



Your Guide to Medical Marijuana

You've got your medical card...
now what?

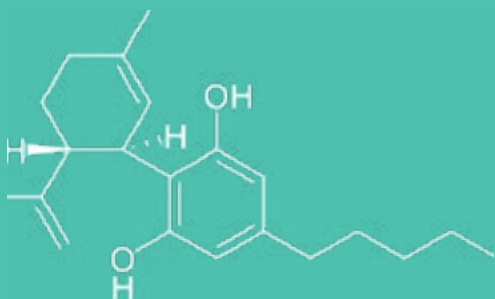
Finding the right information about cannabis isn't always the easiest. We put everything into a nice and easy-to-read package for folks just like you :)

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What is Medical Marijuana ?

Medical cannabis, or medical marijuana, is cannabis medicine and cannabinoids that are prescribed by physicians for their patients.

The marijuana plant contains more than 100 different chemicals called cannabinoids. Each one has a different effect on the body. Delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD) are the main chemicals used in medicine. THC also produces the “high” people feel when they smoke marijuana or eat foods containing it. Medical marijuana is used to treat many conditions, including:

- Alzheimer’s disease
- Appetite loss
- Cancer
- Crohn’s disease
- Eating disorder such as anorexia
- Epilepsy
- Glaucoma
- Mental health conditions like schizophrenia and post-traumatic stress disorder (PTSD)
- Multiple sclerosis
- Muscle spasm
- Nausea
- Pain
- Wasting syndrome (cachexia)

A patient should be aware that with the restrictions on cannabis research, the proper studies in which cannabis as a medicine deserves have been hindered. That being said, many of these conditions haven’t necessarily proven, with a few exceptions, according to Marcel Bonn-Miller, PhD. It’s always important to consult with a medical professional when considering a new treatment option.

“The greatest amount of evidence for the therapeutic effects of cannabis relate to its ability to reduce chronic pain, nausea, and vomiting due to chemotherapy, and spasticity [tight or stiff muscles] from MS,”

Marcel Bonn-Miller, PhD

Why Use Marijuana ?

Daily Activities - Made Better

People use marijuana to heal, boost creativity, relax, inspire, socialize, energize and improve focus.



Boost Creativity

The ultimate muse: Free your imagination and look at things from a new and refreshed perspective.



Eat

The classic munchies: Works up an appetite in minutes, turning any meal into a culinary experience for your taste buds.



Mood Enhancer

It simply feels good!



Increase Focus

The to-do list motivator: Gets the tasks and errands —like cleaning—done with focus and concentration.

Why Use Marijuana ?

Daily Activities - Made Better

Cannabis is an affordable, effective, and natural way to maintain a balance between your body's essential functions like eating, sleeping, and healing.



Amplify Entertainment

Close your eyes and go on a sonic adventure. Gasp in the beauty of art, nature, and design.



Sleep

The most chill nightcap: Encourages restful sleep by calming and soothing the mind and inducing physical rest.



Exercise

The performance enhancer: Gets you in the zone to hit a runner's high like never before.

How Can Medical Marijuana Help?



Cannabinoids - the active chemicals in medical marijuana are similar to compounds the body makes that are involved in appetite, memory, movement, and pain.

Research suggests cannabinoids might:

- Reduce anxiety
- Reduce inflammation and relieve pain
- Control nausea and vomiting caused by cancer chemotherapy
- Kill cancer cells and slow tumor growth
- Relax tight muscles in people with MS
- Stimulate appetite and improve weight gain in people with cancer and AIDS

Cancer

One of the primary uses of medical marijuana is to help cancer patients, especially when they are going through rounds of chemotherapy. Some studies have shown that smoking marijuana can help with nausea and vomiting in chemotherapy patients. When dealing with palliative care, especially for patients with cancer, a study points out that most patients (more than 60 percent) experience both of these symptoms rather than one or the other, so medical marijuana can help relieve two symptoms (and potentially many more) at once. Studies have also shown smoked or vaporized marijuana can help with the pain suffered through neurological damage and can help patients get their eating habits back on schedule. Regarding cancer treatment, there have only been two THC-infused oral pills that have been approved by the FDA for general use: Marinol and Cesamet. These have been prescribed to help cancer patients with nausea.

