

# ALS (Lou Gehrig's Disease)

## Medical Cannabis Treatment Guide

### Muscle Spasticity & Pain Relief

THC and CBD help reduce muscle stiffness, spasms, and associated pain which improves mobility and comfort.

### Neuroprotection & Slows Disease Progression

CBD, CBG, and THC have neuroprotective properties, potentially slowing the degeneration of motor neurons.

### Improves Sleep & Reduces Anxiety

ALS patients often suffer from sleep disturbances and anxiety, and cannabis (especially with linalool and myrcene) promotes relaxation and better sleep.

### Cannabinoids

- THC - Reduces muscle spasticity, pain, and improves appetite.
- CBD - Anti-inflammatory, neuroprotective, and helps balance THC's effects.
- CBG - Promotes neuroprotection, reduces inflammation, and may support motor neuron health.
- CBC - Enhances pain relief and neuroprotection.
- THCV - May help with muscle control and reduce involuntary spasms.

### Terpenes

- Myrcene - Muscle relaxant, pain relief, and promotes better sleep.
- Linalool - Calming, anti-anxiety, and reduces nerve pain.
- Caryophyllene - Anti-inflammatory and pain management.
- Limonene - Mood-enhancing, anti-depressant, and digestive support.
- Pinene - Helps with cognitive function and has anti-inflammatory effects.

### Recommended Products

- Full-Spectrum Tinctures - Long-lasting relief and neuroprotection.
- RSO (Rick Simpson Oil) or High-THC Concentrates - Helps with pain, muscle spasms, and sleep.
- Edibles/Pills - Prolonged relief from muscle stiffness and discomfort.
- Topicals - Provides localized relief for muscle pain.
- Inhalable Flower or Vape - Fast-acting relief for spasms, anxiety, and sleep issues.

# Alzheimer's Disease

## Medical Cannabis Treatment Guide

### Neuroprotection & Slows Disease Progression

CBD and THC have neuroprotective properties that help reduce beta-amyloid plaque buildup which is associated with Alzheimer's progression.

### Reduces Anxiety, Agitation & Mood Swings

Promotes relaxation and mood stabilization to help with restlessness, agitation, and aggression.

### Improves Sleep & Appetite

Sleep disturbances and appetite loss are common in Alzheimer's patients, and THC and myrcene-rich strains help improve sleep, while THC stimulates appetite.

### Cannabinoids

- CBD - Anti-inflammatory, neuroprotective, and helps slow cognitive decline.
- THC - Reduces beta-amyloid plaque formation, improves appetite, and reduces agitation.
- CBG - Promotes neuroprotection and may support brain health.
- CBC - Enhances cognitive benefits and mood regulation.
- THCV - May help with motor control and reduce inflammation in the brain.

### Terpenes

- Linalool - Calming, anti-anxiety, and potential neuroprotective effects.
- Caryophyllene - Anti-inflammatory and may help with brain function.
- Pinene - Supports memory retention, alertness, and cognitive function.
- Limonene - Uplifting and stress-relieving.
- Myrcene - Helps with relaxation, sleep, and reducing restlessness.

### Recommended Products

- CBD/THC Tinctures - Provides neuroprotection and mood regulation.
- RSO (Rick Simpson Oil) or Full-Spectrum Cannabis Oils - Potent option for anti-inflammatory and neuroprotective effects.
- Edibles/Pills - Long-lasting effects for cognitive support and relaxation.
- Topicals - Helps with muscle relaxation and pain relief.
- Inhalable Flower or Vape (Pinene & Linalool-Rich Strains) - Fast relief for agitation, stress, and mood swings.

# Autism

## Medical Cannabis Treatment Guide

### Reduces Anxiety & Social Stress

CBD and limonene-rich strains help ease anxiety, stress, and overstimulation.

### Improves Emotional Regulation & Mood Stability

CBD, THC, and CBG interact with neurotransmitters to reduce mood swings and irritability.

### Supports Focus & Cognitive Function

Pinene and THCV may help with attention and sensory processing issues.

### Cannabinoids

- CBD - Reduces anxiety, supports emotional regulation, and improves focus.
- THC (low doses) - Helps with relaxation, reduces “meltdowns”, and improves sleep.
- CBG - May support mood balance, reduce hyperactivity, and provide neuroprotective benefits.
- CBC - Enhances mood regulation and emotional stability.
- THCV (low doses) - Helps with focus, impulse control, and sensory processing.

### Terpenes

- Linalool - Calming and anti-anxiety properties, promotes relaxation.
- Limonene - Uplifting and mood-enhancing, helps with emotional regulation.
- Myrcene - Sedative effects, useful for relaxation and sleep.
- Caryophyllene - Reduces stress and inflammation.
- Pinene - Supports focus, cognitive function, and mental clarity.

### Recommended Products

- CBD-Dominant Tinctures - Effective for anxiety and mood balance.
- Full-Spectrum Oils - Long-lasting symptom relief.
- Edibles/Pills (low-THC) - Helps with anxiety and emotional regulation.
- Topicals – Provides calming effects without psychoactivity.
- CBD/CBN Sleep Aids - Helps with sleep disturbances.

