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The Interplay of Acupuncture, Herbal Medicine + Cannabis



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Origins of Chinese Medicine

- Neijing: oldest medicine + philosophy text
- 8 Patterns to identify imbalance in the body
 - Yin-yang
 - Hot-cold
 - Exterior-interior
 - Excess-deficiency
- Ba Gang: 5 Elements or Phases (includes more spirit/emotion)





5 Elements

- Wood/Spring: tension, anger, sour, liver, gallbladder
- Fire/Summer: mania, joy, bitter, small intestines, heart
- Metal/Autumn: grief, acceptance, pungent, large intestine, lung
- Earth/Late Summer: less clarity + focus, digestion, metabolism
- Water/Winter: fear, courage, bladder, kidney

Resource: *Between Heaven & Earth*





Acupuncture + Meridians + Cannabis

- Meridians + collaterals: energetic pathways connect organs, body interior + exterior
- Various forms of Qi
- 12 primary meridians with acupressure points
- Reduces neuropathic pain similar to cannabis
- Cannabis for meridians + acupuncture = homeostasis





Chinese Herbal Medicine Theory

- Shennong: oldest herbalism text includes cannabis over 10,000 years ago
- Superior herbs (adaptogens): cannabis, tulsi, ginseng offer physical + spiritual well-being
- Four temperatures: hot, cold, warm, cool
- Different tastes
 - Sour/Wood: absorbs, consolidates (sour plum)
 - Bitter/Fire: dries, clears (mugwort)
 - Sweet/Earth: strengthens, reinforces (ginseng, cannabis seed)





The Balancing Act

- 12 meridians include a channel with paired organs
- Herbs are blended to address the desired outcome
 - Pungent, cannabis → disperse qi
 - Salty, fish → softens masses, cysts
- Consider all symptoms to create a balanced herbal blend





Root Cause Resolution + Cannabis

- Hemp smooths qi flow regulates energy + reduces pain
- Hemp seeds
 - Sweet, neutral, large intestine, stomach, spleen, downward draining + laxative, strengthening
- Cannabis + sesame seeds are superior cereal
- Herbal treatment based on toxicity, taste, temperature, affinity + herbal category





Cannabis + Spiritual Enlightenment

- Superior plants awaken vital energies to connect with spirit light
- Overuse may trigger psychosis or mania in some individuals
- Improved qi flow enhances endocannabinoid system for modulating pain + mood





Connecting Ancient Text to Modern Research

- Correlations can be inferred to use cannabis as an adjunct to an herbal medicine plan
- Shennong teaches essential fatty acids in hemp seed impact brain health
- Anandamide, an endogenous cannabinoid, creates bliss to address the 7 emotional damages

