



GreenNurse Group

We put real care in careplans

Patient Handbook



Welcome to *GreenNurse™ Group*

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We hope that you find the information in this booklet useful. For more information, please visit our website www.GreenNurseGroup.com

Thank you for allowing GreenNurse™ Group to serve you.

*“Just living is not enough...
One must have sunshine, freedom,
and a little flower.”*

H.C. Anderson





WHO WE ARE

GreenNurse™ Group is a whole health consulting agency that serves as a liaison between patients and professionals in the medical cannabis industry. We are a multi-disciplinary team of Registered Nurses who offer education and customizable strategies to manage symptoms of chronic illness.



GNG offers unique personalized services for patients, families and medical providers. We utilize primary care nursing, customized care plans and ongoing continuity of care to provide the guidance that patients and families need when embarking upon a new way of managing symptoms.

We will hold your hand until you are ready to let go.





GENERAL INFORMATION

Mission Statement

GreenNurse Group (GNG) is an action oriented, non-profit organization of dedicated Registered Nurses and licensed health professionals who seek to relieve suffering via the safe use of medical cannabis and other natural, holistic therapies. Following the guidelines of each state in which the **GNG** operates, we effect positive change in individuals' lives through direct education, advocacy, empowerment and public policy generation. We recognize nursing as the most compassionate of professions, and understand all patients are unique, thus requiring diverse approaches to their care. **GNG** utilizes a medical-based, patient-first approach, and through our services, we strive to bring the same excellence of trusted, quality nursing care to the medical cannabis industry.

Program Development

GNG was created as an educational platform to teach on the difference between medical and recreational cannabis, how to use it as a medicine, mitigate side effects and reduce harm. Medical patient's utilization of cannabis is much different than that of the adult use community. We strive to keep that distinction. **GNG** is an educational service for those who seek other wellness tools to bridge the gap from what they are not getting from traditional medicine. We create connection and synergy between Cannabis Patients, Providers, and Registered Medical Dispensaries in attempt to ensure that cannabis is consumed safely, responsibly, and to the highest medicinal benefit





Medical Cannabis access in United States

https://www.safeaccessnow.org/medical_marijuana_access_in_the_usa

Massachusetts "Medical use of cannabis" is defined in the act as "the acquisition, cultivation, possession, processing (including development of related products such as food, tinctures, aerosols, oils or ointments), transfer, transportation, sale, distribution, dispensing or administration of marijuana, for the benefit of qualifying patients in the treatment of debilitating medical conditions, or the symptoms thereof." For more information, please visit the Mass Department of Public Health."

<https://www.mass.gov/medical-use-of-marijuana-program>



Healing doesn't always mean the absence of illness or disease but instead a sense of empowerment in having the ability to discover the best options to manage symptoms of chronic illness. GreenNurse Group will educate and empower you to make decisions that are best for optimal health and wellness wherever you may be on your journey.





GREENNURSE™ GROUP SERVICES

GNG offers a plethora of services and options customizable for every type of patient with or without a medical cannabis card. Whether you find us through the web, social media, or a friend, we will guide you through the process of becoming one of our patients.

Services Including but not limited to:

- Educational speaking engagements for small and large groups including patients and medical professionals.
- Live Recorded Educational Events and Radio
- GreenNurse private consultations, education, and care plans
- Medical Card Certifications individual or in group setting
- Ongoing Continuity of care by GreenNurses and GreenNurse Assistants
- HIPAA compliant internet platform
- Ongoing educational series including: newsletters, blogs, videos, handouts, call in, webinars, social media
- Assisting with Registered Medical Dispensary Services and Apothecary Programs.
- Connect patients with affiliate organizations, offering discounted products and services with other like-minded wellness companies.
- Support all aspects of holistic health-such as counseling, nutrition, herbalism, massage, energy work, meditation and yoga.
- Invitations to special social events
- Calls, emails, texts within business hours

