

A close-up photograph of several vibrant green cannabis leaves. The leaves are characterized by their serrated edges and a prominent, intricate network of veins. The lighting is bright, highlighting the texture and color of the foliage. In the lower right quadrant, there is a semi-transparent white rectangular area containing text and decorative lines.

Hiral Mistry

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# Medical Cannabis

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## Plant 101

Cannabis is a group of plants that are grown around the world including Canada. Cannabis is a product of the plant *cannabis sativa*. The cannabis plant can be broken down to seed, root, stem, leaf, flower and trichomes.

The female cannabis plant contains the highest concentrations of medicinal compounds. Male plants can be identified within 3-6 weeks from growing with seed. According to research cannabinoid and terpene content help predict potential effects. It is the most studied plant medicines.

# Endocannabinoid System



An internal system designed to work with Phytocannabinoids. It maintains Homeostasis.



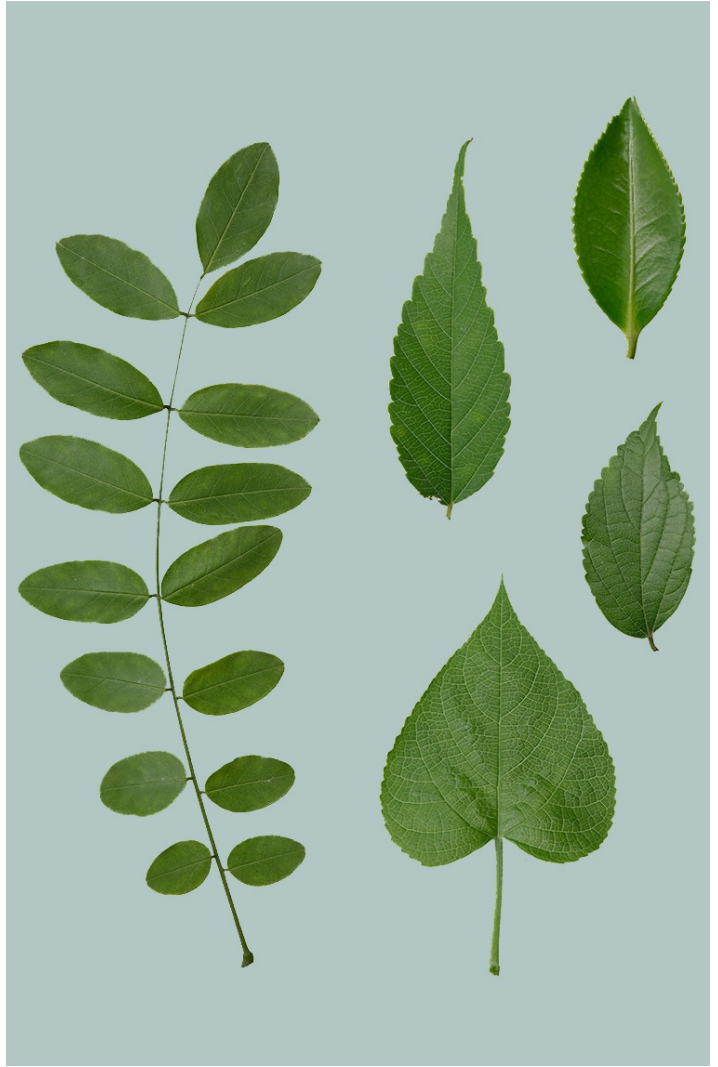
Discovered between 1988 and 1995. It is the largest signalling system in the human body.



Our bodies produce a bliss molecule called, Anandamine on demand. THC mimics the effects of anandamine.



THC was discovered in 1964 and CBD in 1940. CB1 and CB2 receptors that interact strongly with cannabinoids.

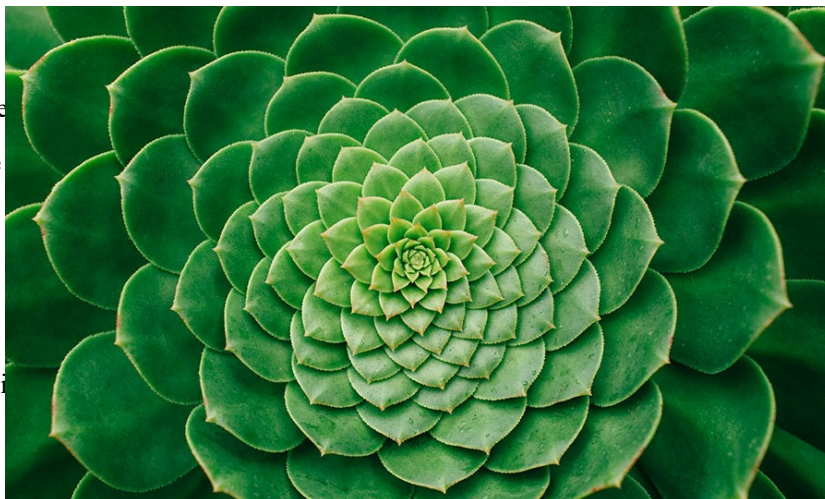


Cannabis has been used as medicine to treat ailments for thousands of years. The cannabis plant evolved from northern China and is believed to be the first cultivated fibre plant. The earliest archeological record of the use of fibre from cannabis was in China 12,000 years ago.

Cannabis was also used to make items such as fishing nets, rope, clothes, and paper. The Chinese are thought to have invented him paper. Cannabis seeds were used for food. There is a possibility that marijuana may have actually been worlds first agricultural crop.

The earliest known use of cannabis for its medicinal properties can be traced back to ancient China. Cannabis was a very popular medicine that possessed both yin and yang. It was known as the plant with healing properties.

Cannabis has a long history and India it has been found in sacred Hindu texts. These writings may have been compiled as early as 2000 to 1400 B.C. Cannabis is a source of happiness, joy-giver, liberator that was given to humans to help us attain delight and lose fear.



*Malesuada eleifend, tortor molestie, a a vel et. Mauris at suspendisse, neque aliquam faucibus.*

Cannabis was used for medical and religious reasons in ancient India. Bhang a cannabis drink generally mixed with milk is used as an anaesthetic. Our body makes its own Endocannabinoid (cannabinoids made by the body). CBD and THC are the most well-known cannabinoids. Affective THC doses can range from

about 2 mg per day to hundreds of milligrams per day. Dosing of cannabis is not “one size fits all” it is highly individualized.

“Start low and go slow” slowly increasing your dose is important, because many people find that they do very well on incredibly small micro doses of CBD and/or THC.