



MEDICAL CANNABIS

A GUIDE TO CONSUMPTION AND USE

To schedule an appointment, please visit:
www.medwellhealth.net

KNOW YOUR CANNABINOIDS

Marijuana as a plant has a variety of medicinal and therapeutic values. But inside the Marijuana plant, the cannabinoids are the primary elements that will be applied in treating your conditions. Each cannabinoid has its own set of benefits that it can provide, either alone, or when mixed with others.

The more specific you become in your application of cannabinoids, the easier it will become for you to create a optimal medical treatment for your conditions.

Some common Cannabinoids you will encounter are :



- **THC**
- **THCA**
- **CBD**
- **CBG & CBN**

THERAPEUTIC USES OF CANNABINOIDS

MEDICAL BENEFITS

	THC	CBD	CBG	CBN	CBC	THCV	THCA	CBDa
RELIEVES PAIN	●	●		●	●	●		
SUPPRESSES APPETITE				●		●		
KILLS OR SLOWS BACTERIA GROWTH		●	●	●				
REDUCES BLOOD SUGAR LEVELS		●						
REDUCES VOMITING AND NAUSEA	●	●					●	●
REDUCES SEIZURES AND CONVULSIONS		●				●	●	
REDUCES INFLAMMATION	●	●	●		●		●	●
AIDS SLEEP	●			●				
REDUCES RISK OF ARTERY BLOCKAGES		●						
INHIBITS TUMOR GROWTH / CANCER CELLS	●	●	●		●		●	●
NERVOUS SYSTEM PROTECTANT	●	●						
SUPPRESSES MUSCLE SPASMS	●	●		●			●	
RELIEVES ANXIETY	●	●	●		●	●		
STIMULATES APPETITE	●							
MODULATES THE IMMUNE SYSTEM		●						
REDUCES SPASMS IN SMALL INTESTINES		●					●	
TRANQUILIZING AND ANTIPSYCHOTIC		●						

Image provided by: 

WHAT ARE TERPENES?

The major medicinal benefits of Marijuana were originally discovered to come from the cannabinoids within the plant. This caused the majority of initial research to focus on better understanding cannabinoids. Only in recent history has the study of Terpenes taken a major part in the medical application of marijuana for medical use.

Terpenes exist throughout nature, creating many of the aromas we have grown accustomed to. In Marijuana, there are around 140 different terpenes that have been identified to exist in different plants. In their natural state, they provide an important aspect of managing the health and viability of the plants systems. In human consumption, terpenes are found to have a diverse range of effect that enhance the treatment of various conditions.

Some common Terpenes you will find in cannabis are :

- **Caryophyllene Oxide**
- **Limonene**
- **Linalool**
- **B-Myrcene**
- **Nerolidol**
- **Phytol**
- **A-Pinene**

To schedule an appointment, please visit:
www.medwellhealth.net

LIMONENE

CANABIS STRAINS

Skunk #1, Skywalker Kush, Sour Tangie, SFV OG, Master Kush



AROMA PROFILE

Fruity, tangy citrus smell found in citrus rinds, lilac, lemon, and perfume

HELPS YOU FEEL

Uplifted, lively, awake, blissful, euphoric, social

HEALS YOU BY

Inciting the immune system and effectively increasing the number of white blood cells that help with antibody production. In small quantities, can act as a stimulant by increasing your blood pressure.

MYRCENE

CANABIS STRAINS

Jedi OG, Sky OG, Jah-Goo, Charlotte's Web, Cherry Pie



AROMA PROFILE

Earthy herbal & floral scents found in hops, eucalyptus, mangos, and lemon grass

HELPS YOU FEEL

Relaxed, relieved, gentle

HEALS YOU BY

Anti-convulsant properties that inhibit and help stop seizures. Sedative properties that reduce anxiety & help with sleep duration.