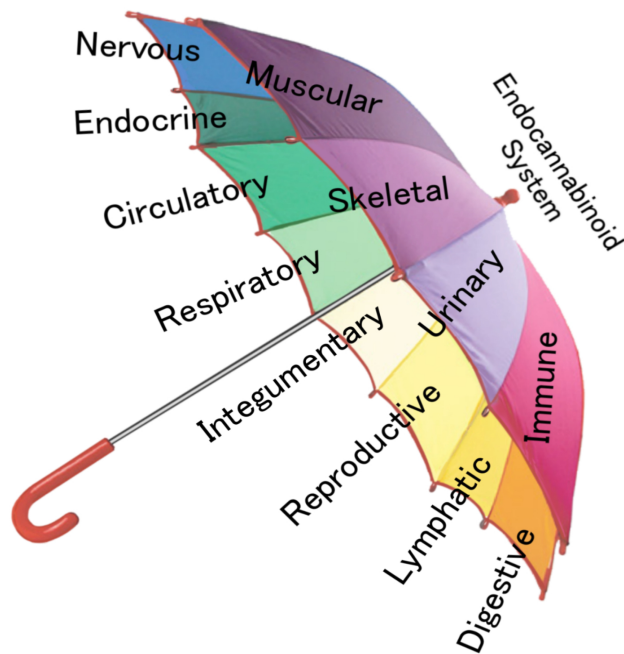




CANNABIS 101 (part one)

Endocannabinoid System (ECS) can be found in all vertebrate species and acts as the largest neurotransmitter signaling system to help maintain a stable internal environment within our bodies. The goal of the Endocannabinoid system is to maintain balance or homeostasis with all of our other body systems.

Endocannabinoid System
Largest Neurotransmitter
Signaling System
Regulates all other systems.



Endocannabinoids and their receptors are found throughout the body including: the brain, organs, connective tissues, glands and immune cells. They all perform different tasks but the goal is always the same which is to bring about homeostasis or balance within the body. ECS helps to auto regulate our bodies more efficiently in regards to eating, sleeping, relaxing, protecting and forgetting.





CANNABIS 101 (part two)

The three key components of the Endocannabinoid System (ECS) are:

- Cannabinoid receptors found on the surface of the cells
- Endocannabinoids, small molecules that our bodies make that activate the cannabinoid receptors
- Metabolic enzymes that synthesize and breakdown the endocannabinoids after they are used

Endocannabinoids (our bodies make) and Phytocannabinoids (cannabis plant makes) are KEYS that unlock a door to a communication system within our bodies to keep it in balance and functioning optimally.

The Endocannabinoid System

CBD, CBN and THC fit like a lock and key into existing receptors. These receptors are part of the endocannabinoid system which impact physiological processes affecting pain modulation, and appetite plus anti-inflammatory effects and other immune system responses. The endocannabinoid system comprises two types of receptors, CB1 and CB2, which serve distinct functions in animal health and well-being.



Tetrahydrocannabinol



Cannabidiol



Cannabinol

CB1

CB1 receptors are primarily found in the brain and central nervous system, and to a lesser extent in other tissues.

CBD does not directly fit CB1 or CB2 receptors but has powerful indirect effects still being studied.

CB2

CB2 receptors are mostly in the peripheral organs especially cells associated with the immune system.

source: www.the-human-solution.org





Plant Cannabinoids

CBC

Analgesic
Anti-bacterial
Anti-depressant
Anti-fungal
Anti-inflammatory
Neurogenesis

