the psychoactive effects
CONS	Throat and lungs may be irritated. Lose up to 40% of smoke	Vaporizers can be costly. More intense flavor than smoking (may be a plus for you)	Can be difficult to dose. Start slowly; try recommended doses below and wait 90 MIN between doses.	Alcohol base can burn; glycerin bases advised Easily causes stains		Can be costly Can be difficult to dose since effects vary by body fat	May cause drowsiness Application discomfort for some patients	Leaves and buds must be fresh (can be frozen for up to 2 weeks but it is not recommended)
THC DOSE	1-4 puffs	1-4 puffs	5-10 MG	2-10 MG	Read label	Read label	Read label	Negligible
CBD DOSE	1-4 puffs	1-4 puffs	10-50 MG	10-30 MG	Read label	Read label	Read label	
ONSET	10 SEC-15 MIN	10 SEC-15 MIN	30 MIN-2 HOURS	15 MIN-40 MIN	5 MIN-10 MIN	15 MIN-40 MIN	10 MIN-15 MIN	
DURATION	90 MIN-4 HOURS	90 MIN-4 HOURS	4 HOURS-8 HOURS	45 MIN-3 HOURS	3 HOURS-8 HOURS	1-2 DAYS	4 HOURS-8 HOURS	Improved health over time; can help with symptoms starting within a few weeks.



Cannabis may lower blood pressure, especially high concentration oils. Keep in mind: many medications that lower blood pressure control heart rate or other heart conditions. Do not discontinue your medications.



Medical cannabis may be uncomfortable if you aren't accustomed to THC. New users are advised to start slowly and use CBD-rich strains, especially with oral dosing. Be aware of biphasic effects: low and high doses of cannabis can produce opposite effects. Always start with a low dose and work up.



Orange juice, black pepper, and citicholine may help to reduce psychoactive effects.



The information provided here is basic and intended for general education purposes. If you are unsure, or have a complicated medical history or medication profile, it is recommended that you consult your prescribing physician. Always start with lowest dose first.



ANOREXIA & WEIGHT GAIN

Small doses of THC (approximately 2.5 mc) before meals to increase appetite. Oral, sprays, tinctures, and smoking/vaping are all effective.



ANXIETY

High CBD strains only. Very low THC (1-3 mc) per dose to prevent increased anxiety.



ARTHRITIS

Start with 5 mg of THC with 20-50 mc CBD and increase dose until pain relief peaks. Oral dose 2-3 x daily and sublingual. Topical or smoke/vape for quick relief.



CANCER

Recommended dose for symptom management is 20 mc THC daily, but varies from patient-to-patient. 10-20 mc of CBDs will help with appetite and anxiety. For Chemo-related N/V, up to 20 mc of THC may be needed per dose but start low as a precaution. Oral doses are effective, if you are able. Sprays, tinctures and suppositories are best for N/V or appetite. There are many studies showing whole plant extract oil has been known to shrink tumors, guidance from your cannabis provider is recommended.



CHRONIC PAIN

Usually high CBD strains are best. Oral dose lasts 4-8 hours. THC helps with inflammation, and taking 1:1 THC/CBD oil or capsules at bedtime helps with sleep. Studies show cannabis can help reduce dependence on opioids.



CROHN'S & GI DISORDERS

5-7 mc of THC daily, although usually requires more for pain control. CBD strains help with pain and usually have enough THC. Oral and suppositories are best for healing GI tract.



DEPRESSION

Very low THC dose, 1-3 mc. Too much THC and or CBD can make depression worse. Sativa strains are usually best.



INSOMNIA

Indicas with CBN (if able). Keep in mind that smoking about an hour before bed will relax you and help you fall asleep but wears off. Low THC oral dose best.



MULTIPLE SCLEROSIS & MOVEMENT DISORDERS

1:1 THC/CBD ratio is recommended. Tinctures, sprays, gum, hard candy, etc. are all very effective.



NEUROPATHIC PAIN

2.5-10 mc of THC with 10-50 mc of CBDs. Oral, sprays, tinctures, and edibles work well. Smoking/vaping for immediate relief.



TENSION HEADACHES

2.5-5 mc THC with 10-25 mc of CBDs. CBDs alone may make pain worse.



PMS/MENSTRUAL CRAMPS

There are currently vaginal suppositories starting to slowly appear in dispensaries.



PTSD

5-10 mc dose of THC with 10-30 mc of CBDs is helpful for easing memories. Usually smoked/vaped, but an oral dose is recommended at night before sleep for reduced nightmares. Caution: too much THC can cause anxiety.



SEIZURE DISORDERS

Large dose CBD products (200-300 mc). High concentrated CBD oils 3 x daily, orally for consistent blood levels. Sublingual is also effective, up to 5 x daily. Smoking/vaping for immediate relief.

MIGRAINES

To decrease frequency and severity of migraines, take 2.5 mc of THC daily upon rising or in the mid-afternoon. For symptom relief, try smoking/vaping 10-25 mc THC as soon as symptoms start (usually 2-4 hits). For relief mid-headache, a heavy indica is recommended. Popular strains are MK Ultra, Purple Urkle, Purple Kush and similar indicas.