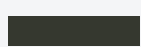


CANNABISNURSE.COM

CANNABIS SUCCESS GUIDE



Cathleen S. Graham RN BSN CHPN



INSPIRING WORDS



“Indeed, marijuana is less toxic than many of the drugs that physicians prescribe every day.”

Dr. Joycelyn Elders,
Pediatrician,
Public Health Administrator

Founder/CEO/Author



Cathleen Graham

Author/Instructor

Founder/CEO of Cannabisnurse.com
Providing Holistic Education &
Consulting, specializing in cannabinoid
support. She has over 25 years of
experience as a registered nurse and
brings expertise, joy, and empathy to
her patients.



This book is dedicated to:

The beautiful souls who came to me as my children, Jason, Aaron, and Autumn. You have been a gift from the beginning.

To all those that came into my life-journey and helped me blossom.

To those coping with end of life and their families.



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NOTES





CANNABIS

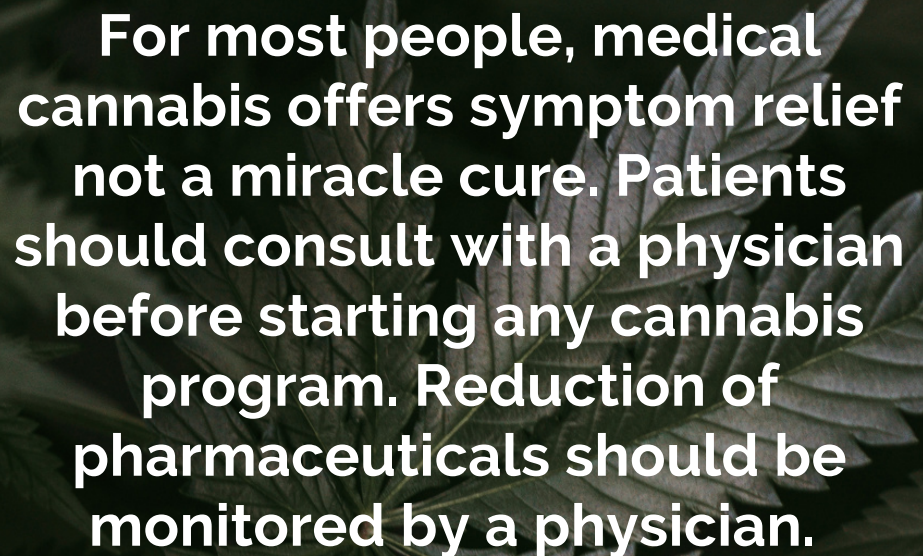
Cannabis is the name for botanical marijuana. Throughout this booklet, the words cannabis and marijuana are used interchangeably.

When To Consider Cannabis:

- When conventional medicine fails to provide relief
 - To help manage serious side effects from some treatments
 - To decrease opioid use
 - When there are limited treatment options available
-

What Cannabis Is & Isn't:

- Cannabis is an herbal medicine used since ancient times.
- Cannabis is used to complement conventional treatments.
- Cannabis is not a substitute for primary medical care.
- Cannabis is not a magical cure for all diseases.



For most people, medical cannabis offers symptom relief not a miracle cure. Patients should consult with a physician before starting any cannabis program. Reduction of pharmaceuticals should be monitored by a physician.

Cannabis Myths and Facts

Myth: Cannabis is a highly addictive narcotic.

Fact: The National Institute on Drug Abuse (NIDA), rates its addiction potential at 6% which is the same as coffee.

Myth: Cannabis is a gateway drug.

Fact: It's really an exit drug. Prior to 1937, cannabis was used to help people recover from alcohol and opium addictions. Today, legal medical cannabis states have 25% fewer deaths from prescription drug overdoses than in illegal states.

Myth: CBD is the medicine—THC is just for getting high.

Fact: THC is a valuable and effective medicine, too. Most people need a combination of CBD and THC to get relief, it is called the "entourage effect."

Myth: Cannabis is just for "stoner kids" who want to get high.

Fact: The average medical cannabis patient is between 40 and 50 years old. Cannabis patients want to feel better, not high.

Myth: There Isn't any research on cannabis.

Fact: Cannabis is one of the most studied plants on the planet. A search of medical research publications on the site pubmed.gov returns tens of thousands of scholarly publications and that number is growing daily.



IMPORTANT FACTS



addiction rate, according to NIDA,
which is the same as coffee.



Basic Cannabis Information

Buying cannabis in a dispensary/provisioning center is similar to other shopping experiences. The person behind the counter is called a "point of sale" staff or "budtender."

They will ask questions such as: Do you want flower or concentrate? Do you prefer indica, sativa, or hybrid?

Don't be afraid to say "I don't know." Good "budtenders" know their products and chemovars and should put you at ease.