THCv

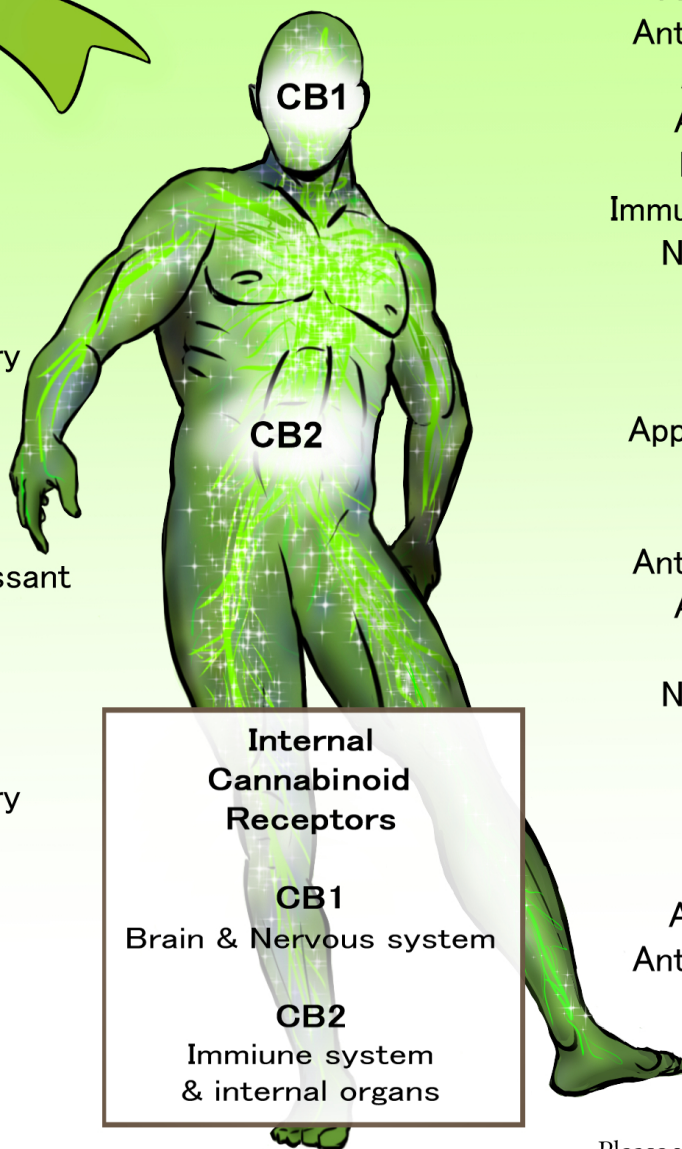
Anti-convulsive
Appetite suppressant
Bone stimulant

THCa

Anti-cancer
Anti-inflammatory
Anti-spasmodic

CBG

Analgesic
Anti-bacterial
Anti-cancer
Anti-depressant
Anti-fungal
Bone stimulant



Internal Cannabinoid Receptors

CB1

Brain & Nervous system

CB2

Immune system
& internal organs

CBD

Analgesic
Anti-anxiety
Anti-bacterial
Anti-cancer
Anti-convulsive
Anti-depressant
Anti-inflammatory
Anti-psychotic
Anti-spasmodic
Bone stimulant
Immunosuppressive
Neuroprotective

THC

Analgesic
Appetite stimulant
Anti-bacterial
Anti-cancer
Anti-inflammatory
Anti-spasmodic
Bronchodilator
Neuroprotective

CBN

Analgesic
Anti-bacterial
Anti-convulsive
Anti-inflammatory
Anti-insomnia

Please visit us at

www.GreenNurseGroup.com
for more information.





CANNABIS 101 (part three)

Why do I need cannabis? Why don't I produce enough of my own endocannabinoids?

Lifestyle choices have impacted our bodies ability to make its own cannabinoids. Cannabis may be one tool to help reboot our body systems to start working more efficiently.

Endocannabinoid Deficiency



RISK FACTORS

- Age
- Obesity
- Poor Diet
- Smoking
- Chronic Alcohol Use
- Polypharmacy
- Chronic Stress
- Lack of Exercise

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Without our bodies making our own cannabinoids to balance out our various systems, communication starts to break down and so does our health.

Conditions related to Endocannabinoid Deficiency

<ul style="list-style-type: none">• Fibromyalgia• Migraine• Irritable Bowel Syndrome• Multiple Sclerosis• Obesity• Depression• Autoimmune Disorders• Autism	<ul style="list-style-type: none">• Uncompensated Parkinson's• Uncompensated Anorexia• Uncompensated Schizophrenia• Seizures• Chronic Motion Sickness• Huntington's Disease• Failure to Thrive
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(McPartland, Guy & Di Marzo, 2014)

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CANNABIS 101 (part four)

Cannabis plant is classified into three groups for medical use. Within each group, there is a variety of different strains from which to choose. These groups include: Sativa, Indica, Hybrid. They each have different characteristics which determine effect.

Sativa	Hybrid	Indica
<ul style="list-style-type: none">• Uplifting• Energizing• Cerebral High	<ul style="list-style-type: none">• Uplifting• Sedating• Energizing• Relaxing• Cerebral• Body	<ul style="list-style-type: none">• Relaxing• Sedating• Body High

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The best way to distinguish between strains is to look closely at the cannabinoids and terpene profiles. See attached diagrams.

