

Medical Cannabis

An Alternative to Traditional Medicine



Dr. Kimberlee Williams Park

How To Get Access

1. Have you tried Hemp products as a first option?

CBD/CBG/CBDA are available by mail in all states. Look for products that have a Certificate of Analysis.

2. Sign up on your states Medical Cannabis Registry (if required).

Do an internet search with your state abbreviation.gov +medical cannabis

3. Obtain a medical record of your qualifying condition.

4. Schedule and meet with a certifying cannabis clinician.

5. Once approved await documentation from your state .



Dosing Strategies for Common Symptoms

- **Pain**
 - Oral doses THC 2 -20 mg; CBD 2 - 80 mg
 - Inhaled for breakthrough symptoms
- **Nausea**
 - THC - dominant products
 - Oral doses below threshold of impairment may prevent symptoms
 - Inhaled may work best for symptom relief
- **Anxiety**
 - CBD – dominant, especially for those without THC experience
 - CBG may work better for physical symptoms of anxiety
- **Insomnia**
 - THC – dominant, oral for longer duration
 - CBD may help for those with anxiety that interferes with sleep



Everyone is Different

- Finding the right dosing plan for you is essential
- This can be done through journaling and tracking your experience
 - Dr. Sulak's Inner Inventory can identify improvements with a numerical scale
 - www.healer.com/inner-inventory .
- Methodical trials are better than random trial and error
 - a good clinician can help
- Start low, go slow, and don't be afraid to go all the way



How do I know if it's working?

Always Check Your Inner Inventory[®] to check in with your body and mind before and 1 hour after use.
If your score improves, then you know you're likely feeling the effects of the amount taken.

RATE EACH ON A SCALE OF 1 TO 10 (1=WORST AND 10=BEST):



Breath

How easy and smooth
is your breath?



Body

How easy is it to
remain still and
comfortable?



Mood

How easy is it for you
to smile right now?



Symptom(s)

Assess your wellness by
rating your symptom(s).