# Cachexia (Wasting Syndrome)

## Medical Cannabis Treatment Guide

### Stimulates Appetite & Prevents Weight Loss

Promotes an increased appetite and improves food intake.

### Reduces Nausea & Improves Digestion

CBD, THC, and CBG help reduce nausea and improve gut function making it easier to keep food down.

### Enhances Energy Levels & Reduces Fatigue

Limonene and THC helps boost energy and combat physical weakness.

### Cannabinoids

- THC - Strong appetite stimulant, nausea reducer, and pain reliever.
- CBD - Helps with nausea, gut health, and inflammation.
- CBG - Supports appetite stimulation and may help with gut motility.
- CBC - Works with THC and CBD to enhance appetite and digestion.
- THCV (low dose) - Helps with energy, balance, and metabolism regulation.

### Terpenes

- Myrcene - Sedative and appetite-stimulating effects.
- Limonene - Uplifting, helps with mood and digestion.
- Caryophyllene - Anti-inflammatory, helps with gut health and stress.
- Linalool - Reduces anxiety and promotes relaxation, making eating easier.
- Pinene - Supports respiratory function and improves energy levels.

### Recommended Products

- THC-Dominant Tinctures - Fast-acting appetite stimulation.
- RSO (Rick Simpson Oil) or Full-Spectrum Extracts - Potent, long-lasting support for appetite and energy.
- Edibles/Pills - Provides extended relief for nausea and appetite suppression.
- CBD/THC Vapes or Inhalable Flower (high-THC, myrcene-rich strains) - Immediate appetite enhancement.

# Chronic Pain Despite Opiate/Pain Medication

## Medical Cannabis Treatment Guide

### Enhances Pain Relief & Reduces Opioid Dependence

THC and CBD interact with the body's endocannabinoid system to boost pain relief, potentially allowing for reduced opioid dosage.

### Reduces Inflammation & Neuropathic Pain

Cannabinoids like CBD, CBG, and CBC help decrease inflammation and nerve-related pain which opioids may not fully address.

### Improves Sleep & Mental Well-Being

Sedative terpenes and cannabinoids (CBN, myrcene, linalool) promote restful sleep and reduce stress.

### Cannabinoids

- THC - Potent analgesic, binds to CB1 receptors to reduce pain perception.
- CBD - Anti-inflammatory, supports opioid tapering, and reduces nerve pain.
- CBG - Enhances pain relief, reduces muscle tension, and fights inflammation.
- CBC - Works with THC and CBD for enhanced pain control and inflammation reduction.
- CBN – Sedative effects help with nighttime pain and sleep disturbances.

### Terpenes

- Caryophyllene - Strong anti-inflammatory and analgesic.
- Myrcene - Muscle relaxant, sedative, and pain-relieving properties.
- Linalool - Calming, anti-anxiety, and muscle relaxant effects.
- Pinene - Helps with inflammation and may improve airflow and alertness.
- Limonene - Mood-enhancing, helps with stress and depression.

### Recommended Products

- Full-Spectrum Tinctures - Fast-acting, easy to dose, and effective.
- Full-Spectrum Oils - Potent, long-lasting relief for pain and inflammation.
- Edibles/Pills - Provides extended pain relief without frequent dosing.
- Topicals - Apply directly to painful areas for localized relief.
- Inhalable Flower or Vape - Immediate relief for breakthrough pain.

# Chronic Pain

## Medical Cannabis Treatment Guide

### Reduces Inflammation

Cannabinoids interact with the body's immune system to decrease inflammation, helps with arthritis, neuropathy, and autoimmune pain.

### Modulates Pain Perception

THC binds to CB1 receptors altering how the brain processes pain and making it feel less intense.

### Relaxes Muscles & Eases Spasms

THC and CBD helps reduce muscle spasms and tension.

### Cannabinoids

- THC - Blocks pain signals at the nervous system level and reduces inflammation.
- CBD - Anti-inflammatory, neuroprotective, and helps ease pain.
- CBG - A potent anti-inflammatory and muscle relaxant, beneficial for nerve and inflammatory pain.
- CBC - Interacts with TRPV1 receptors which play a role in pain perception and enhances the effects of THC and CBD.
- CBN - Has sedative and muscle-relaxing properties.

### Terpenes

- Myrcene - Enhances THC's pain-relieving effects.
- Caryophyllene - Binds to CB2 receptors providing powerful anti-inflammatory and analgesic properties.
- Linalool - Calming agent and helps with nerve pain.
- Pinene - Helps reduce inflammation, supports respiratory function, and counteracts some THC-related cognitive fog.
- Humulene - Pain-relieving and anti-inflammatory effects.

### Recommended Products

- Tinctures - Fast-acting and long-lasting, taken under the tongue.
- Topicals - Good for localized pain relief.
- Pills/Edibles - Long-lasting effects, ideal for all day relief.
- Suppositories - Strong absorption with long-lasting relief, effective for severe abdominal pain, pelvic pain, and menstrual cramps.