Terpenes			
Terpenes	Found	Benefit	Aroma/Taste
Pinene	Pine Needles	Bronchodilator, Anti-Inflammatory, Memory	Piney
Myrcene	Hops	Sedative, Sleep Aid, Muscle Relaxer	Musky, Earthy, Woody, Clove
Limonene	Citrus	Acid Reflux, Anti-Anxiety Antidepressant	Citrusy, Fresh Spice
Terpinolene	Coriander	Analgesic, Pain Reduction Digestive	Piney, Floral, Slightly Herbal
Linalool	Lavender	Anesthetic, Anti-Convulsive Analgesic, Anti-Anxiety	Lavender, Floral
Caryophyllene	Black Pepper	Anti-Inflammatory, Analgesic, Digestive, Protects Cell Lining	Peppery, Woody, Spicy
Humulene	Basil	Anti-Inflammatory	Robust, Herby
Ocimene	Thyme	Decongestant, Antiseptic	Citrus, Tropical, Green Wood











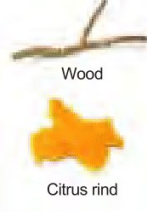


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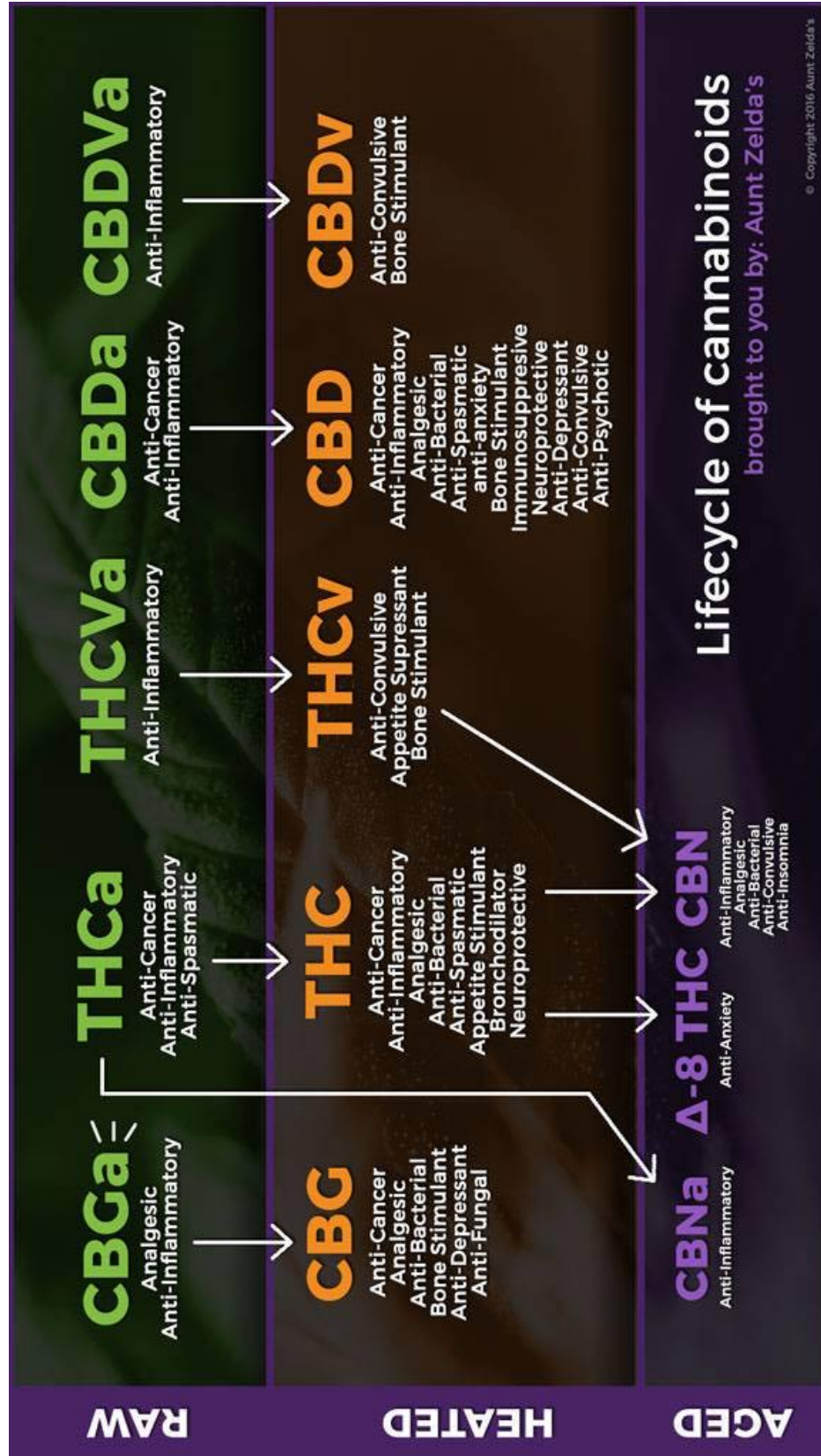


