



Healer

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Introduction to Cannabis 4 Day Program — Tincture

- **Have a positive first experience with cannabis.**
This program is designed to allow your body to become sensitive to cannabis and to ensure you achieve the optimal therapeutic benefits at the lowest effective dose. **With cannabis it is important to remember that less is usually more (a lower dose can produce better therapeutic effects).**
- **Understand and determine the right cannabis dosage for you.**
Using the correct dose of cannabis is the single most important factor in having a successful therapeutic relationship with cannabis. Unlike most medications, cannabis cannot be prescribed at a certain quantity and frequency based on body weight and age - everyone responds differently based on our unique physiology. This program helps you find your optimal cannabis dosage.
- **Prevent negative side effects.**
For most patients, using less cannabis can provide superior medical benefits. Using too much cannabis will often decrease its effectiveness and increase the unwanted side effects. Patients report that by using less cannabis they achieve maximum therapeutic benefits while having more energy, feeling more clear-headed, and having minimal to no unwanted effects.

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Before you get started...

During these first few days, the goal is for you to begin to feel some of the therapeutic effects from cannabis. I know that you're excited to experience all that cannabis has to offer you. You're excited to get symptom relief or control of your condition - and you will be able to achieve these goals by following this procedure. Over the next four days, you are going to sensitize your body to cannabis, allowing you to use a much lower dose with greater efficacy, and maintain those great effects for the long run.

Using the correct dose of cannabis is the single most important factor in having a successful therapeutic relationship with cannabis. Unlike most medications, cannabis cannot be prescribed at a certain quantity and frequency based on body weight and age. We all have a unique internal chemistry, and the cannabinoid system is very complex, so different dosages will be best for different people. **With cannabis it is important to remember that for most people, less is more.** Many of the benefits of cannabis actually diminish with increased dosage, and very high doses can actually worsen the symptoms one might be trying to alleviate.

Thousands of patients have reported that when they first try cannabis at low to moderate doses, they do not feel any effects at all after the first 1-3 uses. Then, they suddenly begin responding to cannabis at the same dosage previously tried. Animal research gives us clues to understand this "sensitization" effect: THC can trigger production of more cannabinoid receptors¹, increase the sensitivity of existing cannabinoid receptors², and increase the production of the body's own endocannabinoids³, at certain doses. On the other hand, high doses of THC have been shown to have the opposite effect, decreasing the number of available cannabinoid receptors.⁴ By following this protocol, you can improve the tone of your endocannabinoid system, an integral component of our capacity to adapt to stress and restore balance at a cellular level. Not only will you achieve better results with cannabis, you will also enhance your capacity for self-healing.

Considering its broad therapeutic effects, cannabis is an incredibly safe medicine, with most side effects described as mild, perhaps bothersome, but rarely dangerous⁵. The most commonly reported side effects include changes in balance and fine-motor

control, tiredness, anxiety, dry mouth, increased appetite, and short term memory loss. Luckily, when using this protocol, patients usually build tolerance to the negative side effects of cannabis within the first 3-5 days, while the positive effects continue to increase!

The most common cause of adverse effects experienced by new users can be found in the interface between the patient's state of consciousness (what they are thinking) and their surrounding environment⁶. You can prevent these side effects by paying attention to your mindset and surroundings before using low doses of cannabis.

Prior to administering cannabis, take 1-5 minutes to observe and evaluate your current Inner Inventory. While cannabis can help patients "turn the page" on stuck emotions and unhealthy thought patterns, it can also amplify these uncomfortable states. Patients often will not know which outcome to expect, and amplification of certain emotions or thoughts can be uncomfortable or distressing, though often therapeutic after these feelings are addressed with love and acceptance.

Taking time for pre-cannabis introspection will empower you to participate in your response to cannabis, and increase the likelihood of "turning the page" if that is what is needed. While 1-5 minutes does not sound like a long time, it will probably feel like a long time. Be intentional. Make a ritual out of your cannabis use. Notice how you feel, and think of what you hope to get out of this experience.

In addition to optimizing your sensitivity to cannabis, this program will empower you to develop simple and incredibly effective ways to improve your health and augment the power of cannabis. The Inner Inventory is a selfawareness tool that can be used to better integrate one's mind and body, assess the benefits of other health care activities, and take control of the neuroplastic forces unlocked by cannabis. Enjoyable exercises included in this program and specific foods, such as omega3 fatty acids and dark chocolate, have also been shown to enhance the endocannabinoid system.^{7,8}

While performing this program I also recommend that you review my "Strategies to Use Cannabis Without Getting High" if that is one of your intentions.

