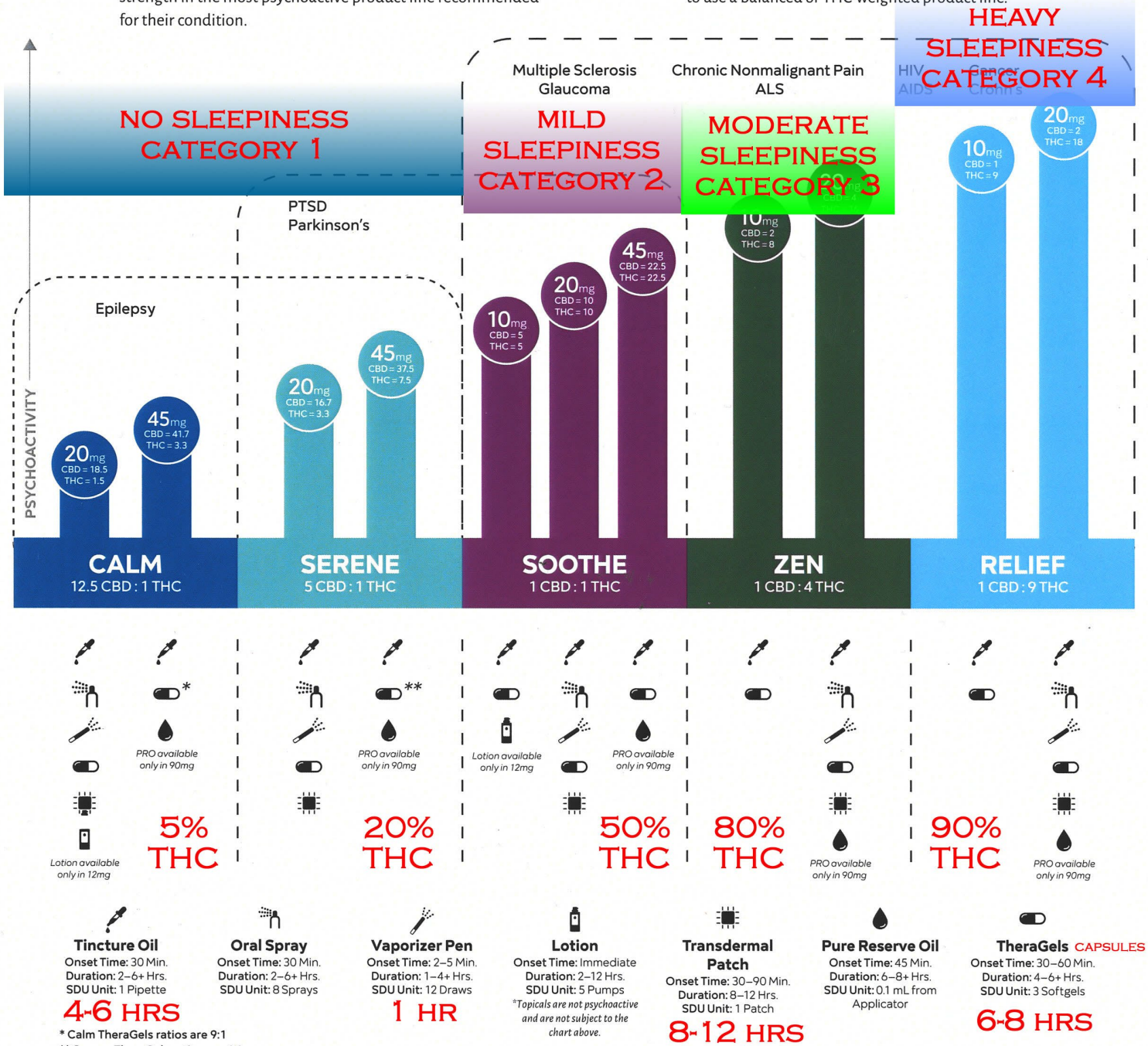


Dosing Your Patients

To determine which product is best for your patients, consider two things:

1 Patient Tolerance
For patients with little to no cannabis experience, start with the lowest strength within the recommended product line(s). For cannabis-experienced patients, start with the lowest strength in the most psychoactive product line recommended for their condition.

2 Desired Psychoactivity
For patients who do not desire a psychoactive effect, it is recommended to start with a CBD-weighted product. For patients who desire a psychoactive effect, it is recommended to use a balanced or THC-weighted product line.



