Medical Marijuana Awareness Webinar

# CANNABIS & PTS/PTSS

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# WELCOME!

- **Setting Boundaries & Disclaimers**
  - ✓ The purpose of this group is to provide a safe, supportive and judgment free zone where we can advocate for and discuss medical cannabis, as well as local and state resources.
  - ✓ It is best to always discuss with your physician before making any medical decisions about your health. The goal of this group is to engage with the community and to help educate Medical Cannabis through discussion.

***No matter our background, we are all coming together as medical cannabis advocates, patients, students and researchers.***



Please send your questions using the Q&A button at the bottom center of your screen. The speakers will answer after the presentation. The Q&A feature is public. Both panelists and attendees will see your question.

# WHAT IS

## PTS
## POST TRAUMATIC STRESS?

## PTSS
## POST TRAUMATIC STRESS DISORDER?

**PTS** is a common, normal, and often adaptive response to experiencing a traumatic or stressful event.

Your heart may race, hands shake, you may sweat or feel afraid and nervous.

**PTSS** is a clinically-diagnosed condition.

Common symptoms include reliving a traumatic event through nightmares, flashbacks, or constantly thinking about it.

Although some of these symptoms sound similar to PTS, the difference is the duration and intensity



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# HISTORY: CANNABIS & PTS/PTSS

**First accounts of Cannabis being used for symptoms of PTSD include:**

- 16th Century - Cristobal Acosta discovered Indian preparation called "**Bhang**" used for battle fatigue, used to ease anxiety and to be able to sleep
- 9th Century - Persian Physicians would pack the noses of those with severe migraines with the juice of cannabis flowers
- During **the civil war** cannabis was used medicinally to reduce dose of opioid medications required to treat severe pain.
- During **WWI** and **WWII** was called *"Battle fatigue"* or *"Shell Shock".*
  - *Not until* 1980 PTSD was codified and included in the *Diagnostic and Statistical Manual of Mental Disorders (DSM)*
- *During the Vietnam War U.S. Soldiers smoked southeast Asian cannabis to deal with the horrors of combat.*
  - *After returning home from the war, many veterans continued to use cannabis to deal with post-traumatic stress of their experience*



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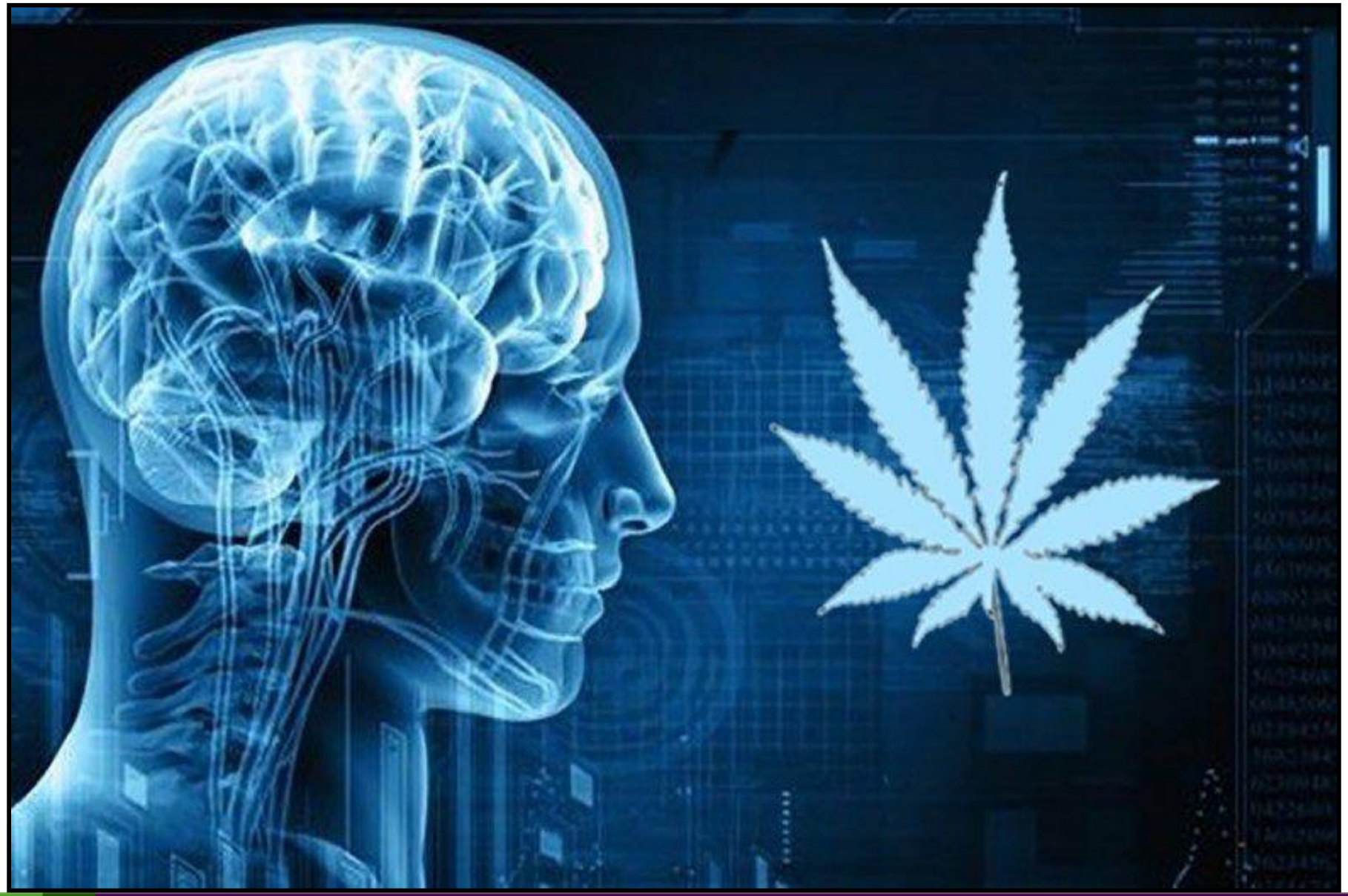
# THE ENDOCANNABINOID SYSTEM





