



The Holistic Caring & The Green Nurse Free Medical Cannabis Guide

Holistic Caring® was founded in 2016 by Elisabeth Mack, RN, BSN, MBA, to serve patients new to cannabis, and to educate health professionals in San Diego, CA. Her training manual for nurses became a book, which created robust online programs to train all healthcare professionals going forward to smartly practice medicinal cannabis therapeutics.

The Green Nurse® was founded in 2016 by Sherri Tutkus, RN, BSN, to serve patients and health professionals new to cannabis in Boston, MA. Her passion for the plant emerged after saving her own life, working tirelessly to save others as well as time and money in their cannabis journey. Get inspired by tuning into her 3x award winning *The Green Nurse Podcast*.

In 2021, we merged to unite our complementary skill sets and better serve the modern global audience. Today, our Nurse Line, Consulting, and Educational Programs inspires & supports the adoption of cannabinoids as catalysts to better health and wellbeing.

Since 2015, we have played a pivotal role in creating & shaping best practices for:

1:1 Patient Counseling &
Holistic Health Coaching

Targeted self-paced condition specific
patient online learning modules

Healthcare Professional Cannabis Health Coach
online learning programs

CBD Wellness Coaching for the lay public
to learn how to maximize CBD

Cannabis Industry Professional online modules
to learn about cannabis opportunities
from the medical perspective

Medical consultant to brands who
want to build the Medical Door

Free Nurse Line to triage and support
patients new to cannabinoids



Elisabeth Mack, RN, BSN, MA
Holistic Caring Founder & CEO

We are *Healers*, relieving suffering and
improving the quality of life for patients.

We are *Educators*, inspiring professionals to have a
working knowledge of the endocannabinoid system
and how it benefits root cause healing.

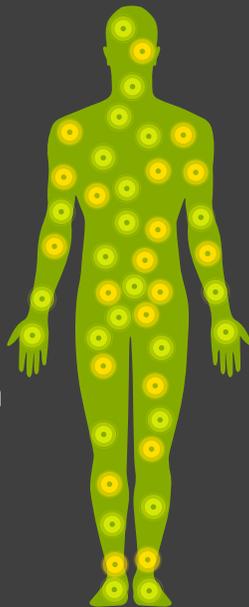
We are *Advocates*, decreasing the stigma
around what it means to feel good with plant
medicines for optimal health & wellbeing.



Sherri Tutkus, RN, BSN
The Green Nurse Founder
VP of Nursing, Holistic Caring

What is the Endocannabinoid System?

The Endocannabinoid System (ECS) is the master regulatory system that autoregulates all of our 11 organ systems, immune system and other messenger signaling systems to keep our bodies in homeostasis or balance. Cannabinoids found in the cannabis plant can help us regulate all of our systems through multiple targets at the same time.



Adjusting your ECS with cannabinoids and other activities influence your sensory awareness, pain perception, appetite, digestion, mood, memory, and motor function, inflammation, fertility, reproduction, bone formation, eye pressure, stress adaptation, sleep, endocrine function, neural development, and neuroprotection.

The ECS is an evolutionary balancing system of your biochemistry. Homeostasis means internal balance when conditions change externally. Our bodies, all of our various organ systems and physiological systems depend on the Endocannabinoid System.

All of our other 11 systems have direct roles in keeping our bodies in balance, however the ECS fine tunes the signals between cells and synapses to ensure proper communication to keep your body working optimally.

How Medical Cannabis Can Help

The two most abundant cannabinoids are CBD & THC. There are many minor cannabinoids that also work in synergy. They provide more of a therapeutic potential due to the entourage effect.

The Entourage Effect states that the whole of the plant is greater than its individual parts.

The Endocannabinoid System (ECS) has a very special function, which is to make the adjustments your body needs immediately upon demand to keep our bodies functioning optimally. These changes occur in microseconds all over your body wherever there is communication between nerves, cells & systems.

We have an ECS not because of the cannabis plant, but because we make molecules in our body very similar to the plant.

The ECS adjusts & regulates communication between all of our systems; the nervous and immune systems, tumor surveillance, bone strength, blood pressure, adrenals & hormones.

How The ECS Works - Case Study: Inflammatory Response

If you scrape your knee, dirt germs start to invade. The ON switch activates the ECS to create endocannabinoids to provide messages to activate the body's inflammatory response releasing cytokines to go to the area to fight infection and kill the germs. Once the germs are dead, the body is ready to stop releasing pro-inflammatory cytokines. The OFF switch signals the ECS to create endocannabinoids to turn off the inflammatory response.