* Calm TheraGels ratios are 9:1
** Serene TheraGels ratios are 4:1

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MARIJUANA DOSING INSTRUCTIONS

4 Categories on Basis of Sleepiness

CATEGORY	SLEEPINESS	STRENGTH
#1	No sleepiness	20% THC or 5 parts CBD to 1 part THC
#2	Mild sleepiness	50% THC or 1 part CBD to 1 part THC
#3	Moderate sleepiness	80% THC or 1 part CBD to 4 parts THC
#4	Heavy sleepiness	90% THC or 1 part CBD to 9 parts THC

2 Groups Depending on Duration of Action

GROUP	DURATION	TYPE
#1	Long acting	Maintenance meds that last 4-12 hours in the body
#2	Short acting	Rescue meds that last 1-2 hours in the body

Maintenance Meds

Type	Duration
Tincture Oils	Lasts 4-6 hours
Theragel Capsules	Lasts 6-8 hours
Transdermal Patches	Lasts 8-12 hours

Rescue Meds

Type	Duration
Vaporizer Pen	1-hour max duration and comes in categories 1, 2, 3 or 4
Smokables (weed, flower, bud)	2-hour duration and causes category 3 & 4 sedation

Vaporizer Pen Facts

- Most have two undesirable chemicals called vitamin E acetate and propylene glycol
- 80% of users have no adverse effects but the other 20% do
- If you are in the 20% category, you will have one or more of these effects:
 - Uncontrolled coughing
 - Shortness of breath
 - Chest pain
- Suterra dispensary has removed these 2 chemicals from their vaporizer pens and are safer

Smokable Flower Facts

- Causes burning or hydrocarbons or tar and these two items are also found in tobacco
- Long term smoking creates a risk of lung cancer
- Smoking creates 5 times the risk of developing chronic lung disease such as emphysema or COPD
- Risks can be eliminated by using an electric Vaping Chamber for smokable flower marijuana
 - Can be found online at <https://www.vape4ever.com/dry-herb-vaporizers>
 - Cost is about \$50
 - They produce heat that is thermostatically controlled
 - When smokable flower is put into the chamber, its heated enough to release the marijuana gas that you DO want, but the temperature is not hot enough to cause burning of the hydrocarbons you do NOT want.

Marijuana Certification & Card

- Certification Period is 210-days or 7-months
 - We prefer to recertify you within 6-months of your last certification
 - We will text and email you when it is time to renew
- MM Card is good for 12-months
 - We recommend you renew your card 11-months from the effective date
 - Do NOT allow your card to expire or you will go through the 10-day waiting period again

Topical Medicine for Chronic Pain

Voltaren Gel 1% 100 gm

- Diclofenac works like a topical Motrin
- Good for muscle, ligament, and bone pain
- 6-hour duration
- Use 4 x a day for pain control
- Allow to dry 10 minutes

Salon Paz Cream

- Can be bought from Walmart where the liniments are located
- 4% lidocaine, 10% benzyl alcohol
- Good for nerve pain
- 12-hour duration
- Use 2 x a day for pain control
- Allow to dry 10 minutes

Mood Stabilizers

Vitamin D3

It is estimated that over 40 % of the population is deficient in vitamin D, which plays a central role in everything from **regulating mood and warding off depression** to modulating immune cells in the body and beyond. It is one of the few nutrients that's difficult to get from food sources alone, making supplementation necessary in many cases.

Our recommendation ORTHO MOLECULAR Vitamin D3, 50,000 IU Dosing: 1 x Week

Omega-3 Fatty Acids (Fish Oil)

Research shows that vitamin D along with marine omega-3 fatty acids, EPA and DHA, are important to **boost brainpower, mood and other mental wellness**. Most Americans are extremely deficient in both vitamin D and omega-3s – nutrients critical to brain and body health.

Our recommendation DESIGNS FOR HEALTH OmegAval Ultra, 1200 mg Omega3s, Dosing: 2 x Daily
<https://amowc.ehealthpro.com/>

Magnesium

As the fourth most abundant mineral in the body, magnesium is essential for over 600 enzymatic reactions in the body and is another top nutrient lacking in the standard American diet. Research shows that you need magnesium to activate vitamin D. Magnesium helps **reduce stress and anxiety, improves sleep and mood** by preparing your **body and mind for relaxation**. **Insomnia is a symptom of magnesium deficiency**.

Our recommendation NATURAL RHYTHM, Triple Calm Magnesium, Dosing: 2 x Daily in PM