

CANNABIS 101

Brought to you by Rebalan and Christian Cannabis™
to provide accurate cannabis education and awareness



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Our cannabis experiences are nearly identical. Long story short, we didn't think it was for us and now we do. We discovered a common connection in Christianity, and now we are working together to support a common mission to talk about this life-changing plant.

We prepared this simple cannabis overview to help start an honest conversation and begin to dispel myths.

We invite you to join us anytime to share your thoughts and feedback. The more voices in the conversation, the better.

*Happy learning,
Kristie & Craig*

WHAT IS CANNABIS?

Many people think of cannabis as a “drug” when it is in fact a very complex plant. Cannabis contains more than 400 chemical compounds, including 60+ cannabinoids such as **THC** (tetrahydrocannabinol), **CBD** (cannabidiol), and various terpenes.

EFFECTS

When taken orally or by inhalation, cannabis produces a state of relaxation and euphoria and can also produce an altered psychological state, depending on the dose. People using cannabis with higher doses of THC may experience impaired coordination, which can compromise motor function and concentration. In extreme cases, people using cannabis in large quantities may experience a toxic psychosis, which is an extremely disorienting condition involving feelings of paranoia, panic attacks and hallucinations.

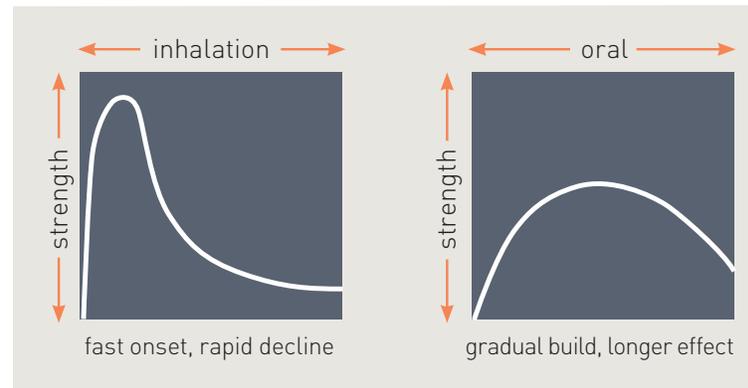
THE ENDOCANNABINOID SYSTEM

Cannabis works within our bodies because all of our bodies have an endocannabinoid system (ECS). Yes, a real network of cell receptors that accept cannabinoids. The ECS is like any other body system you may have learned about in your middle school science class, such as the circulatory and respiratory systems. The reason why you didn't learn about it then is that it was only recently discovered, and it still making its way into the textbooks. The ECS promotes homeostasis. The two main types of receptors, CB1 and CB2, are found throughout the body, but generally speaking, CB1 centers on the nervous system and CB2 on the immune system.

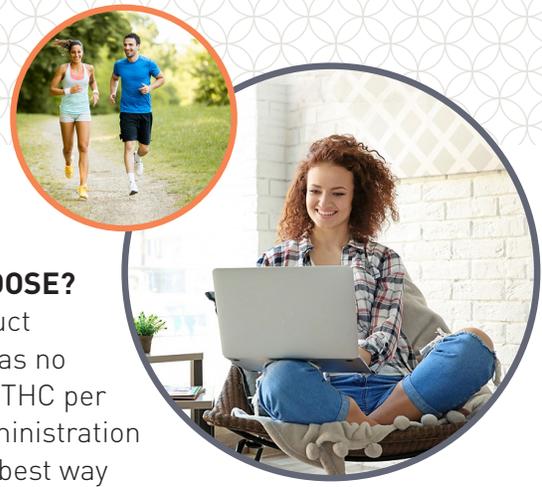
NO LETHAL DOSE

Because of the way that our ECS receptors are positioned in our body, it is impossible to ingest or smoke a lethal dose of cannabis. In fact, there has never been one case of lethal overdose that can be attributed to cannabis, worldwide.

METHODS OF ADMINISTRATION



The time of onset varies significantly by method of administration and other factors including general metabolism, interactions with other



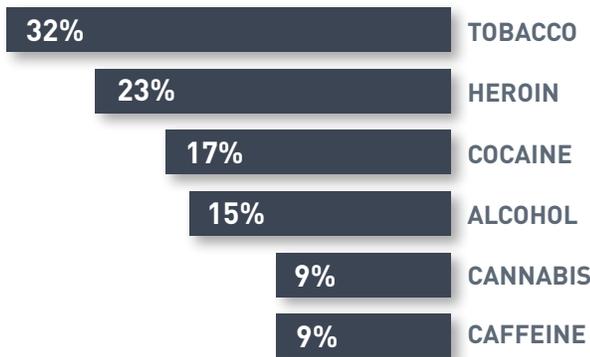
drugs, etc. Although smoking or vaping tend to produce immediate effects, ingesting cannabis is recommended for longer-lasting effects. The effects of smoking/vaping cannabis can be felt within 10-20 minutes; oral administration can take up to 2-3 hours to feel the full effects. When ingesting cannabis, the effects may last 6-8 hours.

DEPENDENCY RISK

Cannabis does carry a risk of dependency. Relative to other substances, this risk of addiction is lower. Most of the cannabis studies have also been evaluated relative to heavy, daily cannabis consumption. THC is the substance that shows properties of addition.

DEPENDENCY RISK

National Institute of Drug Abuse, 2014



WHAT IS LOW DOSING?

It is possible to incorporate cannabis treatment into your routine in low doses, especially to help manage stress and aid sleep, without experiencing disruptive side effects typically associated with “getting high.” Low dosing cannabis is particularly effective as a way to manage daily stress and aid sleep. It is a good alternative for prescription medication, such as benzodiazepines (Xanax, Ambien) and SSRI’s (Lexapro, Paxil), which may present many unwanted side effects. Cannabis in low doses is also an excellent choice over alcohol for stress management, or to “take the edge off.”

WHAT IS A LOW DOSE?

A microdose product is a product that has no more than 5mg of THC per dose. The oral administration of cannabis is the best way to control the dose and to have a longer lasting effect. Although some research suggests a beginning dose should be 5-10mg THC per 220lb of body weight (with an equal or higher amount of CBD present), it is better to start low and slow and consider products with a lower amount of THC, or CBD-only products. Taking a very low dose at the beginning of your experience will ensure greater control and help reduce any unwanted side effects. You will need to experiment with the dosing frequency based on your individual reaction.

LEGALITY

Cannabis (except CBD products derived from hemp) remains federally illegal as a Schedule I drug under the Controlled Substances Act of 1970. Despite federal prohibition, 33 states have approved the use of cannabis for various medical indications, and 11 of these 33 states have approved the use of cannabis for recreational purposes. Cannabis is unusual in that it is a plant that has medicinal benefits but can also be an intoxicant, particularly in large doses. It is important to understand your local and state regulations in this area. Individual use in low doses in a state where cannabis is legal is probably a relatively low-risk activity. CBD derived from hemp is legal in all 50 states.



Christian Cannabis™

Partnering to provide cannabis education and awareness

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