



# FLORIDA MEDICAL CANNABIS CLINIC

*Dear Patient,*

**Welcome to Florida Medical Cannabis Clinic!** We are excited to lead you on a path towards improved health and wellness through medical cannabis. This packet contains important information about the Florida Medical Cannabis Program. ***Please read it thoroughly and keep it for future reference.*** You can use it as a guide throughout your time as a medical cannabis patient.

It's important to understand that cannabis is different than any other medication, as it puts you, the patient, in control of your day to day care. You must be willing and able to learn about cannabis and take an active and direct interest in your treatment regimen. We've created resources and offer support to help you do this, but if you cannot make this commitment to yourself this medicine is unlikely to work for you.

Cannabis cannot be legally prescribed like a traditional medication. You will receive a recommendation and orders, not a prescription. It will not specify the exact medication, how much to take, and when to take it. We will provide you with education and guidance on how to start, but you will be in control of your own dosing and method of delivery. While this does take some learning and experimentation, patients overwhelmingly value the sense of empowerment that the flexible nature of cannabis medicine brings into their lives.

We are not able to call in specific product orders to the dispensaries on your behalf. It is your responsibility to decide on products and place your own orders with the dispensary of your preference. You are not limited to purchasing from one dispensary. We recommend experimenting with a variety of products and dispensaries until you find your *sweet spot* - the optimal dose and delivery method. Always remember - *start with a low dose and increase slowly over time.*

The Office of Medical Marijuana Use is charged with overseeing the patient and caregiver registry cards. If you have questions or need assistance with any aspect of the card application or approval process you must contact the OMMU at 1-800-808-9580. Please follow the enclosed application directions carefully to avoid any delays to your approval.

As you go along your cannabis journey we are always happy to answer quick questions, but if you require more detailed care we will request that you schedule an in office visit. We also have cannabis coaching services available for patients who require continued one on one assistance or education, but do not need to see the physician.

We are so appreciative that you chose us as part of your path towards better wellness. We pride ourselves on providing a personalized and compassionate cannabis healthcare experience. We are deeply committed to providing an experience that reflects personal attention, empathy, integrity, and trust. If there is anything we can ever do better - please let us know!

Sincerely,

Kristina Risola, MA, CRC, CHWC  
Director of Operations

# How to Use This Guide

This guide is split up into two main sections - Florida’s Medical Marijuana Program, providing an overview of program logistics and office policies, and Cannabis 101, an introduction into using medical cannabis. Take it slow, be patient with yourself, and keep this guide as a reference. We recommend reading it straight through at least once. Then consult it as needed, using the index to direct you to the appropriate section.

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## SECTION 1: FLORIDA'S MEDICAL MARIJUANA PROGRAM

### Medical Marijuana Use Registry (MMUR)

The Florida Medical Marijuana Use Registry (MMUR) is the online hub of the State program. *It can only be accessed by patients, doctors, dispensary staff, law enforcement, and the Office of Medical Marijuana Use.* It is not cross referenced with any other database such as concealed carry permits or occupational licenses.



Within the registry patients can access initial and renewal applications, see medication orders, and track renewals. The MMUR also allows patients to see their entire order history, how many milligrams are currently available to be dispensed, and order expiration dates.

MMUR: <https://mmuregistry.flhealth.gov/>

Phone: 1-800-808-9580

Email: [medicalmarijuanause@flhealth.gov](mailto:medicalmarijuanause@flhealth.gov)

### Setting Up Your Account

- Open the emails sent to you by the Office of Medical Marijuana Use (OMMU) and follow the instructions to login and access your Medical Marijuana Use Registry (MMUR) account. They will supply you with a temporary password.
- If you can't find the emails check your junk/spam mail or have a password re-sent using the forgot my password feature at <https://mmuregistry.flhealth.gov/>. Your email address is your login.

### Submitting Your Medical Marijuana Use Card Application

Prior to purchasing medication you must complete a card application and receive approval from the state.

***Please complete your application as soon as possible as we will NOT be able to extend certifications for delayed applications.*** You can complete this application online or by paper.

### To Apply Online:

- Login to the MMUR at <https://mmuregistry.flhealth.gov/> and click YOUR CARD.
- Upload a passport style photo (unless your driver's license/ID photo has been automatically uploaded from the DMV database).
- Upload proof of residency (Driver's License or State ID). Your address on your proof of residency MUST match the address in the registry. For other acceptable forms of residency consult the [FAQ](#) on our website.
- Sign & submit the application.
- Wait for the screen to refresh and submit your payment. This completes your application.

