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THE HERBALIST
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Introduction to Cannabis 4 Day Program — Inhalation

- **Have a positive first experience with cannabis.**
This program is designed to allow your body to become sensitive to cannabis and to ensure you achieve the optimal therapeutic benefits at the lowest effective dose. **With cannabis it is important to remember that less is usually more (a lower dose can produce better therapeutic effects).**
- **Understand and determine the right cannabis dosage for you.**
Using the correct dose of cannabis is the single most important factor in having a successful therapeutic relationship with cannabis. Unlike most medications, cannabis cannot be prescribed at a certain quantity and frequency based on body weight and age — everyone responds differently based on our unique physiology. This program helps you find your optimal cannabis dosage.
- **Prevent negative side effects.**
For most patients, using less cannabis can provide superior medical benefits. Using too much cannabis will often decrease its effectiveness and increase the unwanted side effects. Patients report that by using less cannabis they achieve maximum therapeutic benefits while having more energy, feeling more clear-headed, and having minimal to no unwanted effects.

Before you get started...

During these first few days, the goal is for you to begin to feel some of the therapeutic effects from cannabis. I know that you're excited to experience all that cannabis has to offer you. You want symptom relief or control of your condition – and you will be able to achieve these goals by following this program. Over the next four days, you are going to sensitize your body to cannabis, allowing you to use a lower dose with greater efficacy, and maintain those great effects for the long run.

Using the correct dose of cannabis is the single most important factor in having a successful therapeutic relationship with this healing herb. Unlike most medications, cannabis cannot be prescribed at a certain quantity and frequency based on body weight and age. We all have a unique internal chemistry, and the cannabinoid system is very complex, so different dosages will be best for different people. **With cannabis it is important to remember that for most people, less is more.** Many of the benefits of cannabis actually diminish with increased dosage, and very high doses can actually worsen the symptoms one might be trying to alleviate.

Thousands of patients have reported that when they first try cannabis at low to moderate doses, they do not feel any effects at all until their second or third dose. Then, they suddenly begin responding to cannabis at the same dosage previously tried. Animal research gives us clues to understand this “sensitization” effect: THC can trigger production of more cannabinoid receptors¹, increase the sensitivity of existing cannabinoid receptors², and increase the production of the body's own endocannabinoids³, at certain doses. On the other hand, high doses of THC have been shown to have the opposite effect, decreasing the number of available cannabinoid receptors.⁴

By following this protocol, you can improve the tone of your endocannabinoid system, an integral component of our capacity to adapt to stress and restore balance at a cellular level. Not only will you achieve better results with cannabis, you will also enhance your capacity for self-healing.

Considering its broad therapeutic effects, cannabis is an incredibly safe medicine, with most side effects described as mild, perhaps bothersome, but rarely dangerous.⁵ The most commonly reported side effects include changes in balance and fine-motor

control, tiredness, anxiety, dry mouth, increased appetite, and impaired short-term memory. Luckily, when using this protocol, patients usually build tolerance to the negative side effects of cannabis within the first 3-5 days, while the positive effects continue to increase!

Cannabis can augment one's emotions, both comfortable and uncomfortable – this is one of its healing powers and one common cause of unwanted effects experienced by new users. While cannabis can help patients “turn the page” on stuck emotions and unhealthy thought patterns, it can also amplify these states. Patients often will not know which outcome to expect, and amplification of certain emotions or thoughts can be uncomfortable or distressing, though this can be a therapeutic experience as these feelings are addressed with love and acceptance.

You can direct this property of cannabis and prevent these side effects simply by paying attention to your mindset and surroundings before using low doses of cannabis. Prior to administering cannabis, take a few minutes to check-in with yourself by using the Inner Inventory and rating your current state of breath, body, and mood. Think of what you hope to achieve by using cannabis, and imagine what positive changes you'd like to see in your life as your health improves. Also, observe your external environment, and if it's stressful or uncomfortable, you may want to wait for a setting more conducive to a positive initial experience with cannabis.

