

# MARIJUANA DOC+OR

## Patient Guide





## Marijuana Doctor: Our Patients are our #1 Priority!

"As a medical marijuana patient myself, I understand firsthand the impact of having a qualifying condition as well as experiencing the health benefits that medical cannabis delivers. It helped enhance my quality of life and it was the major driving force for starting Marijuana Doctor. I am delighted that over the last six years, we've had the honor to assist countless patients to improve their quality of life after becoming medical marijuana patients in Florida. We are very proud of the over 10,000 5-star Google reviews that we have received from our patients.

On behalf of myself and the entire Marijuana Doctor team, I want to thank our patients for their business as well as for spreading the education around medical marijuana benefits in their communities so that more people can learn



that there is an alternative natural option available for their health needs. We are always here for our patients who come first in our organization. Our team of physicians and patient care specialists at Marijuana Doctor are dedicated to providing our patients with the education and services they need."

Ivan Field,  
Founder and CEO Marijuana Doctor

### We have 35 locations throughout Florida with offices that are opening very soon!

Aventura	Jacksonville Beach	Port Richey/Hudson
Bonita Springs	Lake City	Saint Augustine
Brandon	Lake Worth	Saint Petersburg
Cape Coral	Lehigh Acres	Sanford
Clearwater Gulf to Bay	Margate	Sarasota
Clearwater Palm Harbor	North Tampa	South Miami
Coral Springs	Ocala	South Tampa
Dania Beach	Orange Park	Tallahassee
Delray Beach	Orlando South	Tampa/Citrus Park
Englewood	Orlando West	Winter Haven
Fort Lauderdale	Palm Bay	Zephyrhills
Fort Myers	Pensacola	

## As Florida's Top Medical Marijuana Evaluation Clinic, Marijuana Doctor is:

### Compassionate

- Our board-certified doctors will evaluate your qualifying condition and recommend a treatment plan.
- Our patient care specialists will help guide you through the entire certification and registration process.

### Convenient

- Patients are our #1 priority. Patient Care available 6 days a week.
- 35 locations throughout Florida with more coming soon!
- Risk-free: if you don't qualify for medical marijuana, you don't pay.

### Affordable

- Our medical marijuana evaluation service is all-inclusive.
- We offer monthly payment memberships.
- Check out our referral program: for each patient you refer to us, you save \$20 off your next re-evaluation!
- We offer discounted pricing for veterans and students.





# How to Become a Medical Marijuana Patient:

Follow the steps below to begin your path towards a better, more natural way of healing:

## 1 DO YOU HAVE ONE OF THE FOLLOWING QUALIFYING CONDITIONS?

If you don't see your condition or ailment on the list, don't worry, as you may still have options. Call us at 844-442-0362, and our friendly Marijuana Doctor educator will be able to provide you with more information.

- Chronic Pain
- Anxiety Disorders
- Insomnia
- Chronic Muscle Spasms
- Crohn's Disease
- Post-Traumatic Stress Disorder (PTSD)
- Amyotrophic Lateral Sclerosis (ALS)
- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Multiple Sclerosis
- Parkinson's Disease

(Medical conditions of the same kind or class as or comparable to those above.)

## 2 MAKE AN APPOINTMENT AT ANY OF OUR 35 LOCATIONS, WITH MORE COMING SOON.

You'll be evaluated thoroughly in a setting that is comfortable and safe under the guidance of an expert. Scheduling an appointment is easy! Just go to our website, [www.marijuanadoctor.com](http://www.marijuanadoctor.com) to select a location near you and the time of your appointment. Or, if you prefer, you can call us at 844-442-0362.

## 3 GET EVALUATED BY MARIJUANA DOCTOR.

Once your medical evaluation is completed, you can apply for a State Medical Marijuana Card, which is required to purchase your medicine at a dispensary (medical marijuana treatment center).

\*Marijuana Doctor is 100 percent risk-free. If you see a doctor and find out you do not qualify, we will give you a refund.

## 4 APPLY FOR YOUR STATE MEDICAL MARIJUANA CARD.

- The state application processing fee is \$75.
- Easy online application submission and payment.
- The state process may take up to 10 business days.
- The state card is issued by the state of Florida and is valid for one year.

\*Patients can start renewing their state cards 45 days before the current one expires. You cannot buy your medicine if the card is expired.

## 5 GO TO A DISPENSARY OF YOUR CHOICE AND FILL YOUR ORDER.

And that's it! We keep things moving by setting up your re-evaluation appointment during your initial visit and periodically notifying you later on as well.

It's all part of the Marijuana Doctor promise to bring you better care. So, stay healthy with Marijuana Doctor, the friendliest marijuana doctor in the country.