## To Apply by Mail (Paper):

- Complete all sections of the [application](#), including Registry Patient ID Number.
- Attach a color 2" x 2" style photo.
- Attach proof of residency.
- Make sure to sign and date the application.
- Include a check or money order made out to the Department of Health in the amount of \$75. Include your Registry Patient ID Number in the memo space of the check or money order.
- Mail completed application, additional documents, and payment to the Office of Medical Marijuana Use.

## Application & Card Frequently Asked Questions

### ***I didn't receive my initial email with my username and password. What do I do?***

Use the 'Forgot My Password' feature on the MMUR website to have a password sent to you. Your user name is the email you supplied to us when booking.

### ***How long will it take to receive my card approval?***

Application processing time varies, but is typically under 3 weeks. Once approved, you will receive an email from the Office of Medical Marijuana Use. This approval email serves as your ID card and allows you to start purchasing medication until your physical ID card arrives by mail. Keep this email or your physical ID card on your person at all times.

### ***Can you check the status of my application?***

No. Our system does not allow us to see any information pertaining to application processing and rejections. You must contact the Office of Medical Marijuana Use directly for any issues related to application processing or status. They can be reached at 1-800-808-9580.

### ***I received a rejection notice. Now what?***

Correct the indicated errors immediately and call the application office to ask them to re-review it. The most common rejections are for incorrect photos or proof of residency. Make sure your address matches the address listed in registry to avoid delays.

### ***How often do I have to renew my card?***

Your card will be valid for one year. You must submit a renewal application online or by mail 45 days prior to expiration. The dates of your ID card do not coincide with doctors visits. You must maintain your office visits to maintain full legal status.

### ***I'm still confused. Help!***

Consult the OMMU's patient registry guide.

[http://www.floridahealth.gov/programs-and-services/office-of-medical-marijuana-use/\\_documents/registry-user-guide-patients-caregivers.pdf](http://www.floridahealth.gov/programs-and-services/office-of-medical-marijuana-use/_documents/registry-user-guide-patients-caregivers.pdf)



## Office Policies & Resources

### Follow Up Appointments

We will see you back for a follow up certification exam 4 months from your initial appointment. Unless there is a medical reason to see you more frequently, Dr. Gebhardt will transition you to a 6 month recertification schedule. All follow up certification visits are \$150. **We cannot issue a new recommendation without an in person exam.** These visits are required under the law.



Please be sure to schedule all follow up appointments prior to the expiration of your certification to avoid a lapse in legal status. *You will receive an email notification from us approximately 1 month prior to your certification expiration. We recommend contacting us at least 1 month in advance to book your appointment as they do fill quickly.* For your convenience online booking is also available.

For patients requiring a more in depth level of cannabis care, individualized coaching services (online and in person) provided by our Certified Health & Wellness Coach are available. Please email [kristina@flmedcannabis.org](mailto:kristina@flmedcannabis.org) or for further information.

### Certifications and Medication Orders

At each in person visit we will enter your certification into State registry. This certification verifies your full legal status for specific duration of time. We will also schedule all of your medication orders for your full certification period so that you do not have to contact us for refills in between exams.

If you are having concerns about your medication or need to add a delivery route please do not wait until your follow up appointment - contact us. We are happy to assist with quick matters by phone or email.

### Patient Support Group

As an added resource to our patients we offer a free online patient support group moderated by our staff and Cannabis Health Coach. We will regularly post cannabis education, resources, and dispensary deals in this group. It also serves as a safe space for patients to interact, share their experiences, tips, and success stories! This is a private group that can only be seen and accessed by fellow patients of Florida Medical Cannabis Clinic. *While we encourage and expect confidentiality, anything you share in the group is not considered private health information.*

Request to Join Here: <https://www.facebook.com/groups/fmccgroup/>

# Understanding Your Recommendation

## Medication Orders

You can access your medical cannabis recommendation in the MMUR. Florida requires that medication orders include number of milligrams per dose, number of doses per day, order duration, and delivery method. This dosage information serves as a MAXIMUM amount to be consumed and is NOT to be construed as recommended dosing. There is no way for Dr. Gebhardt to determine specific dosing for medical cannabis.

***Dose low and slow until you find the proper amount and frequency for your needs.***

When Dr. Gebhardt enters your medication orders the daily dose is multiplied by the number of days of the order. Using the below image as a reference, 200 milligrams once per day for 70 days would equal 14,000 milligrams total. This would allow the patient to purchase a maximum of 14,000 milligrams of low-thc vaporization products in that 70 day period.

All patients in our clinic will be approved for inhalation, oral, and topical delivery routes unless otherwise discussed at the time of your appointment. This will allow you to select from the majority of products available.

We schedule all orders at the time of each certification so you do not have to contact us in between appointments for 'refills.'