TERPENOIDS

Smells and Therapeutic Effects

α-PINENE	 Pine needles	Anti-bacterial Anti-fungal Anti-inflammatory Bronchodilator
β-CARYOPHYLLENE	 Black Pepper Clove	Anti-bacterial Anti-cancer Anti-fungal Anti-inflammatory Anti-septic
BORNEOL	 Camphor	Analgesic Anti-insomnia Anti-septic Bronchodilator
CARYOPHYLLENE OXIDE	 Eucalyptus	Anti-fungal Anti-ischemic
CINEOL	 Tea Tree	Anti-bacterial Anti-depressant Anti-inflammatory Anti-ischemic Bronchodilator
CITRONELLOL	 Rose	Anti-cancer Anti-inflammatory Anti-insomnia Anti-spasmodic
HUMULENE	 Hops	Anorectic Anti-cancer Anti-bacterial Anti-inflammatory
LIMONENE	 Citrus	Anti-anxiety Anti-bacterial Anti-cancer Anti-depressant Anti-fungal
LINALOOL	 Lavender	Anti-anxiety Anti-bacterial Anti-convulsive Anti-depressant Anti-insomnia
MYRCENE	 Lemongrass Mango	Analgesic Anti-cancer Anti-inflammatory Anti-insomnia Anti-spasmodic
NEROLIDOL	 Wood Citrus rind	Anti-fungal Anti-insomnia
PHYTOL	 Green Tea	Anti-insomnia
TERPINOLENE	 Lilac Apple	Anti-bacterial Anti-fungal Anti-insomnia Anti-septic







CANNABIS 101 (part five)



Principles of Cannabinoid Therapeutics

- Personalized Medicine
- Look at cannabinoid profile, terpenes, and CBD:THC ratio.
- THC sensitivity determines the ratio of CBD:THC
- CBD:THC ratio is a reference point for sensitivity to dosing.
- Microdosing

<u>CBD:THC</u>	<u>RATIO</u>	<u>EFFECTS</u>
THC	0:1	High, Euphoric, Psychoactive, Intoxicating
CBD:THC	1:2	Moderate Euphoria, Relaxed
CBD:THC	1:1	Mild Euphoria, Most therapeutic across all categories
CBD:THC	2:1	Eliminates Euphoria, Relaxed, Nice Mood
CBD:THC	3:1	Relaxed, Nice Mood (autoimmune conditions)
CBD:THC	20:1	Relaxed, Nice Mood (neurological conditions)
CBD	1:0	Relaxed, Nice mood





CANNABIS 101 (part six)

The Biphasic Effect - Low and high doses of the same substance can produce opposite effects. Small doses of cannabis tend to stimulate, large doses sedate. “Less is More” is often the case with cannabis therapy.

The Entourage Effect - is when all of the cannabinoids work together in synergy. The sum of the whole is stronger than its individual components.

REGISTERED MEDICAL DISPENSARIES (RMD)

Understanding the difference between Medical Dispensaries and Adult Use Cannabis Shops is essential for safe use for the highest medicinal benefit, minimize side effects and reduce harm.