\*By law in Florida, medical marijuana certification is only valid for 210 days (7 months), which means you will have to renew with us to keep your State Medical Marijuana Card valid.



## What's Next....

### Look out for our email blasts!

To provide our patients with ongoing care, we are constantly on the lookout for dispensary deals and offers to share with you.



At Marijuana Doctor we provide our patients with all-inclusive care so we never charge for changes to your active orders.

If you ever need to adjust your orders, please send an email to [orders@marijuanadoctor.com](mailto:orders@marijuanadoctor.com) and we'll get back to you in 1 or 2 business days.

In up to 2 weeks:

Look for the approval email from the OMMU. This will be your "temporary" Medical Marijuana Card that you can print and take to the dispensary.

In about 2-4 weeks:

Look out for your medical marijuana card in your mailbox.

6.5 months:

Look out for our reminder that we will send you prior to your re-evaluation appointment - it is critical to keep your appointment since your orders will expire in 7 months.

In 12 months:

Your State medical card will expire so 45 days prior to expiration, look out for an email reminder from the MMUR about your upcoming MMJ Card Renewal.



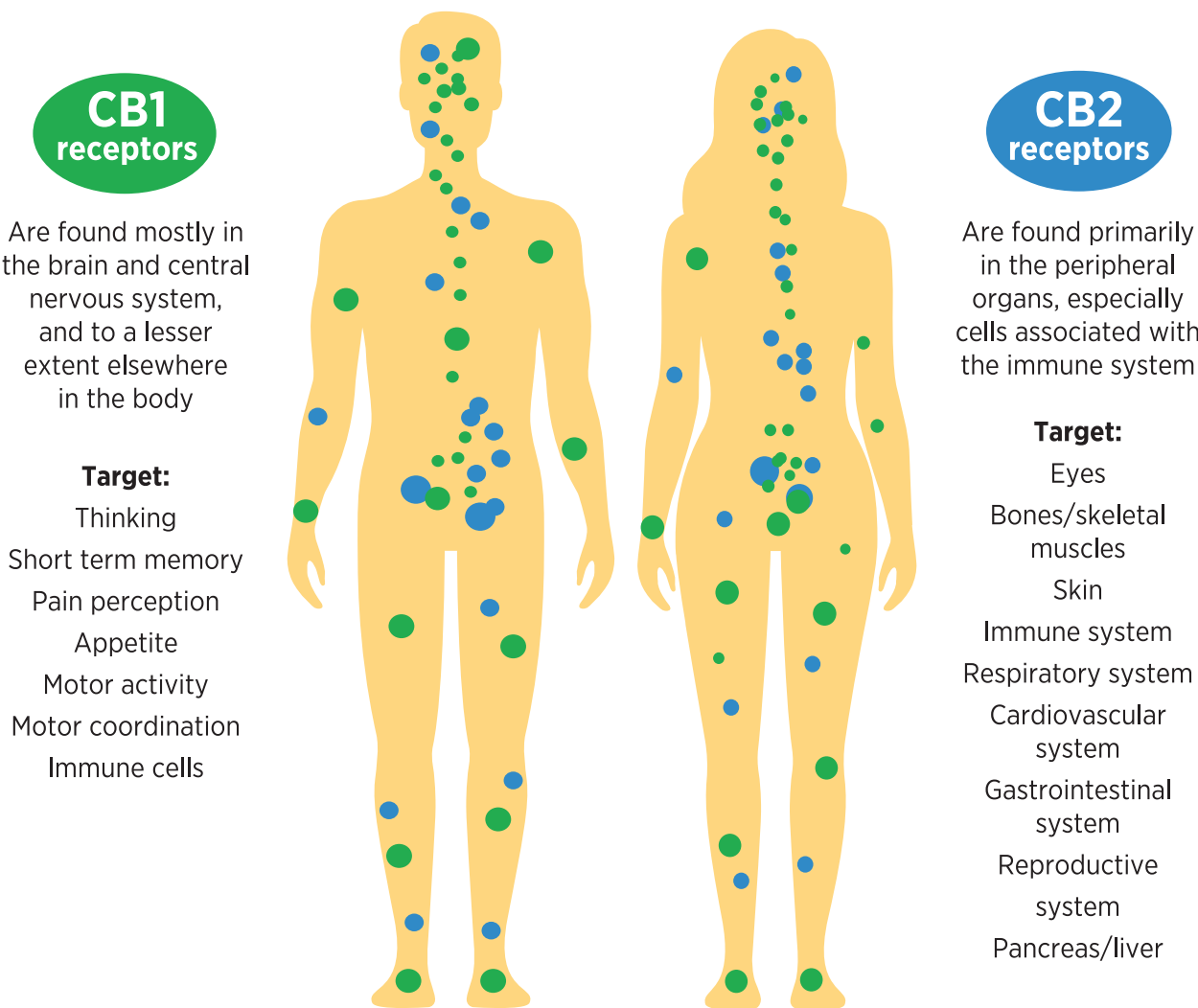
# What is the Endocannabinoid System?