Chemovar Basics

The cannabis plant belongs to the family **cannabaceae**, the genus cannabis comprises a single species, hemp (cannabis sativa). Subspecies of C. sativa include a second species, C. indica, and even a third, C. ruderalis.

Crosses of indica, sativa, and ruderalis plants create different varieties called chemovars. Chemovars have funny names like Purple Kush, Train Wreck and Iludium. Chemovar names tell you nothing about the affects you will feel.



In General, But Not True For Everyone...

Indica are more sedating and felt more in the body.

Sativa are considered more energizing and felt more in the mind. Hybrids are the most common chemovars.

For all: Smell the flower. If you like the smell choose that brand. If you do not like the smell simply avoid it.

Hemp is bred medicinally for CBD. Unless they are hemp-based, chemovars and products labeled 'high CBD' may still have more THC than CBD, ask for the lab test results. There is no scientific definition for indica or sativa. Generally, they are about as different as Honey Crisp apples and Mackintosh apples, meaning overall they are similar.

In all states and in all cases, a doctor can write only a recommendation and not a prescription for medical cannabis.

If and how you use cannabis is up to you.



GOALS

Examples Of Treatment Goals:

- Fewer days of pain
- Return to playing favorite sport
- Reduce prescription drug use

Considerations For Goal Setting:

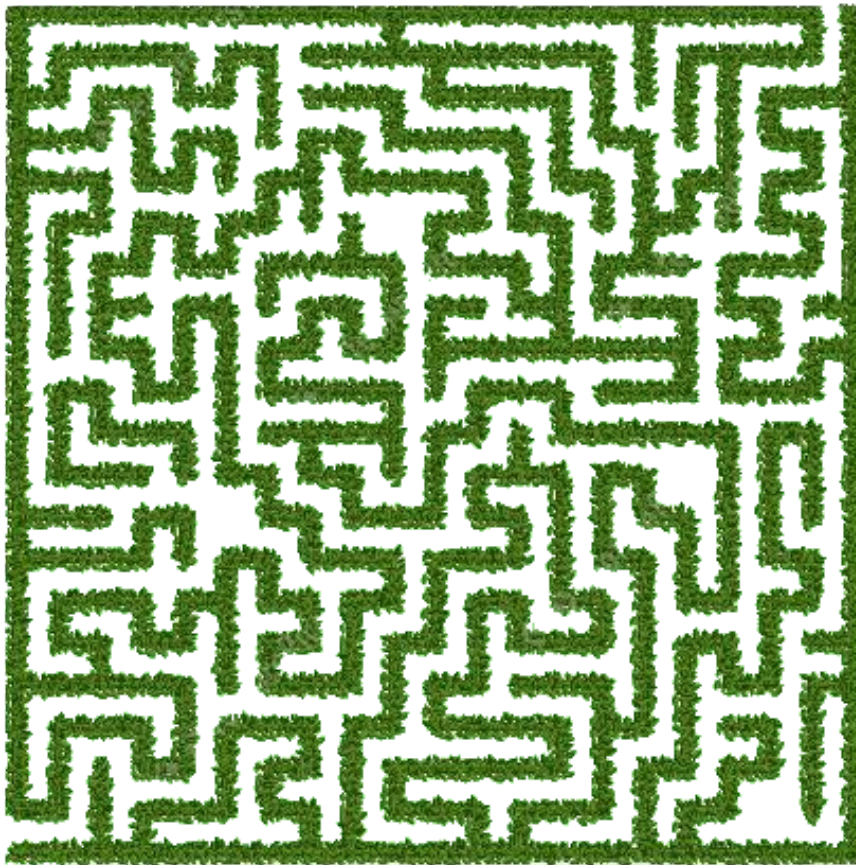
- Is your condition life-threatening?
 - Is your condition chronic or recurring, such as Multiple Sclerosis?
 - Is it temporary, such as accident recovery?
 - What do you consider a good result?
-

Cannabis Maze

The Maze Of Medical Cannabis Can Be Confusing:

- Which cannabis chemo type is the right one for me?
- What is the best way for me to consume cannabis?
- What dosage should I take?
- What are the qualifying conditions to become a medical cannabis patient?
- Where can I find cannabis consulting?

