



A Patient's Guide to

Medical Cannabis





**Congratulations
on taking the
first steps on
your journey to
feeling better!**



Common Cannabis Terms and Definitions



Cannabis Sativa

The scientific name for the cannabis plant. You might refer to it as cannabis, weed, pot, marijuana, or mary jane, and that's just fine. The two varieties of cannabis, sativa and indica, are considered subspecies.



Cannabinoids

Compounds that interact with our bodies' cannabinoid receptors, produced naturally within our bodies and found in the cannabis sativa plant. THC and CBD are the most well known, but there are at least 256 known cannabinoids.



Cannabidiol (CBD)

One of our favorite cannabinoids! CBD helps relieve pain, works as a sleep aid, decreases stress, and much more. Unlike THC, CBD doesn't get you high and even helps buffer the effects of THC when needed.



Endocannabinoid System (ECS)

We all have an endocannabinoid system (ECS) that produces and processes cannabinoids. In fact, it makes up over half of our central nervous system! The ECS works hard to regulate lots of symptoms, including memory, digestion, motor function, immunity, inflammation, appetite, pain, blood pressure, bone growth, and the protection of nerve and brain tissues, just to name a few.



Entourage Effect

When each part of the plant works together in perfect harmony, primarily cannabinoids and terpenes, it creates a desirable and highly therapeutic experience known as the entourage effect. It's a beautiful thing.



Isolate

A highly concentrated, purified form of an individual cannabinoid. CBD is one of the most common isolates you'll find.



Terpenes

Terpenes are compounds found in a variety of plants, including cannabis. They're responsible for the aromas, flavors, and even some of the therapeutic benefits of cannabis.



Tetrahydrocannabinol (THC)

There are 4 major types of THC present in the cannabis plant, THCa, THCv, Delta-8 THC, and Delta-9 THC, and they all have different medical benefits. For example, Delta-9 THC is responsible for giving you a head high.



Tincture

A liquid that contains a concentrated herbal extract. Tinctures can be ingested under your tongue or added to food and drinks.



Indica

vs.

Sativa*



Nighttime use
(relaxing)



Sleep aid



Appetite stimulant



Pain reliever



Daytime use
(alertness)



Uplifting &
euphoric



Increases creativity



Energizing

*Effects of different strains may vary



What's allowed in Utah?

Cannabis forms

- Unprocessed cannabis flower (raw bud)
- Gelatinous cubes
- Concentrated oils (vaping oil/wax)
- Topicals (cream, rub, salve)
- Tinctures
- Transdermal patches
- Tablets or capsules

Patients can have *within a 28-day period*

- Up to 113g (4oz) of unprocessed cannabis flower (raw bud)
- Up to 20g of total composite THC and all other medicinal forms (cartridges, oils, creams, wax, tincture, etc.)
- Dry herb vaporizer or electric dab rig



What's not allowed?

- Smoking cannabis using a flame
- Dabbing using a flame
- Buying or selling candies, cookies, brownies, or other edible baked goods (but DIY-ing them for your own personal use is fair game!)
- Crossing state lines with cannabis
- Using your medicine in the presence of any person younger than 18

Note:

Utah law prohibits a Medical Cannabis cardholder from using any cannabis product in public view, except in the event of an “emergency medical condition.” In the case of an emergency medical condition, the cardholder may administer a medicinal dosage of cannabis in a medicinal form.

For more info, see utmmj.org/state-faqs

Remember to...

Start low and go slow.

An average low dose is about 1-2.5mg THC, but this may vary depending on how strong your product is. Follow dosage guidelines as provided. If you do take too much, you may feel uncomfortable, but that feeling will go away and isn't life threatening.

Be patient with edibles.

Keep in mind, it could be awhile before you feel any effect. Resist taking additional edibles for at least 4-6 hours until you know your tolerance.

Follow your recommended dosage.

Your QMP or PMP has a treatment plan in mind. If you feel you need more or less, they can adjust this for you.

Keep your card active.

Once you get your Medical Cannabis Card, keep an eye on your expiration date. You're only legal with an active card!

Keep your card with you.

Have your card on you every time you have cannabis or a dry herb vape in your possession.

Stay in touch.

Reach out to us with any questions, concerns, or changes to your treatment. We're here for you.

Cannabis Safety

Marijuana is remarkably safe. Based on thousands of years of use and extensive research, we know it's impossible to fatally overdose on cannabis.