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**THE HUMAN ENDOCANNABINOID SYSTEM**

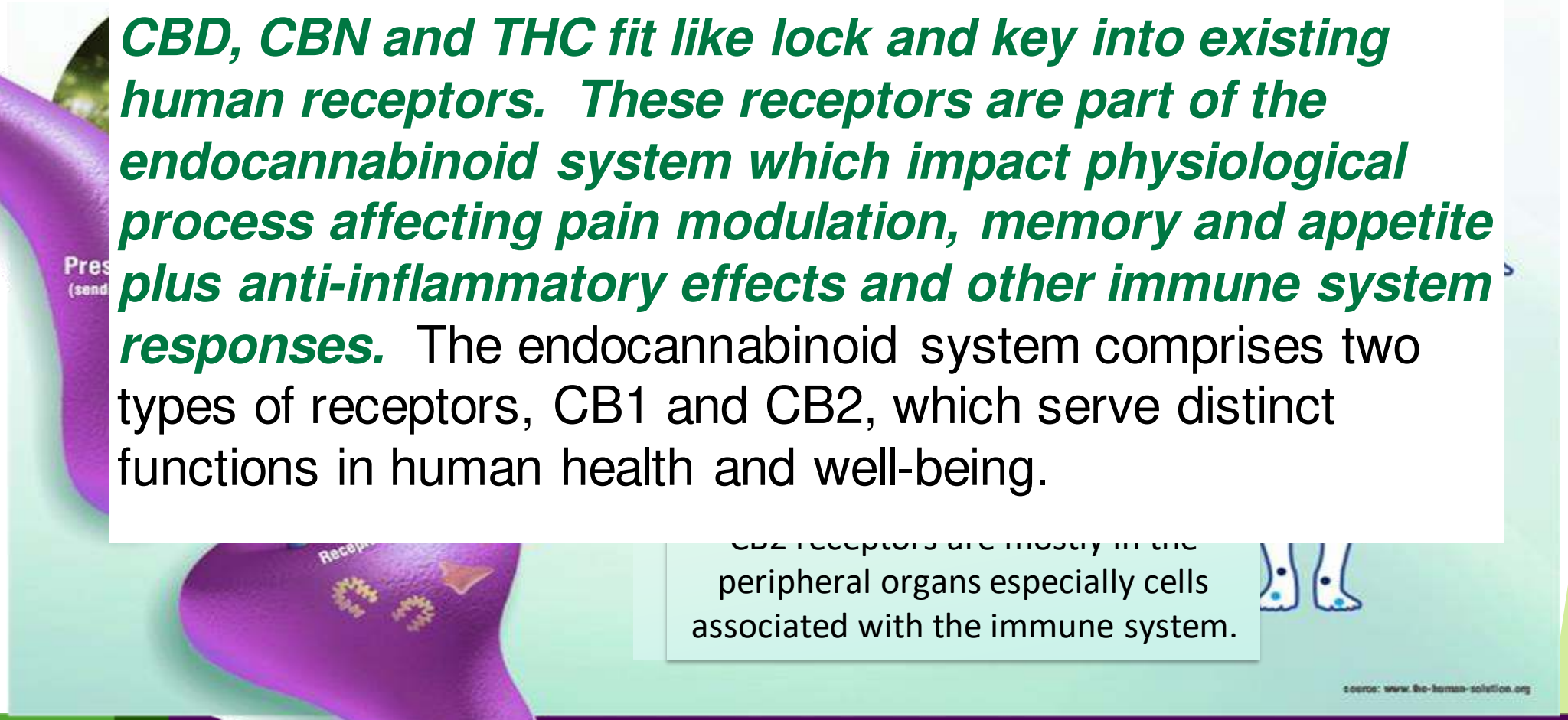
***CBD, CBN and THC fit like lock and key into existing human receptors.*** These receptors are part of the endocannabinoid system which impact physiological process affecting pain modulation, memory and appetite plus anti-inflammatory effects and other immune sy
system comprises tw
serve distinct functior

CB1 receptors are primarily found in the brain and central nervous system, and to a lesser extent in other tissues.

Receptors are found on cell surfaces

# THE HUMAN ENDOCANNABINOID SYSTEM

***CBD, CBN and THC fit like lock and key into existing human receptors. These receptors are part of the endocannabinoid system which impact physiological process affecting pain modulation, memory and appetite plus anti-inflammatory effects and other immune system responses.*** The endocannabinoid system comprises two types of receptors, CB1 and CB2, which serve distinct functions in human health and well-being.



peripheral organs especially cells associated with the immune system.