IMPORTANT NOTE

*Use Caution. The goal is to use the minimal amount of cannabis to achieve the maximum benefits. If at any time you notice that you are developing tolerance to cannabis (needing a higher dose to get the same effect), then you have likely exceeded your optimal therapeutic dosage. I recommend you try our Sensitization Protocol. I advise patients to avoid smoking joints or eating edibles. Both of these methods predispose patients to inhale or ingest too much cannabis. Vaporizers and tinctures are preferred methods and allow patients to dose correctly with the right amount of cannabis.

- *Dr. Dustin Sulak*

Research supporting program:

¹Cichewicz, Diana L., Victoria L. Haller, and Sandra P. Welch. "Changes in opioid and cannabinoid receptor protein following short-term combination treatment with Δ^9 -tetrahydrocannabinol and morphine." *Journal of Pharmacology and Experimental Therapeutics* 297.1 (2001): 121-127.

²Oviedo, Angelica, John Glowa, and Miles Herkenham. "Chronic cannabinoid administration alters cannabinoid receptor binding in rat brain: a quantitative autoradiographic study." *Brain research* 616.1 (1993): 293-302.

³Burstein, Sumner H., and Sheila A. Hunter. "Stimulation of anandamide biosynthesis in N-18TG2 neuroblastoma cells by δ^9 -tetrahydrocannabinol." *Biochemical pharmacology* 49.6 (1995): 855-858.

⁴Hsieh, C., et al. "Internalization and recycling of the CB1 cannabinoid receptor." *Journal of neurochemistry* 73.2 (1999): 493-501.

⁵"but rarely dangerous"

National Academy of Sciences, Institute of Medicine. 1999. *Marijuana and Medicine: Assessing the Science Base*.

⁶"surrounding environment"

Abel EL (1971) Changes in anxiety feelings following marijuana smoking. The alternation in feelings of anxiety resulting from the smoking of marijuana (*Cannabis sativa* L.). *Br J Addict Alcohol Other Drugs* 66:185-187.

Gregg JM, Small EW, Moore R, Raft D, and Toomey TC (1976) Emotional response to intravenous Δ^9 -tetrahydrocannabinol during oral surgery. *J Oral Surg* 34:301-313.

Naliboff BD, Rickles WH, Cohen MJ, and Naimark RS (1976) Interactions of marijuana and induced stress: forearm blood flow, heart rate, and skin conductance. *Psychophysiology* 13:517-522.

⁷McPartland JM, Guy GW, Di Marzo V. Care and Feeding of the Endocannabinoid System: A Systematic Review of Potential Clinical Interventions that Upregulate the Endocannabinoid System. Romanovsky AA, ed. *PLoS ONE*. 2014;9(3):e89566. doi:10.1371/journal.pone.0089566.

⁸Russo EB. Taming THC: potential cannabis synergy and phytocannabinoid-terpenoid entourage effects. *British Journal of Pharmacology*. 2011;163(7):1344-1364. doi:10.1111/j.1476-5381.2011.01238.x.

Di Tomaso, Emmanuelle, Massimiliano Beltramo, and Daniele Piomelli. "Brain cannabinoids in chocolate." *Nature* 382.6593 (1996): 677-678.

DAY 1 - Tincture

Your Introduction to Cannabis

Today, your goal is to **feel the slightest or minimal effect** from cannabis.

- Do not be concerned if you do not feel any effect today.
- During the next three (3) days, your body's sensitivity to cannabis will increase allowing you to experience therapeutic results.

STEP 1:

Check your "Starting Inner Inventory" before your administration of cannabis and write it down on the worksheet under Day 1.

Rate each using a scale of 1-10: (1 challenging and 10 easiest)

Breath: How easy and smooth is your breath?

Body: How comfortable and calm does your body feel? How easy is it to remain still and comfortable?

Mood: How easy is it for you to feel a sense of contentment and appreciation? How easy is it for you to smile right now?

STEP 2:

- **Take 1/2 of your recommended dosage (approx. 1-2 mg)**
- **Wait 30-45 minutes.**

- If you can feel any **minimal effect** from the administration and there is even a **slight change in your inner inventory, stop** and go about your day.