Alzheimer's disease

Many patients with Alzheimer's disease have turned to medical marijuana to help with their treatment to assist with symptoms of depression and loss of appetite that may come along with the degenerative brain disease, which affects more than four million Americans' cognition and memory every year. Researchers introduced THC to beta-amyloid, which are clumps of proteins that build upon the brain and are one of the leading signs of the presence of Alzheimer's. They found that THC helped slow the advancement of these beta-amyloid, and the results from the study "strongly suggest that THC could be a potential therapeutic treatment option for Alzheimer's disease through multiple functions and pathways."

General Pain

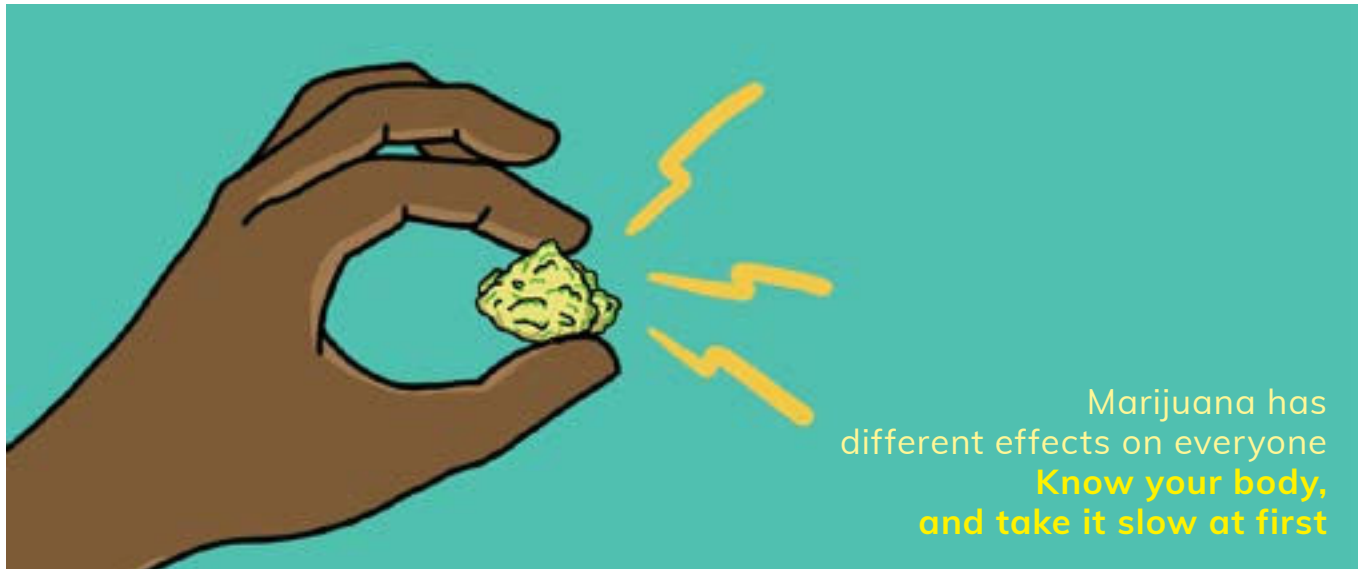
Almost all seniors have experienced some pain in their later years, and medical marijuana can help with that. What's interesting is that you often don't need to ingest marijuana to reap the therapeutic benefits of the plant. There are rubs, creams, and lotions infused with THC that can seep through your skin and attack a small, singular area of pain. "There is increasing evidence that cannabis is helpful in the management of certain kinds of pain," said Dr. Igor Grant, a professor in the Department of Psychiatry at the University of California, San Diego. Medical marijuana, whether it's smoked, consumed, or applied through a topical treatment, can help relieve acute and chronic pain by attacking the already-present cannabinoid receptors in our body. It helps reduce pain from:

- Joint pain, like arthritis
- Nerve damage
- Chronic illness, like cancer



Cannabis Comes In Many Forms

It's important for you to know these different forms and how they affect you individually.



