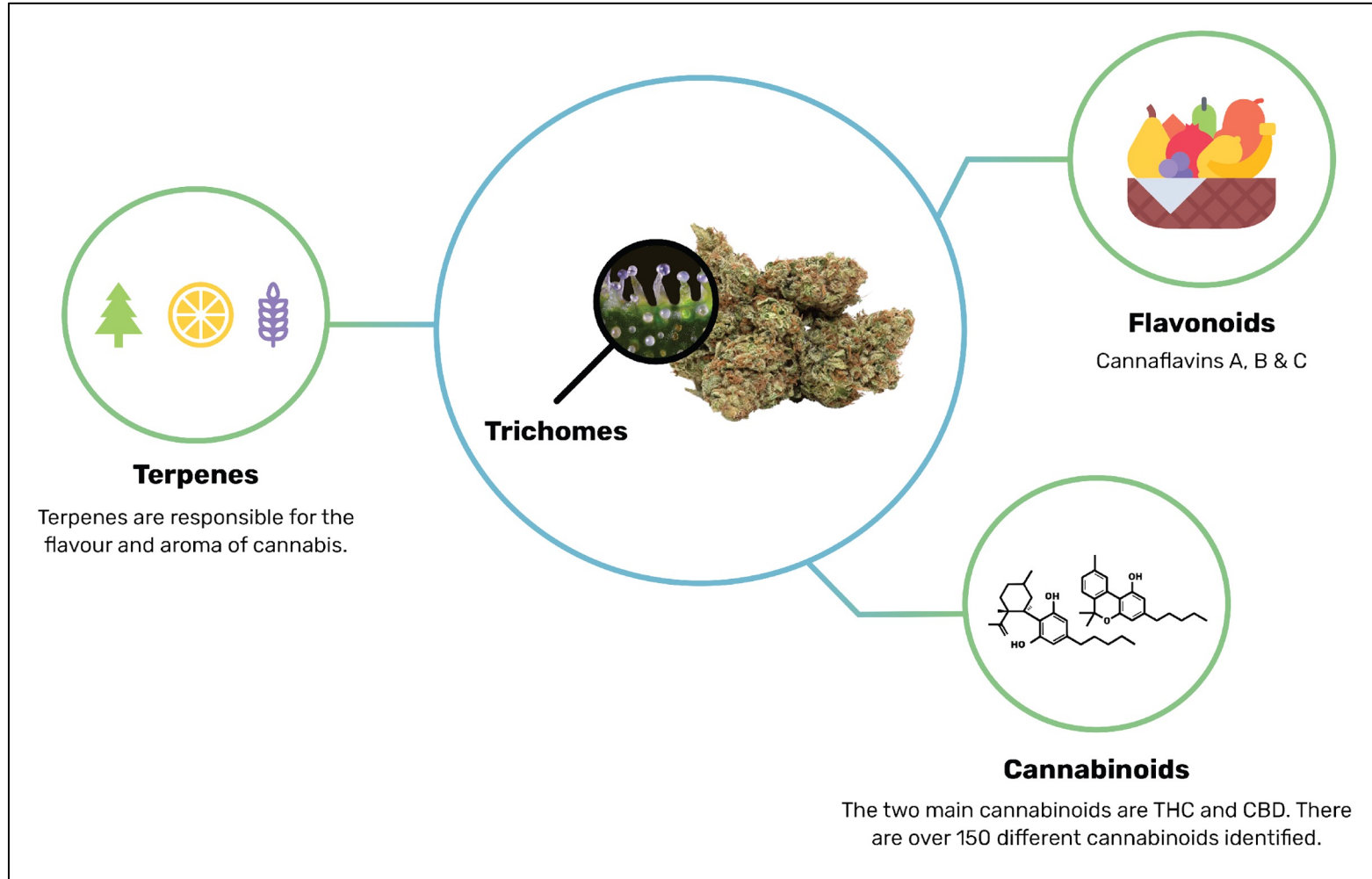


Ask The Expert Cannabis Series

301: Cannabis Edibles, Oral Preparations & Topicals

