



Dosing

Did you know the cannabis plant contains up to 150 different cannabinoids (chemicals), 220 terpenes/terpenoids (aromatic compounds) and 20 flavonoids (flavor compounds)?

All of these contribute to the therapeutic effect of cannabis, known as the *entourage effect*. Dosing cannabis is a difficult and complicated affair. Here's 5 simple things you can do to learn how to dose cannabis.

1. Start Low, Go Slow

- Edibles - start with 2-3mg THC. Wait an hour to see if the dose is effective. If it isn't, take a little more.
- Tinctures and sublingual ingestion - use 0.25ml or less as a starting dose. Onset time is usually 15-20 minutes. If you aren't feeling the necessary effects after 1 hour, dose another 0.25ml.
- Vaping or inhaling - take one or two puffs, and see how you feel. With vapes and inhalers, the effects are immediate, which can be advantageous for dosing purposes and fast results.

2. Find Your Therapeutic Zone

- Microdosing - find your ideal THC amount without feeling too "high", "stoned" or anxious.
- Balance - use CBD in equal amounts to THC to reduce THC's psychoactivity.
- Day vs night - sleepy terpenes can be useful for getting to sleep at night. Enlivening terpenes, mixed with CBD and small amounts of THCv, may be useful during the day.

3. Cannabinoids Are Biphasic & Different Conditions Need Different Dosages

- Low doses of THC can beat anxiety, whereas high doses can cause anxiety.
- Those with PTSD may be more tolerant to THC, and benefit from THC's stress-relieving properties.
- Low doses of THCv block psychoactive effects but higher doses of THCv increase psychoactive effects.
- High doses of both THC and THCv can be very psychoactive (but shorter lived compared to THC mixed with some CBD).

4. Age, Sex, Height, Weight, Activity Levels ... All of These Matter

- Women are more sensitive to THC due to its interaction with oestrogen, but build tolerance to it faster.
- Developing brains are more sensitive to THC, so those aged under 25 ought to utilize other cannabinoids and microdose THC.
- Those who are highly active may be able to reduce cannabinoid tolerance. Those with higher amounts of fat in their body or those who weigh more may need higher doses of cannabinoids.

5. Start a Dosing and Treatment Plan

1. List all the conditions you want cannabis to help you with.
2. Then ask yourself, "What do I want to achieve by using cannabis?"
3. Once you have your needs defined, you can set up a treatment plan and set goals to achieving them.