In addition to helping you find your optimal dose of cannabis, this program will show you other simple and powerfully effective ways to improve your health and augment the power of cannabis. The Inner Inventory is a self-awareness tool that can be used to better integrate one's mind and body, assess the benefits of other health care activities, and take control of the enhanced neuroplasticity (capacity to make new connections in your brain) unlocked by cannabis. Enjoyable and easy to learn exercises included in this program, and specific foods, such as omega-3 fatty acids and dark chocolate, have also been shown to enhance the endocannabinoid system.^{6,7}

While performing this program I also recommend that you review my Healer.com program “Strategies for Non-psychoactive Cannabis Use” if that's one of your intentions.

www.Healer.com

Healer is not recommending or endorsing the use of any specific cannabis or hemp products, brand or manufacturer. This guide is for informational and educational purposes only. This guide does not create a patient-physician relationship and should not be used as a substitute for medical advice nor take the place of medical advice or treatment from a personal physician.



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How to inhale cannabis:

I recommend using an herbal vaporizer, which is a device that heats the cannabis flower to a temperature that causes the medicinal components to evaporate but does not burn the plant material. This produces a healthier and more cost-effective method to inhale cannabis. Smoking small amounts of cannabis is also safe for most people – I recommend a glass or stone pipe with a long stem. Avoid cannabis cigarettes (joints), water-filtered pipes (bubblers and bongs), and high potency vape pens (>70% THC) until you have more experience with cannabis inhalation, or entirely, as these have a higher likelihood of producing tolerance-building and adverse effects.

Begin by exhaling completely. Place the tip of the vaporizer or pipe between your lips and draw vapor or smoke for 1-3 seconds. Then remove the device from your lips, inhale fresh air until your lungs are completely full, pause for 1-2 seconds, and then exhale completely.

IMPORTANT NOTE

*Use Caution. The goal is to use the minimal amount of cannabis to achieve the maximum benefits. If at any time you notice that you are developing tolerance to cannabis (needing a higher dose to get the same effect), then you have likely exceeded your optimal therapeutic dosage. I recommend you try our Sensitization Protocol. I advise patients to avoid smoking joints or eating edibles. Both of these methods predispose patients to inhale or ingest too much cannabis. Vaporizers and tinctures are preferred methods and allow patients to dose correctly with the right amount of cannabis.

- *Dr. Dustin Sulak, Co-founder, Healer*

Research supporting program:

¹Cichewicz, Diana L., Victoria L. Haller, and Sandra P. Welch. "Changes in opioid and cannabinoid receptor protein following short-term combination treatment with Δ 9-tetrahydrocannabinol and morphine." *Journal of Pharmacology and Experimental Therapeutics* 297.1 (2001): 121-127.

²Oviedo, Angelica, John Glowa, and Miles Herkenham. "Chronic cannabinoid administration alters cannabinoid receptor binding in rat brain: a quantitative autoradiographic study." *Brain research* 616.1 (1993): 293-302.

³Burstein, Sumner H., and Sheila A. Hunter. "Stimulation of anandamide biosynthesis in N-18TG2 neuroblastoma cells by Δ 9-tetrahydrocannabinol." *Biochemical pharmacology* 49.6 (1995): 855-858.

⁴Hsieh, C., et al. "Internalization and recycling of the CB1 cannabinoid receptor." *Journal of neurochemistry* 73.2 (1999): 493-501.

⁵National Academy of Sciences, Institute of Medicine. 1999. *Marijuana and Medicine: Assessing the Science Base*.

⁶McPartland JM, Guy GW, Di Marzo V. Care and Feeding of the Endocannabinoid System: A Systematic Review of Potential Clinical Interventions that Upregulate the Endocannabinoid System. Romanovsky AA, ed. *PLoS ONE*. 2014;9(3):e89566. doi:10.1371/journal.pone.0089566.

⁷Di Tomaso, Emmanuelle, Massimiliano Beltramo, and Daniele Piomelli. "Brain cannabinoids in chocolate." *Nature* 382.6593 (1996): 677-678.

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DAY 1 - Inhalation

Your Introduction to Cannabis

Today, your goal is to **feel the slightest or minimal effect** from cannabis.

- Do not be concerned if you do not feel any effect today.
- During the next three (3) days, your body's sensitivity to cannabis will increase allowing you to experience therapeutic results.

STEP 1:

Check your starting "Inner Inventory" before your first session of inhaled cannabis, and write it down on the worksheet under Day 1.

Rate each using a scale of 1-10: (1 = challenging and 10 = easiest)

Breath: Take a deep breath. How easy and smooth does that feel

Body: How comfortable and calm does your body feel? How easy is it to remain still and comfortable?