<https://www.leafly.com/news/cannabis-101/what-is-a-marijuana-dispensary>

A thorough list of medical dispensaries in Massachusetts here, list is updated frequently.

<https://www.compassionforpatients.com/medicine#dispensaries>

Cannabis Testing - What is in your medicine?

The RMD is required by law to obtain testing on all medicine produced. The laboratory testing includes an analysis of strength, or potency of the cannabis contents, as measured by its active ingredients. Analytical testing ensures products are safe to consume and provides data necessary for patients to predict effects and select the products best suited for their needs.

Potency Profile

- Cannabinoids - Indicates product potency and potential medical benefits
- Terpenes - Indicates smell, taste, and potential medical benefits

Safety Screen For Harm Reduction

- Heavy Metals - Arsenic, Cadmium, Mercury, and Lead
- Pesticides - Toxic chemicals used on plants to get rid of insects.
- Microbiological contaminants - Yeast, Mold, Bacteria, Fungus
- Residual Solvents - High concentrations of lingering chemicals used for extraction can be hazardous.

Product Labels - product labels vary. Every label outlines the total active cannabinoid breakdown.

This is important for symptom management.





CANNABIS PRODUCTS AND ADMINISTRATION

Medical Cannabis works by entering the bloodstream and reaching the body's cells. Each product affects the body differently. This is determined by: method of administration, strength, potency, dosage or amount used, individual body chemistry and genetics.

Methods of Administration

Method	Inhalation Vaporization Vape Pens	Ingestion Edibles Capsules	Sublingual Tinctures	Topical Lotions
Starting Dose	1-3 Puffs	2.5mg-5.0mg	2.5mg-5.0mg	1-2 pumps
Onset	1-2 min.	1-2 hr.	5-15 min.	Variable
Peak	30 min.	2-3 hr.	1-2 hr.	Variable
Duration	1-4 hr.	6-12 hr.	1-4 hr.	1-3 hr.
Notes	Easy dosing, discreet, no carcinogens	Long-lasting, stronger effect, difficult to dose, high sugar content	Discreet, no odor, available in drops and sprays, more expensive	External use, may irritate sensitive skin, not intoxicating

Inhalation

Starting Dose	1-3 Puffs
Onset	1-2 Minutes
Peak	30 Minutes
Duration	1-4 Hours
Notes	Easy dosing, discreet, no carcinogens if you vaporize



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Edibles

Starting Dose	2.5mg-5.0mg
Onset	1-2 Hours
Peak	2-3 Hours
Duration	8-12 Hours
Notes	Long-lasting, stronger effect, difficult to dose, high sugar content



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Tinctures

Starting Dose	2.5mg-5mg
Onset	5-15 Minutes
Peak	1-2 Hours
Duration	1-4 Hours
Notes	Discreet, no odor, available in drops and sprays, can be more expensive



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Topicals

Starting Dose	1-2 Pumps
Onset	Variable
Peak	Variable
Duration	1-3 Hours
Notes	External use, may irritate sensitive skin, not intoxicating



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Other Methods of Administration

- Transdermal Patches
- Nebulizers
- Inhalers
- Oromucosal Sprays
- Rectal/Vaginal Suppositories
- Bath salts
- Lozenges
- Juice/Drinks
- Flower
- Concentrates
- Soaps



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Dosing Guidelines

- What Symptoms are you Treating?
- Be aware of Side Effects
- Start Low and go Slow
- Use same Dose for Several Days
- Read the Labels
- Experiment with Ratios
- Try Different Methods of Administration
- Consult a Cannabis Specialist
- Keep a Journal
- Less is More

(ProjectCBD.org)

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"I don't want to get high"



THC	CBD
<ul style="list-style-type: none">• Doses < 2.5mg• Microdosing• THCA (Non Intoxicating)<ul style="list-style-type: none">• Anti Inflammatory, Antiemetic, Neuroprotective• Suppositories<ul style="list-style-type: none">• "Warm & Fuzzy" feeling• Lotions, salves, balms	<ul style="list-style-type: none">• Non-intoxicating• Higher CBD:THC ratios• Can lessen intoxicating effects of THC• Raw Juicing

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SAFE AND RESPONSIBLE USE

Medicinal Cannabis has tremendous benefits when used properly. However, as with other forms of medicine or substances can have side effects when not used correctly or when overused.

