

## Green Buddha's Cannabis Therapeutics Guide

Cannabis therapeutics gives the best results when the patients personalizes their dosing. What this means is one will have to do a little exploring to discover what exactly will work best for you and your condition. Be open to this exploring. Be proactive about your engagement with medical cannabis.

Start a journal and when you dose write down what you did and what your experience was, and very soon you will be a medical cannabis dosing expert. For most medical conditions, thc and cbd are synergistic in effect. Thus you want to incorporate both cbd rich strains and THC rich strains into your regime. CBD strains are often sedating – but otherwise have no psychoactive effect. THC strains can be both sedating and stimulating.

CBD and THC interact to enhance each other's therapeutic effects. They work best together. A patient's sensitivity to THC is a key factor to determining the ratio and dosage of CBD-rich medicine. 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. CBD can lessen or neutralize the intoxicating effects of THC. So a greater ratio of CBD-to-THC means less of a "high."

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; large 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 drug interactions can be problematic. An excessive amount of CBD could be less effective therapeutically than a moderate dose. "Less is more" is often the case with respect to cannabis therapy.

"Surprisingly contrasting experiences with cannabis are due to the ingestion or smoking of products of the same plant, and neither is inaccurate if one considers the difference in doses presumably taken, the presence in cannabis (a term that includes both cannabis and hashish preparations) of at least 2 compounds with opposite effects—d-9-tetrahydrocannabinol (THC), the psychoactive component, and cannabidiol (CBD), a nonpsychoactive constituent—and the different users' susceptibilities to the effects of the drug." (Dr. Raphael Mechoulam)

If you decide to use cannabis flowers, decarboxylate your cannabis first, and generally use sativa for daytime and indica for the evening. Begin with small doses over the course of a day. Use the same dose and ratio for several days. Observe the effects and if necessary adjust the ratio or amount. Don't overdo it. "Less is more" is often the case with cannabis therapeutics.

Concentrates and edibles require more care. If you are new to cannabis, the ability to use discreetly makes concentrates seem better, but are often too potent for new users. Concentrates also have a much higher cost per dose which partially explains why the industry promotes them. Cannabis is a safe and forgiving medicine but be aware it can have side effects. Depending upon delivery method and individual tolerance, it can amplify anxiety and mood disorders. Other possible side effects are dry mouth, dizziness and faintness.

Finally remember Green Buddha is not a medical doctor - so consult your health counselor. Proceed cautiously, especially if you have a history of mental illness, alcohol/drug abuse, or are pregnant or breastfeeding.