Start Here



Qualifying Conditions

Medical cannabis laws vary widely from state to state. In Michigan you can get a medical cannabis registry card with a doctors recommendation for the following qualifying conditions:

- Agitation of Alzheimer's Disease
- AIDS
- Amyotrophic Lateral Sclerosis
- Arthritis
- Autism
- Cachexia or Wasting Syndrome
- Cancer
- Cerebral Palsy
- Chronic Pain
- Colitis
- Crohn's Disease
- Glaucoma
- Hepatitis C
- HIV Positive
- Inflammatory Bowel Disease
- Nail Patella
- Obsessive Compulsive Disorder
- Parkinson's Disease
- Post-Traumatic Stress Disorder
- Rheumatoid Arthritis
- Seizures (Including, but not limited to those characteristic of epilepsy)
- Severe And Chronic Pain
- Severe And Persistent Muscle Spasms (Including but not limited to those characteristic of Multiple Sclerosis)
- Severe Nausea
- Spinal Cord Injury
- Tourette's Disease
- Ulcerative Colitis

Endocannabinoid System

Every single mammal on this planet—from you to an elephant to the smallest mouse—has a receptor system in their body that recognizes cannabis compounds. It's called the Endocannabinoid System or ECS for short.

The ECS contains many receptors. Two of the most common receptors are CB1 receptors (found in the brain and nervous system) and CB2 receptors (primarily found in the gut, organs, and immune system).

Even though the ECS is scattered throughout the body, there are almost no cannabinoid receptors in the cardio respiratory centers in the brain stem, which may explain why cannabis is not lethal.



Why do we have such a massive system for a plant?

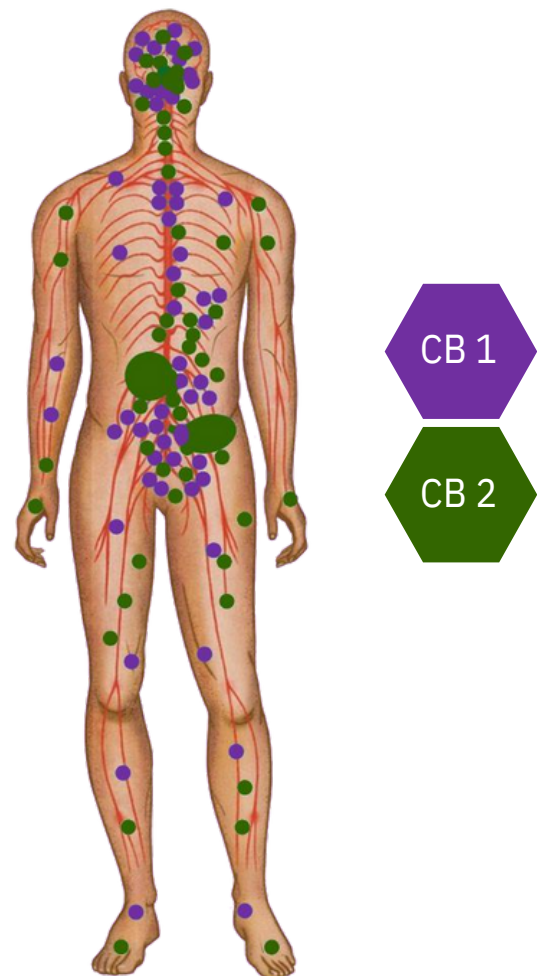
Because it's not just for cannabis. The ECS is there because our bodies make cannabis compounds naturally.

It's Purpose

The job of the ECS is to help maintain homeostasis, meaning balance. The chemical compounds that bind to these receptors are called cannabinoids. Cannabinoids made naturally by the body are called endogenous cannabinoids, or Endocannabinoids. Cannabinoids from plants are called Phyto (Greek word for plant) cannabinoids.

There is a theory among some researchers that ECS deficiency may contribute to disease. In other words, if your body doesn't make enough natural cannabinoids, you may feel sick. This may explain why phytocannabinoids are effective at relieving certain conditions.

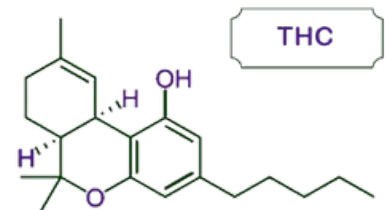
Hopefully, more research will lead to more answers in the future.



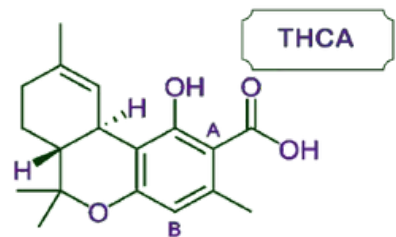
Cannabinoids

Cannabis plants contain over 480 chemical compounds. Over 80+ of these compounds exist only in cannabis family plants. These are called Phyto-cannabinoids. There are many other cannabinoids, but these are the main ones you'll find tested for and labeled at provisioning centers.

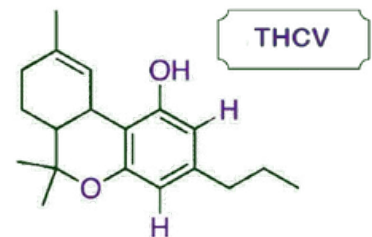
THC - THC is the abbreviation for delta (9) tetrahydrocannabinol, the most well known cannabinoid. THC causes that euphoric "high" feeling. It has many medicinal benefits including pain relief, appetite stimulation, and reducing nausea and spasms.



