

TIPS FOR ACHIEVING SUCCESS WITH CANNABIS DOSAGE

From The Survivor's Guide to Medical
Cannabis by Dr. Regina Nelson

1. Begin with a small dose of 2-5mg (single dose).
2. Take the same dose 3-4 times a day: in the morning, early/mid-day, evening, and before sleep.
3. Administer the larger doses at night, approximately an hour before bedtime.
4. Initially, opt for an Indica Hybrid or a 1:1 CBD: THC strain when using flower. An 8:1 CBD: THC ratio for other cannabis products like tinctures or edibles.
5. Consider using hemp oil products as they can be a good starting point or can be combined with medical cannabis products to broaden the cannabinoid spectrum.
6. Always aim for a Target Dose of 1 mg of cannabinoids per kilogram of body weight –but take your time titrating to this dose.
7. Wait for 3-4 days before increasing the daily dose, gradually moving towards your target dosage.
8. When increasing the dosage, add only 2-5 mg per dose for titration purposes (e.g., 10 mg, 15 mg, 20 mg, 25 mg, 30 mg; avoid jumps like 10 mg, 20 mg, 40 mg to manage euphoria better).
9. Keep a choline supplement on hand, just in case you consume too much T.H.C.
10. Manage your expectations and understand that cannabis may not provide miraculous results, though it is hoped that it does.

Bonus Tip: Maintain a journal to track your dosing and progress effectively.

If you need to learn more to understand all these dosing tips, then pick up a copy of "The Survivor's Guide to Medical Cannabis" (www.ReginaNelson.com or Amazon) or consider the Cannacian® Certification program for an educated step-up in the cannabis industry.