If you are running low on your own internal endogenous cannabinoids, you may not be able to turn off the inflammatory switch. Your body will continue to produce pro-inflammatory cytokines when it isn't necessary to do so anymore. This will contribute to ongoing inflammation. That is why supplementing with full spectrum cannabinoids may help boost your Endocannabinoid System to do its job, keeping your body in balance.

Cannabis vs Chronic Inflammation

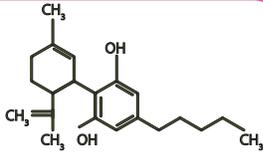
Cancer Carcinoma Sarcoma Leukemia			Metabolic Disorders Renal Failure Type II Diabetes Fatty Liver Disease
	Neurological Disorders Alzheimer's Parkinson's Multiple Sclerosis		Autoimmune Disorders IBD Chron's Disease Lupus
Pulmonary Disease Asthma COPD Bronchitis			Cardiovascular Disease Heart Failure Stroke Hyper Tension
	Bone & Joint Disease Osteoporosis Arthritis Osteopenia		Reproductive Disorders Endometriosis PCOS Menopause



Plant Cannabinoids

CBD

Cannabidiol

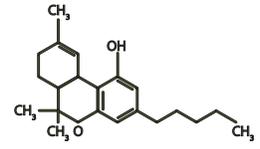


Non Impairing

- Anticonvulsant
- Antioxidant
- Neuroprotectant
- Anti-inflammatory
- Pain Relief
- Anti-nausea
- Anti-anxiety
- Anti-tumor
- Vasorelaxant
- Bone stimulant
- Anti-diabetic

THC

Tetrahydrocannabinol

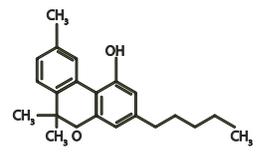


Impairing at high doses

- Anti-tumor
- Anti-anxiety
- Nausea
- Euphoria
- Sedation
- Pain Relief
- Soothes digestion
- Anti-inflammatory
- Appetite Stimulant

CBN

Cannabidiol

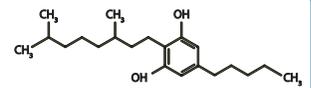


Non Impairing

- Anti-inflammatory
- Anticonvulsant
- Pain Relief
- Bone stimulant
- Sedative

CBG

Cannabigerol

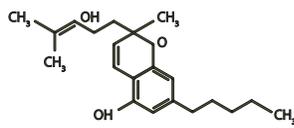


Non Impairing

- Anti-inflammatory
- Soothes Digestion
- Anti-Anxiety
- Aids Depression
- Antibacterial
- Neuroprotective
- Bone Stimulant
- Pain Relief

CBC

Cannabichromene

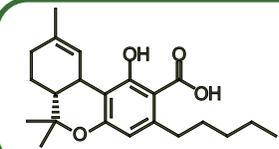


Non Impairing

- Anti-viral
- Anti-microbial
- Anti-inflammatory
- Bone stimulant
- Antidepressant
- Anti-fungal
- Pain Relief

THCA

Tetrahydrocannabinolic acid

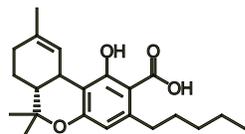


Non Impairing

- Raw form of THC
- Anti-inflammatory
- Analgesic
- Anti-tumor
- Antispasmodic
- Antiemetic
- Anti-proliferative

CBDa

Cannabidiolic acid

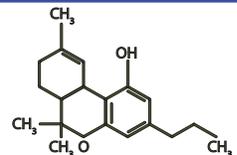


Non Impairing

- Raw form of CBD
- Anti-inflammatory
- Anti-tumor
- Anti-anxiety
- Antiemetic
- Pain Relief

THCv

Tetrahydrocannabivarin



Non Impairing

- May promote bone cell growth
- Appetite suppressant
- May improve insulin sensitivity
- May alleviate other neurodegenerative disease symptoms
- Anti-anxiety
- May alleviate tremors



4 Most Common Methods of Administration

Inhalation

Flower / Vaporizer / Smoke / Vape

- Inhalation provides the fastest onset with relief in minutes. Duration is relatively short with effects lasting 1-3 hours. Inhalation may reduce pain, nausea, anxiety, aid sleep and improve mood.
- Hold the vape or joint in the mouth and breathe in a small amount, 1-2 seconds.
- Breathe out fully and take a few more deep breaths to circulate the cannabinoids.
- Reassess after 5 minutes to determine if another puff is needed. Repeat as necessary.
- Inhalation or vaporization delivers the cannabinoids into your lungs where it passes directly into your bloodstream, then brain to start interacting with receptors for a therapeutic effect.
- Inhalation using strains:
 - Sativa: energy, mood, expansion, creativity, focus.
 - Indica: sleep, pain, relaxation, anxiety, calming.

