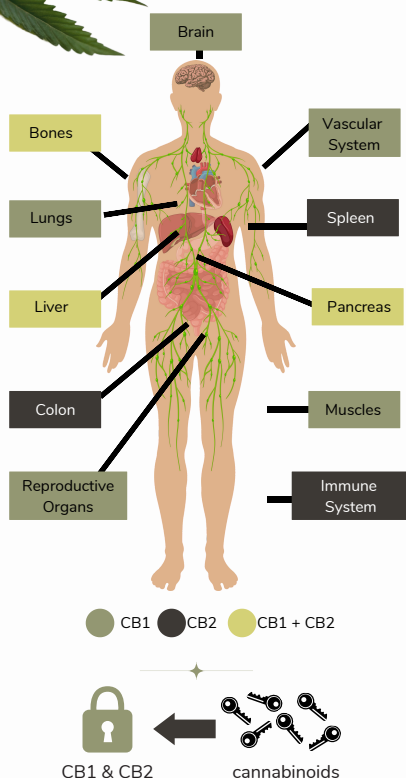


# Empowering Medical Cannabis Patients Through Intentional & Accessible Education

## What is the Endocannabinoid System?



The endocannabinoid system (ECS) can be viewed as a **lock and key system**, providing the foundation for how cannabinoids interact with our mind and body.

The ECS acts as a **regulator of all bodily systems**, including, but not limited to those that regulate sleep, mood, appetite, memory, and reproduction, working to bring the body into **balance or homeostasis**.

The ECS is made of **two main receptors** located across the body, the **CB1 and CB2**, which act as “**master conductors**” of signals throughout the whole body, intuitively delivering cannabinoids to the parts in the body that need them most.

Cannabinoids exist within the body already, and are called **endocannabinoids**. Using cannabis introduces **phytocannabinoids** to the body via the ECS.

**Yes, the body and cannabis both produce cannabinoids!**

## Components of the Cannabis Plant

Cannabis is a complex plant with various components that contribute to the **flavor, aroma, and effect** of various cultivars (commonly known as “strains”)

### Cannabinoids

Join to the CB1 and CB2 within the body (i.e. THC and CBD)

### Terpenes

Produce flavor, aroma, and various therapeutic and medicinal effects

### Flavonoids

Influence the color of cannabis with a few therapeutic properties

### Thiols

Believed to be what provides the “skunky” smell of cannabis

### Aldehydes

May influence terpenes by chemically changing their makeup

### Esters

Provide some fruity flavors and may modulate and mitigate the effects of terpenes

## Cannabinoids in Cannabis

While there are potentially over a hundred phytocannabinoids in cannabis, the following can commonly be found in products at medical cannabis dispensaries:

### THC

**Tetrahydrocannabinol**  
Most commonly known for the psychoactive and medicinal effects

### CBD

**Cannabidiol**  
Non-intoxicating cannabinoid with various medicinal benefits to bring homeostasis

### CBDA

**Cannabidiolic acid**  
The un-activated precursor or raw form of CBD with various medicinal benefits

### CBC

**Cannabichromene**  
Believed to interact with CB1 & CB2 differently than other cannabinoids

### CBG

**Cannabigerol**  
Commonly found in high-CBD cultivars with potential medicinal benefits

### THCA

**Tetrahydrocannabinolic acid**  
The un-activated precursor or raw form of THC with various medicinal benefits

### CBN

**Cannabinol**  
Occurs when THC oxidizes (is exposed to air) or when cannabis ages



# Why Are Terpenes Important?

Terpenes are responsible for the various **flavors, aromas, and effects** of different cultivars ("strains") of cannabis. Terpenes are the aromatic compounds found in the essential oils of all plants and hold various **therapeutic and medicinal properties**.