# Crohn's Disease & Ulcerative Colitis

## Medical Cannabis Treatment Guide

### Reduces Inflammation in the Gut

CBD and THC interact with the endocannabinoid system to reduce gut inflammation and promote intestinal healing.

### Manages Pain & Cramping

Helps relieve abdominal pain, muscle cramping, and gastrointestinal discomfort by interacting with pain receptors and reducing spasms.

### Appetite Stimulation & Nausea Relief

THC stimulates appetite and reduces nausea.

### Cannabinoids

- CBD - Anti-inflammatory, supports gut health, and helps regulate the immune system.
- THC - Pain relief, appetite stimulation, and anti-nausea effects.
- CBG - Antibacterial, reduces gut inflammation, and promotes intestinal healing.
- CBC - Enhances anti-inflammatory and pain-relief effects.
- THCV - Helps regulate gut motility and inflammation.

### Terpenes

- Caryophyllene - Anti-inflammatory and pain-relieving properties, directly interacts with CB2 receptors in the gut.
- Limonene - Aids digestion, reduces nausea, and provides stress relief.
- Myrcene - Helps with muscle relaxation, cramping, and pain relief.
- Linalool - Anti-anxiety and anti-inflammatory, helps with gut discomfort.
- Pinene - Supports respiratory function and has anti-inflammatory effects.

### Recommended Products

- CBD/THC Tinctures - Fast absorption and helps reduce inflammation.
- RSO (Rick Simpson Oil) or Full-Spectrum Cannabis Oils - Potent anti-inflammatory effects and symptom relief.
- Edibles/Pills - Long-lasting relief for inflammation and digestive issues, but may be difficult for some patients
- THC/CBD Suppositories - Direct absorption for localized gut relief.
- Inhalable Flower or Vape (Caryophyllene & Limonene-Rich Strains) - Provides quick relief for nausea, pain, and stress.

# Dementia-Related Agitation

## Medical Cannabis Treatment Guide

### Calms Anxiety & Mood Stabilization

CBD and linalool-rich strains reduce stress and agitation by interacting with serotonin receptors.

### Reduces Neuroinflammation

Cannabinoids like CBD and CBG help lower brain inflammation, which may contribute to behavioral symptoms.

### Improves Sleep & Relaxation

Poor sleep can worsen agitation, sedative terpenes like myrcene and CBN promotes restful sleep.

### Cannabinoids

- CBD - Anti-anxiety and calming effects without psychoactive effects.
- THC - Helps reduce aggression and restlessness, but high doses may increase confusion.
- CBG - May improve mood and neuroprotection.
- CBC - Works alongside CBD and THC to reduce agitation and improve emotional balance.
- CBN - Sedative effects help with sleep and nighttime agitation.

### Terpenes

- Linalool - Strong calming effects, reduces stress, and promotes relaxation.
- Myrcene - Sedative properties help with restlessness and agitation.
- Caryophyllene - Reduces anxiety and regulates mood.
- Pinene - Helps with mental clarity while reducing stress.
- Limonene - Elevates mood and reduces frustration and emotional distress.

### Recommended Products

- CBD Dominant Tinctures - Easy to dose and effective for calming effects.
- CBD Dominant Edibles/Pills - Long-lasting anxiety and agitation relief.
- Full-Spectrum Oils - Helps with overall mood stabilization and relaxation.
- Topicals - Provides soothing effects without psychoactivity.
- CBD/CBN Sleep Aids - Helps manage nighttime restlessness.



# Diabetic/Peripheral Neuropathy

## Medical Cannabis Treatment Guide

### Reduces Nerve Pain & Inflammation

THC, CBD, and CBG interact with the endocannabinoid system to reduce inflammation and block pain signals.

### Protects Nerve Health & Regeneration

Cannabinoids like CBD and CBG have neuroprotective properties that may help slow nerve damage.

### Improves Sleep & Reduces Discomfort

Myrcene, CBN, and linalool promote relaxation and help manage nighttime pain.

### Cannabinoids

- CBD - Reduces nerve inflammation and protects against further damage.
- THC - Provides direct pain relief by altering pain perception in the brain.
- CBG - Supports nerve health and reduces inflammation.
- CBC - Works with other cannabinoids to enhance pain relief.
- CBN - Helps with sleep and nighttime nerve pain.

### Terpenes

- Caryophyllene - Reduces inflammation and pain.
- Myrcene - Sedative and muscle-relaxing effects, helps with sleep and pain relief.
- Linalool - Calming and anti-inflammatory, reduces nerve pain.
- Pinene - Supports cognitive clarity and has mild anti-inflammatory effects.
- Limonene - Uplifting and stress-reducing, helps with neuropathic pain.

### Recommended Products

- Full-Spectrum CBD/THC Tinctures (1:1 or high CBD) - Easy to dose and effective for pain relief
- RSO or Full-Spectrum Extracts - Potent, long-lasting pain management.
- Edibles/Pills - Provides extended pain relief.
- Topicals - Directly apply to affected areas for localized relief.
- Inhalable Flower or Vape (high-caryophyllene & myrcene strains) - Immediate relief for acute nerve pain.