- If you can feel **absolutely no effect, and found no change in your inner inventory, then repeat the cycle using the same dose.**

- Take another administration.
- Wait 30-45 minutes.
- Check your inner inventory.
- Stop once you feel the slightest effect or change in your inner inventory.

***IMPORTANT NOTE: Listen to your body and don't over do it. Less cannabis is more.**

Limit yourself to only 1-3 administrations per session and remember to follow the process of only taking 1 administration, waiting 30-45 minutes, and checking your inner inventory to determine if there is a slight change.

Today's Focus:

Use the same dose for every administration today, even if you feel no effects. You'll have the opportunity to increase your dose tomorrow if you feel absolutely nothing by the end of the day (max 9 administrations).

DAY 1

Goal: To feel only the slightest effect from cannabis

Date: _____

Remember to try the cannabinoid enhancing foods, exercises, and drink water regularly.

Session 1:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30-45 minutes, if you feel NO Effect, try eating an organic apple or other healthy snack, wait 10 minutes, take 1 additional administration

Perform up to 3 administrations. Wait 30-45 minutes in between.

Session 2: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30-45 minutes, if you feel NO Effect, try eating an organic apple or other healthy snack, wait 10 minutes, take 1 additional administration

Perform up to 3 administrations. Wait 30-45 minutes in between.

Session 3: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30-45 minutes, if you feel NO Effect, try eating an organic apple or other healthy snack, wait 10 minutes, take 1 additional administration

Perform up to 3 administrations. Wait 30-45 minutes in between.



DAY 2 - Tincture

Increasing Your Sensitivity to Cannabis

Today, your goal is to continue to feel the slightest or minimal effect from cannabis. You may notice more effects today as your body creates cannabinoid receptors and becomes more sensitive to cannabis.

- Check your inner inventory and write it down on the worksheet.
- If you were able to achieve an improvement in your inner inventory score yesterday, then use the same dose today. If you felt nothing yesterday, increase today's dose by 50%.
- Take 1 administration, wait 30-45 minutes, check inner inventory and write it down on the worksheet.
 - **Stop. If you can feel any minimal effect** or change in your inner inventory and go about your day.
 - **If you can feel absolutely no effect.** try eating an apple or other healthy snack, wait 10 minutes, if you still feel nothing, repeat the cycle.

***IMPORTANT NOTE: Less cannabis is more.**

Limit yourself to only 1-3 administrations per session and remember to follow the process of only taking 1 administration, waiting 30-45 minutes, and checking your inner inventory to determine if there is a slight change.

Today's Focus:

- To only feel the slightest or minimal effect each time.
- Listen to your body and don't over do it.
- You may use cannabis, following this procedure **up to 3 times per day** based on your health and condition.
- Follow our recommended cannabinoid enhancing exercises, suggested foods, and drink water.

DAY 2

Goal: To feel only the slightest effect from cannabis

Date: _____

Remember to try the cannabinoid enhancing foods, exercises, and drink water regularly.

Session 1:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30-45 minutes, if you feel NO Effect, try eating an organic apple or other healthy snack, wait 10 minutes, take 1 additional administration.

Perform up to 3 administrations. Wait 30-45 minutes in between.

Session 2: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30-45 minutes, if you feel NO Effect, try eating an organic apple or other healthy snack, wait 10 minutes, take 1 additional administration.

Perform up to 3 administrations. Wait 30-45 minutes in between.

Session 3: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30-45 minutes, if you feel NO Effect, try eating an organic apple or other healthy snack, wait 10 minutes, take 1 additional administration.

Perform up to 3 administrations. Wait 30-45 minutes in between.



DAY 3 - Tincture

Building More Cannabinoid Receptors

Your body is continuing to build more cannabinoid receptors. You are becoming sensitive to these small doses, you are feeling more confident in your control of cannabis use, and you are gaining an understanding of how cannabis affects you.

- Check your inner inventory and write it down on the worksheet.
- If your inner inventory improved after a single dose yesterday, use the same dose for today's program. If you required 2 or more administrations to improve the inner inventory, increase your dose by 50% for today.
- Take 1 administration, wait 30-45 minutes, check inner inventory and write it down on the worksheet.
 - **Stop. If you can feel any minimal effect** and go about your day.
 - **If you can feel absolutely no effect,** try eating an organic apple or other healthy snack, wait 10 minutes, if you still feel nothing then repeat the cycle.