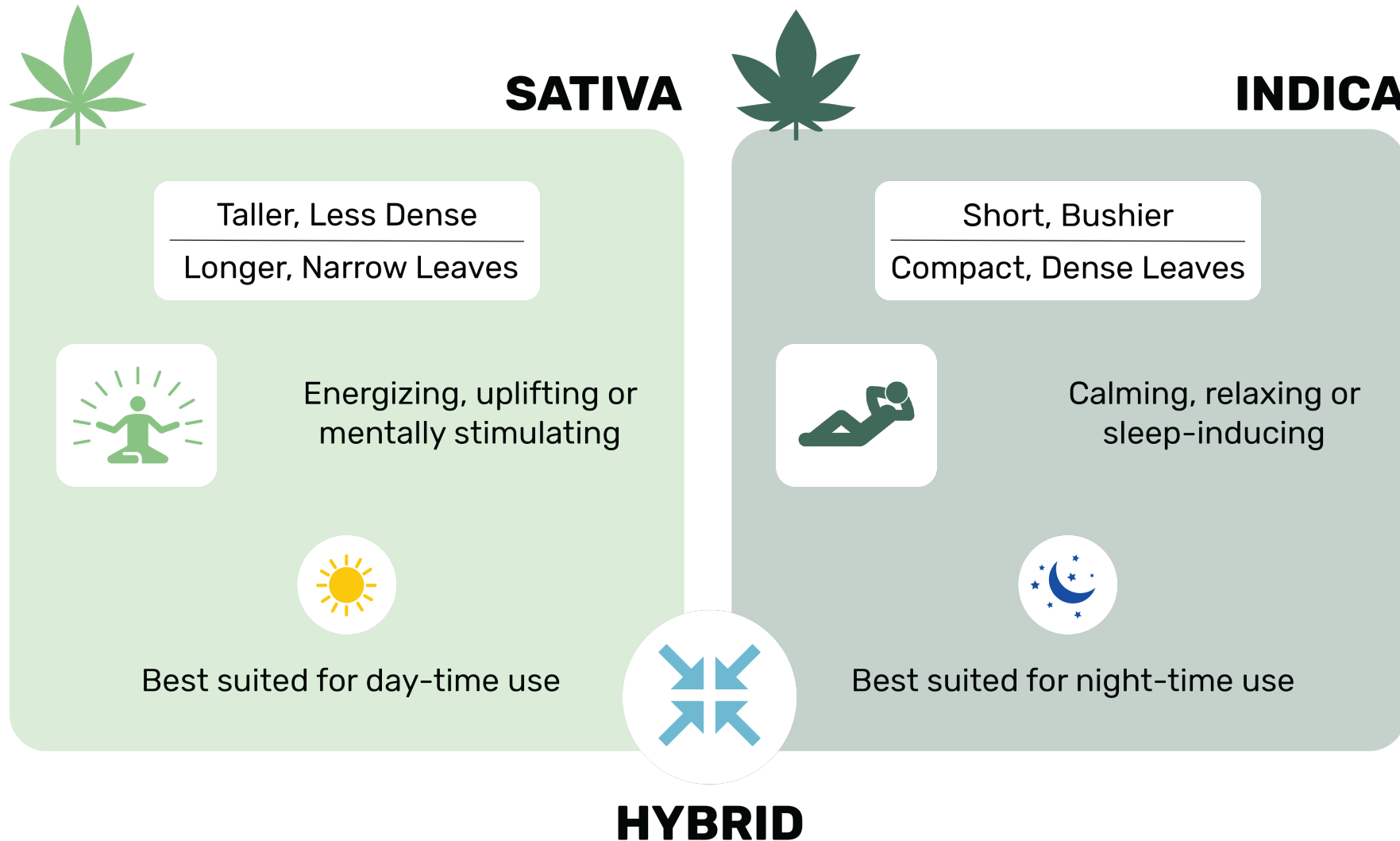
GROUP HANDOUTS

Cannabis Flowers & Their Compounds



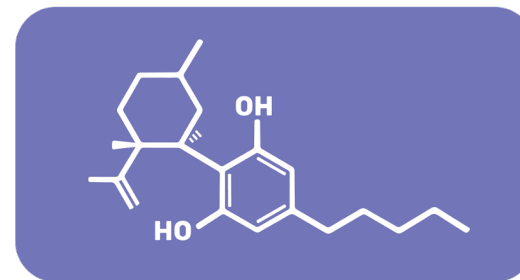