Sativa

- Go for a run, be the life of the party, create art, etc
- Stimulates the mind and senses, Improves focus/concentration
- Increases energy
- Uplifts Mood

Indica

- The most chill nightcap
- Encourages restful sleep by calming and soothing the mind and inducing rest

Hybrids

- Balanced effects that boost and relaxes
- The best of both sativa and indica
- The balance of euphoria and relaxation
- Can be sativa-dominant or indica-dominant
- Hundreds of choices

CBD

- Lasting relief for sore muscles
- No “psychoactive effects (no “high”)
- Anti-Inflammatory
- Alleviates Pain
- Muscle Recovery



Marijuana is a Natural Medicine

Marijuana's unique properties lend itself to numerous safe, effective, and non-addictive purposes.

People use marijuana and its medicinal compounds, called cannabinoids, to heal both mind and body. The two most common compounds are THC and CBD, which have differing but complementary effects.



Stress Relief

This is one of the most common reasons for using marijuana or trying marijuana for the first time. THC, the main psychoactive ingredient in what you ingest, acts on the same pathways in the brain as anandamide, a neurotransmitter known for giving you the feeling of bliss.

Recommended Strain Type: Indica



Migraines | Headaches

In particular, CBD, the non-psychoactive (no “high” involved) cannabinoid, has been used topically or ingested to ease the pain. Some people use CBD to lessen the intensity of migraines; other people use CBD to decrease the frequency of migraines. It has been reported that CBD works to calm down pain signals and reroute the pain receptors in the brain.

Recommended Strain Type: CBD



Insomnia | RLS | Sleep Apnea

Data shows that a sedating strain and a calm, soothing bedroom environment can go a long way in fixing long-term habitual sleeplessness, especially for insomniacs who have already tried the other methods without success. Patients with Restless Leg Syndrome and sleep apnea have also been mentioned in reports supporting cannabis treatment for their ailments.



Chronic Pain | Fibromyalgia | Arthritis

From arthritis to chemotherapy relief, CBD oil, applied topically (though available in other ingestible and inhalable varieties) has been shown to reduce pain, inflammation, and overall discomfort without forming addictive habits.

Recommended Strain Type: Indica/CBD



PTSD

Consumers use it for symptoms of PTSD because antidepressants and antipsychotics are reported as unsuccessful in treating the severest of symptoms. Certain hybrid strains reportedly alleviate trauma from memories and aid in appetite stimulation, focus, and overall stress relief while uplifting and stabilizing the mood.

Recommended Strain Type: Hybrid



Depression

While medicine pills can be hard to swallow and keep down for sufferers of nausea, marijuana can be easily vaporized through a variety of methods depending on personal preferences. The results of vaping on the body are almost immediate, making it one of the fastest ways for processing cannabis.

Recommended Strain Type: Sativa



Nausea | Stomach Pain | IBS

While medicine pills can be hard to swallow and keep down for sufferers of nausea, marijuana can be easily vaporized through a variety of methods depending on personal preferences. The results of vaping on the body are almost immediate, making it one of the fastest methods for ingesting cannabis.

Recommended Strain Type: Hybrid



Focus | ADD | ADHD

Sativa reportedly tends to increase focus and concentration, while reducing distractions and stress. Some people report using medical marijuana in place of prescription medicine, or companionship with these pill-form stimulants.

Recommended Strain Type: Hybrid



Muscle Spasms

It has been reported that THC can lower the frequency and intensity of these involuntary movements, allowing people to return to normal life without spasms out of their control. Marijuana is often used as a solution when traditional therapy methods are not effective.

Recommended Strain Type: Hybrid

“The legalization of marijuana is not a dangerous experiment, the prohibition is the experiment, and it has failed dramatically, with millions of victims all around the world.”

Sebastian Marincolo

Cannabis Is a Pretty Useful Plant. Wouldn't You Agree?