# Glaucoma

## Medical Cannabis Treatment Guide

### Reduces Intraocular Pressure (IOP)

THC temporarily lowers intraocular pressure which is the main risk factor for glaucoma. This reduction in IOP can help slow optic nerve damage.

### Neuroprotection for the Optic Nerve

CBD and CBG have neuroprotective properties which help prevent further damage to the optic nerve. Reducing oxidative stress in eye tissues may help protect vision.

### Anti-Inflammatory & Pain Relief

Helps reduce ocular inflammation which can contribute to glaucoma progression.

### Cannabinoids

- THC - Primary compound that lowers intraocular pressure. However, the effects are short-lived, requiring frequent dosing.
- CBD - Offers neuroprotection, but high doses may increase IOP, so it should be used carefully.
- CBG - May help reduce IOP and has neuroprotective properties.
- THCV - May support ocular blood flow, which is essential for maintaining healthy vision.

### Terpenes

- Caryophyllene - Anti-inflammatory, reduces ocular discomfort.
- Linalool - Helps with pain relief, relaxation, and neuroprotection.
- Myrcene - Muscle relaxant and sedative effects, which helps with eye strain.
- Pinene - Improves oxygenation and blood flow to the optic nerve.
- Limonene - Anti-inflammatory and may reduce stress related to glaucoma.

### Recommended Products

- THC-Rich Tinctures - Provide fast-acting relief for IOP reduction.
- Edibles/Pills - Long-lasting effects to help maintain lower IOP for extended periods.
- Vape Cartridges and Inhalable Flower - Fast relief for sudden IOP spikes.

# Hepatitis

## Medical Cannabis Treatment Guide

### Liver Protection & Anti-Inflammatory

CBD and CBG reduces liver inflammation and fibrosis.

### Nausea & Appetite Stimulation

THC helps reduce nausea and improve appetite which is essential for maintaining proper nutrition during hepatitis treatment.

### Pain & Fatigue Management

Helps relieve muscle pain, joint discomfort, and severe fatigue.

### Cannabinoids

- CBD - Anti-inflammatory and helps reduce liver fibrosis and oxidative stress.
- CBG - Has hepatoprotective properties and may help prevent liver damage.
- THC - Helps manage nausea, pain, and appetite loss.
- CBC - Works with THC and CBD to enhance pain relief and reduce inflammation.
- THCV - Helps regulate metabolism and reduce fat accumulation in the liver.

### Terpenes

- Caryophyllene - Strong anti-inflammatory and supports liver health.
- Limonene - Aids digestion, reduces nausea, and antioxidant benefits.
- Myrcene - Helps with pain relief, relaxation, and muscle recovery.
- Pinene - Supports respiratory health and has anti-inflammatory effects.
- Linalool - Reduces stress, anxiety, and promotes overall wellness.

### Recommended Products

- CBD/CBG Tinctures - Supports liver health and reduces inflammation.
- RSO or Full-Spectrum Oils - Potent anti-inflammatory and healing benefits.
- Edibles/Pills - Long-lasting relief from nausea, pain, and inflammation.
- Topicals - Helps with joint and muscle pain.
- Vape or Flower (caryophyllene & limonene-rich strains) - Provides fast relief from nausea and pain.

# HIV/AIDS

## Medical Cannabis Treatment Guide

### Pain & Neuropathy Relief

THC and CBD reduce nerve pain and inflammation.

### Appetite Stimulation & Weight Management

THC stimulates appetite which helps maintain weight and overall health.

### Nausea & Gastrointestinal Relief

Reduces nausea and vomiting which improves adherence to medications, especially antiretroviral medications can cause nausea and digestive issues.

### Cannabinoids

- THC - Reduces pain, nausea, and stimulates appetite.
- CBD - Helps with inflammation, anxiety, and neuropathy while balancing THC's psychoactive effects.
- CBG - Supports the immune system and has potential antiviral properties.
- CBC - Works with THC and CBD to enhance pain relief and reduce inflammation.
- THCV - Can modulate appetite and help with metabolic health.

### Terpenes

- Myrcene - Pain relief, muscle relaxation, and sedation for better sleep.
- Limonene - Mood elevation, anti-nausea, and digestive support.
- Caryophyllene - Anti-inflammatory and immune support.
- Linalool - Anti-anxiety, anti-inflammatory, and helps with sleep.
- Pinene - Bronchodilator, anti-inflammatory, and helps cognitive functions.

### Recommended Products

- Rick Simpson Oil (RSO) - Full-spectrum cannabis oil with high THC content for pain, appetite stimulation, and overall well-being.
- Edibles/Pills - Long-lasting relief from pain and nausea.
- Tinctures (THC/CBD or CBG blends) - Fast absorption and easy dosage.
- Vape or Inhalable Flower with myrcene and limonene-rich strains) – Quick relief for nausea, pain, and mood elevation.

