



Proper Dosage & Managing Adverse Effects

You are in control of your dosing. This allows you to listen to your body and utilize cannabis to best meet your needs in each moment. Always follow the golden rule of cannabis dosing - **start low and go slow**. As you become more comfortable with cannabis you can gradually increase your dosage as needed. You will learn how to gauge the effectiveness over time.

In large doses THC can increase anxiety, paranoia, heart rate, pain, low blood pressure, and/or depression. CBD adverse effects may include dizziness, jitteriness, diarrhea, palpitations, and decreased appetite. If you experience an adverse reaction try to calm yourself. Focus on your breathing, center yourself, and remember that it will pass. Remind yourself that no one has ever died from cannabis. A high CBD/low THC medication can be used to counteract the adverse experience of THC.

Dosing Tips

Start low and go slow. You are better off not feeling anything by not taking enough, than dosing too high.

Find your ratio. Cannabis products come in varying amounts of CBD to THC. A combination of CBD and THC likely has much better therapeutic effect than CBD or THC alone. Many patients are surprised to find that more balanced products and strains like 1:1 work better than something very high in THC for managing their symptoms. Finding the proper combination will help you maximize your therapeutic use.

Take a few small doses over the course of the day instead of one big dose. Not only will this help avoid any adverse reactions, but it will provide you with better therapeutic coverage and avoid frequent spikes in symptoms.

Use the same dose and method for a few days. When starting out it's important to let your body become sensitized to cannabis - your endocannabinoids will start to "light up" so to speak as you start to introduce cannabis into your system. If after a few days you don't feel effects or think a higher dose will provide more relief, slowly start to increase the amount.

Dose with intention. If you've already been using cannabis you might be in the habit of using intuitively (using when your body feels like it needs it), but not really paying attention to what symptoms you are targeting with each dose. Prior to dosing take an inventory of your breath (how easy is it to breath in), your body (how easy is it to sit in your skin), and your symptoms. Give them a rating 1-10. Choose the cannabis medicine for that symptom and allow the appropriate time for it to kick in. Once time has passed, rate these items again. Use this inner inventory as a tool for adjusting your dosing up or down.

Understand the biphasic response. Cannabis has biphasic properties, meaning low and high doses can have opposite effects. This means for many people what can relieve symptoms at a low dose, can amplify them at a high dose. Anxiety, pain, and GI symptoms are commonly prone to this effect. More isn't always better.