Order Status	Start Date	Placed By	Purchase Device	Days	End Date
Open	4/4/2018	SCOTT GEBHARDT	Yes	70	6/13/2018
Low-THC Cannabis - Inhalation	Low-THC Cannabis - Oral	Medical Cannabis - Inhalation	Medical Cannabis - Oral		
Route: Inhalation					
Total Amount Ordered: 14000					
Amount Per Dose: 200					
Doses Per Day: 1					

## Purchasing Medical Cannabis

Once approved by the OMMU, contact or visit the licensed MMTC (dispensary) of your choice to purchase medications. Purchases can be made in person or via delivery (cash on delivery). The MMTC has access to the MMUR and can see the orders that Dr. Gebhardt provided for you. You are able to buy whatever cannabis products you prefer within the confines of your recommendation.

You are not required to purchase your entire milligram limit at one time. Instead, the system works like a bank account with your purchases deducting from your total available balance every time you make a purchase. Remaining milligrams are forfeited on their expiration date. Scheduled orders will start automatically, effectively resetting the available balance. We typically schedule orders for 60 days in duration.

## Navigating Dispensaries (MMTCs)

<a href="#">Surterra Therapeutics</a>	850-391-5455	<a href="mailto:wellness@surterra.com">wellness@surterra.com</a>
<a href="#">Curaleaf</a>	877-303-0741	<a href="mailto:info.fl@curaleaf.com">info.fl@curaleaf.com</a>
<a href="#">Knox Medical</a>	888-441-5669	<a href="mailto:info@knoxmedical.com">info@knoxmedical.com</a>
<a href="#">Liberty Health Sciences</a>	833-254-4877	<a href="mailto:Info@libertyhealthsciences.com">Info@libertyhealthsciences.com</a>
<a href="#">GrowHealthy</a>	863-223-8882	<a href="mailto:info@GrowHealthy.com">info@GrowHealthy.com</a>
<a href="#">The Green Solution</a>	800-429-1987	<a href="mailto:info@tgsflorida.com">info@tgsflorida.com</a>
<a href="#">Trulieve</a>	844-878-5438	<a href="mailto:info@trulieve.com">info@trulieve.com</a>
<a href="#">Vidacann</a>	1-800-977-1686	<a href="mailto:info@vidacann.com">info@vidacann.com</a>

For an up to date list of all approved MMTC's please consult the Office of Medical Marijuana Use website:

<http://www.floridahealth.gov/programs-and-services/office-of-medical-marijuana-use/medical-marijuana-treatment-centers/index.html>

At your appointment we may recommend certain MMTC's based on your specific needs, but we encourage you to experiment with multiple companies until you find your best fit. You may purchase from as many dispensaries as you like, given you stay within the confines of your recommendation. You are not legally bound to one MMTC.

Prior to making a purchase review company websites and product options. Research your condition and cannabis to help you choose products that will best meet your specific needs.

The level of assistance and guidance from dispensaries vary. Self advocate and ask informed questions. Some MMTCs will provide an extended consult for new patients. *If you need additional assistance - ask for it.*

Prices, products, locations, delivery options, and discounts vary by company. You can consult our dispensary guide provided at your appointment for a list of discounts and locations.

If you have an issue related to the product itself (example leaky cartridge, defective vape pen) you will need to contact the MMTC it was purchased from. Most MMTC's have standards in place to replace or otherwise address defective product. We are not able to assist with these matters.

Some MMTCs can be crowded and very busy. If you are prone to anxiety in these settings you may want to avoid shopping in store during sales, holidays, and special events. Utilize delivery services if needed.

Most MMTCs provide online ordering for in store pickup or delivery. This is great option for saving time and ensuring stock prior to making the trip to the dispensary. Policy varies by MMTC, but most will notify you when your order is ready for pick up or if your items aren't in stock.

## Getting the Most Out of Your Order: Purchasing Tips

Verify your order within the [MMUR](#) and understand what Dr. Gebhardt has recommended for you. As the MMUR can be glitchy, we recommend checking your orders prior to all purchases. You will not be able to purchase without an active order.

Do your research and compare products across dispensaries. Ask questions and look for specials and discounts. Use price per milligram to compare the best deals. To determine, divide the price by total # of milligrams. Don't forget to factor in any available discounts.

Example:      230mg vape pen sold for \$25 =  $25/230 = \$0.108/\text{mg}$   
                  600mg vape cart sold for \$74 =  $74/600 = \$0.1233/\text{mg}$   
                  600mg vape cart sold for \$90 =  $90/600 = \$0.15/\text{mg}$

Don't purchase a huge quantity of products until you experiment and know what works best for you. Review websites and plan in advance to reduce the amount of overwhelm in store.