Oral

Edibles / Capsules / Gummies / Butters

- Oral cannabis consumption provides the longest duration and relief.
- Chew the edible or swallow the capsule with water and a small bite of food to boost absorption.
- Onset 30 - 90 minutes, 2 hours for peak.
- Duration 4-8 hours depending upon dose.
- Consumption of Delta 9 THC converts to 11 Hydroxy THC in the liver.
 - Effects of Delta 11 Hydroxy THC are stronger and felt more in the body.
 - Dosing - 1:1 CBD to THC ratio, works best together for long term management and functionality.

Sublingual

Tinctures / Strips / Lozenges / Microtabs

- Tinctures are an extract of plant material dissolved in ethanol (grain alcohol based) or oils i.e: olive oil, coconut oil, MCT oil, hemp seed oil. Some are extracted in glycerin.
- Sublingual dosing means that you drop the liquid into your mouth and hold it under your tongue for a minute and then swallow.
- When taken sublingually, the solution will be absorbed through the sublingual vein bypassing the gut directly into the circulatory system.
- Alcohol based tinctures are more easily absorbed sublingually than the oils due to the viscosity. The oil based tincture gets absorbed both under the tongue and naturally through the digestive tract when swallowed.
- Onset: 15 to 30 minutes.
- Duration: 4-6 hours.

Topicals

Creams / Lotions / Salves / Patches

- Apply the topical oil, salve, or balm to the affected area you would like to treat.
- Localized relief can soothe pain, inflammation, spasms, neuropathy, and minor skin issues.
- Cannabis topicals do NOT get into the bloodstream meaning that it is very safe for first timers and is non-impairing.
- Transdermal Patches have activators that launch the cannabinoids into the bloodstream, so they do have a systemic effect in the body, and THC patches may cause slight impairment.
- Patches can last 24-48 hours providing long-acting continuous dosing.
- Onset in 10-15 minutes, duration 2-4 hours, reapply as needed.



	 Smoke / Vape	 Oral / Edible	 Sunlingual / Tincture	 Topical/Salve
Guidance & Directions	<p>Take a small puff vape, joint, or pipe into the lungs and exhale</p> <p>Take a few deep breathes to circulate the cannabinoids</p> <p>Do not hold your breathe</p> <p>Repeat as needed for relief</p>	<p>Take 15 minutes prior to a meal with fat to boost absorption and hydrate to digest</p> <p>Space 4-8 hours apart</p> <p>Use low doses with other routes, titrating up slowly as needed to to keep tolerance and costs low</p>	<p>Take dropper of oil & hold under the tongue for seconds & swallow</p> <p>Follow dosing guidelines on your product label</p> <p>Increase by 5-10mgs weekly till needed effects are attained</p> <p>If symptoms worsen reduce dosing slightly & observe</p>	<p>Apply to areas of pain, discomfort or skin irritation every few hours</p> <p>Add tinctures, capsules, and vaping for breakthrough issues</p> <p>Transdermal patches cross the dermis for systematic effects & allow continuous basal dosing</p>
Best Use & Indications	<p>Immediate relief from:</p> <ul style="list-style-type: none"> • Aid for sleep • Anxiety • Nausea • Stimulate appetite • Use as needed 	<p>Long lasting relief from:</p> <ul style="list-style-type: none"> • Pain • Stimulate • Appetite • Digestion • Add routine dosing to maintain therapeutic goals 	<p>Everyday wellness symptom management</p> <p>All conditions can benefit from tincture/extracts</p> <p>Good for novice users</p>	<p>Injuries</p> <p>Ongoing pain in joints/muscles</p> <p>Minor skin irritations, lesions</p> <p>Good for novice users</p>
Formula Notes & COA	<p>Sativa:</p> <ul style="list-style-type: none"> • Energy • Flow • Creativity • Expansion <p>Indica:</p> <ul style="list-style-type: none"> • Pain Relief • Appetite • Sleep • Rest 	<p>Start low, go slow</p> <p>Good for long term use</p> <p>Good for chronic issues</p> <p>Microdosing is key</p> <p>Effects vary based on distillate</p> <p>RSO, Extraction</p>	<p>CBD Types:</p> <ul style="list-style-type: none"> • Full Spectrum • Broad Spectrum • Isolate <p>CBD:THC Ratio:</p> <ul style="list-style-type: none"> • 20:1 • 1:10 • 4:1 • 1:1 	<p>Various CBD products:</p> <ul style="list-style-type: none"> • Salves • Balms • Bath balms • Patches in CBD : THC ratios

Getting Started - Dosing Strategies - Safe Consumption

Dosing is personal, one size fits all does not apply as everyone is different

Start with one symptom at a time and start off with 1 or 2 products at a time. (i.e. tincture and topical)