Cannabis may be one of the most beneficial plants on earth, and along with hemp, has continued to show incredible uses. Cannabis is primarily brought up for its medicinal, recreational, or spiritual uses involving the ingestion of cannabis flowers in a plethora of fashions. Hemp's industrial or commercial uses can be leveraged for textiles, foods, papers, body care products, detergents, plastics, and building materials. Both cannabis and hemp are beneficial in their very own ways.

Marijuana is one of the most misunderstood plants of our time. The active ingredient responsible for marijuana's mind-altering effect is delta-9-tetrahydrocannabinol, aka THC. When marijuana is smoked, about ten to fifteen percent of THC rapidly passes from the lungs into the bloodstream, which carries the chemical to the brain and other organs throughout the body. However marijuana is ingested, THC targets specific molecules in brain cells to operate on. These receptors are usually activated by chemicals related to THC that naturally occur in the body. This plays an essential part in healthy brain development and function.

Scientists studying marijuana's potential medical uses have found that THC treats a wide range of various ailments. One of marijuana's medical uses best supported by research is the treatment of nausea. It can improve mild to moderate nausea caused by cancer chemotherapy and the weight loss from patients with AIDS. Glaucoma is the third-leading cause of blindness in the United States, and scientists discovered that smoking marijuana could reduce pressure in the eyes caused by glaucoma. People widely use marijuana for pain relief, and studies have found that cannabinoids have analgesic effects. Research results on the effectiveness of THC in the treatment of the pain of multiple sclerosis, tremors, and muscle spasms were found that it does reduce pain.

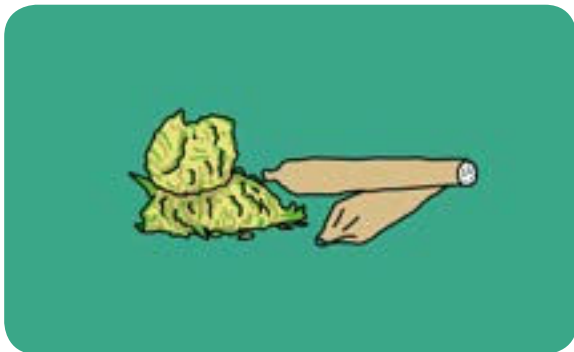




How to Consume ?

You do not have to smoke marijuana to receive the benefits.

Cannabis products have come an extremely long way.
Choose the best option(s) for your lifestyle and needs.



Smoking Dry Flowers

The most traditional form of cannabis consumption - straight from the plant to a joint, bong, pipe, or vaporizer. The flowers are cut, dried, and cured for optimal consistency and consumption.

You will start to feel the effects almost immediately, and depending on the consumer and strain will experience a high ranging from 1-6 hours with a “peak” after the first hour or two.



Vaping

The leading benefit for cannabis vaporization is that it's a healthier alternative to smoking flower, as vapor doesn't release the tar and carcinogens created during combustion (the process of burning flower).

Cannabis vaporization is growing in popularity among people interested in consuming cannabis in an easy and discreet manner that's healthier than traditional smoking methods. Both flower and concentrates can be vaporized using a wide range of devices.

“When you smoke marijuana, you are in the moment, and you are happy. You forget about any worries of the past or the future.”

Tommy Chong



Edibles

Not all patients can or would prefer to smoke or vaporize their medicine. Thus, edibles are a perfect way to ingest cannabis through food with results that will last much longer. Keep in mind that the effects will take slightly longer to appear so as always, take it slow.



Topicals | Lotions/Creams | Patches

A great way to directly treat a certain area of pain on the body would be through varying forms of lotions, oils, and even transdermal patches. Someone may be in a certain living situation or live a certain lifestyle where they need steady relief throughout their day and possibly the regular application of THC lip-balm provides that for them.



Concentrates

Concentrates are a more potent consolidation of cannabinoids. They are made by dissolving marijuana from its plant form, into a solvent. The resulting product contains very high THC levels (generally more than flowers or hashish). Concentrates can produce varying products that range from thick sticky oils, to moldable budders and waxes.