ALPHA-PINENE, BETA-PINENE

CANABIS STRAINS

Blue Dream, Super Lemon Haze, Pineapple OG, Harle Tsu, Trainwreck



AROMA PROFILE

Piney sage & turpentine aromas in pine needles, fir trees, and basil

HELPS YOU FEEL

Concentrated, focused, energetic, attentive, productive, social

HEALS YOU BY

Improving cognitive function in Alzheimer's patients by inhibiting the development of the AChE enzyme.

CARYOPHILLENE

CANABIS STRAINS

Sour Diesel, Girl Scout Cookies, Gorilla Glue, Purple Crack, Chemdawg, Obama Kush



AROMA PROFILE

Pepper & spice aromas found in Thai basil, cinnamon, cloves, and black pepper

HELPS YOU FEEL

Relieved, alleviated, soothed

HEALS YOU BY

Anti-inflammatory properties that help stop and reduce asthma attacks. Anti-carcinogen properties that stimulate your immune system.

LINALOOL

CANABIS STRAINS

Lavender Haze, Grape Ape, Purple Erkle, Grand Daddy Purple



AROMA PROFILE

Clean, sweet floral & soapy aromas found in lavender, basil, and goldenrods

HELPS YOU FEEL

Calm, relaxed, tranquil

HEALS YOU BY

Antioxidant properties that actively disrupt the action of cancerous cell-growing proteins that target the skin and kidneys. Anti-depressant that reduces stress anxiety.

Images and information provided by: **weedmaps**

To schedule an appointment, please visit:
www.medwellhealth.net

WHICH STRAIN IS RIGHT FOR YOU?

INDICA, SATIVA, OR HYBRID?

There are two main types of cannabis; Indica & Sativa. They each have their own unique characteristics and properties, and will affect you differently. When a Sativa is crossed with an Indica, a Hybrid plant is produced that will show some characteristics of Indica and others of Sativa.

While it is never an absolute rule, some common results associated with the two types are:

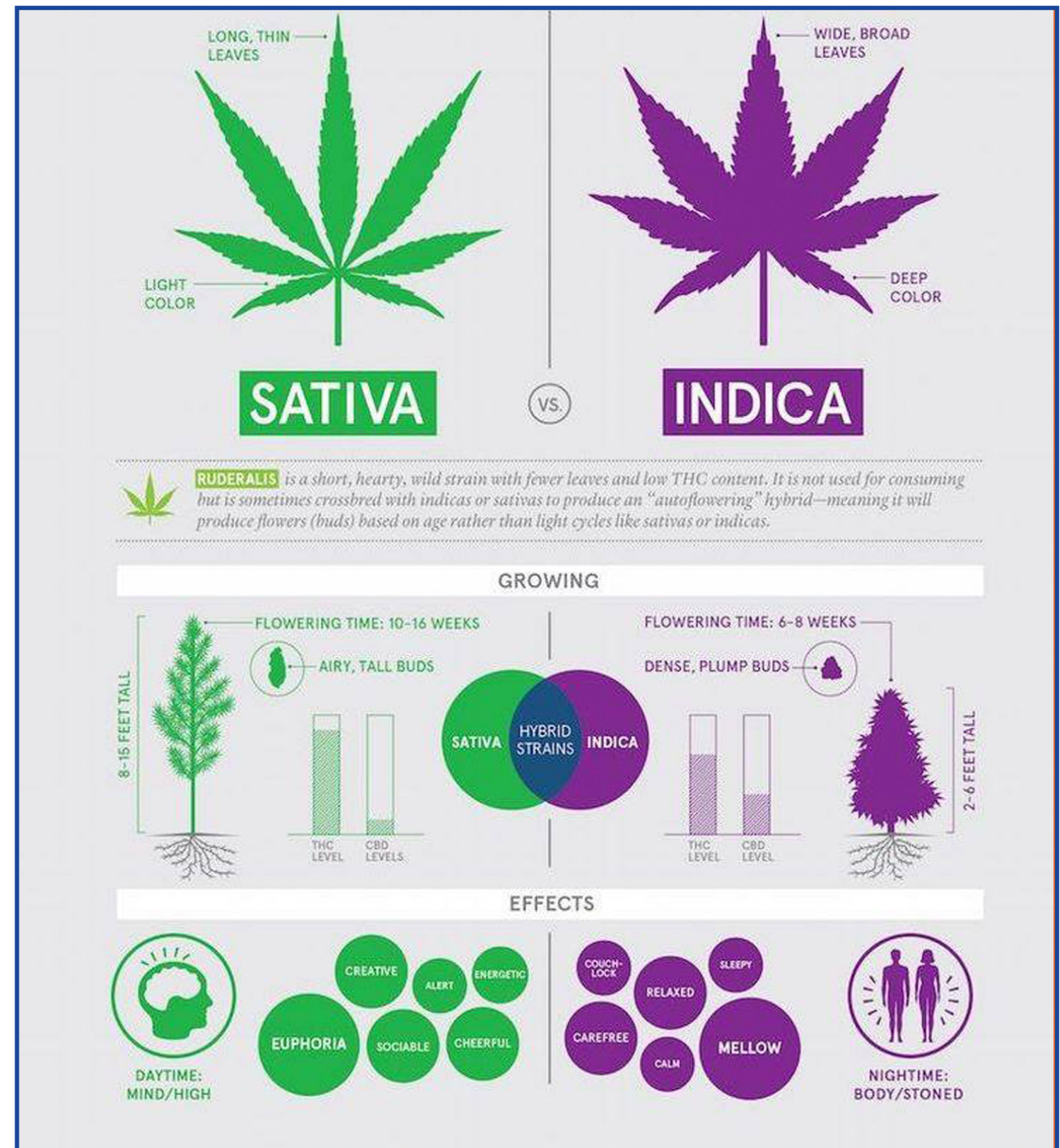
Indica

- **Calming and Sedative**
- **Reduces Nausea**
- **Sleep Aid**
- **Muscle Relaxant**
- **Acute Pain Relief**
- **Increased Appetite**
- **Felt more in the body**

Sativa

- **Anti-Depressant**
- **Increased focus / energy**
- **May Stimulate creativity**
- **Reduces Nausea**
- **Felt more in the head**

To schedule an appointment, please visit:
www.medwellhealth.net



To schedule an appointment, please visit:
www.medwellhealth.net

METHODS FOR INGESTION:

SMOKING:



The most commonly known, and oldest method of cannabis consumption. Smoking is performed by applying direct heat to raw cannabis flowers or extract. This is generally the quickest method of medicating, and the user can expect

to feel the effects within minutes if not seconds. While extremely effective it is not the healthiest method of ingestion as burning the plant material causes carcinogens which could be harmful to your health.

VAPORIZING:



The alternative to smoking cannabis. Vaporizing is the simple method of heating cannabis material through convection in a small chamber. It heats the plant material enough to turn it into a vapor, but not hot enough to ignite it and cause the

material to burn. Vaporization can have a slightly delayed reaction, users can expect to feel the effects within 5-10 minutes. This method is far less fragrant than smoking and allows for more discrete consumption.

EDIBLES:



One of the easiest, and most potent ways to medicate. When eating an edible the THC must first pass through your liver before it can be used by your body. This results in a lengthy delay between

consumption, and the onset of effects. It can take up to or more than an hour to feel the effects of an edible, but once it passes through the liver the THC is converted, allowing it to penetrate the Blood-Brain Barrier much easier. This creates a much more potent psycho-active effect and subsequently may make it more difficult to accurately dose.

OTHER MIPS:

“MIPS” Is an acronym for “Marijuana Infused Products” and refers to all the other ingestion methods you will encounter when visiting a dispensary. They range across a wide variety of items and include but are not limited to: Capsules, Massage Oils, Balms, Transdermal Patches, and Salves. These products vary in both application and dosage and generally do not offer as strong of psycho-active effects.



To schedule an appointment, please visit:
www.medwellhealth.net

To schedule an appointment, please visit:
www.medwellhealth.net



MedWell Health and Wellness Centers
1200 West Chestnut St.
Brockton, MA 02301

Phone: 774-517-5195
Fax: 774-517-5199



To schedule an appointment, please visit:
www.medwellhealth.net