# Huntington's Disease

## Medical Cannabis Treatment Guide

### Reduces Motor Symptoms (Spastic Movement & Muscle Rigidity)

THC activates CB1 receptors which helps regulate motor function, reducing involuntary movements and muscle stiffness. CBD also supports neuroprotection, preventing further damage to motor neurons.

### Neuroprotection & Anti-Inflammatory Effects

CBD and CBG have neuroprotective properties that may slow the progression of neurodegeneration. THC and CBC reduce neuroinflammation, which is linked to the worsening of Huntington's symptoms.

### Mood Stabilization & Sleep Improvement

CBD and CBN reduce anxiety, depression, and sleep disturbances.

### Cannabinoids

- THC - Reduces muscle rigidity, suppresses involuntary movements, and improves sleep.
- CBD - Neuroprotective, anti-inflammatory, and helps with anxiety and depression.
- CBG - Supports brain health and may slow neurodegeneration.
- CBN - Sedative effects help with sleep and muscle relaxation.
- CBC - Enhances pain relief and reduces neuroinflammation.

### Terpenes

- Linalool - Calming, muscle-relaxing, and sleep-promoting properties.
- Myrcene - Sedative and muscle relaxant, reduces spasms and anxiety.
- Caryophyllene - Anti-inflammatory and pain relief.
- Pinene - Enhances cognitive function and helps with neuroprotection.
- Limonene - Mood-boosting and anti-anxiety, helps with stress relief.

### Recommended Products

- CBD/THC Tinctures (1:1 or 2:1 Ratios) - Fast-acting and long-lasting, helps with motor symptoms, mood, and inflammation.
- Edibles/Pills - Sustained relief, especially for sleep and muscle stiffness.
- Vape Cartridges (CBD or Indica-Dominant Strains) - Fast relief for tremors and anxiety.
- Topicals - Localized pain relief in stiff muscles and joints.

# Irritable Bowel Syndrome (IBS)

## Medical Cannabis Treatment Guide

### Regulates Gut Inflammation

Cannabinoids like THC and CBD reduce gut inflammation by interacting with the CB2 receptors in the immune system.

### Relieves Abdominal Pain & Cramping

THC and CBD interact with the endocannabinoid system (ECS) to regulate pain perception which reduces spasms and discomfort in the digestive tract.

### Reduces Stress & Anxiety

Since IBS is often triggered by stress, cannabis helps calm the nervous system by interacting with serotonin receptors and reducing stress-related flare-ups.

### Cannabinoids

- CBD - Anti-inflammatory and gut-calming, it helps regulate the immune system and ease intestinal discomfort without psychoactive effects.
- THC - Reduces pain, nausea, and cramping, while stimulating appetite.
- CBG - Supports gut movement and reduces inflammation making it beneficial for both diarrhea-dominant and constipation-dominant cases.
- CBC - Enhances the effects of THC and CBD.
- CBN - Calming and improves sleep.

### Terpenes

- Myrcene - Relaxes muscles and reduces cramping for calming gut spasms.
- Linalool - Soothes anxiety and stress.
- Caryophyllene - Provides anti-inflammatory and analgesic properties.
- Pinene - Supports respiratory and digestive health, reducing inflammation in the intestines.
- Limonene - Helps reduce bloating and stress-related IBS symptoms.

### Recommended Products

- Tinctures - Fast-acting and long-lasting, taken under the tongue.
- Pills/Edibles - Long-lasting relief, especially in full-spectrum ratios.
- Inhalable Flower or Vape - Fast-acting relief.
- Suppositories - Direct absorption for severe IBS pain and cramping.

# Menstrual Cramps

## Medical Cannabis Treatment Guide

### Pain Relief & Muscle Relaxation

THC and CBD interact with the body's pain receptors to relax muscles and reduce cramping and discomfort.

### Reduces Inflammation

CBD, CBG, and caryophyllene help lower prostaglandin levels which cause menstrual pain and inflammation.

### Mood Stabilization & Stress Reduction

Linalool and limonene terpenes help with mood swings, anxiety, and irritability related to PMS.

### Cannabinoids

- CBD - Anti-inflammatory, muscle relaxant, and pain reliever.
- THC - Eases pain and promotes relaxation.
- CBG - Reduces inflammation and may help with bloating.
- CBC - Works with THC and CBD to enhance pain relief.
- CBN - Helps with relaxation and sleep, especially for nighttime cramps.

### Terpenes

- Caryophyllene - Strong anti-inflammatory and pain-relieving effects.
- Myrcene - Muscle relaxant, sedative, and pain reliever.
- Linalool - Calming, anti-anxiety, and muscle relaxant properties.
- Limonene - Uplifting, mood-enhancing, and stress-reducing.
- Pinene - Helps reduce inflammation and improves relaxation.

