

# Dosing Guide

## Dose Chart

### 1 - 2.5mg

This dose alleviates stress and anxiety without causing intoxication.

**Microdose**

### 3 - 5mg

A dose at this level offers symptom relief with a mild "high" for new or occasional users.

**Low**

### 10 - 15mg

Perfect for experienced users seeking recreation, sleep, or pain relief.

**Moderate**

### 20 - 30mg

This potent dose provides strong euphoria and is suitable for chronic illnesses.

**High**

### 50 - 100mg

Ideal for severe physical pain and conditions, is not advised for mental health issues.

**Acute**

### 100 - 500mg

Beneficial for severe conditions and GI issues, this high dose demands cautious consumption.

**Macrodose**

## Therapeutic Doses

### Anxiety

2.5-5mg 1:1 THC-CBD in the form of whole plant extract.

### Nausea

2.5-5mg THC in the form of whole plant extract. Sublingual methods recommended.

### Insomnia

5-10mg THC for sleep initiation and maintenance, potentially with 5-15mg CBD.

### Pain

15-30mg THC and CBD each, with CBD reducing dysphoria and helping inflammation.

### Seizures

Daily low doses of whole plant cannabis can reduce frequency, but up to 100mg may be necessary.

### Cancer

Studies have involved 25mg each of THC and CBD, with some healers using up to 2-3 grams per day.

## Flower & Concentrate Dosing

### Edible Equivalency

Edibles can be up to three times more potent than inhaled cannabis per milligram dose, as the liver metabolizes THC into 11-hydroxy-THC, a compound three times stronger. The (Eq.) columns represent the "Edible Equivalent" for comparison purposes.

#### Pre-rolls .5g Joint

##### 30% Efficiency

3% = 4.5mg (1.5mg)

10% = 15mg (5mg)

25% = 37.5mg (12.5mg)

35% = 52.5mg (17.5mg)

#### Bongs & Pipes .25g Bowl

##### 40% Efficiency

3% = 3mg (1mg)

10% = 10mg (3.33mg)

25% = 25mg (8.33mg)

35% = 35mg (11.66mg)

#### Flower Vape .25g Bowl

##### 70% Efficiency

3% = 5.25mg (1.75mg)

10% = 17.5mg (5.83mg)

25% = 43.75mg (14.58mg)

35% = 61.25mg (20.42mg)

#### Concentrate .05g Dab

##### 70% Efficiency

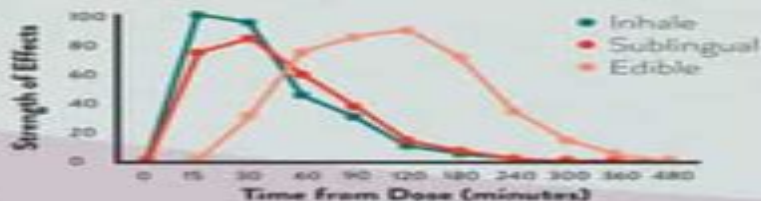
50% = 17.5mg (5.83mg)

70% = 24.5mg (8.16mg)

85% = 29.75mg (9.92mg)

95% = 33.25mg (11.08mg)

## Onset & Duration



## Resources



Learn more about dosing, what to do if you dose too high, review our sources, and more.



**SESPE CREEK**  
OJAI, CA

# Medical Marijuana Guide

**Dale Gieringer, Dale H. Gieringer, Ed  
Rosenthal**



## **Medical Marijuana Guide:**

**The Medical Marijuana Guide** Patricia C. Frye, 2018-11-08 After decades of misinformation about cannabis largely due to the well funded propaganda campaign in the 1930s public attitudes toward the drug have finally begun to evolve In 1996 California became the first state to legalize medical marijuana and since then 28 other states 2 U S territories and the District of Columbia have followed suit Now countless patients are reaping the benefits of this amazing resource which has been used to effectively treat everything from chronic pain to debilitating illnesses In *The Medical Marijuana Guide Cannabis and Your Health* Dr Patricia Frye takes a direct no nonsense approach to educating readers about cannabis and its medicinal qualities After having retired from medicine Dr Frye was offered an opportunity to practice cannabis treatment Intrigued she educated herself on this emerging alternative and is now ready to share with others what she has learned In this book using humorous and touching stories from the many situations she has encountered in her practice over the years Dr Frye provides valuable information about the undeniable medicinal qualities of cannabis This book helps to de stigmatize this misunderstood drug and educate readers on the history of cannabis and how it is used by the medical community today This is an accessible enjoyable resource that will not only entertain readers but may change their lives for the better *The*