THCA - THCA is the raw acid form of THC. It is non-psychoactive until heated or dried. It seems to boost the immune system while reducing inflammation. THCA comes in a raw cannabis juice or THCA a tinctures.



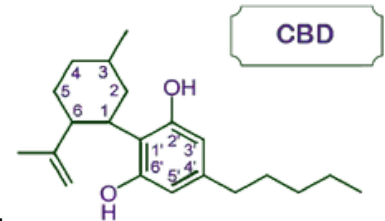
THCV - THCV is a somewhat psychoactive cannabinoid that appears to act as a vasodilator and appetite suppressant.



Cannabinoids (Cont.)

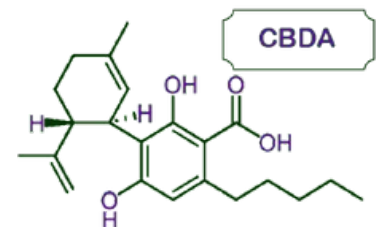
CBD - CBD or cannabidiol is the second most common cannabinoid after THC. CBD is a proven analgesic, anti-emetic, anti-spasmodic, anti-anxiety, anti-seizure, anti-inflammatory compound.

It also stimulates bone growth, reduces graft versus host disease, reduces tumor growth in certain cancers, and has a positive effect on metabolism.

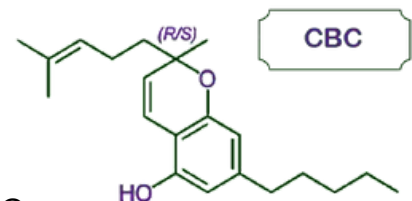


CBD is non-psychoactive, but can cause drowsiness and lethargy at high doses. CBD is found in chemovars of cannabis and hemp plants. Most patients find combining CBD and THC or THC-A gives a better medical effect than CBD alone.

CBDA - CBDA is the raw version of CBD with the acid chain still attached. Some scientist found CBD-A to give a stronger effect than CBD on pain and nausea.

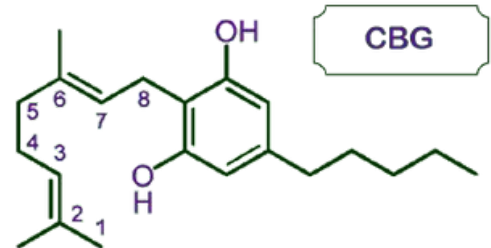


CBC - CBC or cannabichromene, is the third most common cannabinoid in the cannabis plant overall. CBC is non-psychoactive and has analgesic, anti-inflammatory, and very promising antibiotic properties. Like CBD, CBN, and CBG, CBC works best when combined with some THC.

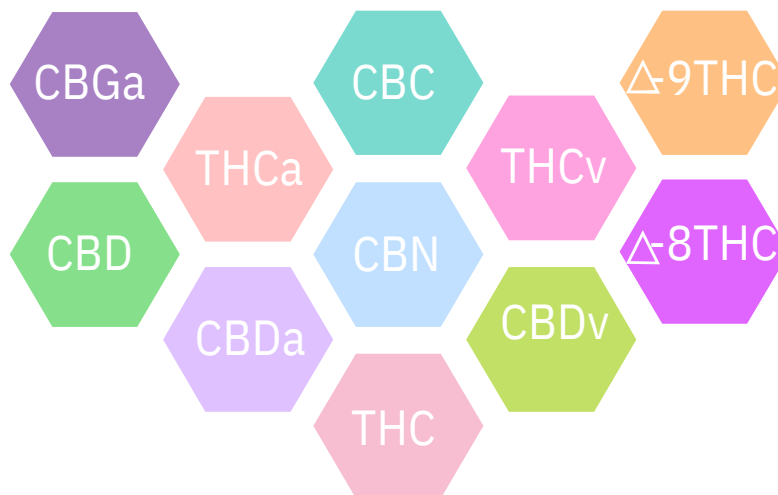
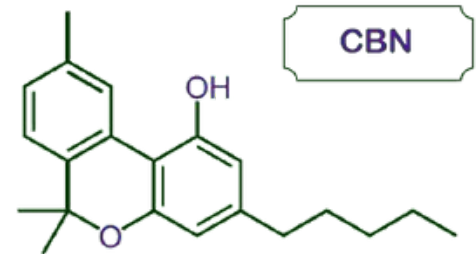


Cannabinoids (Cont.)

CBG - CBG or cannabigerol, is the cannabinoid formed first in the plant and has shown significant ability to counteract and prevent tumor formation.