Write down any questions you have and bring them with you to the dispensary. It's important to self advocate and ask for assistance if needed, especially if you are a beginning patient.

Utilize new patient discounts to alleviate the costs of experimentation. Many dispensaries also offer low-income, pediatric, veteran, and reward discounts. Always ask "do I have any discounts available today?"

Sign up for dispensary reward programs and utilize your rewards to your advantage. Save your points and stock up. Also sign up for MMTTC email and text updates for sale notifications.

If you know what you want order online and schedule a pickup rather than going directly to the dispensary. You will avoid an unnecessary trip if your items are out of stock and save time in store.

A little do it yourself effort can go a long way in reducing costs. Filling your own vaporizer cartridges, mixing your own tinctures, and making your own creams, edibles, or capsules from available oils are all ways to reduce spending. Our blog at [www.flmedcannabis.org](http://www.flmedcannabis.org), and Kristina's at [www.KristinaRisola.com](http://www.KristinaRisola.com) are both a great place to learn more about this.

## SECTION 2: CANNABIS AS MEDICINE

### MEDICINAL PROPERTIES OF CANNABIS

Cannabis is a flowering plant that has been used for medicinal, commercial, and spiritual uses for over 12,000 years. The fibrous stalks can be made into paper, textiles, and building materials. The seeds are eaten raw or pressed into oil. The leaves and flowers are consumed as medicine and can be found in a variety of forms including dried flower and oil extracts. Cannabis grows in a variety of strains with different concentrations of cannabinoids and terpenes, which produces distinct differences in therapeutic effects from plant to plant.



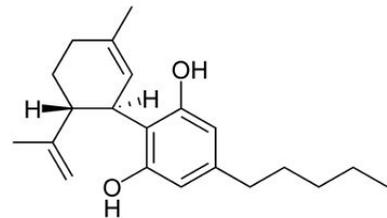
### Endocannabinoid System

All humans have an endocannabinoid system (ECS). The ECS is responsible for regulating homeostasis, or equilibrium, in the body. It keeps us feeling “normal” and influences things like memory, mood, appetite, energy, metabolism, immune function, pain, sleep, and the stress response. Cannabinoids, the active compounds in cannabis, interact with the receptors of the ECS. They help to tell the body to turn up or down various processes in order to return to a state of normal functioning. This is how cannabis is so effective for such a wide array of symptoms and conditions.

Research suggests that many forms of chronic illness may be in part due to an underfunctioning endocannabinoid system, known as endocannabinoid deficiency. By adding cannabinoids into the body through medical cannabis the ECS is able to recalibrate and return the body to a state of homeostasis.

### Cannabinoids

The primary active compounds in cannabis are called *cannabinoids*. When consumed, these cannabinoids, coupled with terpenes and other phytochemicals, provide therapeutic benefits and alleviate symptoms of chronic illness. While there are multiple cannabinoids present in the cannabis plant, medications sold in Florida dispensaries will be classified and labeled by the two major cannabinoids - THC and CBD.



### THC

The most widely known cannabinoid is THC (delta-9-tetrahydrocannabinol). It is the cannabinoid responsible for the euphoric psychoactive effect or “high”. It also has anti-inflammatory, analgesic (pain relief), neuroprotective, anti-microbial, anti-tumor, and anti-oxidant properties. It is often used to reduce intraocular pressure associated with glaucoma, reduce spasticity and muscle tension, increase mood, promote sleep, and stimulate appetite.

THC is widely considered non-toxic, but it needs to be used with caution. In high doses, and in the absence of other cannabinoids like CBD, THC can cause an increase in anxiety, sedation, paranoia, heartbeat, and short term memory loss. High doses of THC over time can also lead to an increased tolerance, requiring patients to use more and more medication to reach the same effects. Abstaining for a few days to a week will reduce the tolerance and allow you to use lower amounts of medication more effectively.

