



# Mary Medibles Consulting

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## Ep 3| What to start off making? Table of Contents

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### Ep 3| What to start off making?

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#### Introduction

In this episode, I review:

Meds to make

Suggested Strengths

Decarboxylation

Sativa or Indica?

Start Low!

Suggested Dose Increase

*Please see "Definitions" (p9) if unfamiliar with a term(s)- always remember Google "Magic"!*

Each of these topics could have their own podcast, I'll briefly review each. Feel free to request I expand by emailing [info@marymedibles.com](mailto:info@marymedibles.com).

Cannabis can be intimidating to work with, I know I was nervous the first couple of years! This is still uncharted territory for us medical patients. Working together, we can share our stories & make each other's journey easier.

Thank you for tuning in to *Medicating with Mary!*

*Mary L Webber*



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## Med(s) to make

### Desired use(s)

Topical Only

Internal Only

Topically & Internally

Almond & Grape Seed  
Oil blend

Butter

Apple Cider Vinegar

Coconut Oil

Olive Oil

Vegetable Glycerin

FECO aka RSO

**Almond & Grape Seed Oil:** Can be ingested, I prefer to keep the blend for topicals

**FECO aka RSO:** Make a salve to treat Basal Cell Carcinoma to help expedite cleanup

FECO: Fully extracted Cannabis Oil - any alcohol based tincture

RSO: Rick Simpson Oil - 99% alcohol based tincture

typically reduced to a molasses consistency

**Vegetable Glycerin:** Heat on LOW when making salve or you'll split it, use food grade (USP certified)



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## Strength Suggested

Preventative  
-or-  
Over the counter meds

Low  
1/8oz per cup

Maintenance  
-or-  
Extra strength over the  
counter meds

Medium  
1/4oz per cup

Recovery  
-or-  
Extra strength pain meds

High  
1/2oz per cup

Repair  
-or-  
Rx pain meds

Emergency  
1oz per cup

### Type of Cannabis

#### THC level

Low THC	Bud/Nug/"Flower"		
Medium THC	Bud/Nug/"Flower"	Shake	
	Try for maintenance dosing with recovery needed		
High THC	Bud/Nug/"Flower"	Shake	Trim/"Sugar Leaves"
	Try for recovery dosing		



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## SHOULD YOU DECARB?

- YES** • Are you looking for extra THC to drive your strain's effects?
- YES** • Is this medicament for sleep?
- NO** • Are you trying to keep your medicament as mild as possible?

## HOW TO DECARB

Bake in foil pouch or covered baking dish:

@ 220° for 30-45 minutes minutes for **THC**

@ 220° for 1-2 hours for **CBN**



## What strain(s) to

Sativa+Sativa Dominant	History of psychological disorders (bipolar; PTSD,  Strains are typically: charging to the system felt mostly in the head
Indica+Indica Dominant	History of autoimmune condition (Rheumatoid Arthritis, MS,  Strains are typically: relaxing to the system felt mostly in the body

Strains are either THC or CBD\* dominant. Both have either Sativa or Indica phenotypes.

Research on leafly.com or wikileaf.com to hear other patients' thoughts/reviews on strains.



\*if on meds that say: talk to your cardiologist before starting a CBD rich treatment regimen, CBD acts like grapefruit exponentially.

This is just a general rule. Your system may prefer the opposite of the suggested strains **-or-** both kinds.

The easiest test is sniffing the “flower” and listening to what your nose tells you.

Pleasant? Give it a try  
Unpleasant? Perhaps, try something else

You can also use kinesiology or muscle testing if you know how.