CBN - CBN is a breakdown of the THC that has been exposed to oxygen or light. CBN is roughly 10% as psychoactive as THC. It is known to cause drowsiness and reduce spasms.



Health Effects of Cannabis

Health Effects of Cannabis	THC	THC-A	THC-V	CBN	CBD	CBD-A	CBC	CBC-A	CBG	CBG-A	Benefits of Cannabis
Aids in Sleep											Anti-Insomnia
Inhibits Cell Growth in Tumor / Cancer											Anti-Proliferative
Kills or Slows Bacteria Growth											Anti-Bacterial
Pain Relief											Analgesic
Prevents Nervous System Degeneration											Neuroprotective
Promotes Bone Growth											Bone-Stimulant
Reduces Blood Sugar Levels											Anti-Diabetic
Reduces Contractions of Small Intestine											Intestinal Antiprokinetic
Reduces Efficacy of Immune System											Immunosuppressive
Reduces Inflammation											Anti-Inflammatory
Reduces Risk of Artery Blockage											Anti-Ischemic
Reduces Seizures and Convulsions											Antiepileptic
Reduces Vomiting and Nausea											Antiemetic
Relieves Anxiety											Anxiolytic
Stimulates Appetite											Appetite Stimulant
Suppresses Muscle Spasms											Antispasmodic
Suppressive Appetite											Anorectic
Tranquilizing / Psychosis Management											Antipsychotic
Treats Fungal Infection											Anti-Fungal
Treats Psoriasis											Antipsoriatic

Terpenes

Terpenes can be thought of as the building blocks of essential oils. Chemically, they are chains of linked isoprene units. Terpenes are responsible for fragrance in plants, including cannabis plants. The same limonene found in lemons is what gives the cannabis plant Lemon Skunk its characteristic lemony scent. Just as lemon oil is used in aromatherapy for health benefits, terpenes are a part of the therapeutic effects of cannabis. The following is a list of terpenes commonly found in cannabis plants.



Pinene: Found in rosemary, dill, basil, and parsley

- Anti-Inflammatory
- Anti-Bacterial
- Bronchodilator
- Aids in Memory



Myrcene: Found in hops and mangos

- Sedative
- Sleep Aid
- Muscle Relaxant



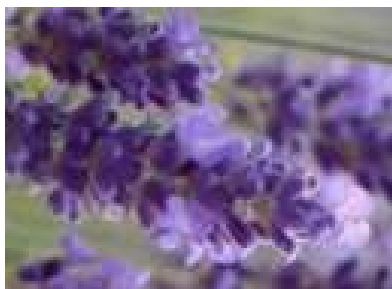
Limonene: Found in lemons, oranges, limes, grapefruit, mandarins, and in the seeds of caraway and dill Sedative

- Treats Acid Reflux
- Anti-Anxiety
- Antidepressant



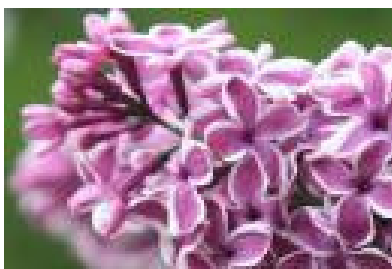
Terpinolene: Found in lilacs, nutmeg, cumin, coriander, and mint

- Analgesic Pain Reduction
- Digestive Aid
- Stomachic



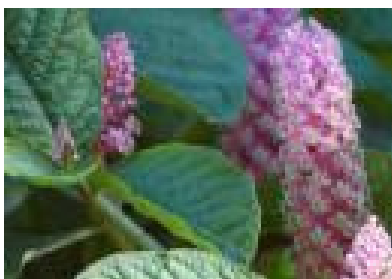
Linalool: Found in lavender, jasmine, rosewood, basil, and thyme

- Anesthetic
- Anti-Convulsive Analgesic
- Anti-Anxiety



Terpineol: Found in mugwort, cranberries, lilac, and eucalyptus

- Calming Aid
- Antibacterial
- Antiviral
- Immune System



B-caryophyllene: Found in black pepper, rosemary, clove oil, hops, cinnamon, basil and oregano

- Anti-inflammatory
- Analgesic
- Protects Cell's Lining
- Digestive Tract



Humulene: Found in basil, hops, sage, and ginseng

- Anti-Inflammatory



Ocimene: Found in thyme and alfalfa

- Decongestant
- Antiseptic
- Antiviral
- Bactericidal



Methods of Administration

Terpenes can be thought of as the building blocks of essential oils. Chemically, they are chains of linked isoprene units. Terpenes are responsible for fragrance in plants, including cannabis plants. The same limonene found in lemons is what gives the cannabis plant Lemon Skunk its characteristic lemony scent. Just as lemon oil is used in aromatherapy for health benefits, terpenes are a part of the therapeutic effects of cannabis. The following is a list of terpenes commonly found in cannabis plants.