If you're unfamiliar with cannabis, you should know these are possible side effects:



Euphoria or giddiness



Dry eyes or mouth



Drowsiness



Hunger or thirst



Uneasiness or paranoia

If you do feel uncomfortable, don't panic. Everything will be okay. You can try...

- CBD — it can tame the head high of THC
- Taking a nap
- Sitting in your favorite space
- Breathing exercises / meditation
- Listening to music
- Enjoying nature
- Stretching
- Drinking water

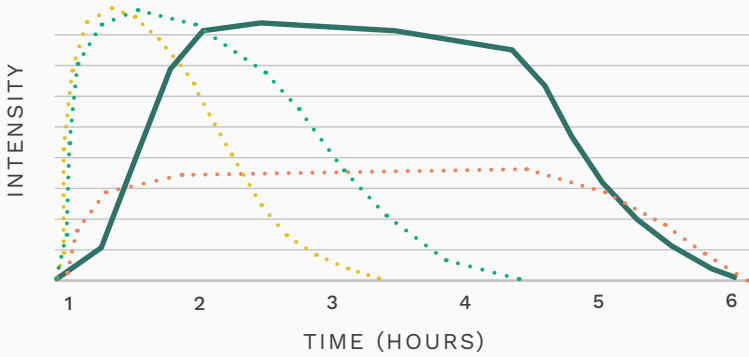


How long does it last?



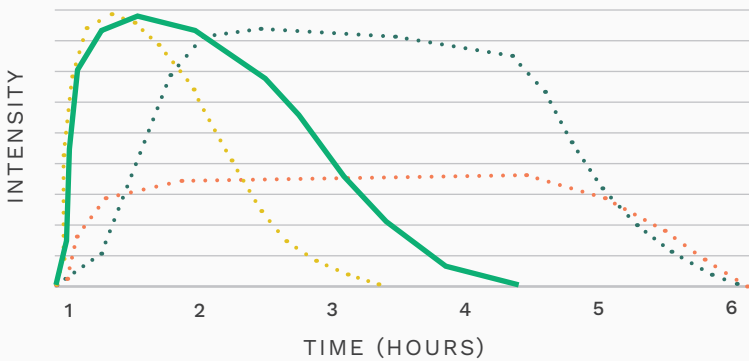
Tinctures / Edibles

5-6 hours



Flower / Vaporizers

3-4 hours

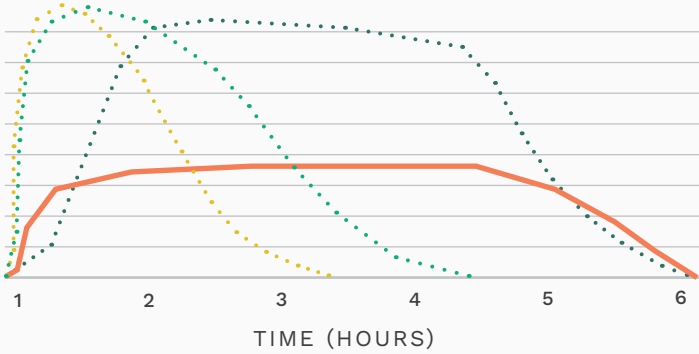




Topicals

1-6 hours

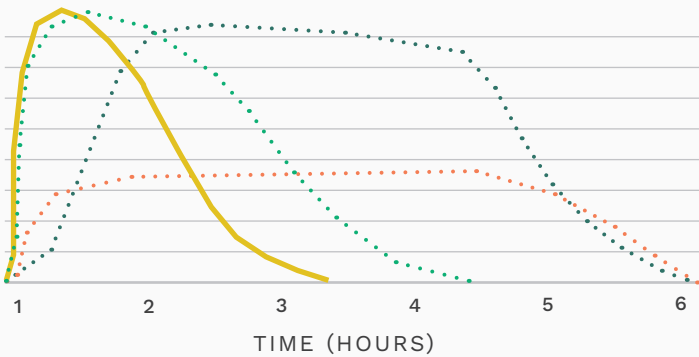
INTENSITY



Concentrates / Vape Cartridges

2-3 hours

INTENSITY





Become a canna-expert.

We've put together some helpful links
and resources for your convenience.
Scan below to learn more.

**Still have questions?
We're here for you!**

 **801.851.5554**

 **hello@kindlymd.com**

 **KindlyMD.com**

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