### Recommended Products

- CBD/THC Tinctures - Fast-acting relief for pain and inflammation.
- Edibles/Pills - Long-lasting pain relief and relaxation.
- Suppositories - Direct absorption for pain and cramping.
- Balms/Creams - Apply to the lower abdomen for localized relief.
- Bath Bombs - Helps relax muscles and relieve cramps while promoting relaxation.
- Inhalable Flower or Vape (Caryophyllene & Myrcene-Rich Strains) - Immediate relief for severe cramps and mood stabilization.

# Multiple Sclerosis (MS)

## Medical Cannabis Treatment Guide

### Reduces Muscle Spasticity & Tremors

THC and CBD help relax muscles, reducing spasticity, stiffness, and involuntary movements.

### Manages Chronic Pain & Inflammation

Cannabinoids like THC, CBD, and CBG interact with pain receptors to reduce nerve pain and inflammation.

### Improves Sleep & Mental Well-Being

Helps combat MS-related fatigue, depression, and insomnia by promoting relaxation and mood balance.

### Cannabinoids

- THC - Relieves muscle spasms, reduces neuropathic pain, and promotes relaxation.
- CBD - Anti-inflammatory and neuroprotective, helps with pain, immune function, and mood stability.
- CBG - Supports nerve regeneration and reduces neuroinflammation.
- CBC - Works with THC and CBD to enhance pain relief and improve mood.
- THCV (low dose) - Can help regulate motor control and reduce tremors.

### Terpenes

- Caryophyllene - Strong anti-inflammatory and pain-relieving effects.
- Myrcene - Muscle relaxant and sedative properties, helping with spasticity.
- Linalool - Calming, helps with anxiety, pain, and sleep disorders.
- Pinene - Supports cognitive clarity and respiratory function.
- Humulene - Anti-inflammatory, can help reduce autoimmune flare-ups.

### Recommended Products

- THC/CBD Tinctures - Effective for pain, muscle spasms, and inflammation.
- RSO or Full-Spectrum Extracts - Relief for chronic pain and inflammation.
- Edibles/Pills - Long-lasting symptom relief.
- Creams/Balms/Patches - Localized relief for muscle stiffness and pain.
- Inhalable Flower or Vape (caryophyllene & myrcene-rich strains) - Fast-acting relief for breakthrough pain and spasms.



# Muscular Dystrophy

## Medical Cannabis Treatment Guide

### Alleviates Chronic Pain & Muscle Spasms

Helps relieve chronic pain and reduce muscle tightness.

### Reduces Inflammation

Cannabinoids like CBD have anti-inflammatory properties that help reduce inflammation.

### Improves Mental Health

Helps reduce stress, anxiety, and tension.

### Cannabinoids

- CBD - Anti-inflammatory and pain-relieving properties helps manage chronic pain and inflammation.
- THC - Helps reduce muscle spasms and alleviate pain, improving mobility and comfort.
- CBN - Promotes better sleep quality, aiding in muscle recovery and overall well-being.

### Terpenes

- Linalool - Helps reduce anxiety and promote relaxation, beneficial for mental health.
- Myrcene - Sedative and muscle relaxant, aiding with stiffness and sleep.
- Caryophyllene - Anti-inflammatory and pain relief.
- Humulene - Helps reduce inflammation, aiding in pain management.
- Pinene - Helps with cognitive function, has anti-inflammatory effects, and acts as a bronchodilator while reducing the fog effects of THC.

### Recommended Products

- Sublingual Tinctures (high-CBD) - Quick absorption, helping manage acute pain and muscle spasms.
- Edibles/Pills - Sustained relief, especially for sleep and muscle stiffness.

# Parkinson's Disease

## Medical Cannabis Treatment Guide

### Reduces Tremors & Muscle Stiffness

THC and CBD relax muscles and regulate dopamine levels, reducing involuntary movements.

### Provides Neuroprotection & Reduces Inflammation

CBD, CBG, and THCV have neuroprotective properties that may slow disease progression.

### Improves Sleep & Mood

CBD, CBG, and limonene work to balance serotonin and dopamine levels helping with depression and mood swings.

### Cannabinoids

- CBD - Anti-inflammatory, neuroprotective, and helps with anxiety and sleep.
- THC - Reduces tremors, muscle stiffness, and pain while improving sleep.
- CBG - Helps with neuroinflammation and nerve cell protection.
- THCV (low doses) - May improve motor control and cognitive function.
- CBC - Works with CBD and THC to enhance neuroprotective effects.

### Terpenes

- Linalool - Calms the nervous system, helping with anxiety and sleep.
- Myrcene - Muscle relaxant, helps with spasticity and sedation.
- Caryophyllene - Anti-inflammatory, pain-relieving, and neuroprotective.
- Pinene - Improves focus, memory, and respiratory function.
- Limonene - Uplifting effects help with depression and mood stability.

### Recommended Products

- CBD/THC Tinctures - Helps with tremors, pain, and sleep.
- RSO or Full-Spectrum Extracts - Potent and long-lasting neuroprotection.
- CBD/THC Edibles/Pills - Provides extended symptom relief.
- Topicals - Helps with localized muscle stiffness and pain.
- Inhalable Flower or Vape (linalool & caryophyllene-rich strains) - Fast relief for tremors and anxiety.

