

# Why Microdosing THC | Cannabinoids Can Help Your Mind & Body



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## **THC (<0.3% THC OR ULTRA-LOW DOSE)**

- Microdosing THC involves taking very small amounts of THC, the psychoactive compound in cannabis, to achieve therapeutic benefits without strong psychoactive effects.
- Particularly suitable for seniors seeking relief from various ailments with minimal side effects.
- Enhanced cognitive function without overwhelming effects.
- Anxiety Reduction: Ultra-low doses of THC can potentially reduce anxiety without producing the psychoactive effects associated with higher doses. The key is finding a dose low enough to avoid the paradoxical increase in anxiety that THC can sometimes cause.
- Pain Management: Some evidence suggests that very low doses of THC may help in managing pain, offering a way to take advantage of the analgesic properties of THC without significant psychoactive effects.
- Improved Sleep: For some, a microdose of THC can aid in falling asleep faster and improving sleep quality, though this is highly individual.
- Enhanced Mood: Small doses of THC may help lift mood and provide a sense of well-being, again without the high that larger doses would induce.
- Neuroprotection: There's emerging evidence suggesting that low doses of cannabinoids might have neuroprotective properties.

# Why Microdosing Terpenes Can Help Your Mind & Body



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## CANNABIS TERPENES

- Terpenes are natural, fragrant oils found in many plants, including cannabis, that give them their unique aromas and flavors, such as pine, citrus, or lavender.
- When it comes to cannabis, these terpenes work together with cannabinoids (like THC and CBD) to enhance the plant's effects on the body and mind, a synergy known as **the entourage effect**. This means that the whole cannabis plant can offer more significant benefits than any single compound alone, contributing to improved therapeutic outcomes.
- Microdosing cannabis terpenes involves taking tiny, precise amounts of the aromatic compounds found in cannabis to gently support health without intoxication. This approach can help improve mood, reduce stress, and enhance overall well-being by leveraging the therapeutic properties of terpenes.
- Option for seniors looking to support their mind and body in a subtle, natural way.
- Refer to CannaCon's color coded cannabis terpene chart for the top 15 terpenes.

# Why Microdosing of Mushroom Adaptogens Can Help Your Mind & Body



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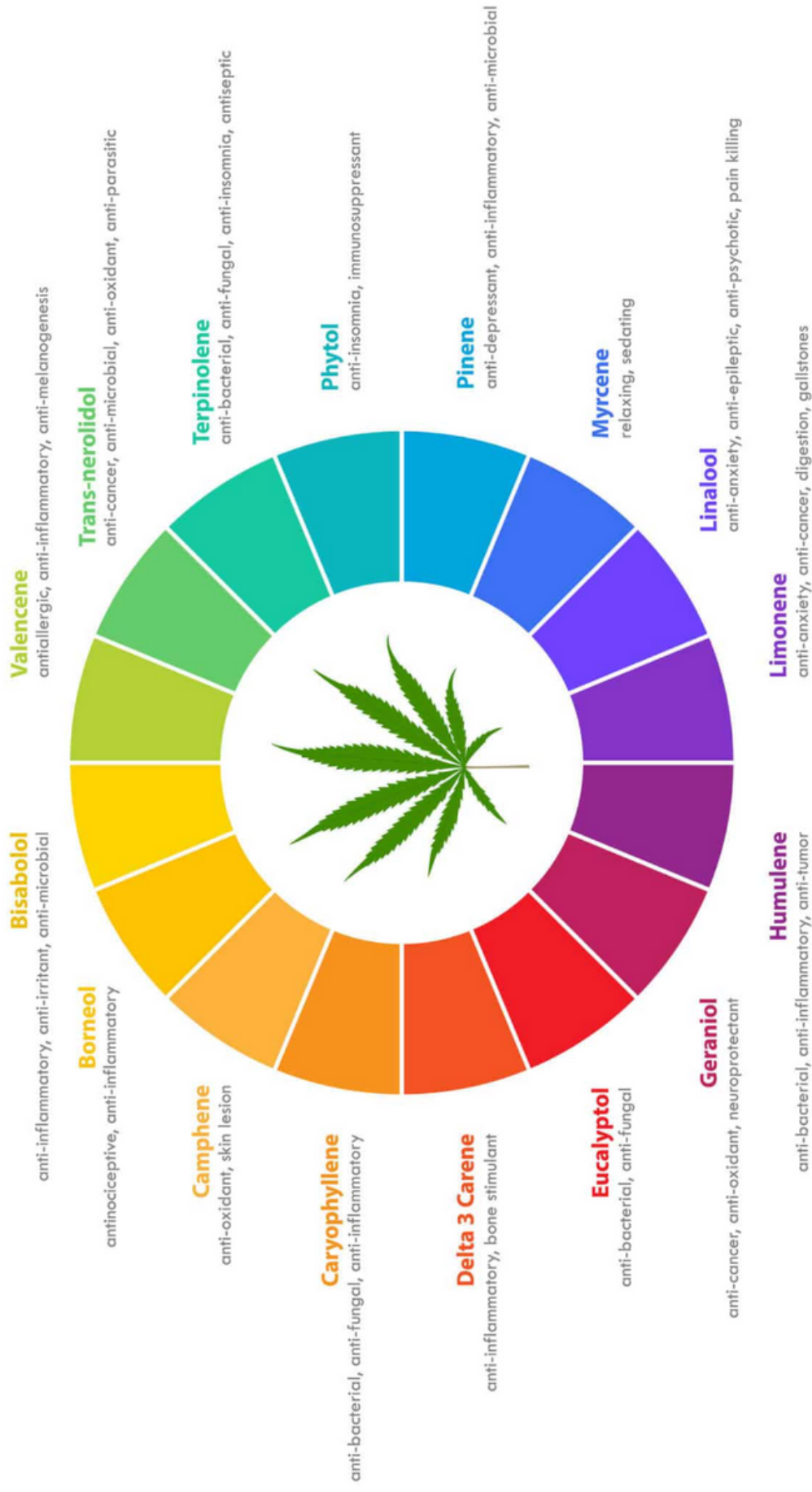
## UNDERSTANDING ADAPTOGENS

- Mushroom adaptogens are special types of mushrooms that help your body manage stress and maintain balance, or homeostasis.
- Think of them as your body's personal assistants, helping it adapt to different stressors, whether they're physical, chemical, or biological.
- These mushrooms can boost your immune system, increase your energy levels, and help improve mental clarity and focus.
- Essentially, they work gently with your body to enhance your overall well-being and resilience against stress.
- Legal mushroom supplements, such as **reishi**, **lion's mane**, **cordyceps**, and **chaga**, are made from mushrooms known for their health benefits. Unlike psychedelic mushrooms, these do not cause hallucinations.
- Research suggests they can help improve the mind and body in various ways: reishi can boost the immune system and reduce stress, lion's mane may support brain health and memory, cordyceps is known for increasing energy and stamina, and chaga could help fight inflammation and lower blood sugar. These mushrooms offer a natural way to support overall health and well-being.

# CANNABIS TERPENES



TERPENES MAY PLAY A KEY ROLE IN DIFFERENTIATING THE EFFECTS OF VARIOUS CANNABIS STRAINS. SOME TERPENES MIGHT PROMOTE RELAXATION AND STRESS-RELIEF, WHILE OTHERS POTENTIALLY PROMOTE FOCUS AND ACUITY.





# Terp Up Buttercup

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