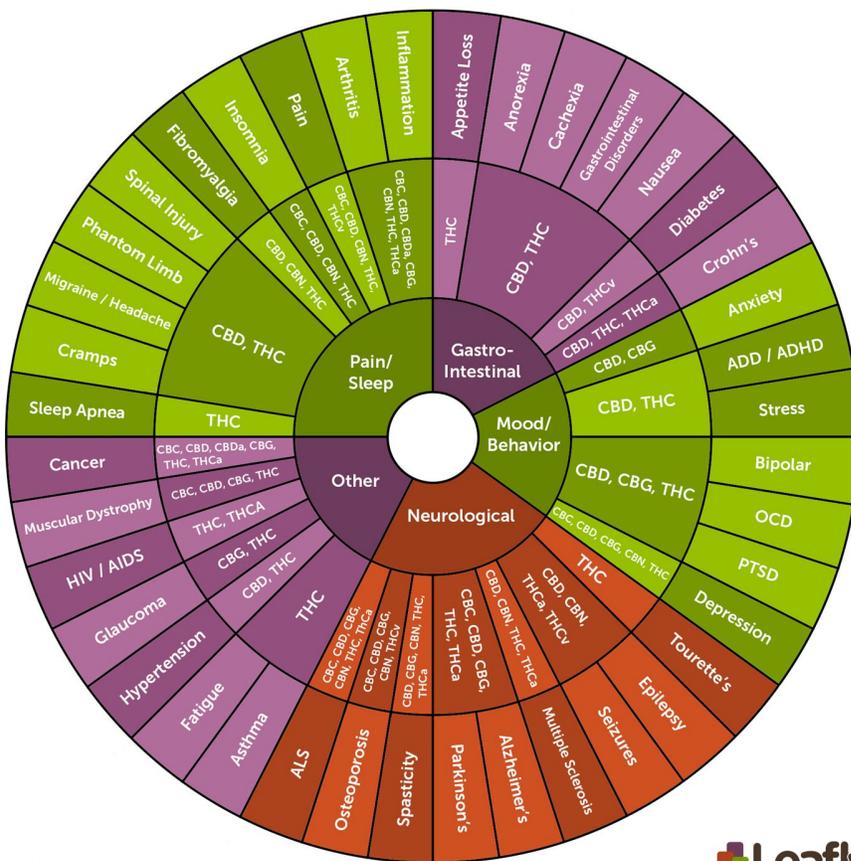
## CBD

CBD provides many of the same medicinal benefits of THC, but is non-intoxicating making products high in CBD a good choice for beginners and elderly. CBD is often used to relieve inflammation, pain, convulsions, anxiety, and nausea. It is also showing promise as an antidepressant, mood stabilizer, and antipsychotic. It is the main cannabinoid in low-THC strains. CBD often has a cumulative effect - meaning it may take a few weeks of consistent dosing to notice full benefits. This is especially true for inflammatory pain and conditions

CBD is also a great option for patients needing a clear headed day time experience. When taken in amount greater than THC it can also be used to counteract the potential negative side effects of THC like paranoia, anxiety, increased heart rate, and memory impairment. This includes counteracting the euphoria for patients who require higher amounts of THC but would prefer not to experience a high.

## Other Cannabinoids, Terpenes, & Flavonoids

The cannabis plant consists of over 100 phytochemicals that all work together in a synergistic effort known as the “entourage effect” to provide medicinal benefit. Various concentrations of other cannabinoids and terpenes can change the experienced effects of a cannabis medication. While this is still an area of cannabis medicine to be further researched, having a basic understanding of the therapeutic potential of these other plant compounds can really make a difference in a patient’s experience. For example, strains high in the cannabinoid CBN are prized for their ability to induce sleep and fight insomnia.



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## Effects of Cannabis

Everyone experiences cannabis differently. A medication that provokes relaxation and a deep state of bliss in one person may promote a state of anxiety and nervousness in another. Factors that contribute to this experience include: dosage (amount used), strain of cannabis, ratio of CBD to THC, delivery method, patient's level of experience with cannabis, individual biochemistry, nutrition or diet, and environment and setting.

## CBD:THC Ratio

The ratio of CBD to THC in a strain or medicinal product will contribute to how the medicine is experienced. Due to the modulating effects of CBD it can be used to counteract the high of THC when needed. Most patients find that the euphoria and other unwanted effects of THC can be avoided with products that have a balanced or CBD dominant ratio. A 1:1 or balanced ratio tends to be a good starting spot for most patients. Surterra's wellness line of products makes it easy to experiment and determine the best ratio for your condition.

## Strain Differences

Over the years growers have developed thousands of different cannabis strains. They come with funky names like Green Crack and Grand Daddy Purple. Individual strains vary in cannabinoid, terpene, and flavonoid content which produces noticeably different effects for the user.

Strains are typically classified into one of three genetic categories - *sativa*, *hybrid*, or *indica*. While plants today are almost all hybrids, these terms are better understood as a descriptive label for patients to predict how a product may feel. It's important to know that strain effects can vary from crop to crop and person to person.

Hybrid strains will carry effects from both it's sativa and indica parents.

# Sativa vs Indica

Mind Dominant  
Stimulating/energizing  
Enhanced sense of well-being  
Increases focus & creativity  
Fights depression  
Uplifts mood  
Relieves headaches & migraines  
Anti-nausea

Body Dominant  
Relaxing/reduces stress  
Relieves muscle spasms  
Pain & inflammation relief  
Helps sleep  
Reduces anxiety  
Stimulates appetite  
Anti-convulsant



## Delivery Methods

There are many ways to consume medical cannabis. Florida permits five methods, known as delivery routes. These include inhalation, sublingual, oral, topical, and suppository. Each delivery method produces a different experience with different medicinal qualities. You'll need to experiment to find which works best for you.