The Endocannabinoid System (ECS) is a complex system in the human body, which maintains all processes throughout the brain and body, including how the body manages appetite, pain, sleep, pleasure, and mood.

The role of this system is that of creating balance within the body to achieve the optimal state for maintaining health and natural wellness. ECS receptors are found in the skin, muscles, bones, throughout the central and peripheral nervous

system, the immune system, and even the reproductive organs.

Certain chemical compounds called cannabinoids, attach to ECS receptors and behave like chemical messengers to control physiological signaling. When produced by the body, these compounds are called endocannabinoids and when created by plants, they are called phytocannabinoids, such as THC and CBD.



# Medical Marijuana & the Human Endocannabinoid System

## Why Medical Marijuana?

The use of the cannabis plant to relieve medical symptoms has been documented for over five centuries across the globe from China to Canada to the UK to Israel.

The medical properties of cannabis stem from two main compounds, THC and CBD, along with over 100 other beneficial compounds in Marijuana including other cannabinoids along with terpenes and flavonoids.



## Medical Marijuana:

### Relieves

Often times, diseases and illnesses produce extremely painful symptoms. Cannabis has proven to be an effective treatment for people suffering from migraines, arthritis, multiple sclerosis, PMS, anxiety, etc. Cannabis also has the ability to prevent and/or decrease opiate addiction due to the fact that cannabis and opiates share many of the same benefits. When compared to opiates, cannabis carries a significantly lower risk.

### Combats

Cannabis significantly combats the symptoms of depression, anxiety, PTSD, ADHD, etc. It is a natural relaxant that can ease the symptoms of these disorders. As a result, using cannabis will boost mood, improve sleep and lessen the number of episodes that one may experience. Cannabis is commonly used to stimulate the appetite of chemotherapy patients.

### Treats

Marijuana treats symptoms of many different diseases. Cannabis can temporarily decrease pressure in the eye, hence relieving the symptoms of glaucoma. Medical marijuana has antispasmodic properties, which decrease symptoms of epilepsy, seizures and Parkinson's diseases. As far as inflammatory bowel diseases go, cannabis can effectively treat several of the related symptoms like nausea, abdominal pain and diarrhea. Medical marijuana can also treat asthma by improving pulmonary function, over time.

### Calms

Cannabis has the ability to calm a patient. Medical marijuana can effectively calm the symptoms of Tourette's by slowing down the tics associated with the disease. It can also treat OCD by decreasing the obsessive neurological compulsions.





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WHEN INDUSTRY PROFESSIONALS  
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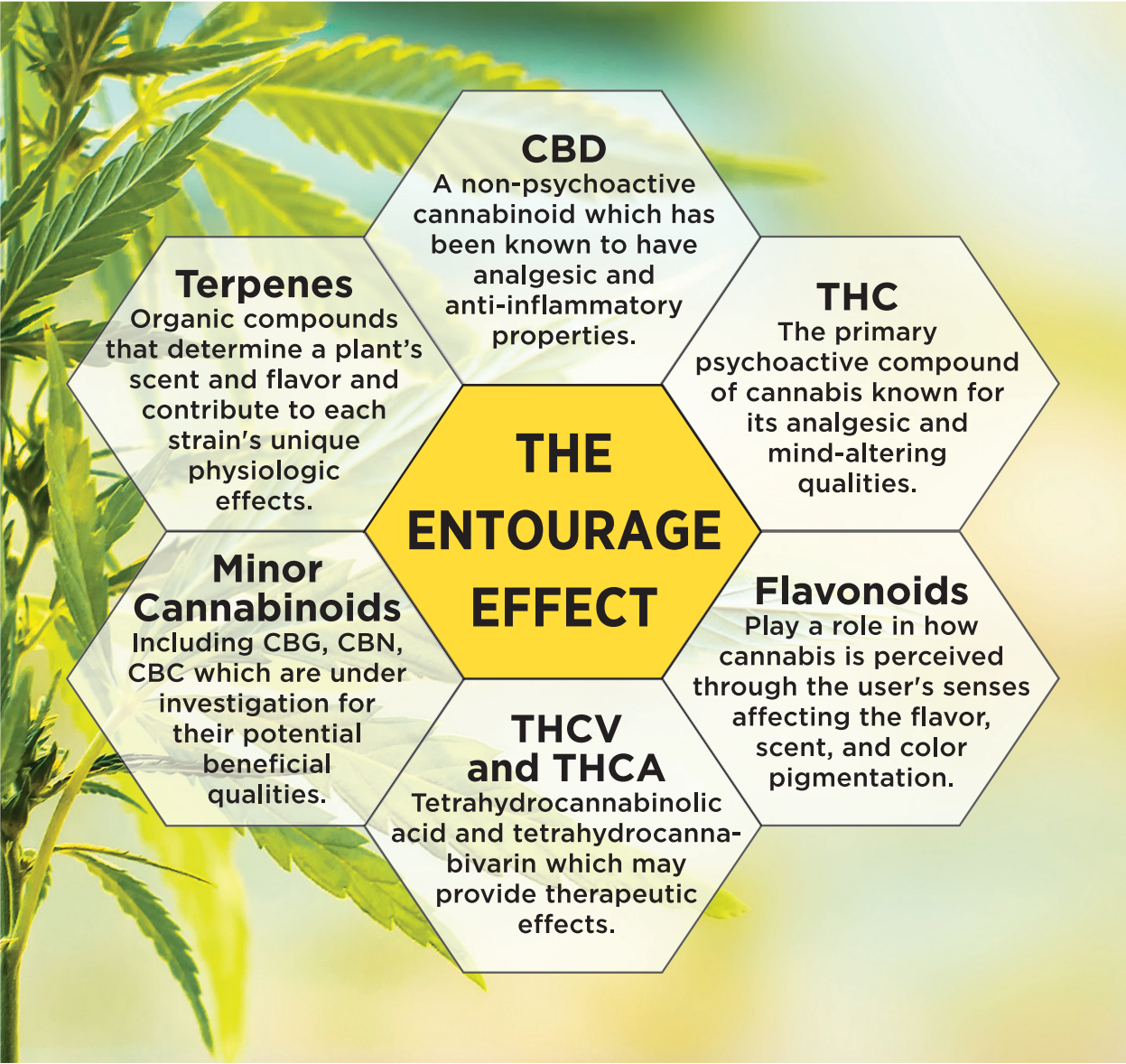
EACH PEDIATRIC PATIENT'S ORDER