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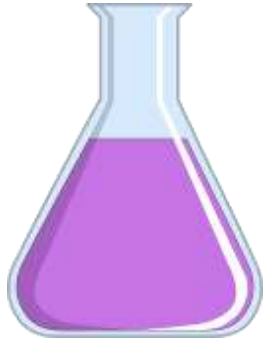
# HOW CANNABIS WORKS

Endocannabinoid's
[Brain derived]
Foods: Omega 3S - Omega 6s
Anandamide [AEA]

Phytoendocannabinoids
[Plant derived]
Buds, Tintures, Extracts
THC, CBD, CBN, etc



Synthetic Cannabinoids
[Pharmaceutical Labs]
Patent Synthesized Compound
THC Only - Marinol

Endocannabinoid
[Brain receptors]
CB1, CB2, etc

***The endocannabinoid system [ESC] regulates a variety of physiological processes including appetite, pain and pleasure sensation, immune system, mood and memory.***



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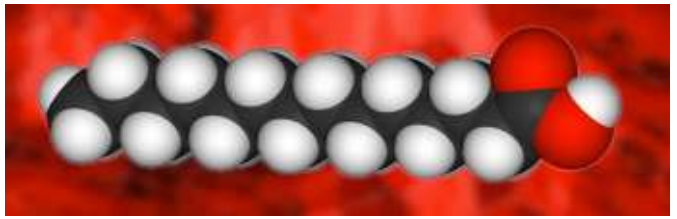
# CANNABIS HELPS ***YOUR*** BODY PRODUCE IT'S OWN MEDICINE

## Endocannabinoids

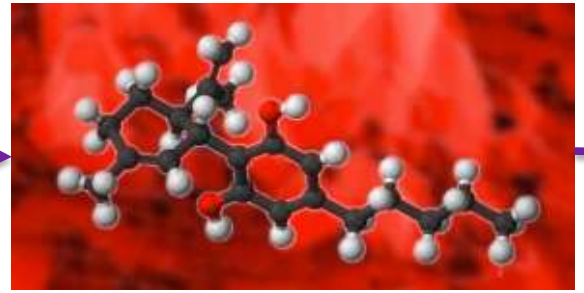
Endocannabinoid's
brain derived

Phytocannabinoids
plant derived

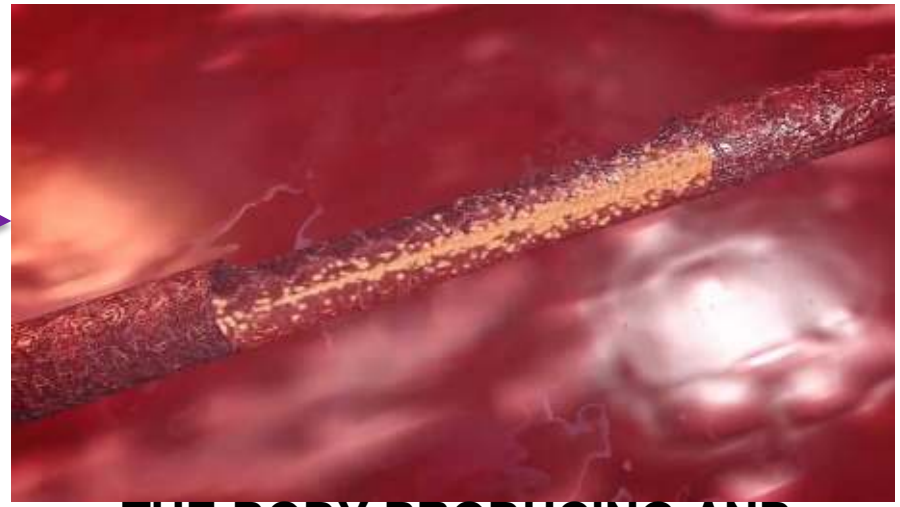


**FATTY ACIDS**

**NEURONS**



**LONG CHAIN FATTY ACIDS**



**THE BODY PRODUCING AND DISTRIBUTING ENDOCANNABINOID'S**



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# EFFICACY

**2010**

**Endogenous Cannabinoid Signaling is Essential for Stress Adaptation,"** Proceedings of the National Academy of Sciences Matthew N. Hill, R.J. McLaughlin, B. et al.

**2014**

**PTSD Symptom Reports of Patients Evaluated for the New Mexiao Medical Cannabis Program** George R. Greer, Charles S. Grob, and Ada L. Halberstadt,

**2014**

**PTSD Symptom Reports of Patients Evaluated for the New Mexiao Medical Cannabis Program** George R. Greer, Charles S. Grob, and Ada L. Halberstadt.

**2017**

**PTSD: Is Cannabis and Viable Treatment? Health Lab** by Zana Medical Hart, M., Kossen, J.

**2017**

**Medical Cannabis and Mental Health: A Guided Systematic Review," *Clinical Psychology Review*** Zach Walsh, et al.,

**2013**

**Elevated brain cannabinoid CB1 receptor availability in post-traumatic stress disorder: a positron emission tomography study.** Neumeister A1, Normandin MD, et al.

**2015**

**Use and effects of cannabinoids in military veterans with posttrau matic stress disorder** by Betthauser, Pilz, Vollmer

**2009 study monitored 47 PTSS patients' fear response. Supporting evidence showed 72% of patients noticed reduction in nightmares and flashbacks as well as better ability to fall and stay asleep**

**2013 study comprised of researchers from schools of medicine at NYU, Yale, Harvard and University of California, discovered that those with PTSS have an endocannabinoid deficiency**



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# WHAT IS MEDICAL CANNABIS/MARIJUANA ?