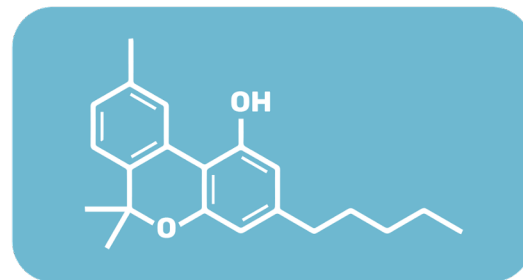
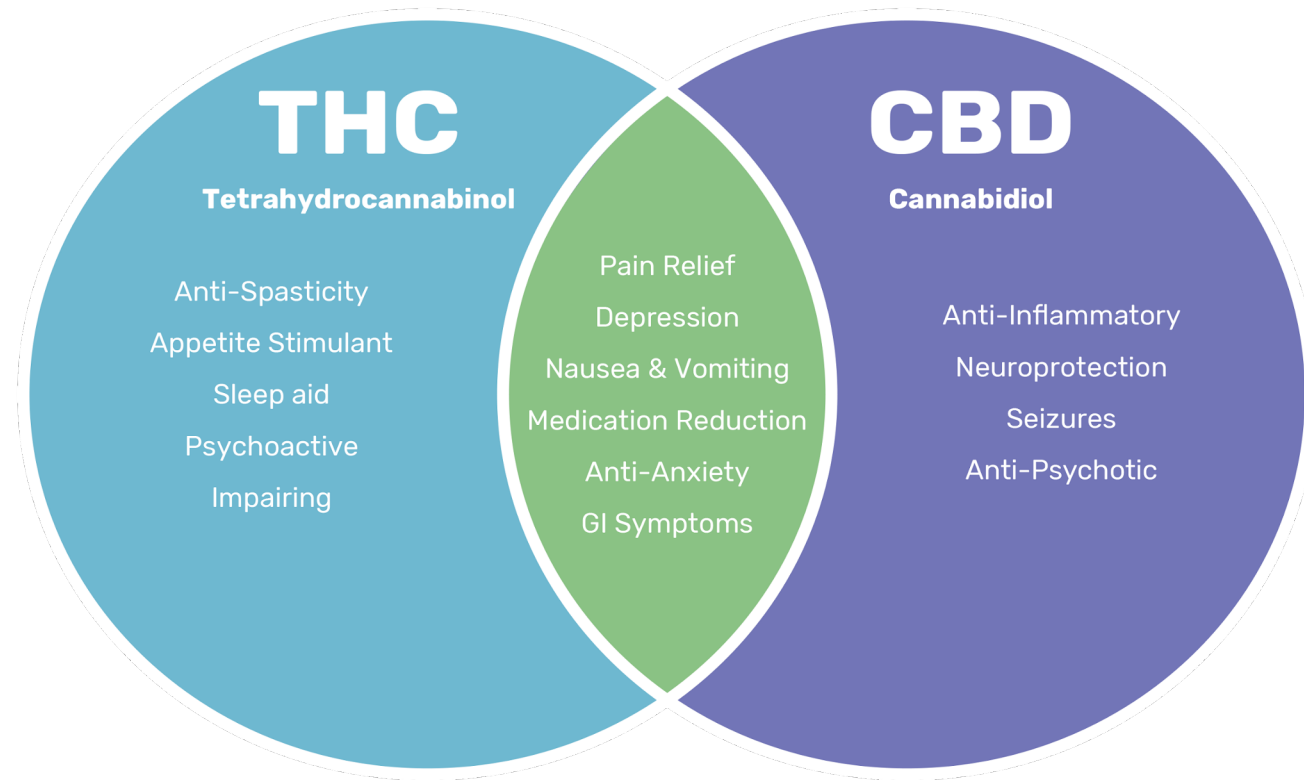
Terpenes + Flavonoids + Cannabinoids = The Entourage Effect