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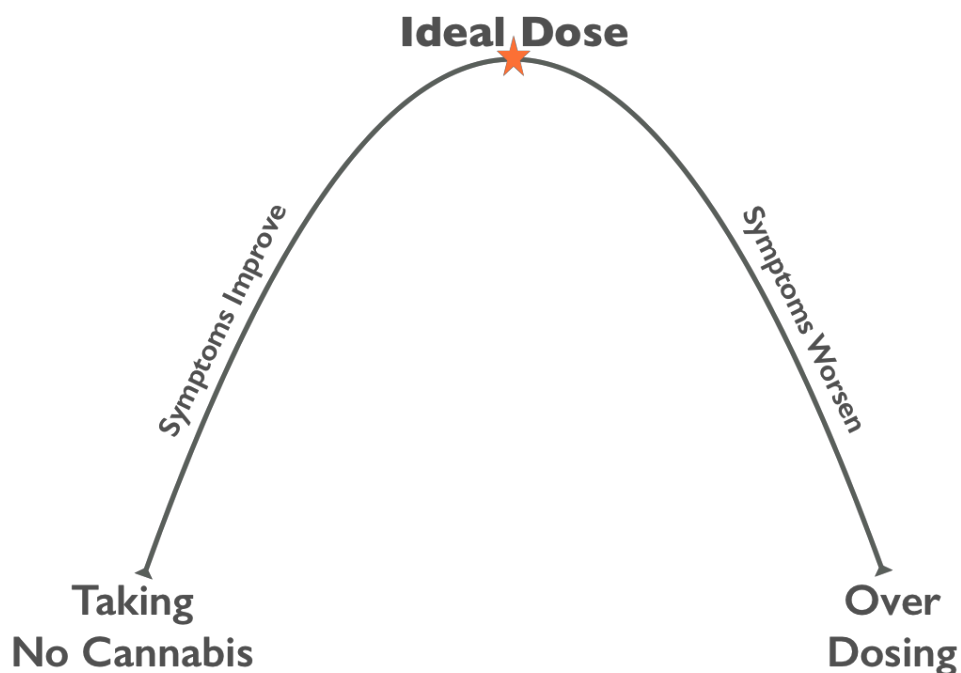
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# START LOW!

- Start off low & increase your dosage slowly to find **YOUR** ideal dose
- Too high of a dose(s) can actually make your symptoms **WORSE**
- Allow 2-3 days between dose increases
- Increasing dose with no benefits? Consider a product/strain change\*.

*\*Don't waste time & \$\$\$ chasing desired effects*



**Dosing Bell Curve**

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# SUGGESTED DOSE INCREASE RATE

- Take your starting dose (example: 2 drops) for 3 days
- Not noticing the effects you desire? Increase by 1/2 your original dose (example: 1 drop)
- Repeat until you find a dose that effectively treats your symptoms
- Taking a lot? Consider a strain change or adding a strain

Dosing Schedule						
Start with a low dose - you just want to start feeling it then stop.			Not receiving the effects you desire? Increase dose by 1/2 of your original dose			Not receiving the effects you desire? Increase dose by 1/2 of your original dose.
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		Not receiving the effects you desire? Increase dose by 1/2 of your original dose.			Not receiving the effects you desire? Strain change may be needed or applications added.	

These are general guidelines for increasing your dose. The goal is to allow the medicine to make it's way into your system and have time to really soak in and give your body a chance to respond to it. The more consistent you can keep your dosing the less of a roller coaster you will find yourself on.





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## TERMS

<b>Bud/Nug/"Flower":</b>	Highest concentration of medicine, better quality the closer you harvest from the top of the plant, the higher the quality & more medicine,
<b>CBD</b>	Cannabidiol - non psychoactive compound in cannabis responsible for <b>many</b> therapeutic effects NONPSYCHOACTIVE, does NOT bind to cannabinoid receptors- research benefits
<b>CBD-A</b>	Acid precursor to CBD, found in raw plants (not decarbed)d- research benefits
<b>CBN</b>	Cannabinol- heated up form of THC, helpful with sleep NONPSYCHOACTIVE, binds to CB2 receptors
<b>Decarboxylation</b>	Introducing heat or light (takes much longer) to cause a chemical reaction thus activating the CBD-A/THC-A & turning it into CBD/THC
<b>Fan Leaves:</b>	Generally discarded upon harvest, great to juice while plant is growing, phenomenal health benefits- take advantage if possible
<b>Popcorn Buds</b>	Typically from the lowest part of the plant, small buds that the plant doesn't waste nutrients on
<b>Shake:</b>	The "leftovers" of what has shaken of the buds (often used in prerolls)
<b>THC</b>	Tetrahydrocannabinol- PSYCHOACTIVE, binds to CB1 receptor- research benefits
<b>THC-A</b>	Acid precursor to THC, NONPSYCHOACTIVE- research benefits
<b>Trichomes:</b>	Resinous beads produced by the plant containing the medicine
<b>Trim/"Sugar Leaves":</b>	What is trimmed away from the bud to give you a clean smoking product

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### Medicating with Mary

*Learn how to use MMJ  
with Mary Webber*

Medicating with cannabis can be challenging- where to even start?! Tune in to hear how Mary uses cannabis to treat her MS & how it can be used to help numerous other conditions.

"Medicating with Mary" steps away from the recreational market & pulls back the curtains to show the gentle world of medicinal cannabis. Make your journey with MMJ less stressful!

**[podcast.marymedibles.com](http://podcast.marymedibles.com)**