# PTSD

## Medical Cannabis Treatment Guide

### Reduces Anxiety & Fear Response

CBD and THC regulate the endocannabinoid system to lower overactive fear responses and anxiety.

### Improves Sleep & Reduces Nightmares

THC, CBN, and sedative terpenes help combat PTSD-related insomnia and nightmares.

### Enhances Emotional Regulation & Mood Stability

CBD, CBG, and limonene work to balance serotonin and dopamine levels, helping with depression and mood swings.

### Cannabinoids

- CBD - Non-psychoactive, reduces anxiety, stress, and emotional dysregulation.
- THC - Eases flashbacks, nightmares, and promotes relaxation.
- CBN - Sedative effects help with PTSD-related insomnia.
- CBG - Supports mood stability and reduce stress-related inflammation.
- THCV - Helps regulate mood and reduce hyperarousal.

### Terpenes

- Linalool - Strong calming effects, reduces anxiety and promotes relaxation.
- Myrcene - Sedative properties help with sleep and relaxation.
- Caryophyllene - Reduces stress and regulates mood.
- Limonene - Helps combat depression and emotional instability.
- Pinene - Helps with focus, clarity, and reducing stress without drowsiness.

### Recommended Products

- CBD/THC Tinctures - Fast-acting and effective for anxiety and emotional stability.
- Full-Spectrum Cannabis Oils (RSO or high-CBD extracts) - Potent, long-lasting relief for severe PTSD symptoms.
- Edibles/Pills - Long-lasting effects for anxiety, nightmares, and stress relief.
- CBD/CBN Sleep Aids - Helps with PTSD-related insomnia and nightmares.
- Inhalable Flower or Vape - Immediate relief for acute anxiety or flashbacks.

# Seizures

## Medical Cannabis Treatment Guide

### Stabilizes Neuronal Activity

CBD and THCV help regulate brain function by reducing overactive nerve signaling.

### Reduces Neuroinflammation & Oxidative Stress

CBD, CBG, and CBC help protect brain cells from inflammation and damage.

### Modulating the Endocannabinoid System

Cannabinoids interact with CB1 and CB2 receptors to balance neurotransmitter activity helping to prevent seizure onset.

### Cannabinoids

- CBD - FDA-approved in Epidiolex for epilepsy and works by stabilizing neuronal activity.
- THCV (low dose) - Helps reduce seizures by modulating brain activity.
- CBG - Has neuroprotective effects that may help with seizure disorders.
- CBC - Works with CBD to enhance seizure control.
- THC (controlled doses) - Some forms of epilepsy respond well to THC, though too much may trigger seizures in sensitive individuals.

### Terpenes

- Linalool - Has calming and anti-epileptic properties.
- Myrcene - Sedative effects help with seizure recovery and relaxation.
- Caryophyllene - Anti-inflammatory and neuroprotective.
- Pinene - Enhances cognitive function and helps with post-seizure fog.
- Humulene - Helps reduce inflammation and supports brain health.

### Recommended Products

- CBD-Dominant Tinctures - Fast-acting and effective for seizure prevention.
- CBD/THC Capsules (high-CBD, low-THC formulations) - Provides extended seizure protection.
- Full-Spectrum CBD/THCV Edibles (low-THC, high-CBD blends) - Helps with seizure control and neuroprotection.
- Vape or Inhalable Flower (high-linalool & caryophyllene strains) - Immediate relief for seizure warning signs or recovery.

# Severe or Intractable Nausea

## Medical Cannabis Treatment Guide

### Suppresses the Vomiting Reflex

THC interacts with CB1 receptors in the brainstem, reducing nausea and preventing vomiting.

### Regulates Gut Motility & Inflammation

CBD and CBG help soothe digestive distress and inflammation.

### Reduces Anxiety & Stress-Related Nausea

Linalool, limonene, and CBD help calm the nervous system preventing nausea triggered by anxiety or pain.

### Cannabinoids

- THC - Reduces nausea and stimulates appetite.
- CBD - Reduces gut inflammation, modulates serotonin receptors, and prevents nausea without intoxication.
- CBG - Helps regulate digestion and relieve nausea associated with gastrointestinal issues.
- THCV (low dose) - Helps suppress nausea, especially in conditions like cyclic vomiting syndrome.
- CBC - Works with THC and CBD to enhance nausea relief.

### Terpenes

- Limonene - Supports digestion, relieves stress-related nausea, and has an uplifting effect.
- Myrcene - Has anti-spasmodic effects, relaxing the stomach muscles and reducing nausea.
- Linalool - Calms anxiety and nausea, helpful for motion sickness and stress-induced nausea.
- Caryophyllene - Anti-inflammatory for gut-related nausea and pain.
- Pinene - Respiratory function and mental clarity, reducing nausea triggers.

### Recommended Products

- THC-Dominant Tinctures - Provides rapid nausea relief.
- RSO or Full-Spectrum Extracts - Potent, long-lasting anti-nausea effects.
- Edibles/Pills - Helps sustain nausea relief throughout the day.
- CBD/THC Vapes or Inhalable Flower (limonene & myrcene-rich strains) – Immediate relief for acute nausea episodes.