**CBD - Cannabidiol**

Non-Psychoactive cannabis component – Also found in Hemp

**THC - Tetrahydrocannabidiol**

Psychoactive cannabis component

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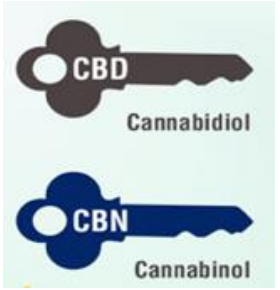
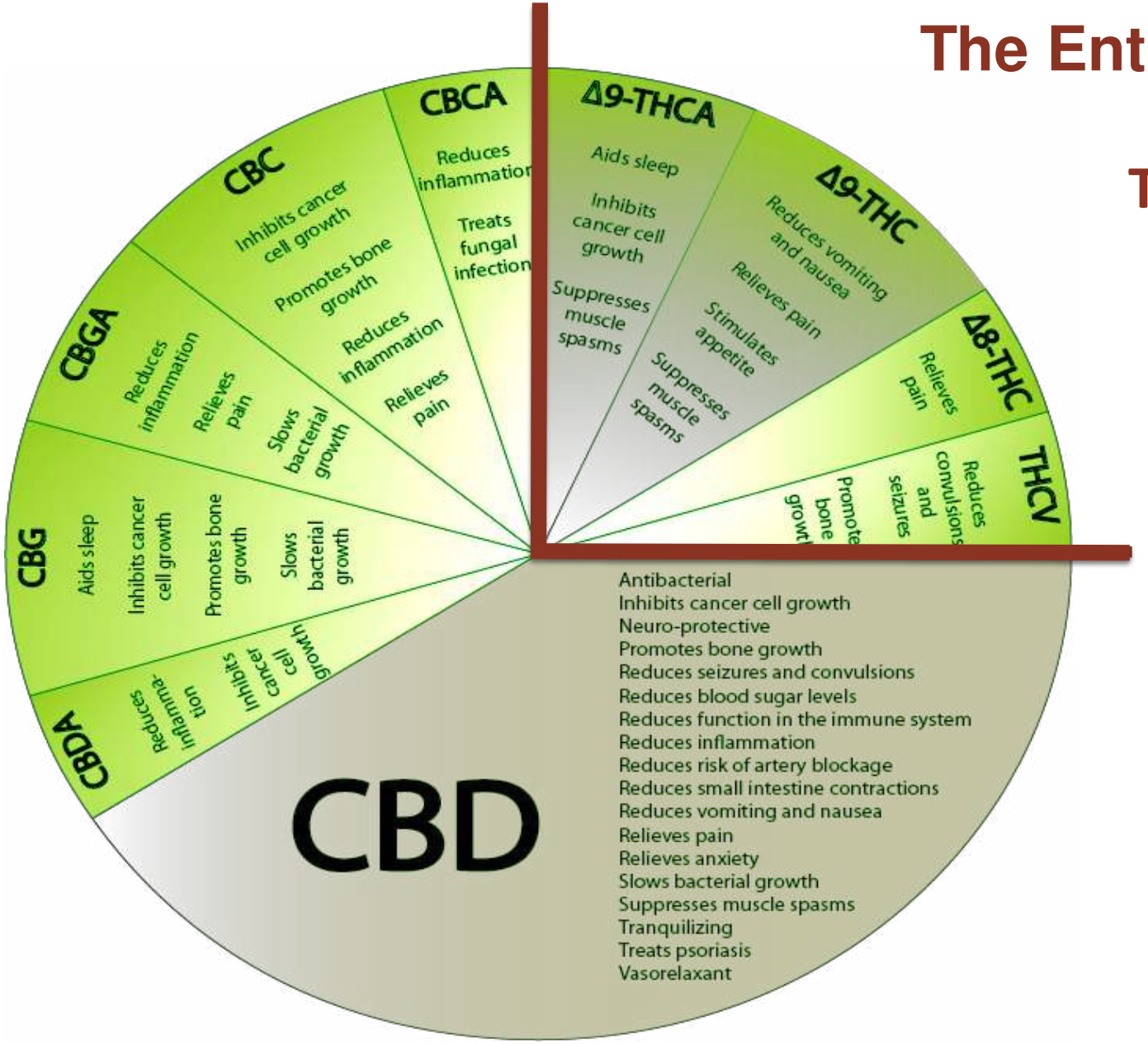
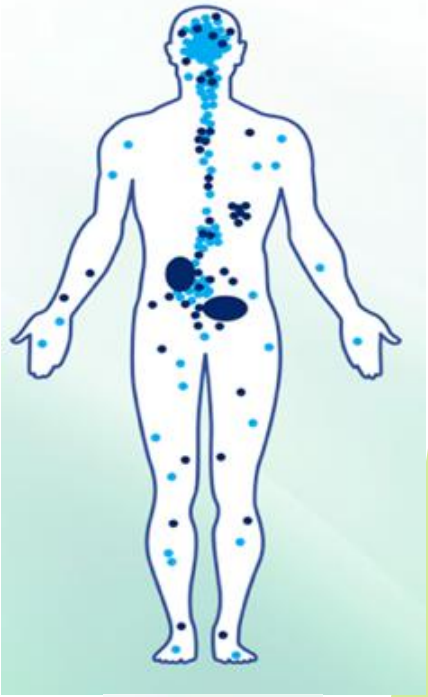
# CBD in Hemp & Cannabis