Inhaled Cannabis:

The fastest way to get cannabis into your body is to inhale it. This includes smoking, inhalers, vaporizing, and dabbing.



Smoking:

Smoking is the act of inhaling and exhaling the fumes of burning plant material. Smoking pipes and hand rolled joints are ways cannabis has been enjoyed for centuries. Had too much? Set the pipe down and wait a hour.



Inhalers:

Asthma inhaler-style cannabis dispensers are a new way to get relief without smoking vaporizing. They deliver a metered dose cool mist of atomized cannabis to the lungs.



Vaporizing:

Vaporizing is the process of heating cannabis to a temperature just below its combustion point.



Methods of Administration (Cont.)

Vaporizers:

Can be small electronics cigarettes or large table top units. Because the cannabis does not burn, there is no smoke. Both dried cannabis flower and oils can be vaporized.



Dabbing:

Dabbing is vaporizing concentrated cannabis by placing a small amount on an extremely hot object called a nail and inhaling the vapors produced. The nail, if not electronic, is heated via blowtorch.



Sublingual:

Sublingual cannabis is held in the mouth, under the tongue, before swallowing. Sublingual products include drops, non-oil based tinctures, sprays, lollipops, breath strips, etc. Non-oil based tinctures and sprays are liquids that go on or under the tongue. Lollipops, drops, and breath strips are held in the mouth while they dissolve. Sublingual administration provides a good medium onset and short duration choice for people who don't want to smoke.

Note: Micro dosing is taking small (0.25 to 5mg) amounts a few times a day as preventative medicine, without the high feeling. Oral products like drops and sprays are often used for micro dosing.



(Shatter)



(Wax)



(Oil)



(Budder)



(Crumble)

Oral:

Edibles are cannabis products you swallow. This includes chocolate bars, brownies, cookies, snacks, drinks, capsules, oil-based tinctures, and more.



New patient beware! Because oral cannabis products have to be digested before they can be absorbed, it can take anywhere from 30 to 120 minutes before the effects are felt. Taking a small bite, waiting only 15 minutes, thinking “it didn't work,” and then eating the whole thing is how people get into dysphoria. Edibles can be highly psychoactive—more so than other forms of cannabis. Use caution until you know your tolerance.

Juicing:

Raw cannabis juice is a raw plant extract, like wheat grass juice. Cannabis juice is typically made from non-flowering plant leaves and is useful for many digestive, inflammatory, and immune system concerns. Depending on the chemo type used, juice contains raw cannabis acids THC-A and/or CBD-A. Raw cannabis juice will not make you high, however, it can make you sleepy. It can be frozen in ice cube trays for easy storage in a measured dose.



Suppositories Made From Cannabis:

Cannabis concentrates can be infused into suppositories to be used either rectally or vaginally. Rectal suppositories have a much lower bloodstream uptake so this may allow for higher doses. Suppositories are sometimes used for menstrual cramps, colon spasms, back pain and cancer.



Note: Personal cannabis infused intimate oils are thought to increase blood flow when applied on a female. Men may not experience the effects as intensely.

Cannabis Topical:

Cannabis-infused salves, lotions, liniments, and bath salts are topical applications. Topical applications stay on the outer layer of skin and work by reducing inflammation to the area where they are applied.



There are two types of cannabis infused skin products. **Transdermal products** that contain uptake agents designed to transport Cannabinoids into the bloodstream and cannabis-infused topical applications that work on the area of skin where it is applied.

Transdermal:

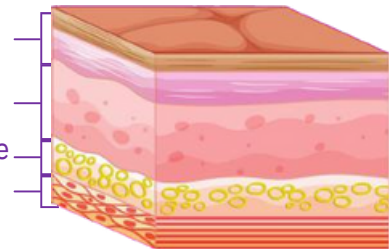
Gels and Patches use time-measured doses. Some patches can be cut with scissors if a lower dose is desired. The patch can be removed if it feels too strong.

Because they enter the bloodstream, patches and gels do show THC on urine drug screens.

Epidermis

Dermis

Subcutaneous Tissue
Muscle



Cannabis Topical:

- Are non-psychoactive. This makes them a good choice for daytime use and for people new to cannabis.
- Generally do not enter the bloodstream or show up in a urine drug screen.
- Even without psychoactive effects, many people experience significant relief from topical cannabis.
- A favorite form of cannabis for many people with arthritis or muscle pain.

Methods of Administration Summary

Smoking, Vaporizing, Dabbing

Onset: Fast effects | Effects Last: 1 to 3 Hours

Inhaled Vapor or Smoke

Onset: 1 to 3 Minutes | Effects Last: 1 to 3 Hours

Sublingual Drops, Lozenge, Sprays

Onset: 10 to 15 Minutes | Effects: 1 to 3 Hours

Oral Capsules, Edibles, Etc.

