

# THE THERAPEUTIC USE OF CANNABIS

## CANNABIDIOL CBD

### GENERAL RULES WHEN TAKING CBD OIL FOR THE FIRST TIME:

#### **1. CARRIER OIL**

Choose CBD oil that comes in hemp oil preferably

#### **2. MICRODOSE**

Start always on a low dose

#### **3. NO FEAR**

Do not fear if you feel some slight intestinal discomfort or a light frontal or retro orbital headache at first, which is normal very rare with low doses

#### **4. THE SWEET SPOT**

Escalate the dose until you find your therapeutic level and stay there

#### **5. AT NIGHT**

Take your CBD preferably always at night before sleeping

#### **6. SUBLINGUAL**

Apply it sublingually and avoid swallowing it for a minute or two while you move it around your cheeks

#### **7. LEMON**

After a few minutes when you have already swallowed the oil, drink some water with a few lemon drops in it.

## **8. QUITTING**

It's okay if you discontinue taking it for as long as you want for whatever reason, or if you choose to take it occasionally or at random. There is no such thing as withdrawal syndrome. Once you have tried it and found your optimal dose, you alone will decide whether to keep with it or not.

## **9. NON ADDICTIVE**

CBD does not create dependence, there is no tolerance, if you feel you want to raise your dose it's because your optimal level is higher than you thought, or your weight and age or your ailments are demanding an upgrade of the dose.

## **10. TALK TO YOUR DOCTOR**

When using CBD on a daily or regular basis, together with other prescription drugs, try to talk with your doctor about the possible interactions. You might find that you need to reduce or increase the doses of some medications. Likewise, the same can happen with the dose of CBD due to some drugs acting on the enzyme that metabolizes it.

## **11. DRIVING**

When using CBD on a daily or regular basis and you drive frequently, you might want to ask your doctor for a consent form, or an informed note where it says that you are taking CBD oil for medical reasons, in case you are stopped on the road and have the traffic police do a drug test on you. It will not help if you are positive in alcohol, so do not drink alcohol when driving.

## **12. DREAMING**

It is quite frequent for new users to complain about vivid dreams or nightmares, but this is not something that should concern anybody, as REM sleep is as important as deep sleep, and dreams should be seen and used as something necessary for our integral well being, through their comprehension and interpretation

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