*Medical Marijuana Guide* Patricia C. Frye, 2018-11-08 After decades of misinformation about cannabis largely due to the well funded propaganda campaign in the 1930s public attitudes toward the drug have finally begun to evolve In 1996 California became the first state to legalize medical marijuana and since then 28 other states 2 U S territories and the District of Columbia have followed suit Now countless patients are reaping the benefits of this amazing resource which has been used to effectively treat everything from chronic pain to debilitating illnesses In *The Medical Marijuana Guide Cannabis and Your Health* Dr Patricia Frye takes a direct no nonsense approach to educating readers about cannabis and its medicinal qualities After having retired from medicine Dr Frye was offered an opportunity to practice cannabis treatment Intrigued she educated herself on this emerging alternative and is now ready to share with others what she has learned In this book using humorous and touching stories from the many situations she has encountered in her practice over the years Dr Frye provides valuable information about the undeniable medicinal qualities of cannabis This book helps to de stigmatize this misunderstood drug and educate readers on the history of cannabis and how it is used by the medical community today This is an accessible enjoyable resource that will not only entertain readers but may change their lives for the better **The**

**Medical Marijuana Guide** Patricia C. Frye, Dave Smitherman, 2018 After decades of misinformation about cannabis largely due to the well funded propaganda campaign in the 1930s public attitudes toward the drug have finally begun to evolve In 1996 California became the first state to legalize medical marijuana and since then 28 other states 2 U S territories and the District of Columbia have followed suit Now countless patients are reaping the benefits of this amazing resource which has been used to effectively treat everything from chronic pain to debilitating illnesses In *The Medical Marijuana Guide Cannabis*

and Your Health Dr Patricia Frye takes a direct no nonsense approach to educating readers about cannabis and its medicinal qualities After having retired from medicine Dr Frye was offered an opportunity to practice cannabis treatment Intrigued she educated herself on this emerging alternative and is now ready to share with others what she has learned In this book using humorous and touching stories from the many situations she has encountered in her practice over the years Dr Frye provides valuable information about the undeniable medicinal qualities of cannabis This book helps to de stigmatize this misunderstood drug and educate readers on the history of cannabis and how it is used by the medical community today This is an accessible enjoyable resource that will not only entertain readers but may change their lives for the better

**Cannabis: A Guide On How To Grow Medical Marijuana** Sam Jmaes, Clinical cannabis is one of the most developed and flexible plants in the whole Plant Kingdom Pot has a male plant and a female plant extremely uncommon in organic science Most plants have both genders in a similar plant Since there are two genders clinical mari juana can be reproduced the posterity assuming the scorch acteristics of both mom and dad In over 5 000 years of human clinical use this reproducing has prompted a practically uncountable more than 30 000 at any rate varieties in the clinical mari juana plant Todd s objective was and is to distinguish which strains varieties best treat which sicknesses This is the magazine Henry edited and yet the federal government refuses to acknowledge him as a writer The image on the cover is the shadow of a medical marijuana with a near solar eclipse behind For instance some clinical cannabis is known for profound real unwinding These strains are useful for individuals with muscle fits incessant substantial pressure and agony Other clinical cannabis be that as it may produces the simply mental reactions of sharpness lucidity and inventiveness These strains may be best for sickness sadness and agony Truly help with discomfort shows up on the two records as help with discomfort is one of the numerous health advantages of mari juana that show up in pretty much every strain aside from certain hemp strains in which all restorative worth has been reproduced out Clinical pot has the novel capacity to sift through torment either passionate or physical however permit delight and the feeling of touch to come through This was deductively affirmed in Oc tober 1997 by a report from the Society for Neu roscience If you don t mind see the Medical Marijuana Magazine Online [www.marijuanamagazine.com](http://www.marijuanamagazine.com) for additional subtleties on this report and other clinical employments of pot Todd had altered a magazine called HempLife in Holland He had would have liked to begin a United States version yet I convinced him to compose a book first

**A Comprehensive Guide to Medical Marijuana** J.D. Rockefeller, 2015-07-07 For starters it is important to know and understand that different terms are used to define marijuana yet they generally all mean the same cannabis which will be used interchangeably with marijuana throughout this guide pot herb weed and ganja to name a few Medical marijuana states as from July 8 2014 22 states including the District of Columbia have enacted state medical marijuana legislation and one state has come up with academic programs aimed at helping its patients in the future These states are Arizona Alaska Colorado California Connecticut Hawaii Delaware Illinois Maryland Maine Michigan Massachusetts