### Inhalation

Inhalation is the most common form of delivering cannabis. It provides a quick onset, with most patients feeling effects within 1 minute. This allows patients to easily consume a low dose and titrate up as needed. Effects are typically felt for 2-3 hours. Due to the quick onset and relatively short duration, inhalation is best used for the management of breakthrough symptoms.



Vaporizing cannabis heats the active ingredients to a boil, turning them into an inhalable vapor. Vaporizers will typically remain under 428 degrees to avoid reaching the temperature at which the ingredients combust, or turn to smoke. While vaporizing avoids the health drawbacks of smoking, it delivers terpenes and cannabinoids to the bloodstream just as fast. Cannabis can be vaporized in either oil or flower form.

The process of vaporizing is the same as smoking - inhale (being sure to draw the medicine into your lungs), hold for three to five seconds, and exhale. If you cough, your vaporizer is likely too hot and producing smoke, not vapor. You may or may not taste cannabis while vaping. Because vaporized marijuana is not harsh like smoke, it is easy to overmedicate. Always start low and slow, working up to find the proper dose to alleviate your symptoms.

Inhalation allows for a quick onset, with most patients feeling effects within 1 minute. This allows patients to easily consume a low dose and titrate up as needed. Effects are typically felt for 2-3 hours. Inhalation is best used for the management of breakthrough symptoms for its quick onset.

