

NOTES/ ORDERS

-

-

-

-

-

-

-

-

-

-

-

-

-



**Dr. Michelle Weiner**

[www.drnichelleweiner.com](http://www.drnichelleweiner.com)

# Medical Cannabis Guide

**Contact Us**

Jean Oliveros

P: (678) 631-8658

E: [joliveros@spinewellnessamerica.com](mailto:joliveros@spinewellnessamerica.com)

Stephane Spinato

P: (561) 221-2887

E: [sspinato@spinewellnessamerica.com](mailto:sspinato@spinewellnessamerica.com)

# Welcome to Medical Marijuana

## Before you get your card: CBD Only

Start with 10-15mg 2x/day. After 3-4 days, you can increase the dose by 5 mgs. Continue to increase dose every 3-4 days until relief.

\*You will not overdose on CBD, and there are no psychoactive components. If you get too sleepy, simply decrease the morning dosage.

\*Start with 5mg 1:1 (CBD: THC)

\*If sensitive to THC, try adding more CBD to counteract psychoactivity

\* Add 2-3mgs of THC 2x/day to your current CBD regimen

\* Increase THC by 2-3mg every 3-4 days until desired effect is reached.

---

## What's best for you?

Anxiety:  
Inflammation:  
Crohns:

—————  
—————> High CBD/ Low THC

Pain:  
Neuropathy:  
Parkinsons:  
Migraines:  
Cancer:  
Spasticity (MS)

—————  
—————> 1:1 (CBD: THC)

\*Higher CBD concentrations or a THC Indica are ideal

\* *Trouble falling asleep*: 1 puff Indica vape for immediate effects.

\**Trouble staying asleep*: Try 5-10mg THC Indica oil in food or under tongue 1 hour before bed.

## Dosage:

### TINCTURE:

Bottle:

Dropper:

\*Place desired dose under your tongue, and let it dissolve. May take ~30min to take effect, and relief typically lasts ~4-6hours.

\*For longer relief, you can place same dosage as above in a spoonful of food: i.e. peanut butter, honey, applesauce

\*Inhale 1x and wait ~5min for desired effect. If symptom relief is not met, repeat above.

\*Benefits include... immediate relief; however, affects typically only lasts ~3-4hours.

\***Capsules**: for longer relief once comfortable with ratio and mgs

\***Creams**: apply directly to area for pain or skin irritation without psychoactive component.

—————  
\*Your order expires after 70 days

\*Please schedule follow up visits - every 90 days

## Things to Know:

### Weaning Off Pharmaceuticals

Start CBD or cannabis while continuing current dose of medicine. May decrease pharmaceutical every other day by 1/2

### Common side effects

Dizziness, Low blood pressure, fatigue, dehydration, dry mouth (make sure you increase fluid/H2O intake)

250mg	500mg	1000mg	1500mg
8mg	16mg	33mg	50mg



Dr. Michelle Weiner