# The Entourage Effect




## THC



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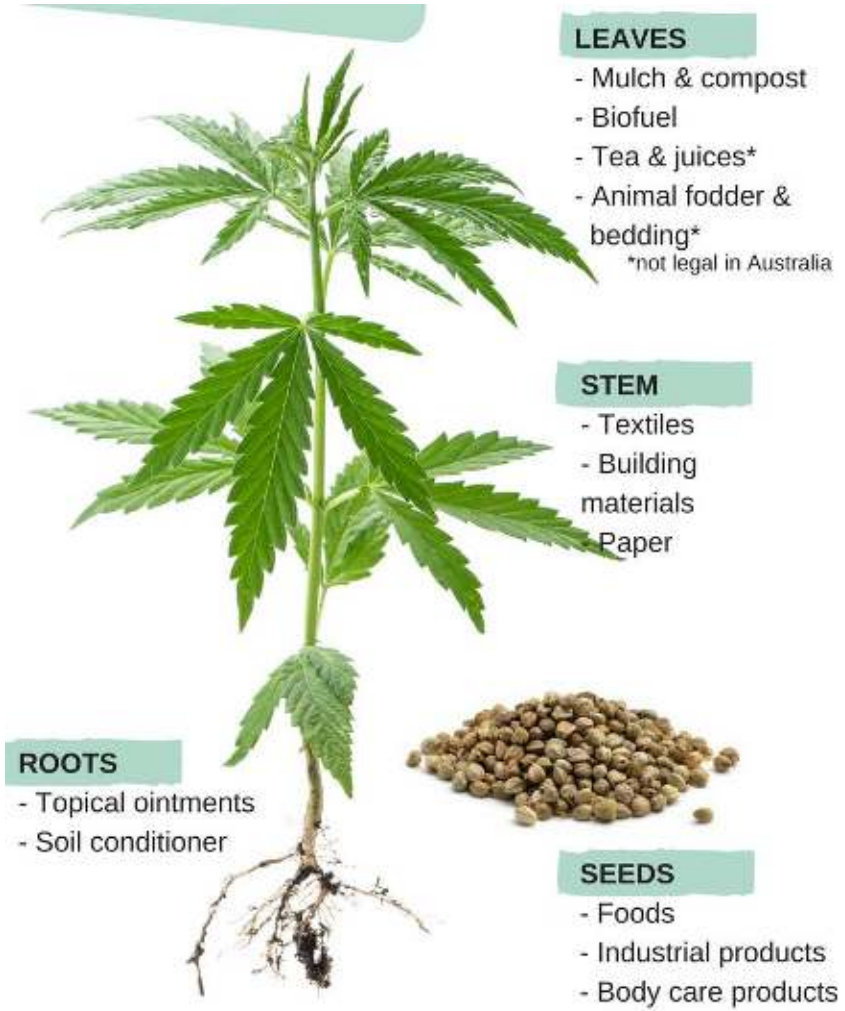
# HEMP vs MARIJUANA - *The Plant*

## HEMP

### CANNABIS SATIVA




## MARIJUANA

### *CANNABIS INDICA*

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Cannabinoids

Terpenes

Your Biology, Dosing, Consumption Method

- Narrow leaves
- Better suited for colder climates

Sati

a



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# WHAT ARE TERPENES?

- Terpenes are the most common p chemicals in nature.
- Found in flowers, spices, fruits, vegetables and essential oils

→ Endocannabinoid System - Highway
→ Anandamide - Driver
→ Cannabinoid - Passenger (CBD/THC)
→ Terpenes navigate/shapes the Cannab journey like a GPS