Mood: How easy is it for you to feel a sense of contentment and appreciation? How authentically can you smile right now?

STEP 2:

- **Take 1 inhalation** (from a vaporizer or pipe).
- **Wait 5 minutes.**
- **Check your post-inhalation Inner Inventory**, and write it down on the worksheet.
 - If you can feel any **minimal effect** from the inhalation and/or there is even a **slight change in your inner inventory, stop** and go about your day. If you feel dizziness or impaired coordinated, please avoid any dangerous activities such as driving for 2+ hours.
 - If you can feel **absolutely no effect, and found no change in your inner inventory**, then repeat the cycle.
 - Take another inhalation.
 - Wait 5 minutes.
 - Check your inner inventory.
 - Stop once you feel the slightest effect and/or change in your inner inventory.

IMPORTANT NOTE: Listen to your body and don't overdo it. Less cannabis is more.

Limit yourself to only 1-3 inhalations per session and remember to follow the process of only taking just 1 inhalation, waiting 5 minutes, and checking your inner inventory to determine if there is a slight change.

Vaporized cannabis can have a slightly slower onset than smoked cannabis. If you are using an herbal vaporizer, which is highly recommended, consider waiting 10 minutes between inhalations instead of 5 minutes. For vaporizers with variable temperature settings, start at 360°F and gradually increase the temperature with each inhalation until you can see a very fine mist during your exhalation. For most vaporizers the ideal temperature is 360-390°F. Even if you think the temperature was too low, it's important to still wait the full 5-10 minutes before taking the next inhalation.

Today's Focus:

- **To only feel the slightest or minimal effect each time.**
- **Be patient and take your time.**
- **You may use cannabis, following this procedure up to 3 times (sessions) per day.**
- **Drink plenty of water and follow our recommended cannabinoid-enhancing exercises and suggested foods.**

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DAY 1

Goal: To feel only the slightest effect from cannabis

Date: _____

Remember to try the cannabinoid enhancing foods, exercises, and drink water regularly.

Session 1:

Starting Inner Inventory:

Breath Body Mood

--	--	--

Rate Each: 1-10

Start Time: _____

Take 1 inhalation
Wait 5 minutes
Check inner inventory
Repeat if needed

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.

Perform up to 3 inhalations.
Wait 5 minutes in between.

Vaporizer temp: _____

Session 2: (Optional)

Starting Inner Inventory:

Breath Body Mood

--	--	--

Rate Each: 1-10

Start Time: _____

Take 1 inhalation
Wait 5 minutes
Check inner inventory
Repeat if needed

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.

Perform up to 3 inhalations.
Wait 5 minutes in between.

Vaporizer temp: _____

Session 3: (Optional)

Starting Inner Inventory:

Breath Body Mood

--	--	--

Rate Each: 1-10

Start Time: _____

Take 1 inhalation
Wait 5 minutes
Check inner inventory
Repeat if needed

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.

Perform up to 3 inhalations.
Wait 5 minutes in between.

Vaporizer temp: _____



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DAY 2 - Inhalation

Increasing Your Sensitivity to Cannabis

Today, your goal is to continue to feel the slightest or minimal effect from cannabis. You may notice more effects today as your body upregulates its endocannabinoid system and becomes more sensitive to cannabis.

- Check your inner inventory and write it down on the worksheet.
- Take 1 inhalation (from a vaporizer or pipe), wait 5 minutes, check your inner inventory and write it down on the worksheet.
 - **Stop, if you can feel any minimal effect** and/or change in your inner inventory and go about your day. If you feel dizziness or impaired coordinated, please avoid any dangerous activities such as driving for 2 hours.
 - **If you can feel absolutely no effect**, then repeat the cycle.

***IMPORTANT NOTE: Less cannabis is more.** Limit yourself to only 1-3 inhalations per session and remember to follow the process of only taking 1 inhalation, waiting 5 minutes, and checking your inner inventory to determine if there is a slight change.

Today's Focus:

- **To only feel the slightest or minimal effect each time.**
- **Be patient and take your time.**
- **You may use cannabis, following this procedure, up to 3 times (sessions) per day**
- **Drink plenty of water and follow our recommended cannabinoid-enhancing exercises and suggested foods.**

DAY 2

Goal: To feel only the slightest effect from cannabis

Date: _____

Remember to try the cannabinoid enhancing foods, exercises, and drink water regularly.