# Leveraging the Power of the Entourage Effect

The Entourage Effect is the overall result of the combined action of the numerous compounds found in the cannabis plant— the cannabinoids (including THC and CBD), the terpenes, and the flavonoids — which interact in harmony to produce stronger and more enhanced effects from the plant than might otherwise occur without all the elements present.

When taken alone, each of these compounds may have therapeutic effects, but when they are present together in whole-plant extracts, the combined effect may be greater than the sum of the individual benefits along with lower adverse side effects.



# Therapeutic Effects of Qualifying Conditions

Medical marijuana relieves symptoms of the following qualifying conditions:

**GLAUCOMA**  
Temporarily lowers intraocular pressure

**CANCER**  
Eases the side effects of cancer treatment: relieves nausea, vomiting, anxiety, depression; enhances sleep; stimulates appetite

**MULTIPLE SCLEROSIS**  
Relieves muscle spasms, stiffness, pain, and sleep problems

**PARKINSON'S**  
Relieves muscle spasms, tremors, stiffness, and pain

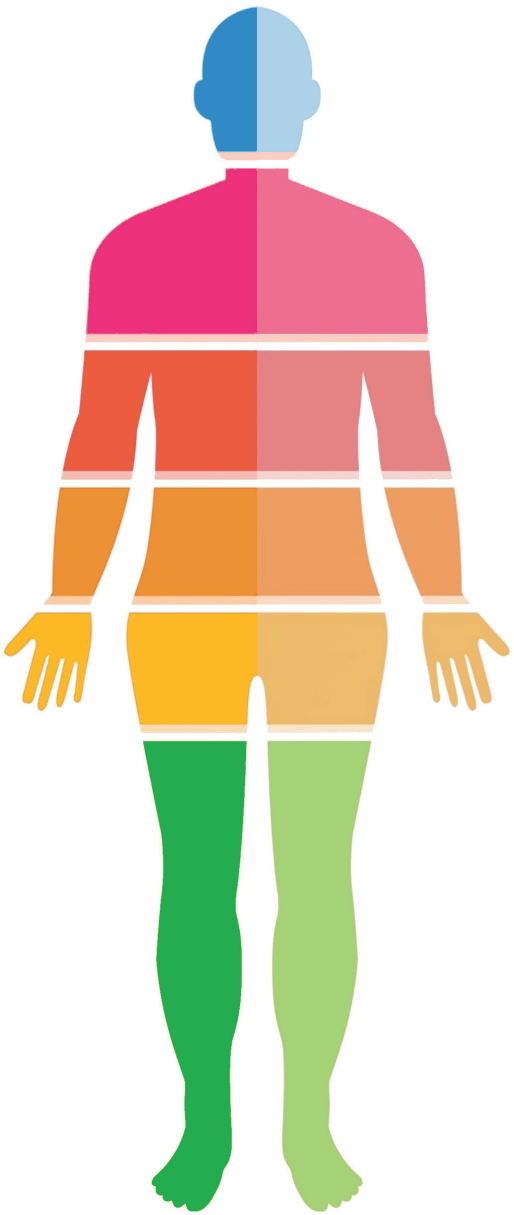
**EPILEPSY**  
Reduces seizure frequency