Tinctures

The liquid form of cannabis extracts, consumed orally. You can also mix them with beverages or food. A patient can start with 1 milliliter of a tincture and if satisfied with the effects, can stop there. If not, consider bumping it up to 1.5-2 ml the following day until you find the amount you're ok with. Never start with a number of large drops.

The percentage of American adults who say they smoke marijuana has nearly doubled in three years, according to a new Gallup poll.

- The poll showed that one in eight adults, or 13%, say they currently smoke marijuana, that's up from 7% in 2013.
- It also showed that 43% of adults say they have tried the drug, an increase from 38% just three years ago.
- The poll results were based on telephone interviews with about 1,000 randomly chosen adults.
- Marijuana is the most commonly used "illicit drug" in the United States, according to the 2014 National Survey on Drug Use and Health
- A 2015 report by the National Institute on Drug Abuse found that the rate of current marijuana use rose from 4.1% in 2001-02 to 9.5% in 2012-13.
- The Gallup poll results showed that age and religion affect how likely one is to use marijuana.
- One in five adults younger than 30 is a cannabis smoker: at least double the rates of each older age group.
- The rate of marijuana use among those who seldom or never attend a religious service is 14%, compared with 7% of those who go to church monthly and 2% of weekly churchgoers.



Will I Get High ?

THC is psychoactive
CBD is non-psychoactive

You don't have to get high! You can reap all of the benefits of cannabis without getting any psychoactive effects. This means you can still have your pain relieved and go about your day as you normally would with a clear head. Some patients choose to play around with micro-doses of THC or CBD to help them enjoy the experience even more.



No High

Smoke/vape/ingest strains high in CBD with no THC.
Ratios between 16:1 to 24:1 CBD



A Little High

Smoke or vape strains with less than 10% THC.
Consume edibles/tinctures totaling less than 2mg THC.



Noticeably High

Smoke or vape strains with less than 10% THC.
Consume edibles/tinctures totaling between 2mg and 10mg THC.



Very High

Smoke or vape strains with less than 20% THC.
Consume edibles/tinctures totaling more than 10mg THC.

Note: There is also a tolerance associated with consuming marijuana and cannabis products. The information directly above is for those very new to the medicine. After a few uses, higher doses of THC will need to be consumed /ingested/smoked to receive the same effects as before

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How Cannabis Works In The Body ?

Humans have used medicine derived from plants such as the opium poppy for thousands of years to lessen pain and produce euphoria. In 1973, scientists discovered the brain receptors that interact with these opiates, which include opium, morphine, and heroin. In 1975, the first of the brain's natural chemicals that bind with these receptors were identified. The similarity of this chemical, enkephalin, to morphine suggested opiate drugs work primarily by mimicking natural opiate-like molecules.

The discovery of this endorphin (a term meaning endogenous morphine) system helped explain the effects of opiate drugs and opened the door to the development of powerful new therapeutic drugs that revolutionized pain management. Similarly, humans have used the cannabis plant for thousands of years to reduce pain, control nausea, stimulate appetite, control anxiety, and produce feelings of euphoria. The first cannabinoid was isolated in 1899, but it wasn't until 1964 that THC was isolated. Since the discovery of THC, researchers have made discoveries that help us better understand not just why and how cannabis works so well for so many people, but also its full therapeutic potential.

The therapeutic benefits of cannabis are derived from the interactions of cannabinoids and the human body's end cannabinoid system (ECS), identified in 1984. The ECS is a sophisticated group of ligands (such as the natural cannabinoid anandamide), their receptors, and signaling pathways involved in regulating a variety of physiological processes including movement, mood, memory, appetite, and pain. One of the leading modern cannabinoid researchers, Dr. Ethan Russo, offers this comprehensive description of the ECS and its importance to a variety of physiological functions: The analgesic and palliative effects of the cannabis and cannabinoid preparations have been amply reported over the past generation. In essence, these effects result from a combination of receptor and on-receptor mediated mechanisms. THC and other cannabinoids exert many actions through cannabinoid receptors, G-protein-coupled membrane receptors that are extremely densely represented in central, spinal, and peripheral nociceptive pathways.