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DAY 3 - Inhalation

Building More Cannabinoid Receptors

You are becoming sensitive to small doses of inhaled cannabis. You're becoming familiar with the minimal noticeable effects of inhaled cannabis, you're feeling more confident in your control of cannabis use, and you're gaining an understanding of how cannabis affects you.

- Check your inner inventory and write it down on the worksheet.
- Take 1 inhalation (from a vaporizer or pipe), wait 5 minutes, check inner inventory and write it down on the worksheet.
 - **Stop, if you can feel any *minimal effect*** and/or change in your inner inventory, and go about your day. If you feel dizziness or impaired coordinated, please avoid any dangerous activities such as driving for 2 hours.
 - **If you can feel *absolutely no effect***, then repeat the cycle.

IMPORTANT NOTE: Less cannabis is more. Limit yourself to only 1-3 inhalations per session and remember to follow the process of only taking 1 inhalation, waiting 5 minutes, and checking your inner inventory to determine if there is a slight change.

Today's Focus:

- **To only feel the slightest or minimal effect each time.**
- **Be patient and take your time.**
- **You may use cannabis, following this procedure, up to 3 times (sessions) per day**
- **Drink plenty of water and follow our recommended cannabinoid-enhancing exercises and suggested foods.**



DAY 3

Goal: To feel only the slightest effect from cannabis

Date: _____

Remember to try the cannabinoid enhancing foods, exercises, and drink water regularly.

Session 1:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 inhalation
Wait 5 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.

Perform up to 3 inhalations.
Wait 5 minutes in between.

Session 2: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 inhalation
Wait 5 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.

Perform up to 3 inhalations.
Wait 5 minutes in between.

Session 3: (Optional)

Starting Inner Inventory:

Breath Body Mood

--	--	--

Rate Each: 1-10

Start Time: _____

Take 1 inhalation
Wait 5 minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.

Perform up to 3 inhalations.
Wait 5 minutes in between.

DAY 4 - Inhalation

How to Find Your Therapeutic Dosage?

Goal: To discover the lowest therapeutic dose of cannabis you need to achieve the optimal benefits.

Today, instead of looking for the minimal noticeable effect of inhaled cannabis, you'll be carefully increasing your dose of cannabis to the optimal or therapeutic effect. Think of the symptomatic relief you want to achieve using cannabis and a functional goal associated with that relief. For example, "my back is comfortable enough for me to pick up my grandchild," or "I'm feeling calm enough to make good decisions," or "my muscles are relaxed enough to enjoy a mile walk outside." Write your therapeutic goal down on the worksheet.

To achieve that goal, today you'll likely take 1-2 more inhalations per session than you did on day 3. If you were satisfied with the therapeutic effects you experienced on day 3, simply remain at that same dosage and notice if today's therapeutic effects increase even more.

- Check your starting inner inventory and write it down on the worksheet.
- Take 1 inhalation, **wait 5 minutes**, check your inner inventory and record it on the worksheet.
- Continue to take 1 inhalation every 5 minutes, recording your inner inventory each time, until your experience **symptom relief** and feel close to your **therapeutic goal**. Then end the session and write the number of inhalations required on the worksheet.

• "How do I know when I reach the optimal dose?"

One of two things will occur:

- You feel enough symptom relief that you are no longer limited by whatever was bothering you. Your session is over, mark down your findings and go enjoy your day!
- You notice a decrease in your inner inventory 5 minutes after an inhalation. This actually means that you have slightly exceeded your optimal dose. Don't worry if this happens, it's an important part of the learning process! Next time just take 1 less inhalation or take smaller inhalations.

You have found your new **optimal dose for inhaled cannabis**.

- Use the next 2-3 sessions to confirm your dosage by repeating the process, including the 5 minute period between inhalations. After day 4 you no longer have to wait the 5 minutes between each inhalation.
- I recommend you periodically try taking one inhalation less than your day 4 dosage to determine its effect – some people continue to increase their cannabis sensitivity on days 5-10. You can always take another inhalation if needed 5 minutes later.

If at any time you notice that you are developing tolerance to cannabis, meaning you begin needing a higher dose to get the same effect, then you have likely exceeded your optimal personal therapeutic dosage. I recommend you try our Sensitization Protocol to help you recover your cannabis sensitivity and return to your optimal dosage.