**PTSD**  
Relieves anxiety and depression improves mood

**CROHN'S DISEASE**  
Eases pain and promotes weight gain

**AIDS/HIV**  
Improves mood and appetite. Increases ability to sleep

**ALS**  
Relieves muscle spasms, stiffness, and pain. Improves mood and appetite



A doctor may certify a patient for medical marijuana to relieve the symptoms of other debilitating medical conditions of the same kind or class which may include: anxiety/depression, arthritis, chronic neuropathic pain, irritable bowel syndrome, migraine and muscular dystrophy among others.







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The transfer of medical marijuana to another person is illegal. Medical marijuana is not available to individuals under the age of 18 unless by a registered caregiver.

# **New Locations Open Now!**

## **\* Clermont**

1900 South Highway 27,  
Clermont, FL 34711

## **Ocala Maricamp**

9268 Southeast Maricamp Road  
Ocala, FL 34472

## **\* Palm Beach Gardens**

3540 Northlake Boulevard  
Palm Beach Gardens, FL 33403

## **Orlando International**

6600 International Drive  
Orlando, FL 32819

## **\* Tallahassee West**

2121 W. Tennessee St. Unit 10  
Tallahassee, FL 32304

## **Miami South Beach**

550 Collins Avenue  
Miami Beach, FL 33139





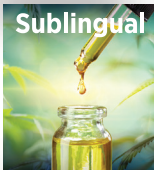



\* Pending Regulatory Approval. The transfer of medical marijuana to another person is illegal. Medical marijuana is not available to individuals under the age of 18 unless by a registered caregiver.



# What are the Available Options for Routes of Administration?

## What to Consider When Choosing a Route?


When selecting a route of administration, there are several factors you may want to consider, including your medical condition, your lifestyle, the desired time frame for onset, and duration.

Route	Product Types	Attributes	Path to Bioavailability	Onset	Peak Effect	Duration
 Flower	Loose Flower	<ul style="list-style-type: none"><li>Fast acting method</li><li>Distinct aroma</li><li>Limiting for individuals with lung/respiratory issues</li></ul>	Active ingredients pass directly into the bloodstream in the lungs	3-5 minutes	15-45 minutes	1-4 hours
 Inhalation	Vape Pens	<ul style="list-style-type: none"><li>Fast acting method</li><li>Little cannabis aroma</li><li>May be compact and discreet</li></ul>	Active ingredients pass directly into the bloodstream in the lungs	3-5 minutes	15-45 minutes	1-4 hours
 Sublingual	Tinctures, Oils, Drops	<ul style="list-style-type: none"><li>Faster onset if taken under the tongue</li><li>Discreet</li><li>Easy dosing</li></ul>	Active ingredients absorbed directly into the bloodstream through the mucosal membrane	10-15 minutes when administered under tongue	1-3 hours	1-6 hours
 Edibles	Gummies, Chocolate, Cookies, Brownies	<ul style="list-style-type: none"><li>Simple dosing</li><li>Delicious</li><li>Discreet</li></ul>	Active ingredients absorbed into the bloodstream after digestion	30-60 minutes	2-4 hours	4-6 hours
 Oral	Gel Caps Capsules	<ul style="list-style-type: none"><li>Precise dosing</li><li>Discreet</li><li>Longer lasting relief</li></ul>	Active ingredients absorbed into the bloodstream after digestion	30-60 minutes	2-4 hours	4-12 hours
 Topical	Lotions Creams Patches	<ul style="list-style-type: none"><li>Localized relief</li><li>Discreet</li></ul>	Active ingredients absorbed locally through the skin	Variable	Approx. 1 hour	3-4 hours



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**FOR THEM**  
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# Which Strain Should You Try: Sativa, Hybrid or Indica?

While there are dozens of variations of strains of medical marijuana, most dispensaries break the medicinal benefits down into two or three categories: Sativa, Indica, and Hybrids of the two. This makes it much easier for patients to choose the strain that will help treat their symptoms most effectively. Take a look at the breakdown below, for a better understanding of which may be right for you!

The choice of strain is a critical factor affecting an individual's experience with medical marijuana. Strains are different types of cannabis plants, of which Sativa, Indica, and Hybrids are the most common.