Montana New Hampshire Nevada New Mexico New Jersey New York New Mexico Rhode Island Washington and Vermont Another ten states Iowa Alabama Florida Mississippi Kentucky North and South Carolina Wisconsin Tennessee and Utah have put in place laws that allow for a limited number of people to use CBD oil which is a component of cannabis or high CBD cannabis The states with are those with laws that create research programs and patients need to participate in the programs to get access to the marijuana oil In the state of Florida a popular law known as Charlotte's Web bill was named after a particular medical marijuana strain known to have low THC and high CBD content but the law itself doesn't specify that a specific strain should be used In May 2014 Minnesota also passed limited medical marijuana legislation The legislation doesn't include people getting access to whole plant medicines in whatever form but only concentrates or extracts and the actual smoking is not permitted If you suffer from a medical condition in which therapeutic interventions or traditional drugs are not effectively working medical marijuana doctors may recommend that you use marijuana to relieve symptoms and pain This guide will discuss things to know about medical marijuana

[Marijuana Medical Handbook](#) Dale Gieringer, Dale H. Gieringer, Ed Rosenthal, 2008 An estimated 40 million Americans have medical symptoms that marijuana can relieve THE MARIJUANA MEDICAL HANDBOOK is a one stop resource that gives candid objective advice on using marijuana for healing understanding its effects on the body safe administration targeting illnesses side effects and the various delivery methods from edibles and tinctures to smokeless vapouriser pipes This thoroughly revised edition incorporates the most up to date information on the ever changing politics of marijuana the plant's usage and medical research

**Cannabis** Betty Wedman-St. Louis, 2018-04-19 Cannabis is one of the oldest cultivated plants dating back 12 000 years and demonstrates medicinal properties including immune support anti inflammatory effects and cancer fighting potential As cannabis receives regulatory approval in the United States clinicians will need guidelines to prescribe medical marijuana for various health conditions This book presents information to healthcare professionals focusing on medical cannabis It is a science based overview providing clinical recommendations and dosing guidelines for practitioners to advise patients appropriately Features Discusses the endocannabinoid system role in homeostasis pain control and regulatory function in health and disease Advises clinicians on cannabis use in patients with cancer cardiovascular brain and liver function mood disorders and patients receiving palliative care Includes information on cannabis nutrition as well as the cannabis microbiome Features information on cannabis quality control for safe and effective delivery Cannabis A Clinician's Guide is written for clinicians providing a resource guide to help them assess the medicinal value of cannabis answer patient and consumer questions and recommend its use optimally The book is divided into three sections covering cannabis science use in clinical practice and regulations and standards It includes practical information on dosing guidelines and dispensary insights personal cannabis stories and an in depth look at the nutritional benefits of cannabis and how to use it in daily life From the Author As a clinical nutritionist I have been involved in the use of cannabis since 1981 while researching diabetes in India Ayurvedic medicine

listed cannabis as a beneficial herb with curing properties In 1983 a Chinese medicine doctor in the Peoples Republic of China gave me a cannabis herbal supplement for sleep that he claimed Chairman Mao took regularly Upon returning to the United States no one would even talk to me about cannabis because of its Schedule I status During an Antioxidants class taught for Everglades University I included information on cannabis but was restricted from including it in the course description Cannabis A Clinician s Guide unveils deceit on this herbal medicine used for thousands of years providing insight into the science behind its use and how to incorporate cannabis into daily life especially for those suffering from neurological disorders cancer and mood disorders *Cannabis Pharmacy* Michael Backes,2014-09-09 In Cannabis Pharmacy expert Michael Backes offers evidence based information on using cannabis to treat an array of ailments and conditions He provides information on how cannabis works with the body s own system how best to prepare and administer it and how to modify and control dosage This newly revised edition is now completely up to date with the latest information on the body s encannabinoid system which is now understood to control emotion appetite and memory delivery and dosing of cannabis including e cigarette designs additional varietals and a new system for classification as well as 21 additional ailments and conditions that can be treated with medical marijuana There are currently more than 4 2 million medical cannabis patients in the United States and there are 29 states plus the District of Columbia where medical cannabis is legal [A Comprehensive Guide to Medical Marijuana](#) Sona Patel,2013-01-01 *The Leafly Guide to Cannabis* Leafly,2025-05-01 A savvy connoisseur s guide from the editors of the world s most popular cannabis platform Cannabis is at the very beginning of a craft and educational renaissance It is emerging from the legislative shadows and a second awakening is occurring people are proactively seeking information about how to properly consume and enjoy it And cannabis is a wildly diverse product even more so than alcohol Consumers can experience not only different flavor profiles but also different cerebral and body effects they can consume using different methods from vaporization to combustion to topical application and they can pick and choose between an ever growing number of different strains and products The Leafy Guide to Cannabis provides all the best tips to navigating this growing market in a definitive guide that will enhance every user s enjoyment and high **Is Marijuana the Right Medicine for You?** Bill Zimmerman,Nancy Crumpacker,Rick Bayer,1998 Details marijuana s uses for a wide range of illnesses including cancer AIDS glaucoma multiple sclerosis epilepsy migraines and arthritis [Marijuana Guide for Cannabis Aficionados](#) J.D. Rockefeller's Book Club,2015-08-13 The legalization of marijuana is spreading like a bushfire across the U S and in many countries all over the globe Many people are now allowed to grow their own supplies of cannabis The process of growing marijuana may seem complicated but this is mainly attributed to the fact that you probably weren t given proper information Many people tend to unintentionally make growing cannabis seem a harder task than it actually is Take advantage of this great opportunity and take your knowledge and enjoyment of cannabis to the next level *Medical Marijuana and CBD* Matthew L Mintz, MD,2020-08-22 As the legalization of marijuana for medical purposes