Onset: 30 to 120 Minutes | Effects: 6 to 8 Hours

Forms: Lotions, Bombs, Salves, Roll-ons, Bath

Salts Onset: 15 to 30 Minutes | Effects Last: 3 to 6 Hours

Transdermal Patches

Onset: 14 to 30 Minutes | Effects: 2 to 4 Days

Suppositories (Rectal or Vaginal)

Onset: 20 Minutes | Effects: 6 to 8 Hours

Edibles, Candies, Drinks, Snacks, Capsules

Onset: 30 to 120 Minutes | Effects: 6 to 8 Hours

Patches with Uptake Agents

Onset: 15 to 30 Minutes | Effects: 3 to 4 Days

Gels with Uptake Agents

Onset: 15 to 30 Minutes | Effects: 6 to 8 Hours

Pain Tracker

Date	Symptom	How Bad (1-10)	Method of Administration	Name of Cannabis Used	Amount Used	Results

A scale of 10 marijuana leaves, each with a different facial expression representing a pain level:

- 0:** No Pain. Leaf is smiling.
- 1 to 2:** Can Be Ignored. Leaf has a neutral expression.
- 3 to 4:** Interferes with Tasks. Leaf has a slightly concerned expression.
- 5 to 6:** Frown. Leaf has a sad, frowning expression.
- 7 to 8:** Forlorn. Leaf has a very sad, frowning expression.
- 9 to 10:** Crying. Leaf has a very sad, frowning expression with large tears.



Cannabis Storage

Try to store your cannabis in a cool dark place. If your cannabis does not have a best before date listed then there are a few things to consider before storing cannabis for any length of time.

Temperature:

Try to keep the thermostat under control. Cannabinoids and terpenes that have taken so long to develop can be destroyed with too much heat. Think of the essential plant oils like cooking.

When it gets too dry, it might produce hot, harsh smoke. Decarboxylation of cannabinoids is the process that chemically alters the psychoactive THC. Too much heat can degrade it into the less desired CBN, which is very sedating. Lower temperatures slow that process down.

Air Control:

Oxygen levels are very important. Too much oxygen can speed the degradation process, whereas too little can alter humidity levels, which can cause mold or mildew.

Humidity:

Humidity affects mold and mildew and other contaminants that can affect your cannabis. It is not always easy, but is best to store cannabis between 55% and 62% relative humidity. That will help maintain color, consistency, aroma, and flavor. The easiest way to keep humidity under control is to use humidity control packs found in any drugstore.

Light:

Try to protect cannabis from harsh sunlight. UV rays break down a lot of organic and synthetic materials. In the same way harsh UV rays will dull colors or add highlights to your summertime hair, so too will it burn up the most valuable compounds of cannabis.

Starting Out

Daytime:

Non-psychoactive salves, CBD isolate alone, THC-A, and micro-doses (0.25-5mg) of THC.

Acute Episodes:

Inhaled cannabis, inhaler mist, a few drops of tincture, or oral spray.

Night:

Piece of edible or capsule, inhaled cannabis, cup of tea, cannabis patch, or a bath soak.

Cannabis Is Highly Personal:

What works right for one person may not be right for another person even with the same disease process. Finding what works best for you involves the trial and error method.

It Is Important To Track What You Try:

For best results, record other prescriptions medications and treatments used. For this reason, a Pain Tracker is included in this book. See page 31.

One Last Thing:

You probably do not want to mix alcohol, cigarettes, or other substances when you are trying cannabis for the first time. The effects of cannabis can last from one to eight hours, depending on your body type, weight, metabolism and other factors. Cannabis is not a one size fits all, but there is a size for everyone, even if that size is nothing.

Starting Out (Continued)

Choose How You Want To Consume It:

First, you need to choose a method of administration to get the cannabis into you. There are many ways to enjoy cannabis flowers, or buds, depending on your preference, where you are and what you want to feel from it. You can inhale it, use it topically (on your skin) or take it orally. If you want to smoke, some suggest starting with a small pipe or vape pen, they are cheap and easy to use.

Go Slow:

If you are smoking, take one or two shallow inhaleds and wait for a couple of hours before having any more to see how you feel. In the cannabis industry, there is a saying: low and slow-low doses at slow intervals. If it is your first time or your first time in a while, you might want to try it when you have some time when you have no plans and no place to be.

THC:

THC may cause a burst of energy for up to 2 hours after consumption.

CBD:

CBD may cause drowsiness.



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Over Consumption & Side Effects

Unwanted side effects from over consumption can be challenging, particularly with edibles. Problems can be compounded by prescription medications, certain herbs and vitamins, alcohol, and illicit drugs.

Mild Side Effects:

Dry mouth, red eyes, lethargic or overly sedated, dizziness, rapid heartbeat.

