



Pain & Cannabis Guidelines

The Pain Epidemic & Cannabis

- Autoimmune & metabolic syndromes are on the rise, resulting in widespread chronic pain
- Cannabis can provide pain relief & it is a natural, safe alternative to dangerous pharmaceuticals

Root Causes of Pain

- Diseases associated with pain, such as arthritis, fibromyalgia, migraines & seizures, may be related to clinical endocannabinoid deficiency
- A functional, individualized approach is essential for pain

Classifying Pain

- Nociceptive: somatic pain caused by damage to the skin, deep tissue, or muscle & visceral pain caused by damage to the internal organs
- Neuropathic: pain caused by changes within the nervous system

The Most Effective Ratios

- Neuropathic & Musculoskeletal Pain: CBD to THC (1:1)
- Tension Headaches: high CBD, low THC
- Migraines: THC dominance—2.5-25mg THC inhaled, sublingual, or topical
- *For THC beginners, start with CBD only & slowly titrate in THC as needed to relieve pain*

The Endocannabinoid System (ECS) & Pain

- The ECS down regulates signals that contribute to inflammation, which is a root cause of pain
- CB1 & CB2 receptors inhibit a specific enzyme (adenylate cyclase), which prevents a type of pain called allodynia
- CB1 & CB2 receptors also help block pain via neurotransmitters—acetylcholine, glutamate, and dopamine

CB1 & Pain

- C1 receptors are most abundant in the central nervous system, primarily the hippocampus, cerebellum & basal ganglia
- Modulates nociceptive & neuropathic pain
- Relieves visceral pain from GI tract

CB2 & Pain

- Most abundant in the peripheral tissues & immune cells
- Suppresses the release of inflammatory cytokines & leukotrienes
- CB2 receptor expression increases in inflamed tissue