***IMPORTANT NOTE: Less cannabis is more.** Limit yourself to only 1-3 administrations per session and remember to follow the process of only taking 1 administration, waiting 30-45 minutes, and checking your inner inventory to determine if there is a slight change.

Today's Focus:

- To only feel the slightest or minimal effect each time.
- Listen to your body and don't over do it.
- You may use cannabis, following this procedure **up to 3 times per day** based on your health and condition.
- Follow our recommended cannabinoid enhancing exercises, suggested foods, and drink water.

DAY 3

Goal: To feel only the slightest effect from cannabis

Date: _____

Remember to try the cannabinoid enhancing foods, exercises, and drink water regularly.

Session 1:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30-45 minutes, if you feel NO Effect, try eating an organic apple or other healthy snack, wait 10 minutes, take 1 additional administration.

Perform up to 3 administrations. Wait 30-45 minutes in between.

Session 2: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30-45 minutes, if you feel NO Effect, try eating an organic apple or other healthy snack, wait 10 minutes, take 1 additional administration.

Perform up to 3 administrations. Wait 30-45 minutes in between.

Session 3: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30-45 minutes, if you feel NO Effect, try eating an organic apple or other healthy snack, wait 10 minutes, take 1 additional administration.

Perform up to 3 administrations. Wait 30-45 minutes in between.



DAY 4 - Tincture

How to Find Your Therapeutic Dosage?

Today, you'll be using this procedure to increase the dose of cannabis, beyond the minimal effect, to the optimal effect. Think of the symptomatic relief you want to achieve using cannabis. Today you should experience that level of relief, using a very low dosage.

- Check your inner inventory and write it down on the worksheet.
- If your inner inventory improved after a single dose yesterday, use the same dose for today's program. If you required 2 or more administrations to improve the inner inventory, increase your dose by 50% for today.
- Take 1 administration, **wait 30-45 minutes**, check your inner inventory and record it on the worksheet.
- **If you do not feel the desired relief from your symptoms, you may increase your dosage by:**
Repeating the process:
 - Take "1 administration", wait 30-45 minutes, check your inner inventory.

****Important Note:** 2 administrations will be administered in a 1 to 1.5 hour time period. 3 administrations will take 1.5 hours to 2 hours and 4 administrations will be completed over 2-2.5 hours.

Stop the process once you feel the optimal benefits (relief from your symptoms) and write the number of administrations required on the worksheet.

"How do I know when I reach the optimal dose?"

One of two things will occur:

- You feel enough symptom relief that you are no longer limited by whatever was bothering you. Your session is over, mark down your findings and go enjoy your day!
- You notice a decrease in your inner inventory 30-45 minutes after administration. This actually means that you have slightly exceeded your optimal dose. Don't worry if this happens, it's an important part of the learning process!

You have found your new **maximum dose for cannabis**.

- Use the next 2-3 sessions to confirm your dosage by repeating the process and waiting 30-45 minutes between administrations. Moving forward you do not have to wait the 30-45 minutes between each administration.
- I recommend you try taking one administration less than your maximum dosage to determine its effect. You can always take another administration if needed 45 minutes later.

IMPORTANT NOTE:

* Use Caution. The goal is to use the minimal amount of cannabis to achieve the maximum benefits.

If at any time you notice that you are developing tolerance to cannabis, (meaning you are needing a higher dose to get the same effect), then you have likely exceeded your optimal personal therapeutic dosage. I recommend you try our Sensitization Protocol. I advise patients to avoid smoking joints or using edibles because it predisposes them to use too much cannabis and build tolerance.

- Dr. Dustin Sulak

DAY 4

Goal: To discover the lowest therapeutic dose of cannabis you need to achieve the optimal benefits.

Date: _____

Therapeutic goal: _____

Session 1:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Optimal Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*Continue to take 1 additional administration, waiting 30-45 minutes and checking your inner inventory in between until you reach the Optimal Therapeutic Effect.

Number of drops: _____

Session 1:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Optimal Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*Continue to take 1 additional administration, waiting 30-45 minutes and checking your inner inventory in between until you reach the Optimal Therapeutic Effect.

Number of drops: _____

Session 1:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Dose (drops or ml) _____

Take 1 administration
Wait 30-45 minutes
Check inner inventory

Stop: Optimal Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*Continue to take 1 additional administration, waiting 30-45 minutes and checking your inner inventory in between until you reach the Optimal Therapeutic Effect.

Number of drops: _____