Congratulations on completing the 4-Day Introduction to Cannabis Program for Inhalation. I wish you a long, therapeutic relationship with this incredible medicine, great health, and happiness - **Dr. Dustin Sulak**, Co-founder Healer

DAY 4

Goal: To discover the lowest therapeutic dose of cannabis you need to achieve the optimal benefits.

Date: _____

Therapeutic goal: _____

Session 1:

Starting Inner Inventory:

Breath Body Mood

--	--	--

Rate Each: 1-10

Start Time: _____

Take 1 inhalation
Wait 5 minutes
Check inner inventory

Stop: Optimal Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

***Continue to take 1 additional inhalation, waiting 5 minutes and checking your inner inventory in between until you reach the Optimal Therapeutic Effect.**

Number of Inhalations: _____

Session 1:

Starting Inner Inventory:

Breath Body Mood

--	--	--

Rate Each: 1-10

Start Time: _____

Take 1 inhalation
Wait 5 minutes
Check inner inventory

Stop: Optimal Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

***Continue to take 1 additional inhalation, waiting 5 minutes and checking your inner inventory in between until you reach the Optimal Therapeutic Effect.**

Number of Inhalations: _____

Session 1:

Starting Inner Inventory:

Breath Body Mood

--	--	--

Rate Each: 1-10

Start Time: _____

Take 1 inhalation
Wait 5 minutes
Check inner inventory

Stop: Optimal Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

***Continue to take 1 additional inhalation, waiting 5 minutes and checking your inner inventory in between until you reach the Optimal Therapeutic Effect.**

Number of Inhalations: _____

Healer Certified Training & Education Program

Be a trusted cannabis advisor and get Healer Certified with our online training program for industry professionals, health professionals, caregivers and consumers. Be empowered to help patients achieve success with reliable, accurate, practical training based on peer-reviewed science, proven protocols and Dr. Sulak's clinical experience. [Learn more](#)

Healer's Free Education

Access [Healer.com](#) for free educational articles, dosage programs with guides and videos to help you use cannabis safely and effectively to improve your health. Dr. Sulak, a leading cannabis clinician who has helped more than 18,000 patients, has created these resources for you to use and share with friends, family, and your medical providers. Visit [Healer.com](#)

[Medical Cannabis Health Provider Guide](#)

Dr. Sulak's succinct overview of the clinical information your medical providers will need to know to safely care for you and other patients who elect to use medical cannabis. [Learn more](#)

[Introduction to Cannabis Dosage Program](#)

Are you new to cannabis and not sure where to start? Using the correct dose of cannabis is the single most important factor in having a successful, therapeutic relationship with cannabis. Dr. Sulak will show you how to get the optimal benefits of cannabis at the lowest, effective dose, without any negative side effects. [Learn more](#)

[Cannabis Shopping Guide](#)

This guide will help you easily navigate your shopping trip to a cannabis supplier. You'll avoid common pitfalls, have a positive experience, save money, and purchase the right medicine for your therapeutic use. [Learn more](#)

[Medical Cannabis Opioid Guide](#)

Learn how thousands of people have used cannabis to help them reduce and replace opioid medications, as demonstrated in numerous recent scientific papers and strongly supported by animal research. [Learn more](#)

[Experienced Users - Sensitization Protocol Dosage Program](#)

Do you require more and more cannabis to get the same relief? This is a sign of cannabis tolerance. Learn how to use less, feel more, and experience superior medical benefits. [Learn more](#)

[Switching to a Cannabis Tincture Dosage Program](#)

Learn how to use a tincture to prevent your symptoms rather than chasing and treating them with inhalation after they occur. Use less medicine and experience improved results. [Learn more](#)

[Strategies for Non-Psychoactive Cannabis Use Dosage Program](#)

Dr. Sulak provides you with a number of strategies to help you get all the health benefits of cannabis without getting high or impaired. [Learn more](#)

[Endocannabinoid Diet & Activities Dosage Program](#)

Dr. Sulak outlines how specific foods and simple activities can help the endocannabinoid system function optimally, which is essential to improving your health. [Learn more](#)

To find all of these free resources and more, go to [Healer.com](#)

Healer is not recommending or endorsing the use of any specific cannabis or hemp products, brand or manufacturer. This guide is for informational and educational purposes only. This guide does not create a patient-physician relationship and should not be used as a substitute for medical advice nor take the place of medical advice or treatment from a personal physician.



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