## Terpenes In Cannabis

**Alpha-Pinene**
**Flavors:** herbal, woody, rosemary

**Effects:** bronchodilator, anti-inflammatory, topical antiseptic, memory-aid

**Caryophyllene**
**Flavors:** pepper, spice, wood, cloves

**Effects:** antidepressant, alalgesic, antibacterial, antifungal, antianxiety, gastroprotective

**Humulene**
**Flavors:** earthy, woody, spicy, hops

**Effects:** anti-inflammatory, anticancer, antibacterial, appetite suppressant

**Limonene**
**Flavors:**citrus fruit/rind (lemons, oranges)

**Effects:** anti-depressant, anti-bacterial, anti-microbial, anti-carcinogenic, immunostimulant

**Linalool**
**Flavors:** floral, citrus, orange, terpy, waxy, rose

**Effects:** bronchodilator, antianxiety, anti-inflammatory, analgesic, anticonvulsant

**Myrcene**
**Flavors:** musky, balsam, cloves, earthy, minty, peppery

**Effects:** anti-inflammatory, anti-carcinogenic, sedation, antidepressant,

**Ocimene**
**Flavors:** sweet, herbal, woody

**Effects:** antiviral, antifungal, antiseptic, decongestant, antibacterial, energetic

**Terpinolene**
**Flavors:** herbal. fresh, woody, pine, citrus, sweet

**Effects:** anticancer, antibacterial, antifungal, sedative, antioxidant



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Leafly

# LIMONENE

LME
LIMONENE

**AROMA**
Citrus

**VAPORIZES AT**
348°F (176°C)

**POTENTIAL MEDICAL VALUE**
Treatment of:
- Anxiety
- Depression
- Inflammation
- Pain
- Cancer

**POTENTIAL EFFECTS**
Elevated Mood
Stress Relief

**ALSO FOUND IN**
Fruit Rinds
Rosemary
Juniper

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Leafly

# α-PINENE

**AROMA**
Pine

**VAPORIZES AT**
311°F (155°C)

**POTENTIAL MEDICAL VALUE**
Treatment of:
- Asthma
- Pain
- Ulcers
- Anxiety
- Cancer

**POTENTIAL EFFECTS**
Alertness
Memory Retention
Counteracts some THC effects

**ALSO FOUND IN**
Pine Needles
Rosemary
Basil
Parsley
Dill

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Leafly

# LINALOOL

LNL
LINALOOL

**AROMA**
Floral

**VAPORIZES AT**
388°F (198°C)

**POTENTIAL MEDICAL VALUE**
Treatment of:
- Anxiety
- Depression
- Insomnia
- Pain
- Inflammation
- Neurodegeneration

**POTENTIAL EFFECTS**
Mood Enhancement
Sedation

**ALSO FOUND IN**
Lavender

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Leafly

# MYRCENE

MYR
MYRCENE

**AROMA**
Cardamom
Cloves
Musky
Earthy
Herbal

**VAPORIZES AT**
332°F (167°C)

**POTENTIAL EFFECTS**
Sedating
"Couchlock"
Relaxing

**POTENTIAL MEDICAL VALUE**
Antioxidant
Treatment of:
- Insomnia
- Pain
- Inflammation

**ALSO FOUND IN**
Mango
Lemongrass
Thyme
Hops

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# STANDARD DOSING FORMS

- *Sublingual Drops/Tinctures*
- *Inhalation Vape Pens*
- *Capsules*
- *Topical's*
- *Sprays*
- *Edibles*
- *Flower*
- *Crumble & Shatter*
- *Suppositories*

Trulieve

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# STANDARD DOSING FORMS

| FORM | TIME TO WORK | EFFECTIVENESS | COMMENTS |
|---|---|---|---|
| SUBLINGUAL DROPS/TINCTURE | 15-40 Min | 4-6 Hours | Taking cannabis in through the mouth under your tongue, absorbs via the digestive system or blood vessels in the mucous membranes in the mouth. |
| VAPE PEN | Almost Immediately | 2-4 Hours | Electronic vaporizing device Inhaling through the lungs |
| CAPSULES | 30 min - 2 hours | 5-8 Hours | When taking cannabis in through the mouth, it enters the bloodstream after being digested or broken down in the stomach and absorbed into the digestive system. |
| EDIBLES | 15-40 Min | 4-6 Hours | Gummies, brownies,dots, cookies, et al |
| TOPICALS | Almost immediately | 1-2 Hours | A topical medicine is applied to the skin directly 'on top' of the place where it is needed. |
| TRANSDERMAL PATCH | 10 min - 1 Hour | 8 - 72 Hours | A topical medicine is applied to the skin directly 'on top' near the neck, inside of legs, top of hands/feet, back of neck |
| SPRAY | Almost Immediately | 2-4 Hours | Absorbs via the digestive system or blood vessels in the mucous membranes in the mouth. |
| FLOWER | Almost Immediately | 1-5 Hours | **REQUIRES A FL STATE FORM**<br>Inhaling through the lungs<br>**2.5oz/35 days: 4oz in possession** |
| CRUMBLE SHATTER | Almost Immediately | 1-6 Hours | Inhaling through the lungs |



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# RESOURCES


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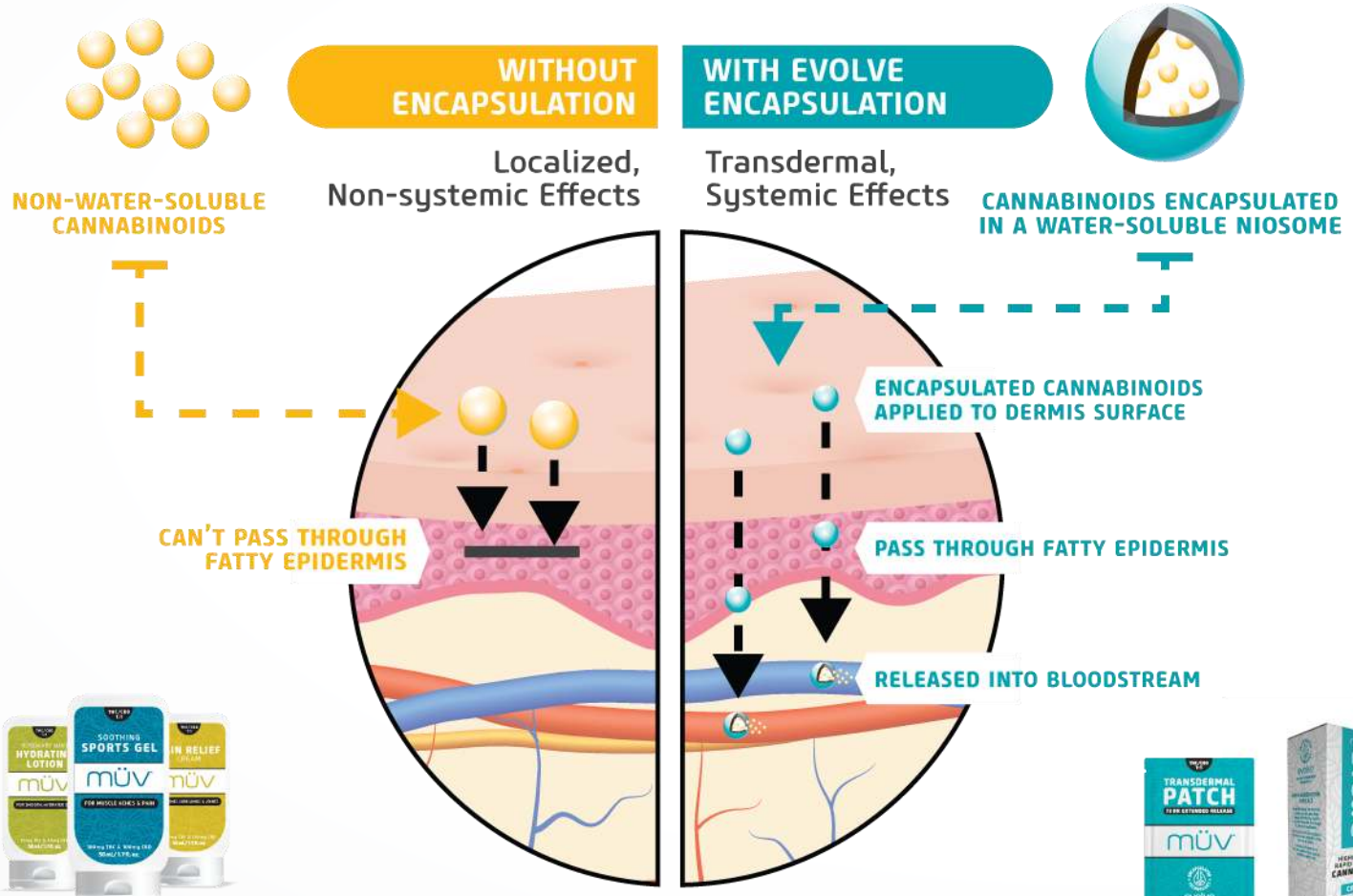
# MÜV EVOLVE Encapsulation
## For Transdermal Cannabis