continues across the United States the need for a medical marijuana handbook written by physicians with expertise in prescribing medical marijuana is vital Named one of Washingtonian Magazine s Top Docs since 2012 Dr Matthew L Mintz offers expert advice on using medical marijuana and CBD to treat a variety of illnesses Designed for readers seeking a straightforward perspective on the pros and cons of medical cannabis use how to use it and where to get it Medical Marijuana and CBD cuts through the mysteries of the dosages effects and results of employing medical marijuana for treatment purposes Whether you want a book about natural healing products need advice on the safe use of medical cannabis or have questions about using medical cannabis for chronic pain the answers you seek can be found in this comprehensive guide

**Green** Dan Michaels, 2017-11-14 An updated quick reference edition of the acclaimed cannabis guide with facts and photos for 150 strains At a time when marijuana laws are rapidly changing in many states this quick reference edition of Dan Michaels s Green delivers the planet s best bud photography Organized alphabetically each of the 150 strains features a gorgeous bud shot plus a breezy description of the bud and its essential stats lineage flavor high and medicinal uses Updated with more popular strains as well as new live plant and microscopic bud photography this edition of Green is the go to strain guide for recreational and medicinal users alike

**Medical Marijuana** Mikhail Kogan, M.D., Joan Liebmann-Smith, PhD, 2021-10-26 An essential guide to understanding the health benefits of marijuana and CBD Marijuana has been used for thousands of years as a medicine but pot has been illegal in the United States for most of our lives Almost all states have now legalized its medical use and many consumers and physicians are exploring it as an alternative to conventional treatments There s substantial evidence that marijuana cannabis is a safe and effective treatment for chronic pain chemo side effects sleep and mood disorders MS and Parkinson s disease among others But there s also misinformation about marijuana on social media And most physicians have limited knowledge on the subject while dispensary staff aka budtenders lack medical training Mikhail Kogan MD a renowned expert on medical marijuana has found that cannabinoids THC CBD hemp and other cannabis products can often be more beneficial have fewer side effects and be safer than many conventional medications including opioids and other painkillers But different ailments require different strains doses and routes of delivery Medical Marijuana demystifies marijuana and other forms of cannabis in a user friendly guide that will help readers Understand how marijuana morphed from the days of Reefer Madness to being hailed as a wonder weed Navigate the complex medical and legal world of marijuana Understand the risks and benefits of THC CBD and other cannabis products Evaluate the pros and cons of inhaled and other routes of delivery edibles topicals and even suppositories Find a doctor who can recommend medical cannabis Choose a reliable dispensary Learn how to evaluate labels on cannabis products Discover cost saving strategies since medical marijuana isn t covered by health insurance With real life patients stories woven throughout the book simple explanatory graphics and the most up to date information this is the definitive guide to the wide ranging benefits of medical marijuana and other forms of cannabis