Sativa, Indica & Hybrid Classifications

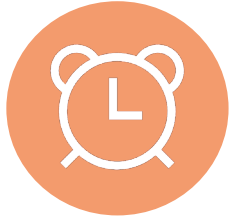


Mix of Indica and Sativa effects and plant morphology

The Differences Between THC & CBD



Product Dosing Considerations (Oral or Edible)



Onset of Effects:

30 minutes - 2 hours



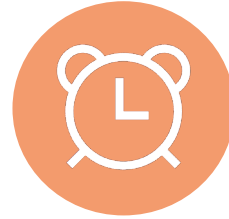
Peak Effects:

Up to 4 hours



Duration:

Slow acting (6 - 8 hours)



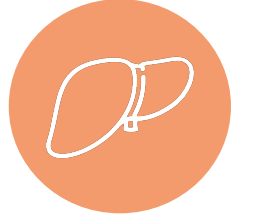
Effects:

Can last up to 12 hours



Residual Effects:

Could last up to 24 hours



Metabolized:

Liver



New patient? look for a product containing 2.5 mg of THC or less.



Exercise caution when eating or drinking products containing 2.5 mg to 10 mg of THC.



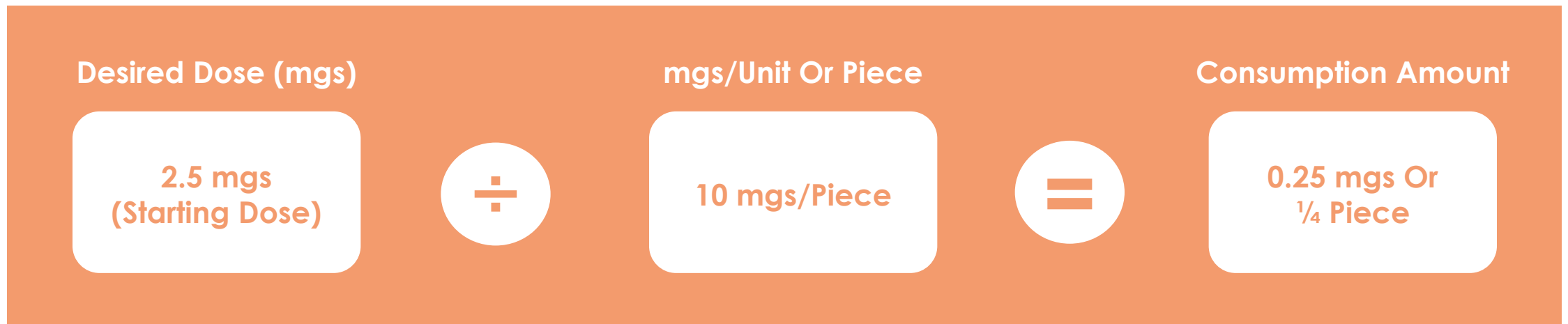
Exercise the most caution when eating or drinking a product containing 10 mg of THC or more.

Start low & go slow

Starting THC dose: 1-2.5 mgs | Starting CBD dose: 5 mgs

Caution: How Much Should I Take of An Edible?

Example:



*** Start low & go slow ***

Average Cost/mg

| | | | | |
|---------------|--|---|---|---|
| Oral Products |  |  |  |  |
| | Bulk Oils | Dissolvable Strips | Sprays | Soft Gels |
| Cost/mg | \$0.06 - \$0.13 | \$0.07 - \$0.09 | \$0.08 - 0.16 | \$0.12 - \$0.16 |

| | | | | | | | |
|-----------------|---|--|--|---|--|--|--|
| Edible Products |  |  |  |  |  |  |  |
| | Baked Goods | Shots | Chews & Candies | Chocolates | Powders | Sodas | Teas |
| Cost/mg | \$0.29 - \$0.89 | \$0.40 | \$0.40 - \$0.90 | \$0.56 - \$0.72 | \$0.60 - \$1.44 | \$0.80 - \$0.95 | \$0.95 - \$1.03 |

Start low & go slow

Starting THC dose: 1-2.5 mgs | Starting CBD dose: 5 mgs

Driving Considerations (THC)



Patients should avoid driving for 4 hours after inhalation, 6 hours after oral ingestion, or 8 hours if euphoric.