Topicals

Transdermals

ENCAPSULATED TECHNOLOGY

evolve

MAXIMUM CANNABINOID PERMEABILITY

This patent-pending process uses FDA-approved ingredients to encapsulate the cannabinoids, making them more water-soluble.

These encapsulated cannabinoids are then able to transfer through lipid membranes, like human skin, to reach the bloodstream for the activation of full-body effects.

EVOLVE enables powerful transdermal cannabis products like highly potent MÜV Evolve Gel and the 72-hour extended release MÜV Transdermal Patch.

müv | PRODUCED BY ALTMED FLORIDA

HYDRATING
LOTION
müv
FOR SMOOTH, HYDRATED SKIN
ROSEMARY MINT
HYDRATING
LOTION
müv
FOR SMOOTH, HYDRATED SKIN

müv
PAIN RELIEF
CREAM
müv
SOOTHES SORE
LIMBS AND JOINTS
PAIN RELIEF
CREAM
müv

müv
SOOTHING
SPORTS GEL
müv
FOR MUSCLE ACHES
AND PAIN
SOOTHING
SPORTS GEL
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FOR MUSCLE ACHES & PAIN

CBD
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ALL NATURAL
CANNABIS
TINCTURE
müv
THC
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müv
CANNABIS
TINCTURE

müv™

# PREMIUM CANNABIS FLOWER

**3.5 GRAMS (1/8 oz.)**

**KEEP AWAY FROM CHILDREN AND PETS**

Marijuana smoke contains carcinogens and may negatively affect health.

**WARNING:** This product has intoxicating effects and may be habit forming. There may be health risks associated with the consumption of this product. This product is infused with marijuana or active compounds of marijuana. This product should not be used by women that are pregnant or breastfeeding. For use by adults as well as children only as recommended by a physician. Keep out of reach of children. Products containing THC can impair concentration, coordination and judgment. Do not operate a vehicle or heavy machinery under the influence of this drug.

Caution: when consuming, the intoxicating effects of this drug may be delayed by (2) or more hours. This product may be unlawful outside the state of Florida.

The substance contained herein complies with the United States Poison Prevention Act of 1970 (U.S.C. s.s.1471) and meets the requirements of Section 381.986(8)(e), Florida Statutes. It is illegal to transfer medical marijuana to another person. This product is dispensed by Plants of Ruskin d/b/a AltMed Florida.

müv MEDICAL CANNABIS

# TERPENES SUMMARY TABLE

| | Effects | Aroma | Strains | |
|---|---|---|---|---|
| **Myrcene** | Anti-inflammatory<br>Anti-bacterial<br>Anti-fungal<br>Anti-septic<br>Pain relief<br>Sedative<br>Muscle relaxant | Musky<br>Herbal<br>Earthy<br>Hoppy | *Chemdawg*<br>*Northern Lights*<br>*Kush Group*<br>*Sirius*<br>*Lemon Bubba*<br>*Pootie Tang* | *Blue Dream*<br>*Grape Ape*<br>*Strawberry Cough*<br>*Triangle Kush*<br>*Pillow Factory* |
| **Limonene** | Anti-depressant<br>Anti-anxiety<br>Anti-fungal<br>Anti-bacterial<br>Improves mood<br>Relieves nausea | Citrus<br>Lemon<br>Orange | *Tangerine Dream*<br>*OG group*<br>*Forum Cut Cookies*<br>*Pootie Tang*<br>*Sirius*<br>*Lemon Bubba* | *Black Fire*<br>*Florida-I95*<br>*Headband*<br>*Triangle Kush*<br>*Pillow Factory* |
| **Pinene** | Anti-inflammatory<br>Bronchodilator<br>Boosts energy<br>Improves focus | Pine<br>Dill<br>Slightly woody | *Jack Herer*<br>*Banana Hammock*<br>*Kush Group*<br>*Lemon Bubba* | *Strawberry Cough*<br>*Blue Dream* |
| **Linalool** | Anti-anxiety<br>Anti-depressant<br>Anti-bacterial<br>Anti-convulsant<br>Muscle relaxant<br>Pain relief<br>Sedative | Floral<br>Citrus | *Sour Diesel*<br>*Headband*<br>*OG Group*<br>*Banana Hammock*<br>*Rainmaker* | *GG #4*<br>*Pootie Tang* |