SATIVA




Often preferred for Daytime Use

HYBRID  
OF SATIVA AND INDICA



Choice for Day or Evening

INDICA



Often preferred for Nighttime Use

Uplifting, energizing, and stimulating	Blended mix of effects, combining traits of both parent strains	Soothing, relaxing, and sedating
Good choice for patients who not only need relief but who also want to stay energized and alert	Good choice for patients who are seeking a balance between invigoration and sedation while seeking symptom relief	Good choice for patients who are seeking calming and to unwind while managing their symptoms
Sativa strains usually contain a higher CBD vs THC level	Often contain a relatively balanced mix of THC and CBD	Indica strains usually contain a higher THC vs CBD level
<b>Common Symptom Relief:</b> Boost mental focus Reduce pain Reduce nausea Relieve depression Reduce inflammation Relieve headaches and migraines Elevate mood	<b>Common Symptom Relief:</b> Reduce pain Reduce nausea Relieve depression Reduce inflammation Stimulate appetite Relieve headaches and migraines	<b>Common Symptom Relief:</b> Promote relaxation Reduce stress and anxiety Promote restful sleep Reduce pain Reduce inflammation Stimulate appetite Reduce muscle spasms



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WEST PALM BEACH

Some locations coming soon. Visit [VidaCann.com](http://VidaCann.com) to find your nearest VidaCann dispensary.

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





## Dosing: An Individualized Approach

### Start Low and Go Slow

As you first start using medical marijuana, begin with a low dose (which the dispensary can recommend based on product selection) to give your body the time to adjust and enable you to get the most benefit from each dose.

### Slowly and Gradually Increase Your Dose

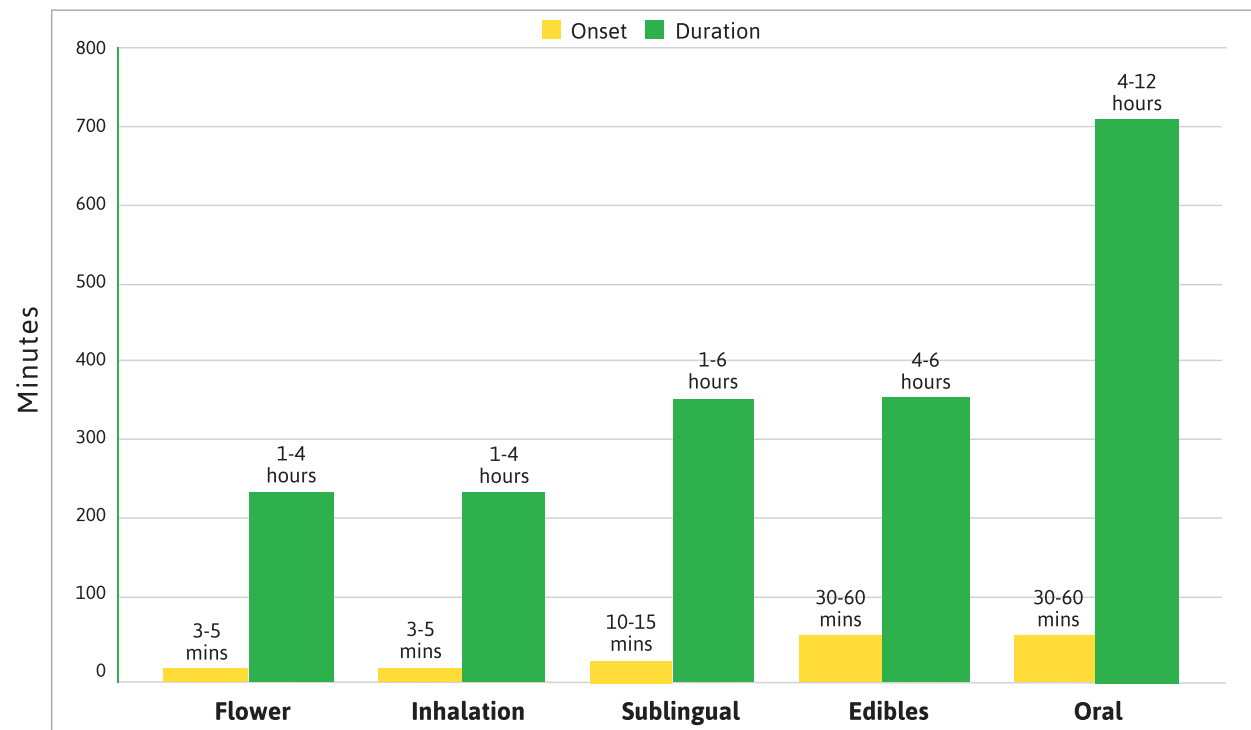
The dosage of medical marijuana will vary by individual and depend upon the medical condition. You can gradually increase your dose each week until

you find a level that provides you with consistent symptom relief.