*The Premium Medical Marijuana Guide* Matthew Campbell, 2020-11-10

What is the true potential of the Cannabis plant Can it really heal some illnesses If so how can we make the most out of it This book will answer all of your questions regarding the medical use of Cannabis and you will finally be able to fully understand its many effects on the human body This is a guide that will help you understand the medical breakthroughs that have been done in the past years and the reason why so many people are using this plant to heal their illnesses in a chemical free way In this book you will find The different species and strains of Cannabis The chemical substances that are present in the plant Understanding THC and CBD The chemistry of our own body What leads to addiction and the long term effects The known medical uses and the ones that are still being experimented Why use cannabis and for which pathologies and much more The market value of medical Cannabis is experiencing a constant growth after ages of prohibition we are now witnessing many studies and researches that demonstrate its positive effects on different types of chronic illnesses In this book you will find all the necessary information to understand the medical research that has happened in the past years *The Medical Marijuana Guidebook: America's First How-To Guide for Patients and Caregivers* David Downs, 2016-06-12 Award winning journalist and author David Downs gets this question all the time The Medical Marijuana Guide Book is the first concise professional mainstream how to guide to assessing medical cannabis It covers the steps to obtain a doctor's recommendation for marijuana followed by any further steps such as going to dispensaries or obtaining a state medical marijuana ID card How do I find a doctor who will recommend marijuana How do I find a caregiver or dispensary to obtain it How much should I use The answers are saving lives Downs explains how patients typically use cannabis and for what conditions Learn terms like THC CBD indica sativa edibles vaporizers and the science behind the botanical Thanks to the rapid advance of medical marijuana law and research Americans have entered a new era of treatment options for the toughest diseases They have a lot of questions and The Medical Marijuana Guide Book has the answers *Cannabis* Ernest Small, 2016-10-14 Cannabis sativa is best known as the source of marijuana the world's most widely consumed illicit recreational drug However the plant is also extremely useful as a source of stem fiber edible seed oil and medicinal compounds all of which are undergoing extremely promising research technological applications and business investment Indeed despite its capacity for harm as a recreational drug cannabis has phenomenal potential for providing new products to benefit society and for generating extensive employment and huge profits Misguided policies until recently have prevented legitimate research on the beneficial properties of cannabis but there is now an explosion of societal scientific and political support to reappraise and remove some of the barriers to usage Unfortunately there is also a corresponding dearth of objective analysis Towards redressing the limitation of information Cannabis A Complete Guide is a comprehensive reference summarizing botanical business chemical ecological genetic historical horticultural legal and medical considerations that are critical for the wise advancement and management of cannabis in its various forms This book documents both the risks and benefits of what is indisputably one of the world's most important species The conflicting claims for medicinal virtues and toxicological vices are examined based



mainly on the most recent authoritative scientific reviews The attempt is made consistently to reflect majority scientific opinion although many aspects of cannabis are controversial Aside from the relevance to specialists the general public should find the presentation attractive because of the huge interest today in marijuana Unfortunately society has become so specialized and compartmentalized that most people have limited appreciation of the importance of science to their lives except when a topic like marijuana becomes sensationalized This review of cannabis can serve as a vehicle for public education in the realm of science and technology Indeed towards the goal of disseminating the important information in this book to a wide audience the presentation is user friendly concise and well illustrated in the hope that non specialists will find the topics both informative and entertaining

**A Practitioner's Guide to Cannabis** Win Turner, Joseph Hyde, 2023-04-04  
Inform and improve your practice with this comprehensive resource on cannabis use and abuse A Practitioner's Guide to Cannabis expertly cuts through the political and cultural noise surrounding cannabis use and provides a relevant timely and agnostic analysis of cannabis use and abuse Incisive and insightful this book assists behavioral health practitioners to increase their skills in screening assessment and intervention while helping them to adopt evidence based practices Health care providers will come to rely on this comprehensive resource to understand the risks of cannabis use and to provide a set of intervention strategies effective in a variety of settings The book covers topics crucial for understanding the work of behavioral health and health practitioners dealing with cannabis issues including the complexities of cannabis science our cultural interpretations of the use of cannabis the risks involved with cannabis use effective interventions patients expressions of their own biopsychosocial experience The book is perfect for social workers psychologists professional counselors alcohol drug counselors and providers of health care including physicians nurses and physician's assistants

*The Complete MEDICAL MARIJUANA Guide* Harry Scott Ph D, 2021-07-02 The use of medical marijuana has been a valuable resource in the treatment of various conditions But for many the stigma and misinformation surrounding the medical or recreational use of cannabis is a deterrent in trying it for themselves Part reference guide part cannabis cookbook The Medical Marijuana guide will arm you with everything you need to decide for yourself if medical marijuana is right for you Knowledgeable guidance from medical marijuana experts Harry owners of the award winning cannabis company Laurie MaryJane Evidence based research and information supported by medical professionals the medical marijuana community and the National Organization for the Reform of Marijuana Laws NORML Individual chapters for cannabis recipes and remedies including both sweet and savory edibles Essential information for incorporating cannabis use into your life such as safety guidelines different cannabis strain profiles and real patient testimonials The Medical Marijuana is like an encyclopedia of medical marijuana There was so much more information than I realized was essential to know when entering this field of treatment It was clearly presented and well organized

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