



Dosing Guidelines

Delivery Methods

- Tinctures: quickly absorbed, 4-hour duration, easily measurable & controllable
- Ingestion: slow onset, long-lasting, provides systematic relief, can be difficult to dose
- Inhalation: fast-acting, short duration, provides systematic relief
- Topical Application: fast acting, provides localized pain relief & reduce inflammation

Desensitization & Tolerance

- High doses can trigger receptor desensitization, resulting in cannabis tolerance
- Withholding cannabis allows receptors to re-sensitize, which will restore physiological balance
- Low dose use will require a few days of abstinence
- High dose use will require a longer period of abstinence
- Overuse may trigger personality changes & withdrawal symptoms

Tips for Dosing

- Keep in mind that no standard cannabis dosage exists
- Know that dosages vary extensively among individuals
- Start small and increase slowly until desired therapeutic effect is achieved
- Adjust delivery method & dosage to experience optimal results
- Recognize that “less is more” in most patients
- Take time to find your “sweet spot” & be self-aware
- Remember your goal for cannabis use, dosage will shift with time & conditional changes
- Include nutrient-dense foods & other natural healing modalities for increased positive outcome
- Try for products higher in CBD for daytime use
- Use for products higher in THC for nighttime use
- Decrease dosage If side effects, such as anxiety or paranoia, occur