Endogenous cannabinoids (end cannabinoids) even regulate integrative pain structures such as the periaqueductal gray matter. The end cannabinoid system also interacts in numerous ways with the endogenous opioid and vanilloid systems that can modulate analgesia and with a myriad of other neurotransmitter systems such as the serotonergic, dopaminergic, glutamatergic, etc., pertinent to pain. Research has shown that the addition of cannabinoid agonists to opiates enhances analgesic efficacy markedly in experimental animals, helps diminish the likelihood of the development of opiate tolerance, and prevents opiate withdrawal. Researchers have suggested that a clinical end cannabinoid deficiency may underlie the pathogenesis of migraine, fibromyalgia, idiopathic bowel syndrome, and numerous other painful conditions that defy modern pathophysiological explanation or adequate treatment.

More than 20 years since researchers began developing an understanding of the ECS, two types of cannabinoid receptors, CB1 and CB2, have been identified, setting the stage for discoveries that have dramatically increased our understanding of how cannabis and its many constituent cannabinoids affect the human body. CB1 receptors are found in the central nervous system, particularly the brain, and in other organs and tissues such as the eyes, lungs, kidneys, liver, and digestive tract.

Cannabis Extracts



The dried flower or bud from the manicured, mature female plant is the most widely consumed form of cannabis in the U.S. Elsewhere in the world, extracts or concentrates of the cannabis plant are more commonly used. Concentrates are made from cannabinoid-rich glandular trichomes, which are found in varying amounts on cannabis flowers, leaves, and stalks. The flowers of a mature female plant contain the most trichomes. Many methods are used to separate the trichomes from the plant:

- Sift the cannabis flower and leaves through a screen either via a mechanical/motorized tumbler or by hand. Called “dry sift”, What passes through the screen is primarily the oil-rich glandular heads.
- Roll the cannabis flowers between the fingers to rupture the trichomes and collect the resin that sticks to the fingers. Called “finger hash.”
- Submerge cannabis leaves in ice water and agitating the mixture to solidify trichomes. Filter the mixture through a series of increasingly fine screens or bags. Dry the trichomes and press into blocks. Called “bubble hash”, This method

has increased yield. There are other ways to separate the trichomes from other plant material, such as butane extractions, but consult your local medical cannabis laws concerning restrictions on certain types of preparations and use caution as some methods can create serious combustion dangers.

Guidelines for Sensible Medical Cannabis Use:

- Always listen to the advice of your doctor and use good judgment when using medical cannabis.
- Carefully determine the amount of marijuana that is right for you. Start with a small amount and slowly increase your dosage to find the proper level for symptomatic relief.
- Be informed about the side effects of cannabis. It is also important to be aware of the possible risks of using medical cannabis.
- Think carefully and in detail about the benefits of marijuana and relief that its use provides you. Being able to explain your use of medical marijuana can help you be an effective advocate, and you can be an example that allows your friends, family, and community to form their own opinions and experiences with medical cannabis.
- Avoid medical cannabis use that puts you or others at risk, such as using it while driving, at work, or in public places. As with any other medication, it remains illegal to drive while under the influence.
- Always carry a copy of your physician's recommendation, caregiver's agreement, and ID card when in possession of medical cannabis.



Conclusion

Know yourself, know your body, and know your limits. Two people will not always encounter the same effects and everyone will enjoy their own favorite consumption methods and strains. It's very important that you speak with a medical professional before attempting to go with a new treatment option.

Don't forget, with the continual consumption of cannabis products will come an increase in tolerance. This means higher doses over time to reach similar effects as in the past. Many patients choose to take small breaks, if and when they can, in order to lower their tolerance. If this is simply not something that a patient can do, because of the regular pain they endure, they must not forget to consult with cannabis professionals to consult them on how an increased dosage could effect them.

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