müv MEDICAL CANNABIS

# TERPENES SUMMARY TABLE

| | Effects | Aroma | Strains | |
|---|---|---|---|---|
| **Caryophyllene**<br>The only Terpene that has the ability to activate CB2 receptors within the Endocannabinoid System | Anti-depressant<br>Anti-anxiety<br>Anti-oxidant<br>Anti-inflammatory<br>Anti-convulsant<br>Pain relief<br>Muscle spasms<br>Insomnia | Peppery<br>Spicy<br>Earthy<br>Woody<br>Cloves | *Forum Cut Cookies*<br>*Kush Group*<br>*Chemhund*<br>*Fairy Godmother*<br>*White Chem*<br>*Florida I-95*<br>*GG #4*<br>*Pillow Factory* | *Black Fire*<br>*Pootie Tang*<br>*Sour Jack*<br>*Tangerine Dream*<br>*The White*<br>*Strawberry Cough*<br>*Triangle Kush* |
| **Humelene** | Anti-inflammatory<br>Anti-bacterial<br>Pain relief<br>Appetite suppressant<br>Anti-fungal | Hoppy<br>Earthy<br>Woody<br>Herbal | *GG #4*<br>*Kush Group*<br>*Chemhund*<br>*Fairy Godmother*<br>*Pootie Tang* | *White Chem*<br>*Banana Hammock*<br>*Florida I-95*<br>*Gelato* |
| **Terpineol** | Anti-anxiety<br>Anti-inflammatory<br>Anti-oxidant<br>Sedative | Floral<br>Lilac<br>Lemon | *Jack Herer*<br>*OG Group*<br>*Forum Cut Cookies*<br>*White Chem* | |

# strainprint™

use cannabis better

## my strains

**All Strains**
Search for strains to add to your list.

**My Strains**
See what strains you have in your list.

**Search**
Search by 'Strain Name' or by 'LP Name'

**Tap on "Can't find your strain?" if your strain is not on the list to create your own.**

This strain will only appear in your personal data and does not go into the master database of strains. Thus, others cannot see this information.

## explore

Here you can search for top trending strains that other people in the Strainprint community are using to treat their various symptoms.

## track session

## profile

Use Profile to manage all facets of the App, including:

**Manage your Conditions**
Add/Remove your medical conditions

**Manage your Symptoms**
Add/Remove your medical symptoms

**My Strains**
Add/Remove your strains; also accessible by tapping on the My Strains button from the Home Screen

**Snapshot**
Review your History; also accessible by tapping on the Snapshot button from the Home Screen

**Strainpoints Management**
Review your points balance and view loyalty offers. This is also accessible by tapping on your points balance from the Home Screen

**Activation Codes**
If you already have a Strainprint account, you can enter an Activation code here. It can be removed at any time

**Export Data**
Export Data in PDF format (for you or your Doctor) by entering an e-mail address. Ability to choose any date range you would like to export

**Personal Info**
Update any of your personal info, including e-mail address and password

**Tell a Friend**
Recommend the Strainprint App to anyone through either Text Message or E-mail

**Contact Support**
This will send an e-mail directly to Strainprint Support. If you do not have e-mail setup on your device, a popup will still appear showing the Support e-mail address

**Logout**
Here you can choose to Logout of the App

## snapshot

Once you have logged sessions, you can review them under 'Snapshot'

1 Total Sessions

The large number in the circle displays how many total sessions you have logged

2 Session History & Filter by Effect

Tap this button to get details on each logged session.

Choose from the dropdown Filter by Effect to find strains that give you that effect

3 Symptom Breakdown

Tap on any one of your Symptoms to review the strains that have worked best for you when treating these Symptoms. The data will show specific details on your usage

**activation code**

**MUVFL**

**Questions for Strainprint?**
support@strainprint.ca

# FIND YOUR LOCAL MÜV DISPENSARY

FOR STORE HOURS & NEW OPENINGS: MUVFL.COM/LOCATIONS

**APOLLO BEACH**
5999 US Highway 41 North

**BONITA SPRINGS**
28245 S Tamiami Trail, Suite 120

**BOYNTON BEACH**
137 E Woolbright Road

**BRADENTON**
8465 Heritage Greenway

**CLEARWATER**
29901 US Highway 19 North

**DEERFIELD BEACH**
953 South Federal Highway

**FORT MYERS**
10993 Colonial Boulevard, Suite 101
Drive-Through Express Order Pick-Up Available

**GAINESVILLE**
2020 Southwest 34th Street

**JACKSONVILLE**
1550 Hendricks Avenue, Suite 4

**JACKSONVILLE BEACH**
1198 Beach Boulevard, Suite 5

**LADY LAKE** (Rolling Oaks Professional Plaza)
929 US-441 Highway, Suite 202

**LAKELAND**
224 North Florida Avenue

**LONGWOOD**
1090 West State Road 434
Drive-Through Express Order Pick-Up Available

**LUTZ**
21126 State Road 54

**MIAMI**
2404 SW 107th Avenue

**NORTH PORT**
5674 Tuscola Boulevard

**ORLANDO**
101 South Garland Avenue, Suite 110

**ORMOND BEACH**
290 Clyde Morris Boulevard. Suite B2

**PENSACOLA**
4785 N. 9th Avenue

**PORT ST LUCIE**
120 Chamber Court

**SARASOTA**
5045 Fruitville Road

**SEBASTIAN**
1701 US 1, Units 3-5

**ST. PETERSBURG**
1101 1st Avenue North

**TALLAHASSEE**
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# BALANCED LIVING
## A SENSE OF RESTORATION & CONTROL

- Talk Therapies
- Animal or Music Therapies
- Lifestyle and dietary changes
- Meditation and Mindfulness
- Basic Self-Care

Please send your questions using the Q&A button at the bottom center of your screen. The speakers will answer after the presentation. The Q&A feature is public. Both panelists and attendees will see your question.

# GROUP DISCUSSION