Cannabis (THC) intoxication increases the risk of collision by 18%.



Similar to caution with other medications which impair judgment including opioids, muscle relaxants and alcohol.



If using cannabis daily, THC tolerance will develop and there may be minimal impairment (similar to tolerance to prescription opioids).

Travelling with Medical Cannabis

****Transporting cannabis in a vehicle must be in its original, unopened packaging & inaccessible to the driver and occupants.**



**Crossing
international
borders with
cannabis
is illegal.**

**Traverser
les frontières
internationales
avec du cannabis
est illégal.**

Canada

Ask the Expert Cannabis Series

101: Cannabis Counselling & Treatment Plans

By participating you will learn about:

- The endocannabinoid system
- The differences between cannabinoids (THC & CBD)
- Routes of administration (oral oil & vaporization)
- Symptom management using cannabis
- Customized treatment plans
- How to dose your cannabis safely
- How to monitor for symptom improvements
- Acute adverse effects
- Drug interactions
- Supply options through a Health Canada licensed seller
- Cost of medication & discount programs available
- Extended health benefits & claiming as a medical expense
- Patient safety

201: Inhaled Cannabis; Dried Flower, Concentrates & Extracts

By participating you will learn about:

- The difference between smoking & vaporization
- Is vaporization safe?
- When to consider using vaporized cannabis for symptom management
- Finding the right temperature for optimal benefit
- Types & cost of vaporizers
- Choosing the best strain to vaporize (sativa, indica & hybrids)
- How to determine your optimal dose & monitoring effects
- Where am I allowed to vaporize my cannabis?
- Safe storage of vaporizer & cannabis
- Driving & travelling
- Inhaled extracts

301: Cannabis Edibles, Oral Preparations & Topicals

By participating you will learn about:

- The difference between medical & recreational cannabis
- Potential drug interactions
- Differences between cannabinoids: CBD, THC, CBN & CBG
- Edibles: oral products, beverages, chocolates, baked goods, chews & candies
- Topicals
- Onset of action
- Acute adverse effects
- Choosing a product that is right for you
- Dosing considerations
- Patient safety
- Determine your optimal dose & monitoring effects

REGISTER NOW

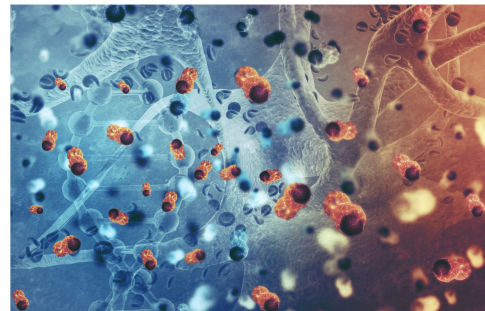
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The Long Mile: Managing Chronic Pain

Dr. Teresa Clarke

This 10-week series will help you on your chronic pain journey. You will learn how to promote healing through integrative approaches and optimize your physical and mental well-being.



Immune Health & How to Optimize Your Immunity

Dr. Teresa Clarke

In this session, you will learn integrative health approaches to promoting immune health. These approaches can be added to public health recommendations to reduce your risk of serious viral illness.



Acupressure for Chronic Illnesses

Dr. Teresa Clarke

In this series of three workshops, you will learn how Acupressure can be utilized in a self-treatment approach to improve wellbeing and symptom management in patients with chronic illnesses.



Osteopathy & Chronic Conditions

Fabio Bocchetti

In this series of four workshops, you will learn how Osteopathy can explain and treat several types of headaches, low back pain, knees or hip pain as well as digestive issues.

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