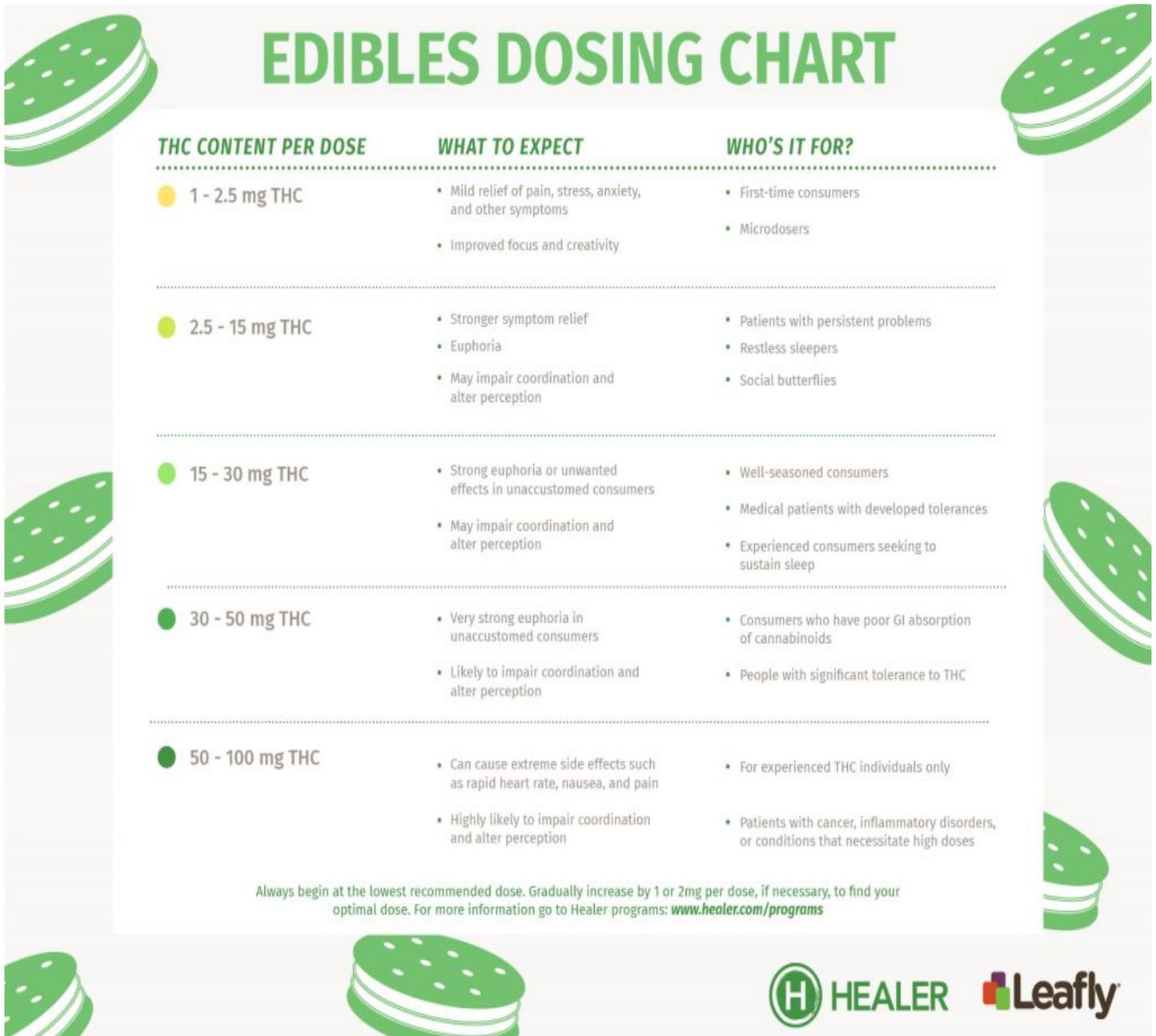
### Sublingual

Sublingual delivery is the act of applying the cannabis medicine under the tongue. Depending on the tincture or oral solution, sublingual application typically results with onset of 5-45 minutes and lasts around 4 hours.

Tinctures are a sublingual form of cannabis extract, traditionally produced with alcohol or glycerin. In Florida, most tinctures are oil based. Many patients use tinctures as their daily medicine with vaporization added for breakthrough symptoms. Tinctures are a great option for patients new to cannabis as dosing can be easily controlled. Tinctures and oil extracts should be stored in a cool dark place.

## Oral

Oral dosing is the act of swallowing or ingesting cannabis medicines. This may include oils, capsules, and cannabis infused foods called edibles. Oral cannabis provides 6-8hr of relief with an onset of 30 minutes to 2 hours. Due to the influence of other medications, metabolism, food intake, and a variety of other factors oral dosing can be highly variable. While low and slow is the rule for all medicinal cannabis dosing, it's extra important when consuming oral cannabis. With the delayed onset patients often think they did not take enough medication and add to their dose too soon. Overmedicating can result in high levels of anxiety and paranoia, often lasting multiple hours.



The chart is titled "EDIBLES DOSING CHART" in large green letters. It is framed by illustrations of green cookies with white frosting and sprinkles. The chart is organized into five rows, each representing a different THC dose range. Each row has three columns: "THC CONTENT PER DOSE", "WHAT TO EXPECT", and "WHO'S IT FOR?". The rows are separated by dotted lines. At the bottom of the chart, there is a disclaimer: "Always begin at the lowest recommended dose. Gradually increase by 1 or 2mg per dose, if necessary, to find your optimal dose. For more information go to Healer programs: [www.healer.com/programs](http://www.healer.com/programs)".

THC CONTENT PER DOSE	WHAT TO EXPECT	WHO'S IT FOR?
● 1 - 2.5 mg THC	<ul style="list-style-type: none"><li>Mild relief of pain, stress, anxiety, and other symptoms</li><li>Improved focus and creativity</li></ul>	<ul style="list-style-type: none"><li>First-time consumers</li><li>Microdosers</li></ul>
● 2.5 - 15 mg THC	<ul style="list-style-type: none"><li>Stronger symptom relief</li><li>Euphoria</li><li>May impair coordination and alter perception</li></ul>	<ul style="list-style-type: none"><li>Patients with persistent problems</li><li>Restless sleepers</li><li>Social butterflies</li></ul>
● 15 - 30 mg THC	<ul style="list-style-type: none"><li>Strong euphoria or unwanted effects in unaccustomed consumers</li><li>May impair coordination and alter perception</li></ul>	<ul style="list-style-type: none"><li>Well-seasoned consumers</li><li>Medical patients with developed tolerances</li><li>Experienced consumers seeking to sustain sleep</li></ul>
● 30 - 50 mg THC	<ul style="list-style-type: none"><li>Very strong euphoria in unaccustomed consumers</li><li>Likely to impair coordination and alter perception</li></ul>	<ul style="list-style-type: none"><li>Consumers who have poor GI absorption of cannabinoids</li><li>People with significant tolerance to THC</li></ul>
● 50 - 100 mg THC	<ul style="list-style-type: none"><li>Can cause extreme side effects such as rapid heart rate, nausea, and pain</li><li>Highly likely to impair coordination and alter perception</li></ul>	<ul style="list-style-type: none"><li>For experienced THC individuals only</li><li>Patients with cancer, inflammatory disorders, or conditions that necessitate high doses</li></ul>

Always begin at the lowest recommended dose. Gradually increase by 1 or 2mg per dose, if necessary, to find your optimal dose. For more information go to Healer programs: [www.healer.com/programs](http://www.healer.com/programs)



## Topicals

The topical delivery route includes topical creams and transdermal patches. These routes are growing in popularity, especially for their anti-inflammatory effects. As technology advances, methods are being created to enhance the absorption of cannabinoids through the skin. In Florida you can purchase lotions and salves infused with THC & CBD, which can be very effective in relieving pain and muscle spasms. Topical creams do not produce a high or psychoactive effect, making them a great choice for localized pain relief when working or on the go. They have also been shown to be effective for treating skin conditions like eczema and psoriasis, likely due to the large number of cannabinoid receptors in the skin. Onset is typically within 20-40 minutes and lasts up to 4 hours.