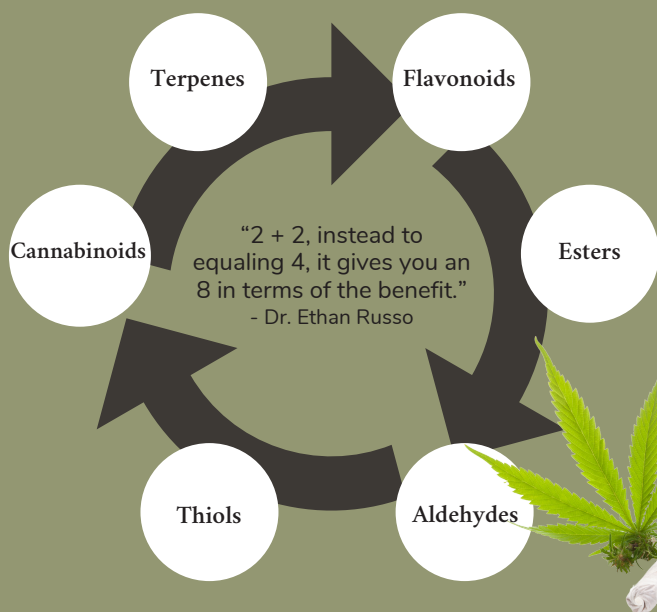


	Myrcene	Limonene	Linalool	Alpha Pinene	Humulene	Beta Caryophyllene	Nerolidol	Geraniol
<b>Flavor &amp; Aroma</b>	Balsam Peppery Spicy	Citrusy Sweet	Spicy Sweet Floral Woody Citrusy	Piney Woody Earthy	Woody Hoppy	Peppery Spicy Woody	Woody Waxy Citrusy Floral	Sweet Floral Fruity Citrusy
<b>Potential Medicinal Benefits*</b>	Sedative Pain Relief Antimicrobial Antioxidant	Anti-anxiety Antioxidant Anti-inflammatory Anti-Tumor	Sedative Anti-anxiety Opioid addiction Anti-inflammatory Anti-convulsant	Anti-inflammatory Bronchodilator Focus Memory	Anti-inflammatory Antibacterial Insect repellent Anti-Tumor	Pain relief Anti-inflammatory Digestion Alcoholism support	Sedative Neuroprotection Antibacterial Antifungal	Pain relief Anti-inflammatory Insect repellent Antibacterial Antifungal
<b>Also Found In</b>	Thyme Mango Lemongrass Ylang-Ylang, Parsley Hops Verbena	All citrus fruits	Lavender Citrus Birch Coriander Rosewood	Basil Cedar Pine Needles Parsley Orange Rind	Hops Sage Balsam fir	Black Pepper Cloves Hops Basil Oregano Rosemary	Jasmine Tea Tree Oil Lemongrass	Rose Lemongrass Peaches Blackberries Citronella

\*Much of the research on terpenes as they exist in cannabis is preliminary, however, terpenes have been researched for centuries for their medicinal and therapeutic properties and effects.

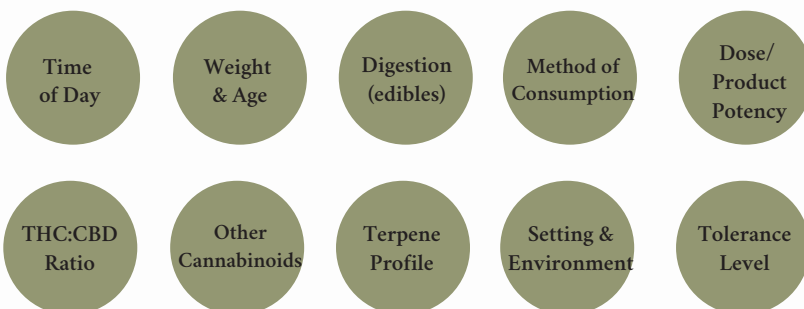
## The Entourage Effect

The Entourage Effect describes the interaction of cannabinoids and terpenes within cannabis, with the idea that these compounds create greater effect on the body while working together than working separately in their isolated form.



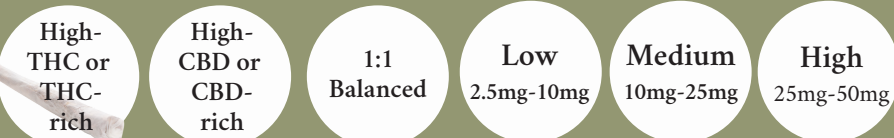
## Factors that Affect the Cannabis Experience

Everybody is different and every BODY is different. Therefore these aspects may impact how cannabis is experienced within the body and mind:



### THC:CBD Ratios

Medical cannabis patients can choose various cannabinoid ratios in products, which may affect the level of psychoactivity or intoxication from THC:



### THC Potency

While tolerance levels vary, products are available in various milligrams of THC, dictating the psychoactive/intoxicating effect:

It's suggested that terpenes need to be in concentrations of 0.5% or higher to have pharmacological benefit.

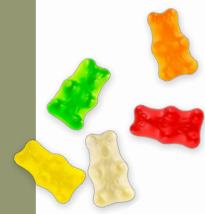
Patients who are looking for a targeted cannabis experience for a medical condition are advised to explore various cannabinoid ratios, potencies, and terpene profiles.



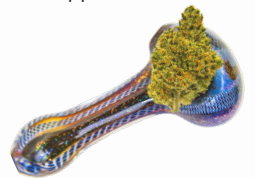
Get your medical cannabis recommendation the easy way at [mycompassionateclinic.com](https://mycompassionateclinic.com)

## How Do Methods of Consumption Differ?

There are many ways to consume cannabis other than smoking it. However, not all methods of consumption will result in the same experience with the plant, and it is important that the medical patient know the differences between onset, duration of the effects, and what mechanisms are used for each method. Here we will break it down:



	Inhalation	Oral (Edibles)	Sublingual (Under the Tongue)	Topical	Transdermal	Suppository
<b>Onset</b>	Immediate to 15 minutes	45 minutes - 3 hours	15 - 60 minutes	15 - 60 minutes	Variable (onset and effects may vary)	15 - 60 minutes
<b>Duration</b>	2-4 hours (or more)	4 - 8 hours (or more)	2 to 8 hours (or longer)	2 - 8 hours (or longer)	24 to 72 hours, depending on the patch and time- release technology	Up to 8 hours depending on cannabinoid content
<b>Methods of Administration</b>	Joint Bong or Pipe Vaporizer (flower or oils) Concentrates	Chocolate Candy Infused Foods Beverages Capsules	Oil Sublingual Strips	Cream Ointment Salves & Balms Moisturizer Serums	Patches	Vaginal Rectal
<b>Tips for Use</b>	Inhale a few puffs and assess how you feel before inhaling more. Remember that concentrates can pack a big punch in terms of potency.	Edibles affect everyone differently due to the different enzymes in our stomach that break things down. Start low and go slow, and ensure adequate time has passed before dosing again.	Be sure to use an incremented dropper to be able to understand your dose and titrate (adjust) as needed. Be weary of using alcohol-based tinctures sublingually as it may burn.	Some topicals will have different absorption rates or levels of bioavailability. It is best to look at the ingredients of topical products and understand the manufacturing processes that increase absorption.	Patches that have time- release technology are ideal for long- lasting effects and relief. Look for time- release technology for an even and balanced experience.	Insertion can be difficult - try a few different methods and read up on helpful tips on using suppositories.



Remember that cannabis can affect everyone differently, with a variety of factors that may impact the experience and outcomes. Be open to trying different cultivars ("strains"), products, doses, and methods of administration until you find what works for your desired outcomes.

## Getting the Most From Your Medical Cannabis Experience

Here are a few tips to help ensure you achieve some of your intentions for using cannabis medicine:

Try different  
methods,  
doses, and  
cultivars

Journal your  
experiences with  
different  
products/doses  
and share with  
your doctor

Understand  
the terpene  
content of  
various  
products

Counteract  
too-powerful  
effects of THC  
with CBD

Don't  
overconsume  
cannabis products  
or take higher  
doses than needed  
(be patient!)

Empower  
yourself by  
educating  
yourself on the  
emerging  
research

Consult with your doctor before using cannabis medicine to ensure that there are no interactions between cannabinoids and prescribed medications.



Get your medical cannabis recommendation the easy way at [mycompassionateclinic.com](https://mycompassionateclinic.com)



Health & Wellness {Re-imagined.}

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Helping patients across Illinois,  
Pennsylvania, Ohio, and Oklahoma  
access medical cannabis through  
clinics and telemedicine