# Sickle Cell Anemia

## Medical Cannabis Treatment Guide

### Pain Management

THC and CBD interact with the body's pain receptors to provide relief from chronic and acute pain episodes reducing the need for opioids.

### Reduces Inflammation & Improves Blood Flow

CBD and CBG have anti-inflammatory properties that may help reduce vascular inflammation and improve circulation.

### Manages Stress, Anxiety & Sleep Disorders

Cannabis (especially CBD and linalool-rich strains) helps with relaxation and sleep quality.

### Cannabinoids

- THC – Pain relief, reduces stress, and promotes relaxation.
- CBD – Anti-inflammatory, reduces pain perception, and supports immune function.
- CBG – Helps improve blood circulation and may reduce oxidative stress.
- CBC - Enhances pain relief and reduce inflammation.
- THCV - May help regulate blood vessel function and reduce fatigue.

### Terpenes

- Caryophyllene – Anti-inflammatory and pain-relieving.
- Myrcene – Helps with pain relief, muscle relaxation, and sleep.
- Linalool – Anti-anxiety, anti-inflammatory, and sedative effects help with stress and sleep.
- Limonene - Elevates mood, reduces stress, and antioxidant benefits.
- Pinene – Supports respiratory health, reduces inflammation, and may aid cognitive function.

### Recommended Products

- Full-Spectrum Tinctures – Long-lasting relief from pain and inflammation.
- RSO or High-THC Concentrates – Severe pain management.
- Edibles/Pills – Offers prolonged pain relief and relaxation.
- Topicals – Provides localized relief for muscle and joint pain.
- Inhalable Flower or Vape (Caryophyllene & Myrcene-Rich Strains) – Fast relief for pain and anxiety.

# Spastic Quadriplegia

## Medical Cannabis Treatment Guide

### Reduction of Muscle Spasticity

THC reduces muscle spasticity providing relief from the involuntary muscle contractions associated with conditions like cerebral palsy.

### Pain Management

CBD can alleviate chronic pain, and its anti-inflammatory effects contribute to pain reduction.

### Seizure Control

Both THC and CBD reduce the frequency and severity of seizures.

### Cannabinoids

- THC - Reduces muscle spasticity and alters pain perception pathways providing analgesic effects.
- CBD - Reduces inflammation decreasing muscle stiffness and may protect nerve cells from damage, supporting overall neurological health.
- CBG - Decreases inflammation and reduce muscle spasms.

### Terpenes

- Linalool - Calming effects and pain relief, beneficial for muscle spasms.
- Myrcene - Helps alleviate muscle tension and promote relaxation.
- Caryophyllene - Binds to CB2 receptors reducing inflammation and pain.
- Pinene - Reduces inflammation and improves airflow.
- Limonene - Elevates mood which can be beneficial in managing the emotional challenges associated with chronic conditions.

### Recommended Products

- High-THC Tinctures - Sublingual administration allows for rapid absorption, aiding in quick relief from spasticity.
- CBD-Rich Oils - Oral consumption can provide systemic relief from inflammation and pain.
- Balanced THC/CBD Edibles/Pills - Offers prolonged effects.
- Vape Cartridges - Immediate relief through inhalation, useful for acute symptom flare-ups.

# Spinal Cord Disease or Severe Injury

## Medical Cannabis Treatment Guide

### Reduces Neuropathic Pain & Inflammation

THC, CBD, and CBG work to block pain signals and reduce inflammation in the central nervous system.

### Eases Muscle Spasms & Spasticity

THC and myrcene-rich strains help relax muscles and prevent involuntary contractions.

### Improves Sleep & Mental Health

Supports better sleep, reduces anxiety, and combats depression related to spinal cord injuries.

### Cannabinoids

- THC - Alters pain perception and reduces muscle spasticity.
- CBD - Anti-inflammatory and neuroprotective properties help reduce nerve damage.
- CBG - Supports nerve regeneration and pain relief.
- CBC - Enhances pain control and reduce inflammation.
- CBN - Sedative effects help with sleep disturbances.

### Terpenes

- Caryophyllene - Strong anti-inflammatory and pain-relieving effects.
- Myrcene - Muscle relaxant, sedative, and analgesic properties.
- Linalool - Calming, reduces muscle spasms, and promotes relaxation.
- Pinene - Neuroprotective properties, may support cognitive clarity.
- Limonene - Uplifting effects, helps combat stress and depression.

### Recommended Products

- Full-Spectrum Tinctures - Easy to dose, effective for pain and muscle spasticity.
- RSO or Full-Spectrum Extracts - For severe pain and inflammation.
- Edibles/Pills - Extended relief for chronic pain and muscle spasms.
- Creams/Balms - Localized pain relief.
- Inhalable Flower or Vape (High-Caryophyllene & Myrcene Strains) - Provides immediate relief for breakthrough pain and spasticity.