The topical delivery route also includes transdermal patches and gels. Transdermal products do enter the blood stream so they will provide full body relief and may produce psychoactive effects. Duration can be up to 72 hours depending on the product. Surterra and Muv MMTCs both offer transdermal products.

## Delivery Routes: Learn to Experiment

Like most medicines, medical cannabis requires some experimentation. Some patients find that they do best with vaping during the day and oral administration at night. Some prefer to stick with one method, while others do best with a combination. The more you learn about cannabis the better you become at listening to your body. Listening to your body and experimenting with different medicines until you find what works best for you is always the best approach

## 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, and/or depression. It can also decrease blood pressure. CBD adverse effects may include dizziness, jitteriness, diarrhea, palpitations, and decreased appetite. Patients prone to anxiety may want to avoid sativa dominant strains.

If you do 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. Chewing on peppercorn is also known to reduce the negative effects of THC.

*If you have questions pertaining to the administration or effectiveness of your medication please contact us. If you are ever experiencing a health emergency call 9-1-1 immediately. If you have negative side effects while using your cannabis medicine please contact our office as soon as possible.*

# Keeping a Cannabis Journal

Keeping a cannabis journal is a great tool to maximize the power of your medicine. Individual strains and products impact every patient differently. Using a journal to note your personal reactions can be especially useful for guiding future purchases and reducing the sense of overwhelm from the wide selection of products available. Journaling will also make it easier for you to see patterns so you can better tailor the medicine to your needs.

## Choose your Method

Do you prefer to write things out or use an app on your Smartphone? Choose the option that will fit best into your day to day routine - it's important to keep up with it. The ReLeaf app or Strainprint are great options for people who prefer to go digital.

## What to Track

As you begin tracking your cannabis use you will begin to identify the information that's most important to record for your needs. The below lists are the minimum to be recorded. You may also find it helpful to record other medications, food intake, exercise, and sleep quality/duration.

### Prior to Dosing

- The Basics:* Date and time of dosing
- Cannabis ID:* Product name/strain, delivery method, ratio of CBD:THC, and amount consumed
- State of Mind:* How were you feeling before you medicated? Were you particularly anxious, on edge, or feeling relaxed and calm? Your state of mind can contribute to the experienced effects.
- Symptoms:* Tune into your body and record your symptoms with a rating on a scale of 1-10, 10 being the worst that symptom has ever been. For chronic pain it may also be helpful to note the nature of the pain - is it throbbing, aching, burning, etc?

### After Dosing

- Onset time:* Record the time at which you first feel relief, the peak of relief, when the feeling starts to taper, and when it's gone
- Symptoms:* For each time recording do a personal inventory and rate your symptoms again using the same 1-10 scale.
- State of Mind:* Are you more relaxed? Anxious? Is it hard for you to focus or do you feel more dialed in? Do you feel slowed down at all?

## Cannabis Resources

*Florida Medical Cannabis Clinic Blog*

Education

[www.flmedcannabis.org/blog](http://www.flmedcannabis.org/blog)

*Kristina's Website*

Education & personal coaching

[www.kristinarisola.com](http://www.kristinarisola.com)

*Healer*

Education and guided programs

[www.healer.com](http://www.healer.com)

*Leafly*

Education and news

[www.leafly.com](http://www.leafly.com)

*The Cannabist*

Cannabis news

<https://www.thecannabist.co/>

*Facebook Patient Support Groups - Florida Focused*

Florida Medical Cannabis Clinic Patients Support Group: <https://www.facebook.com/groups/fmccgroup/>

Patients Love Compassion: <https://www.facebook.com/groups/1352515594864751/>

420RxCCC Recipe Club: <https://www.facebook.com/groups/429913757461685/>

*Books*

[Cannabis Pharmacy: The Practical Guide to Medical Marijuana by Michael Backes](#)

[The Cannabis Health Index: Combining the Science of Medical Marijuana with Mindfulness Techniques by Uwe Blesching](#)

[Cannabis Revealed: How the World's Most Misunderstood Plant is Healing Everything From Chronic Pain to Epilepsy by Bonnie Goldstein MD](#)