### CBD + THC Can Maximize the Entourage Effect

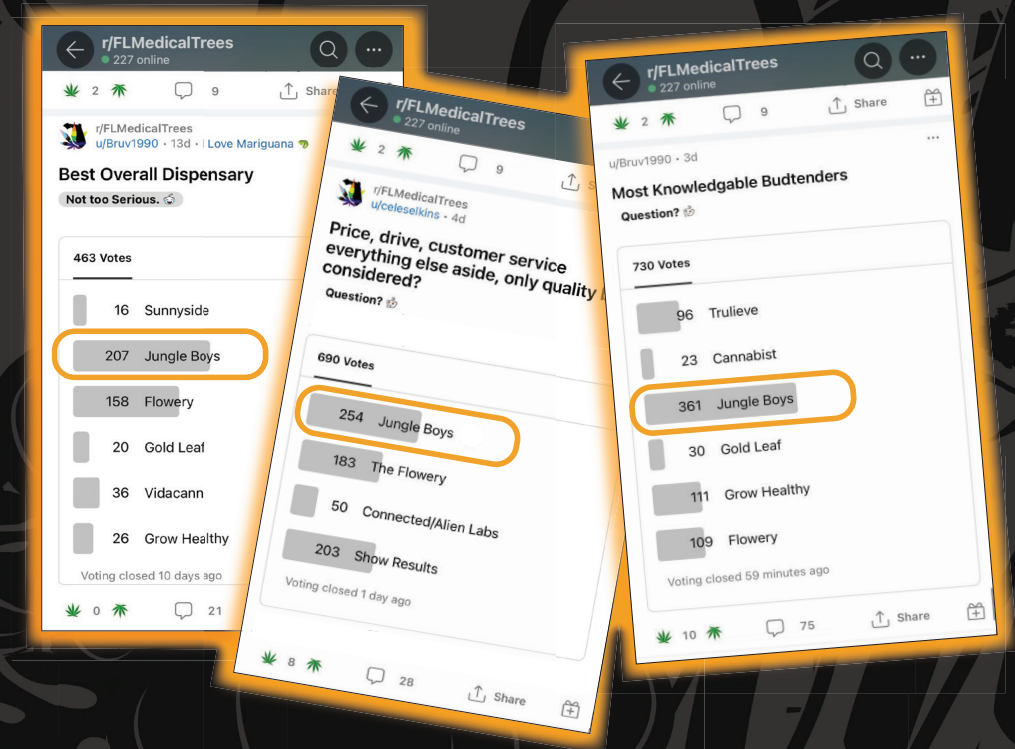
Many patients find that they experience the best therapeutic outcome when they use CBD in conjunction with THC. This may be achieved by using CBD products along with medical marijuana and/or by trying combination products which contain different ratios of THC:CBD.

Onset and Duration by Route



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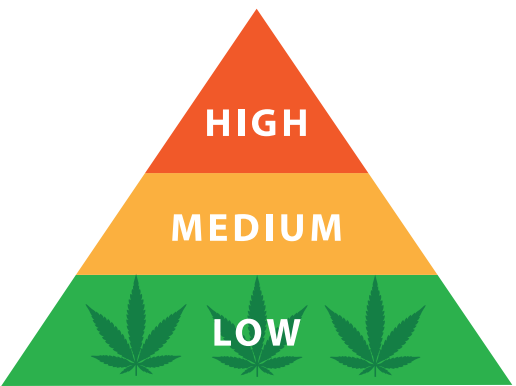
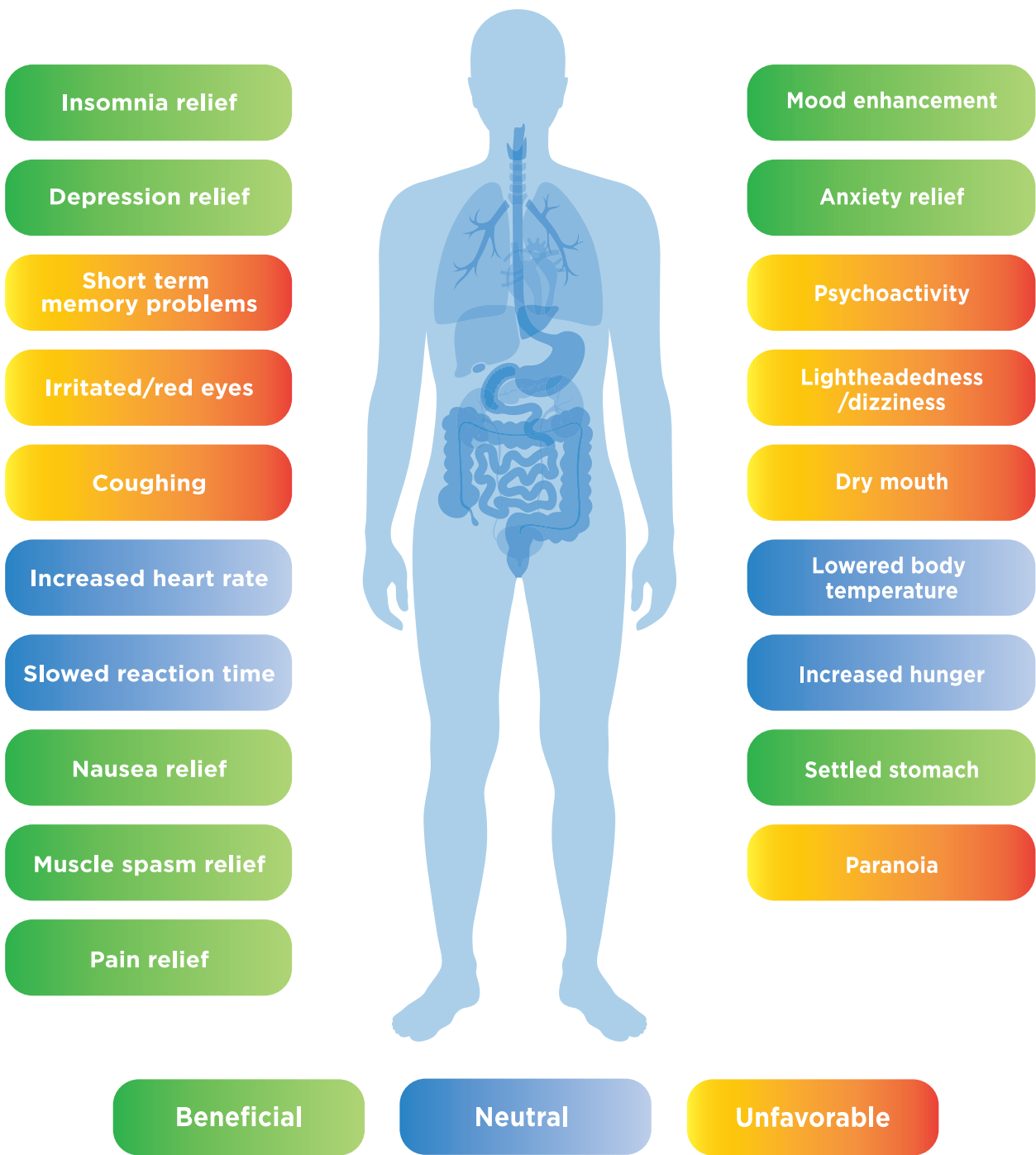
\*Exclusions apply. See store for details.

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*Jungle Boys*



# Potential Short-Term and Long-Term Effects



## Low Dependency Potential of Marijuana

Even with chronic and excessively frequent marijuana use, approximately 10% of HEAVY marijuana users MAY develop a dependency on marijuana.

## Effects and Remedies

SIDE EFFECT	REMEDY
Dry Mouth	<ul style="list-style-type: none"><li>• Drink a beverage such as water</li><li>• Use a lozenge or chew gum to increase the production of saliva</li></ul>
Irritated/red eyes	<ul style="list-style-type: none"><li>• Use over the counter lubricating eye drops</li></ul>
Coughing	<ul style="list-style-type: none"><li>• Drink cold water once coughing eases</li><li>• Reduce the amount of vapor/smoke inhaled</li></ul>
Lightheadedness /dizziness	<ul style="list-style-type: none"><li>• Keep your eyes open and focused on an object until the symptoms subside</li></ul>
Rapid Heart Beat	<ul style="list-style-type: none"><li>• Will usually resolve approximately 15-20 minutes after intake of cannabis</li><li>• Breathe slowly and deeply for several minutes</li><li>• Contact an emergency healthcare professional if accompanied by chest pain</li></ul>
Short Term Memory Loss	<ul style="list-style-type: none"><li>• Will be completely reversible when cannabis usage is decreased or completely ceased</li></ul>
Psychoactive Effects	<ul style="list-style-type: none"><li>• Sit comfortably and empty your lungs through your mouth</li><li>• After closing your mouth, take a deep breath through your nose filling your lungs to a mental count of four</li></ul>





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OMMU Password: \_\_\_\_\_

Re-evaluation Appointment (subject to change)

Date: \_\_\_\_\_ Time: \_\_\_\_\_

OMMU Card Renewal Date: \_\_\_\_\_

Patient Care: **844-442-0362**

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

For order questions/requests, email us at [orders@marijuanadoctor.com](mailto:orders@marijuanadoctor.com).  
Make sure to include your full name, DOB, and your Patient ID #.

NOTES

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