Recommendations for Safety and Harm Reduction

- Cannabis Journal
- Start LOW and Go SLOW
- Don't consume edibles on an empty stomach. Hydrate before you medicate.
- Keep all products in a secure location away and out of reach from children and pets.
- Do not store edibles with other food (may be mistaken for non-infused)
- Only open packages and use products at home. Opening packages or ingesting cannabis products in a public place is illegal.
- If you must travel, place your products in the locked box in the trunk of your car or in an area that is not easily accessible to the driver or visible from the outside.
- Driving is prohibited by M.G.L.c. 90, s. 24, and. machinery should not be operated.
- Never operate a motor vehicle under the influence of cannabis or any other mind altering substances.
- Alcohol can affect your reaction to medicinal cannabis and exacerbate sedation. We advises all patients to avoid using alcohol while using any cannabis products.
- Opioids and other sedating medications should be monitored closely while utilizing medicinal cannabis and you may find that your need for these decreases.
- Do not change any of your medication dosages without consulting your prescribing doctor.
- Make sure that you monitor all of your other medications that you are taking.
- Have a plan in place in case you consume too much THC
- Read the labels and ask if you don't know
- Pregnancy: Speak to your provider about benefit/risk ratio





CANNABIS USE DISORDER - CRITERIA

- Cannabis is often taken in larger amounts or over a longer period than was intended.
- There is a persistent desire or unsuccessful efforts to cut down or control cannabis use.
- A great deal of time is spent in activities necessary to obtain cannabis, use cannabis, or recover from its effects.
- Craving, or a strong desire or urge to use cannabis.
- Recurrent cannabis use resulting in a failure to fulfill major role obligations at work, school, or home.
- Continued cannabis use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of cannabis.
- Important social, occupational, or recreational activities are given up or reduced because of cannabis use.
- Recurrent cannabis use in situations in which it is physically hazardous.
- Cannabis use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by cannabis.

Definitions

Tolerance is the body's physical adaptation to a drug: greater amounts of the drug are required over time to achieve the initial effect as the body "gets used to" and adapts to the intake.

Physical dependence is a state of adaptation that is manifested by a drug class specific withdrawal syndrome that can be produced by abrupt cessation, rapid dose reduction, decreasing blood level of the drug, and/or administration of an antagonist.

Addiction is a primary, chronic, neurobiologic disease, with genetic, psychosocial, and environmental factors influencing its development and manifestations. It is characterized by behaviors that include one or more of the following: impaired control over drug use, compulsive use, continued use despite harm, and craving.

Pseudo addiction is a term which has been used to describe patient behaviors that may occur when pain is under-treated. Patients with unrelieved pain may become focused on obtaining medications, may "clock watch," and may otherwise seem inappropriately "drug seeking." Even such behaviors as illicit drug use and deception can occur in the patient's efforts to obtain relief. Pseudo addiction can be distinguished from true addiction in that the behaviors resolve when pain is effectively treated.





GREENNURSE™ GROUP DISCLAIMER

(part one)

Nurses are healthcare providers who strive to promote health, prevent illness and alleviate suffering. The fundamental principles of nursing are compassion and respect for the individual patient. A key role of the nurse is to act as a patient advocate.

The nursing profession holds that health is a universal right, which includes access to health care and education concerning the prevention of health issues (ANA, 2015). ANA has supported providing safe access to therapeutic marijuana and related cannabinoids for over 20 years. In 1996, ANA's Congress on Nursing Practice supported research and education for evidence-based therapeutic uses of marijuana and related cannabinoids. In addition, the ANA House of Delegates has gone on record as supporting nurses' advocacy for patients using marijuana and other related cannabinoids for therapeutic use (ANA, 2003). <http://www.nursingworld.org> <http://www.anamass.org/>

Nurse Practice Act - Nursing practice involves clinical decision making leading to the development and implementation of a strategy of care to accomplish defined goals. It shall include, but not be limited to the performance of services which promote and support optimal functioning across the life span; the collaboration with other members of the health team to achieve defined goals; health counseling and teaching; the provision of comfort measures; teaching and supervising others; and participation in research which contributes to the expansion of nursing knowledge. Each individual licensed to practice nursing in the commonwealth shall be directly accountable for safety of nursing care he delivers. The practice of registered nurses shall include, but not be limited to: (1) the application of nursing theory to the development, implementation, evaluation and modification of plans of nursing care for individuals, families and communities; (2) coordination and management of resources for care delivery; (3) management, direction and supervision of the practice of nursing, including the delegation of selected activities to unlicensed assistive personnel.