Moderate To Severe Side Effects:

Vomiting, acute anxiety, difficulty walking, breathing difficulties, loss of consciousness, fainting, and/or acute paranoia.

Most people do not need emergency medical care. Assess whether or not any prescription medications, drugs, or alcohol have been consumed before deciding to visit an emergency department.

What Do You Do About Dysphoria?

There is no known antidote for too much THC, however, there are some remedies: Lie down in a safe place and take a nap. Try to breathe normally. Listen to relaxing music. Take a walk. Take a warm shower. Hydrate with lemon water. Take some CBD. Take some citicoline. Some products like citicoline and CBD have been useful.



Keep in mind:

No one has ever died from an overdose of cannabis alone.

Warnings

Hypertension:

Cannabis is known to lower blood pressure and raise heart rate, particularly inhaled cannabis. Using cannabis at the same time as blood pressure medications can result in fainting. If you are on a blood pressure lowering medicine, we advise you to wait several hours after you take it before using any cannabis. We do not advise using cannabis alone to control hypertension.

Diabetes:

Cannabis is known to lower blood sugar and have a positive effect on metabolism. For diabetics, this can mean a reduced need for insulin following cannabis use, particularly with high CBD products. Diabetics using cannabis are advised to monitor blood sugar levels closely to avoid a crash.

Narcotic Patients:

Cannabis does not bind to opioid receptors, many patients find a reduced need for narcotics while medicating with cannabis. Always consult a doctor to safely reduce opiates.

Seizure Patients:

It may take time to find the right dose of CBD and/or THC for you. Always consult a doctor to safely reduce seizure medications.

Depression:

Cannabis is known to increase serotonin and have positive effect on depression. However, using cannabis at the same time as anti-depressants can result in anxiety, agitation, confusion, insomnia, or mania. Consult a doctor to reduce anti-depressants. We do not recommend using cannabis alone to manage depression.

IMPORTANT PHONE NUMBERS

Take it easy start off low and go slow. Cannabis is not for everyone. For more information, we've compiled the following numbers you can call.

The Substance Abuse and Mental Health Services Administration (SAMHSA) - Governmental agency with extensive information on all types of drugs and is staffed with live operators.

1-800-662-HELP
1-800-662-4357
TTY: 800-487-4889



National Institute on Drug Abuse (NIDA) - Another valuable resource that can provide extensive information.

301-443-1124

DrugFree.org - Has information for all types of questions about how to recover from substance abuse and treatment.

1-855-DRUGFREE
1-855-378-4373

The National Suicide Prevention Lifeline - Offers information on cannabis and other drug addiction, as well as information about suicide and depression, which often accompanies drug addiction.

1-800-273-8255

IMPORTANT PHONE NUMBERS

Covenant House Teen Hotline - Is a helpline that may be able to help with addiction particularly if you or your loved one is a homeless youth, ages 17-21, in need of shelter and intervention.

1-800-RUNAWAY

1-800-786-2929

The National Council on Alcohol and Drug Dependence (NCADD) - Maintains a website with information about the signs of addiction, education about cannabis and other drugs, as well as referrals to services.

1-800-622-2255

Marijuana Anonymous - Can provide information about its services and direct callers to general information.

1-800-766-6779

The National Marijuana Hotline - Is a good resource providing callers with helpful information.

1-888-MARIJUANA

1-888-627-4582

REFERENCES

Book Title	The Cannabis health index: Combining the science of medical marijuana with mindfulness techniques to heal 100 chronic symptoms & diseases
Book Publisher	North Atlantic Books
Publication Year	2015
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URL	Project CBD projectcbd.org/medicine/cbd-preventative-medicine
Article Title	Chemical Fingerprinting of Cannabis as a Means
URL	searchgate.net/publication/ChemicalFingerprintingofCannabisas
Article Title	Human cannabinoid pharmacokinetics
Website Title	Chemistry & biodiversity
URL	ncbi.nlm.nih.gov/pmc/articles/PMC2689518/
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Article Title	Member Profile » Cannabis Nurses Network
Website Title	Cannabis Nurses Network
URL	cannabisnursesnetwork.com/member/eloisethiesen/
Article Title	Not So Harmless? Pot Linked to Heart Problems
Website Title	LiveScience
URL	livescience.com/45087-marijuana-heart-problems-deaths.html
Date Published	23-Apr-14
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Website Title	Mary's Publications
URL	maryspubs.com/31-prime-time-nurses-convene-in-san-diego
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Article Title	The Thirteenth National Clinical Conference Eloise Theisen
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Article Title	Total Health Center, Inc. Dr. Uma V.A. Dhanabalan MPH FAAFP MRO
Website Title	Physical Therapy Office Total Health Center, Battle Creek, MI
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