

THE GREEN HEART COLLECTIVE

Medical Cannabis General Patient Information

The Green Heart Collective is here to serve you. If you have any questions about medical marijuana, please feel free to ask us.

Since the earliest recorded use of cannabis as medicine, there has never been a death directly attributed to a medical cannabis overdose.

Cannabis Strains

Cannabis Sativa

"Mind" effect also used for:

- Pain
- Inflammation
- Nausea
- Depression

Tends to stimulate brain activity, energize, enhance mood, increase alertness. Often preferred for daytime use

Prominent cannabinoid: THC

Cannabis Indica

"Body" effect also used for:

- Pain
- Muscle Spasms
- Neuropathy
- Insomnia
- Anxiety

Tends to be much more relaxing and may be more effective for a variety of body ailments. Very good for sleep.

Prominent cannabinoid: THC

Hybrids

Genetic Combinations of different strains derived from decades of selective breeding

Most commercial strains are hybrids that have elements of their sativa and indica ancestors. With hybrids, the medicinal effects of different strains are combined and balanced

Safety

Potential Negative Effects of Medical Cannabis

- Medical cannabis has an exceptionally good side-effect profile, especially when compared to many pharmaceutical drugs that it often replaces.

A small percentage (5-10%) may report a mild withdrawal syndrome when ceasing to take cannabis. Symptoms usually last 1-2 weeks, then resolve.

Most common side effects:

- Dry mouth ("Cotton mouth")
- Tiredness
- Dizziness
- Rapid heartbeat
- Increased appetite

Withdrawal symptoms include:

- Mild anxiety
- Flu-like symptoms
- Irritability



Medical Cannabis impairs the ability to drive safely. Operating a motor vehicle while under the influence of cannabis is unsafe and illegal. Operating heavy or dangerous machinery is especially unsafe.

Dosing: Less is More

Similar to many medications, the use of cannabis over time may increase "tolerance;" you need to take more for the desired therapeutic effect. To keep low tolerance—and to allow the body to periodically restore itself—a "tolerance break" or "**herbal holiday**" is recommended where the use of medical cannabis is discontinued for

1-2 weeks on a quarterly basis.

Skipping one day a week can also keep tolerance low

JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Medical cannabis works most effectively when the **least** amount of medicine is used to achieve the desired effect

Delivery Methods

Safe and effective
alternatives to smoking

➤ Vaporization ➤

Cannabinoids are heated just to boiling temperature, turning into vapor. The smoke-free vapor is inhaled. Vaporizing avoids the tar, ash, and other harmful burnt compounds, with a gentler more pleasant smell, and easier on the throat and lungs.

➤ Tincture ➤

Cannabis is infused in alcohol, vegetable glycerin, or oil to extract the cannabinoids. The tincture is ingested, and dosage is controlled with a dropper. This way is more accurate to measure specific dosage and can be added to your own foods.

➤ Edible ➤

Cannabis infused oil, and/or kief are used as an ingredient in edible products (snacks, treats, candies, etc). Be sure to read the packaging for dosage amount. This method is slower to absorb because of digestion.

➤ Tea ➤

Cannabis leaves are steeped in hot water to make a tea. Because cannabinoids are fat-soluble, adding milk, butter, or oil to the tea makes it more effective

➤ Topical Application ➤

Lotions, balms, and skin rubs infused with cannabis (usually high in CBD) make excellent local pain relief. Simply rub it where relief is needed. It can also treat skin conditions like dermatitis, eczema, and psoriasis.

➤ Raw Plant Extracts ➤

When cannabis is heated, some of the beneficial molecules (such as antioxidants) are destroyed. Consuming raw cannabis leaves, which can be extracted with a juicer, has greater effect to remineralize the body and build the immune system. Cannabis (Hemp) seeds are also very nutritious with Omega 3 and 6 fatty acids.

Inhaled

Instantly
3-4 Hours

Inhaled cannabis (Preferrably vapor) absorbs directly into the bloodstream via the lungs. Dosing is controlled by the volume and number of puffs you breath.

Onset
Duration

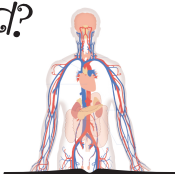
Ingested

30-60 Minutes
6-8 hours

Onset of edible's effect is longer because it is first digested, then absorbed. To ensure correct dosage, first take a small amount of any unfamiliar product. Wait about an hour to evaluate the effect, and take more if necessary. To treat insomnia, consume edibles about an hour before bed.

What's a Cannabinoid?

One of a group of over 100 molecular compounds unique to the *Cannabis (marijuana)* plant which have various medicinal actions in the human body.



Endocannabinoids

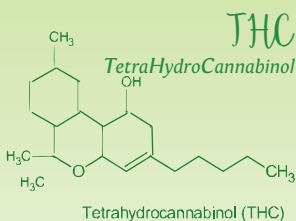


Phytocannabinoids



The oldest reported use dates back to around 2700 BC when the Chinese Emperor Shen-Nung used cannabis for treatment of rheumatic pain and other conditions

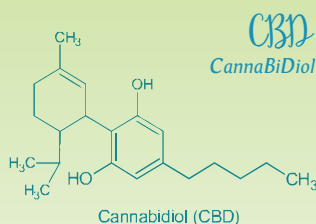
Important Plant-based Cannabinoids:



Promotes: Anti-oxidant
Mood elevation

Relieves: Nausea, Pain,
Inflammation

Boiling Temp: 315°F
(vaporization) 157°C



Anti-oxidant
Nerve Protection

Anxiety, Spasms, Pain,
Inflammation

315°F
157°C

THC + CBD are the prominent cannabinoids which come in varying proportions and concentrations.

For a comprehensive information source about cannabis, Contact:
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Graphic Design:
www.refractalalign.com

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