<https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXVI/Chapter112/Section80B>





GREENNURSE™ GROUP DISCLAIMER

(part two)

Nursing diagnosis differs from a medical diagnosis. A medical diagnosis refers to a disease process which is made by a physician and will be a condition that only a doctor can treat. In contrast, a nursing diagnosis describes a client's physical, sociocultural, psychological and spiritual response to an illness or potential health problem. For as long as a disease is present, the medical diagnosis never changes, but a nursing diagnosis evolves as the client's response changes. The goal as established in a nursing care plan – in terms of observable client responses – is what the nurse hopes to achieve by implementing nursing orders. It is a desired outcome or change in a client's condition. The nursing care plan written by The GreenNurse™ is not intended to diagnose or treat a disease. The care plan lists recommendations based on the client's already established documented medical diagnosis and reported associated symptoms. The nursing care plan is a shared decision model based on already established education and anecdotal information provided by others who have benefited from the use of medicinal cannabis.

This GreenNurse Group patient handbook has provided the following: general information, patient education, safety, and resources. All content provided by GreenNurse Group and GreenNurse™ is for general informational purposes only. The information provided is not intended to be a substitute for professional medical advice, diagnosis or treatment. These statements have not been evaluated by the Food and Drug Administration (FDA). The information and products are intended to support general well being. GreenNurse Group is not responsible or liable for any advice, course or treatment, diagnosis or any other information, services or products that you obtain as a result of your consult.



RESOURCES

Cannabis Resources <http://mychronicrelief.com/Resources>

Cannabis Associations <http://mychronicrelief.com/resources/cannabis-associations>

Cannabis Educational Videos <http://mychronicrelief.com/cannabis-videos>

Cannabis Research Papers <http://mychronicrelief.com/medical-cannabis-research-papers>

Dustin Sulak, Doctor of Osteopathy <https://healer.com>

Patients Out Of Time (POT) <http://patientsoutoftime.org>

International Association of Cannabis Medicine (IACM) <http://www.cannabis-med.org/index.php?lng=en>

Society of Cannabis Clinicians <http://cannabisclinicians.org>

Americans for Safe Access (ASA) <http://www.safeaccessnow.org>

American Cannabis Nurses Association <https://cannabisnurses.org>

Americans for Safe Access; Medical Cannabis Research
http://www.safeaccessnow.org/medical_cannabis_research_what_does_the_evidence_say

Medical Cannabis Research <https://www.medicalmarijuanainc.com/education>

American Academy of Cannabinoid Medicine (AACM) <http://aacmsite.org>

Project CBD <https://www.projectcbd.org>

Natural Organization for the Reform of Marijuana Laws (NORML) <http://norml.org>

NORML Cannabis Research Library <http://norml.org/library>

Realm of Caring <https://www.theroc.us>

Cannabis Drug Interactions <https://www.drugs.com/drug-interactions/cannabis.html> and
<https://www.medscape.com/viewarticle/881059>

Cannabis Dictionary <https://www.coloradopotguide.com/marijuana-glossary>

Help Guide; Guide to Mental and Emotional Health <https://www.helpguide.org>

Marijuana Policy Project <https://www.mpp.org>

Green Flower Media <https://www.green-flower.com/>





Canna Journal

Date:

Time:

How are you feeling today, physically? Mentally? Rate your pain level.

STRAIN:

DOSE:

METHOD OF ADMINISTRATION:

AROMA:

TASTE:

Cannabinoid Profile:

TAC: %

THC: %

THC-A: %

CBD: %

CBD-A: %

CBG: %

CBG-A: %

How are you feeling AFTER using cannabis, physically? Mentally? Rate your pain level.

30 Minutes:

Pain Level:

1-Hour:

Pain Level:

2-Hours:

Pain Level:

Notes:



