# 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 four years, we've had the honor to assist over 50,000 patients to improve their quality of life after becoming medical marijuana patients in Florida. We are very proud of the over 5,000 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 32 locations throughout Florida with offices that are opening very soon!

Aventura Bonita Springs Brandon Clearwater Gulf to Bay Clearwater Palm Harbor Dania Beach\* Delray Beach Englewood Fort Lauderdale Fort Myers Hudson Jacksonville Beach Lake City Lake Worth Lehigh Acres Margate North Tampa Ocala Orange Park Orlando South Orlando West Palm Bay

Pensacola\* Saint Augustine\* Saint Petersburg Sanford Sarasota South Miami South Tampa Tallahassee\* Tampa/Citrus Park Winter Haven\* **\*coming soon** 

### 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.
  - 32 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.



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### 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
- Insomia
- Cancer
- Epilepsy
- GlaucomaHIV
- Chronic Muscle Spasms
  Crohn's Disease
- AIDS
- Post-Traumatic Stress
   Seizures
- Disorder (PTSD) • Amyotrophic Lateral Sclerosis (ALS)
- Multiple SclerosisParkinson's Disease

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



### MAKE AN APPOINTMENT AT ANY OF OUR 32 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 to select a location near you and the time of your appointment. Or, if you prefer, you can call us at 844-442-0362.



### 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.

#### MARIJUANADOC+OR.COM © 844-442-0362

### APPLY FOR YOUR STATE MEDICAL MARIJUANA CARD.

- The state application processing fee is \$75.
- Easy online application submission and payment.
- On average, the state process takes 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 and we'll get back to you in 1 or 2 business days.

## In about 2-3 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.



### 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.



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.

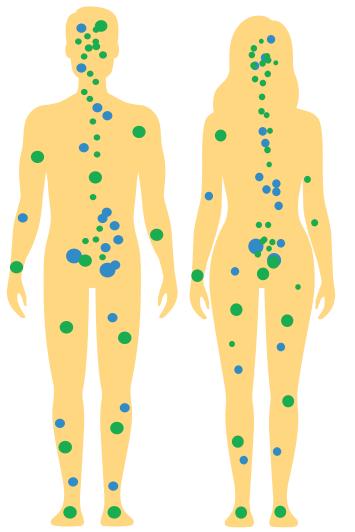
Certain chemical compounds called cannabinoids, attach to ECS receptors and behave like chemical messengers to control physiological signaling. When produced by the body, these compounds are called endocannabinoids and when created by plants, they are called phytocannabinoids, such as THC and CBD.



Are found mostly in the brain and central nervous system, and to a lesser extent elsewhere in the body

#### **Target:**

Thinking Short term memory Pain perception Appetite Motor activity Motor coordination Immune cells





Are found primarily in the peripheral organs, especially cells associated with the immune system

#### Target:

Eyes Bones/skeletal muscles Skin Immune system Respiratory system Cardiovascular system Gastrointestinal system Reproductive system Pancreas/liver



### **CBD** can benefit your wellness

### Why CBD?

CBD, one of over 100 identified cannabinoids extracted from the hemp plant, has been known to aid individuals (and pets) with relief from muscle aches, stress, inflammation reduction, better sleep, and skin care. CBD may work with the Endocannabinoid System (ECS) to help signal and regulate the proper balance in bodily functions (there is a page later in the Guide on the Endocannabinoid System to learn even more).

Even CBD containing a trace amount of THC (below 0.3 % as allowed by law) is not psychoactive and will not produce a high, which makes it an appealing option for those who are looking for relief from pain and other symptoms without the potential mind-altering effects of medical marijuana or pharmaceutical drugs.

Patients new to medical marijuana may find it beneficial to take CBD while waiting for their medical card to help ease symptoms and to prime the body prior to their initial dose of medical marijuana.

Some individuals have noticed that CBD can help offset the psychoactive side effects of higher THC medical marijuana products and that by combining their use of medical marijuana with CBD products, they experience a better result and may need to use less THC due to the Entourage Effect (learn more about the Entourage Effect later in the Guide).

### **Navigating the CBD Spectrums**

When considering which CBD products to purchase, it is important to consider what type of CBD will work best for your lifestyle:

#### Full Spectrum CBD

contains all of the natural elements found in industrial hemp plants such as the cannabinoids and terpenes, working together to deliver maximum effects to the user. Full spectrum CBD produces no psychoactive effects even though it contains trace amounts of less than 0.3 percent THC, falling below the legal limit. Studies show that full spectrum offers the complete benefits of CBD as it gives that complete or full dose of all the organic cannabinoids and terpenes present in the plant.

#### Broad Spectrum CBD

maintains most of the benefits of full spectrum CBD minus

all trace amounts of THC. If you're looking to add CBD to your wellness regimen while avoiding any interaction with THC – or strict THC laws in your state – you'll find that broad spectrum CBD may be an ideal choice. Broad spectrum CBD provides you with a worry-free solution to enjoying the naturally soothing benefits of CBD oils.

#### **CBD** Isolate

contains pure, isolated CBD without any of the other natural compounds present in full and broad spectrum CBD. All of the plant's compounds are extracted through a process that removes its cannabinoids, flavonoids, and terpenes. Since this is a concentrated product, free of the full elements of the source plant, it is unable to deliver the entourage effect present in full or broad spectrum CBD.

### New to CBD? Helpful tips to get started:

• Always seek the advice of a medical professional before starting a new health regimen.

• Keep quality in mind: when considering where to purchase your CBD products, it is so important to be mindful of their ingredients and inherent value. We recommend that you always buy from companies that use third-party testing to ensure the potency and purity of their products.

• Since each person's response to CBD will be individual, we recommend starting with a low daily dose and increasing the amount gradually every few days until you feel that you have reached the dosage that you feel provides the symptom relief you are seeking.

• While there are currently no published medical guidelines for CBD dosages, for a starting point, you may want to consider using your weight and try the initial daily dosages below:

Under 120 pounds: 10 mg

120-190 pounds: 20 mg

Over 190 pounds: 30 mg

• Some individuals may notice benefits right away, while others may need several days or even a few weeks of consistent daily use to sense a benefit. • Use a topical (cream, lotion, balm, patch) if your goal is a localized vs whole-body effect. Since topicals are applied directly to the skin, the CBD won't actually enter the bloodstream, but can provide relatively quick relief to the area in question.

• CBD creams and lotions offer a luxurious feel that melts into the skin while balms and salves are designed to be rubbed into aching muscles and joints. Roll-ons or sticks provide an easy-to-apply, quick-drying formula, ideal for on-the-go.

### **CBD** for Pets

• High quality CBD oils and treats for dogs and cats are available in varying strengths for pets of all sizes.

• As with all supplements, consult with your veterinarian before adding CBD to your pet's health and wellness routine.

• You may want to start your pet on a daily dose of 1 mg CBD/10 pounds of weight and over time consider increasing to 2 mg CBD/ day per 10 pounds of weight.





High Quality CBD • All Independently Lab-Tested • No Artificial Additives



### www.cbddoctor.com

# Welcome to Trulieve Discover Why More Floridians Choose Trulieve





- Free delivery on orders \$200+ & patients ages 65+.
- Free 30 minute Virtual Consultation to help you get comfortable with cannabis
- Convenient payment options including debit card, **CanPay and cash**
- No hassle 100% return policy
- Florida's first and largest MMTC with locations statewide
- Offering a wide variety of products from capsules and syringes to edibles and flower
- Certificate of Analysis testing report from a third-party laboratory are available for all products

**New Patient Discount** Your First Order

Text 'Sign-Up' for Daily Text" at **Trulieve.CC/Texts** 



**Birthday Discount** 

**One Time During your Birthday Month**  State Card Renewal Purchase of \$150+

Your Second Order **6 O**T

Contact Us 1-844-878-5438 www.trulieve.com

@Trulieve





New patient discounts are valid for the first time patients. Each offer is valid one-time per patient. Renewal card discount is valid one time per year, following the renewal of a patient's medical card. All patients now get a one-time 25% off discount during their birthday month once per year. Discounts exclude Ground, non-CDT c-cell cartridges and Clearance. Discounts cannot be combined with any other patient discount. Trulieve reserves the right to change or adjust this discount.

## **Glossary of Key Medical Marijuana Terms**

Blunt/JointCannabis rolled into a cigarette using paper.Bong/water pipePipe used to smoke cannabis by drawing the smoke through water to cool it.Bowl/pipeDevice used to smoke cannabis which is often made of ceramic or glass material.BudCannabis flower.CannabinoidSubstances extracted from the cannabis plant including THC and CBD, as well as additional other less well known compounds such as CBN, THCV, THCA, and CBG. Cannabinoid System to
<ul> <li>Bong/water pipe</li> <li>Pipe used to smoke cannabis by drawing the smoke through water to cool it.</li> <li>Bowl/pipe</li> <li>Device used to smoke cannabis which is often made of ceramic or glass material.</li> <li>Bud</li> <li>Cannabis flower.</li> <li>Cannabinoid</li> <li>Substances extracted from the cannabis plant including THC and CBD, as well as additional other less well known compounds such as CBN, THCV, THCA, and CBG. Cannabinoids interact with</li> </ul>
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CBG. Cannabinoids interact with
the Endocannabinoid System to
bind directly or indirectly to ECS
receptors, which behave like
chemical messengers to turn on
or turn off signaling in the body.
<b>CBD</b> Cannabidiol (CBD) is a non-
psychoactive cannabinoid which
has been known to have analgesic
and anti-inflammatory properties.
<b>Cone</b> A cone-shaped joint that is thinner
at the tip.
<b>Dabs</b> Cannabis concentrates such as
shatter, wax, and oil.
<b>Distillate</b> Cannabis extract that has been
refined and purified.
Edible Medical marijuana taken by
injesting cannabis-infused food.
<b>Endocannabinoid</b> A complex system which maintains
System (ECS) all processes throughout the
human brain and body, including
how the body manages appetite,
pain, sleep, pleasure, and mood.
The role of the ECS is to create
balance within the body to achieve
the optimal state for maintaining
health and natural wellness.
Entourage Effect The overall result of the combined
action of the numerous compounds
found in the cannabis plant
interacting in harmony to produce V
stronger and more enhanced
effects from the plant than might
effects from the plant than might

otherwise occur without all the

•	•
Grinder	Device that is utilized to grind
	pieces of cannabis flower.
Inhalation	Use of a vape pen to inhale
	medical marijuana - the active
	ingredients pass directly into the
	bloodstream in the lungs.
Loose Flower	Ground up bud.
MMUR	Medical Marijuana Use Registry:
	(800) 808-9580
OMMU	Office of Medical Marijuana Use:
	(850) 245-4657
Oral	Medical Marijuana taken by mouth
	such as gel caps and capsules.
Pre-roll	Cannabis that has been pre-
	rolled for your convenience into a
	cigarette shape with a filter.
Rosin	Cannabis that has been
	concentrated through heat and
Shottor	compression. Cannabis that has been
Snatter	concentrated into solid pieces.
Sublingual	Taking a dose of tincture and
Sublingual	holding it underneath the tongue
	for about 60 seconds so that the
	capillaries there can absorb it
	directly into the bloodstream.
	Sublingual delivery allows
	faster absorption and greater
	bioavailability than when medical
	marijuana is ingested and needs to
	be subsequently broken down in
	the digestive system.
Terpenes	Organic compounds in plants
	which determine a plant's scent
	and flavor as well as contributing
	to each strain's unique physiologic
	effects.
THC	Tetrahydrocannabinoid, the
	primary psychoactive compound of
	cannabis, is known for its analgesic
Tenical	and mind-altering qualities.
Topical	Medical marijuana applied directly
	to the skin to provide localized relief.
Vane (Vaning	Method of inhaling using heated
	liquid in vape form.
	Concontrated cannabis with a

Wax Concentrated cannabis with a texture like candle wax.



### 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.





# WHY CANNABIST?

- QUALITY PRODUCTS
- FLOWER <u>ALWAYS</u> IN STOCK
- INCREDIBLE VARIETY
- EXCELLENT CUSTOMER SERVICE
- 14 CONVENIENT LOCATIONS

## PATIENT DISCOUNT PROGRAMS

- <u>\$50 OFF \$150</u> FOR NEW PATIENTS
- <u>20% OFF</u> YOUR SECOND ORDER

 <u>15% OFF</u> FOR RETIRED HEROES, SSI, STUDENTS, PEDIATRIC PATIENTS, SNAP, INDUSTRY, MEDICARE/MEDICAID, SENIORS 60+





# DONT MISS THE GOOD STUFF!

Follow us on social media and opt into our text and email lists by scanning the QR code below.



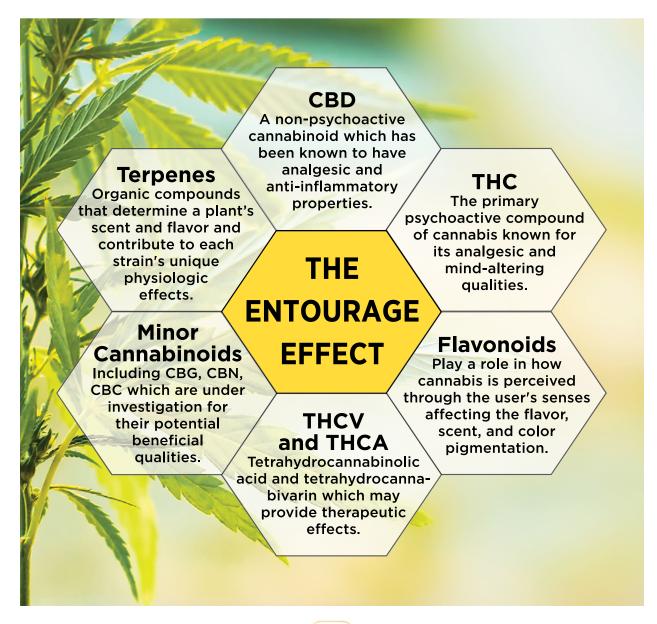


Bonita Springs - Bradenton - Brandon - Cape Coral - Delray Beach - Gainesville - Jacksonville Longwood - Melbourne - Miami - Orlando Sarasota - St. Augustine - Stuart

# 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.

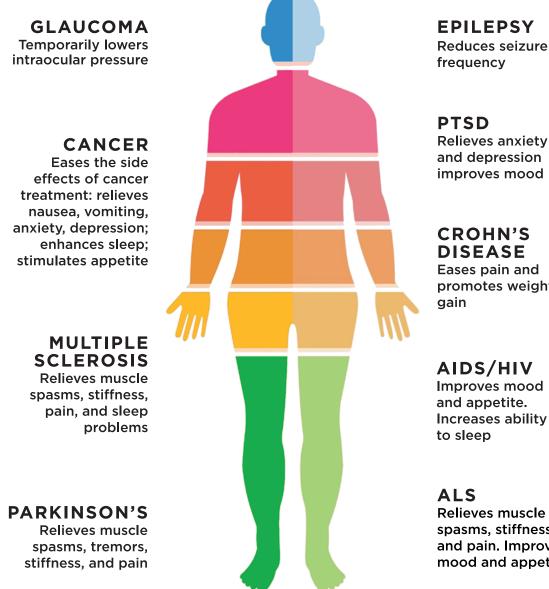
When taken alone, each of these compounds may have therapeutic effects, but when they are present together in whole-plant extracts, the combined effect may be greater than the sum of the individual benefits along with lower adverse side effects.





## **Therapeutic Effects of Qualifying Conditions**

Medical marijuana relieves symptoms of the following qualifying conditions:



**Reduces seizure** 

promotes weight

Increases ability

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.



Increasing knowledge.

STRAIN ASSESSMENT

Improving effectiveness.

MÜV uses advanced tools to deliver effective cannabis therapeutics, like Strainprint.

# mü∨" | ∰strainprint

Strainprint is the secure journaling app that helps you discover the best products for your needs. Medicating sessions are anonymously tracked and shared through the app to measure the efficacy of specific products for specific symptoms. And, patients that participate in our Patient Pioneer Program earn real savings while learning, too.

Current efficacies for MÜV Strains\*:



**MÜV Flower - Cherry Punch** REPORTED EFFECTIVENESS FOR **DEPRESSION: 62%** 



## MÜV Flower - Slurricane

**REPORTED EFFECTIVENESS FOR IRRITABILITY: 68%** 



### **MÜV Flower - Velvet Glove** REPORTED EFFECTIVENESS FOR **MUSCLE PAIN: 57%**

\*Data as of Dec. 2021, reported by MÜV Patients via Strainprint



Get answers to all your questions, or arrange a virtual consultation, by contacting the **MÜV Patient Care Team** via phone, email or live chat.



# 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 Bioavailabilty	Onset	Peak Effect	Duration
Flower	Loose Flower	<ul> <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> <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> <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	• Simple dosing • Delicious • Discreet	Active ingredients absorbed into the bloodstream after digestion	30-60 minutes	2-4 hours	4-6 hours
Oral	Gel Caps Capsules	• Precise dosing • Discreet • Longer lasting relief	Active ingredients absorbed into the bloodstream after digestion	30-60 minutes	2-4 hours	4-12 hours
Topical	Lotions Creams Patches	• Localized relief • Discreet	Active ingredients absorbed locally through the skin	Variable	Approx. 1 hour	3-4 hours



### **Dosing: An Individualized Approach**

### **Start Low and Go Slow**

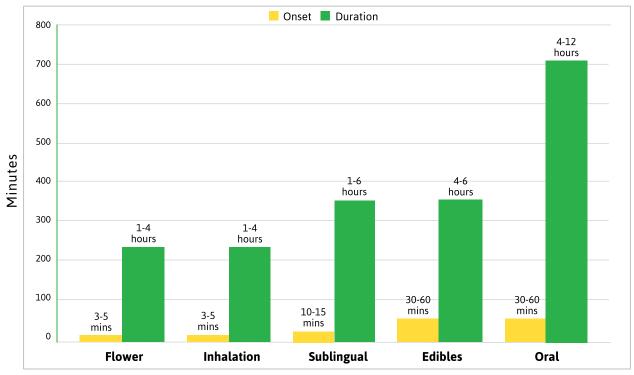
As you first start using medical marijuana, begin with a low dose (which the dispensary can recommend based on product selection) to give your body the time to adjust and enable you to get the most benefit from each dose.

### **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**



# COME AND GET FLUENT

Try our full lineup of cannabis products with discounts on Whole Flower, Pre-Rolls, Edibles, Cartridges, Drops, Syringes, Capsules, and more!

## FIRST-TIME CUSTOMER DISCOUNTS

50% OFF

on your first visit purchase of \$200 or less plus **\$10 merch credit** 

### FLUENT SAMPLER DEALS

7 unique first-time customer discounts to sample all of our products

### PLUS MANY MORE...

For a full list of promotions and discounts scan the QR code or head to GETFLUENT.COM/PROMOTIONS



### FLORIDA DISPENSARY LOCATIONS

CAPE CORAL CASSELBERRY CLEARWATER CORAL GABLES CORAL SPRINGS CUTLER BAY DEERFIELD BEACH FORT MYERS FORT PIERCE FORT WALTON BEACH FRUITLAND PARK GAINESVILLE JACKSONVILLE - ATLANTIC JACKSONVILLE - SAN JOSE KENDALL LAKE WORTH LAKELAND MELBOURNE MIRAMAR BEACH NEW PORT RICHEY NORTH MIAMI BEACH ORLANDO - COLONIAL DR ORLANDO - ORANGE AVE PANAMA CITY ST. PETERSBURG TALLAHASSEE TAMPA Use the code below at getfluent.com and get 22% off all Fluent products!

## MARIJUANADOCTOR2022

One-time use. Valid at all Fluent Florida locations.



## 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	HYBRID OF SATIVA AND INDICA	HYBRID INDICA INDICA	
Often preferred for Daytime Use	Choice for Day or Evening	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	









### What are Terpenes?

Responsible for the distinctively sweet, citrusy, and earthy flavors of cannabis, terpenes are somewhat the unsung heroes of the cannabis world. If you've ever identified a strain from just one smell, or truly appreciated its taste, what you were processing is in fact the terpene profile which gives each strain its unique personality.

Terpenes change more than just the smell of marijuana, they also provide each strain with its own unique physiologic effects. These essential oils, which are secreted by the cannabis plant's sticky glands, contribute to what is known as the "entourage effect" - the harmonic union of cannabinoids, terpenes and flavonoids which produces a more enhanced effect than any one compound on its own.

While there are more than 100 identified terpenes in cannabis (each of which produces a distinct combination of feelings and effects), some are more common than others. Knowing what to look for, what appeals to you, and what doesn't will help you get the relief that you need. Here are the more popular terpenes and their noted effects:

TERPENE	AROMA	PROPERTIES	
Bisabolol	Floral and black pepper	Antibacterial and antifungal	
Caryophyllene	Spicy and peppery	Anti-inflammatory, anti-anxiety, pain relief	
Humulene	Woodsy and earthy	Antibacterial, anti-inflammatory, appetite suppressant, and pain relief	
Limonene	Citrus	Anti-anxiety and stress relief	
Linalool	Floral and citrus	Pain relief and relaxation	
Myrcene	Earthy	Sedative and muscle relaxation	
Pinene	Pine	Anti-inflammatory and effective against short-term memory effects of THC	
Ocimene	Sweet	Anti-inflammatory	





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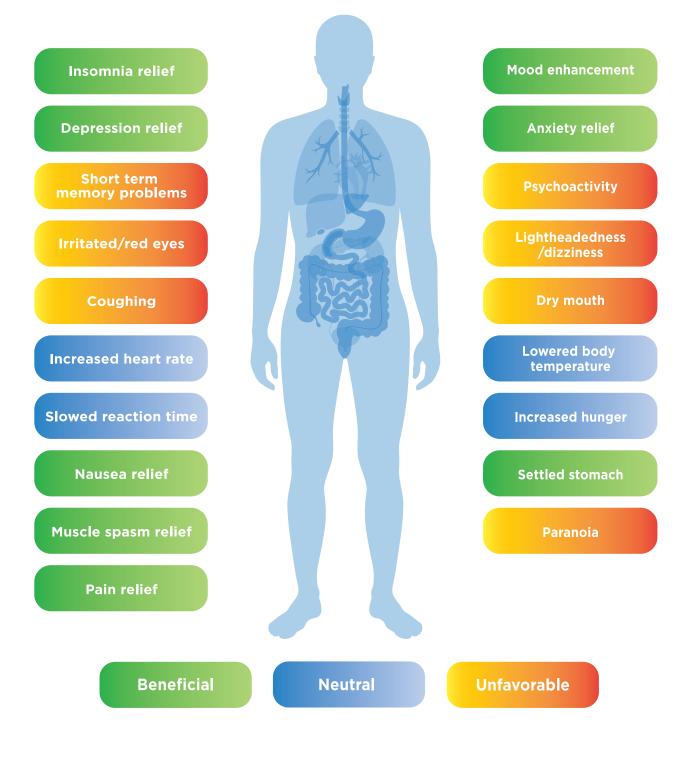


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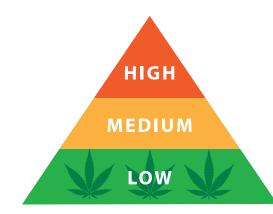
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### **Potential Short-Term and Long-Term Effects**







# 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> <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	• Use over the counter lubricating eye drops
Coughing	<ul> <li>Drink cold water once coughing eases</li> <li>Reduce the amount of vapor/smoke inhaled</li> </ul>
Lightheadedness /dizziness	<ul> <li>Keep your eyes open and focused on an object until the symptoms subside</li> </ul>
Rapid Heart Beat	<ul> <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	• Will be completely reversible when cannabis usage is decreased or completely ceased
Psychoactive Effects	<ul> <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, and a second se
	Date: Date:
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For order questions/requests, email us at orders@marijuanadoctor.com. Make sure to include your full name, DOB, and your Patient ID #.

### NOTES



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### **QUESTIONS ABOUT CANNABIS?**

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