Dosing goal is to take the lowest amount of cannabinoids to get the best result without impairment

CBD:THC ratio is a reference point for dosing sensitivity (see chart)

Do not drive or operate machinery when self-titrating THC

Start slow, go slow and track your results by journaling

CBD can mitigate and dial down the psychoactivity of THC if you feel uncomfortable

Cannabis is biphasic where lower doses are more stimulating & higher doses may be more sedating

Efficacy can vary depending upon other factors including: disease, symptoms, pharmaceuticals, genetics, age & lifestyle factors

Dosing will need to be self-titrated: Self-titration means to adjust the dosage of your medicine as needed



Whole plant tincture ratios & conditions commonly used for:

<div style="text-align: center; border: 1px solid red; border-radius: 50%; width: 40px; margin: 0 auto; padding: 5px;"> 20:1 <small>CBD:THC RATIO</small> </div> <p style="text-align: center;"> Stress Anxiety Inflammation Depression Trauma Neurological Disorders THC Intolerance </p>	<div style="text-align: center; border: 1px solid purple; border-radius: 50%; width: 40px; margin: 0 auto; padding: 5px;"> 4:1 <small>CBD:THC RATIO</small> </div> <p style="text-align: center;"> Inflammation Pain Anxiety Nausea Digestive Disorders Neurological Disorders Sleep Neuropathy </p>	<div style="text-align: center; border: 1px solid orange; border-radius: 50%; width: 40px; margin: 0 auto; padding: 5px;"> 1:1 <small>CBD:THC RATIO</small> </div> <p style="text-align: center;"> Inflammation Pain Nausea Digestive Disorders Neurological Disorders Sleep Neuropathy Appetite </p>	<div style="text-align: center; border: 1px solid blue; border-radius: 50%; width: 40px; margin: 0 auto; padding: 5px;"> 1:10 <small>CBD:THC RATIO</small> </div> <p style="text-align: center;"> Pain Nausea Appetite Muscle Spasms Sleep Neuropathy PTSD Anxiety </p>
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Percentage of THC & Audience for Cannabis Products

	Cannabis CBD Found only in dispensaries	Full Spectrum Hemp CBD Found in shops & online	Broad Spectrum CBD	Isolate CBD
% THC	.3 % or more THC	.3% or less THC	Whole plant, 0% THC	Only CBD remains
Audience	All who can benefit and have safe legal access	Those who can benefit, but don't want THC	Federal or healthcare workers, 0% THC	Boosting CBD milligrams, federal, healthcare

CBD:THC RATIO Psychoactive Potential

Example: 20:1 means 20 parts CBD and 1 part THC

Beginning Dosing Guidelines

Start low, go slow

CBD: THC	RATIO	Potential Psychological Effects	Beginning Dosing Guidelines	THC	CBD
THC	0:1	Euphoric, Psychoactive & Impairing at High Doses	1st time / Microdose	1mg - 2.5mg	10mg - 25mg
CBD : THC	1:2	Moderate Euphoria, Relaxed	Moderate dose	5mg - 25mg	25mg - 100mg
CBD : THC	1:1	Mild Euphoria, Most Therapeutic	High dose	>25mg	>100mg
CBD : THC	2:1	Minimal Euphoria, Relaxed, Nice Mood			
CBD : THC	4:1	Relaxed, Nice Mood, Autoimmune conditions			
CBD : THC	20:1	Relaxed, Nice Mood, Neurological Conditions			
CBD	1:0	Relaxed, Nice Mood			



Safety & Side Effects

THC

CBD

Side Effects

All controlled with dosing:

Appetite Changes	Low Blood Sugar	Dizziness
Tachycardia	Slow Reactions	Paranoia
Muscle Relaxation	Memory Impairment	Anxiety
Disorientation	Low Blood Pressure	Sedation
Bronchodilation	Intensified Awareness	Red Eyes

Dizziness	Sedation	Jittery
Reduced Appetite	Hyperactivity	Fatigue
Loose Stools		
Potential for high liver enzymes		

Biphasic Effects

Dosing matters

Low dose THC:	High dose THC:
Calming	Anxiety
May lift mood	Panic
May lift energy	Sedation
Nausea Relief	Nausea

Self titrate until you find your sweet spot

Low dose CBD:	High dose CBD:
Stimulating	Sedating



People are making great medicines, companies are selling these great formulations, yet no one is educating on how to use cannabis as medicine.

That's what we do.

Contact us to make cannabis work for your health goals.

The Green Nurses at Holistic Caring

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info@holisticcaring.com

Free Discovery Call: 970-404-HOPE (4673)

