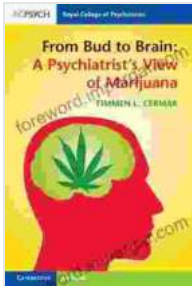


From Bud to Brain: Unveiling the Medicinal Marvel of Marijuana



From Bud to Brain: A Psychiatrist's View of Marijuana

by Timmen L. Cermak

★★★★☆ 4.6 out of 5

Language : English
File size : 4167 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 250 pages



In recent years, marijuana has emerged from the shadows of prohibition and gained widespread recognition for its medicinal properties. With scientific research piling up and laws evolving, the world is finally waking up to the healing potential of this ancient plant. "From Bud to Brain" is an authoritative guidebook that takes readers on a comprehensive journey into the world of medical marijuana, exploring its therapeutic benefits, modes of administration, and the latest scientific findings.

The Healing Properties of Cannabis

This book delves into the remarkable therapeutic properties of marijuana, supported by extensive research and clinical evidence. Readers will discover how cannabinoids, the active compounds in cannabis, interact with the human body's endocannabinoid system, regulating a wide range of physiological processes.

Pain Management



Chronic pain, a debilitating condition affecting millions, can find solace in the analgesic properties of marijuana. This book explores the use of cannabis for various types of pain, including neuropathic pain, inflammatory pain, and cancer-related pain.

Anxiety and Depression

hemp street

BEST STRAINS FOR DEPRESSION

Strain Name	Effects
CANNATONIC	With a balanced ratio of THC and CBD, this strain contains terpenes such as myrcene and caryophyllene.
JACK HERPES	Known for its relaxing and euphoric effects, this strain is ideal for those looking to unwind and de-stress.
SOUR OG	Known for its relaxing and euphoric effects, this strain is ideal for those looking to unwind and de-stress.
KU-78	A potent indica strain with a very high concentration of THC, known for its relaxing and euphoric effects.
GRANDDADDY PURPLE	A full-bodied indica strain with a high concentration of THC, known for its relaxing and euphoric effects.

The calming effects of marijuana have shown promise in alleviating the symptoms of anxiety and depression. This book provides insights into the anxiolytic and antidepressant effects of cannabis, offering hope to those struggling with these mental health conditions.

Sleep DisFree Downloads

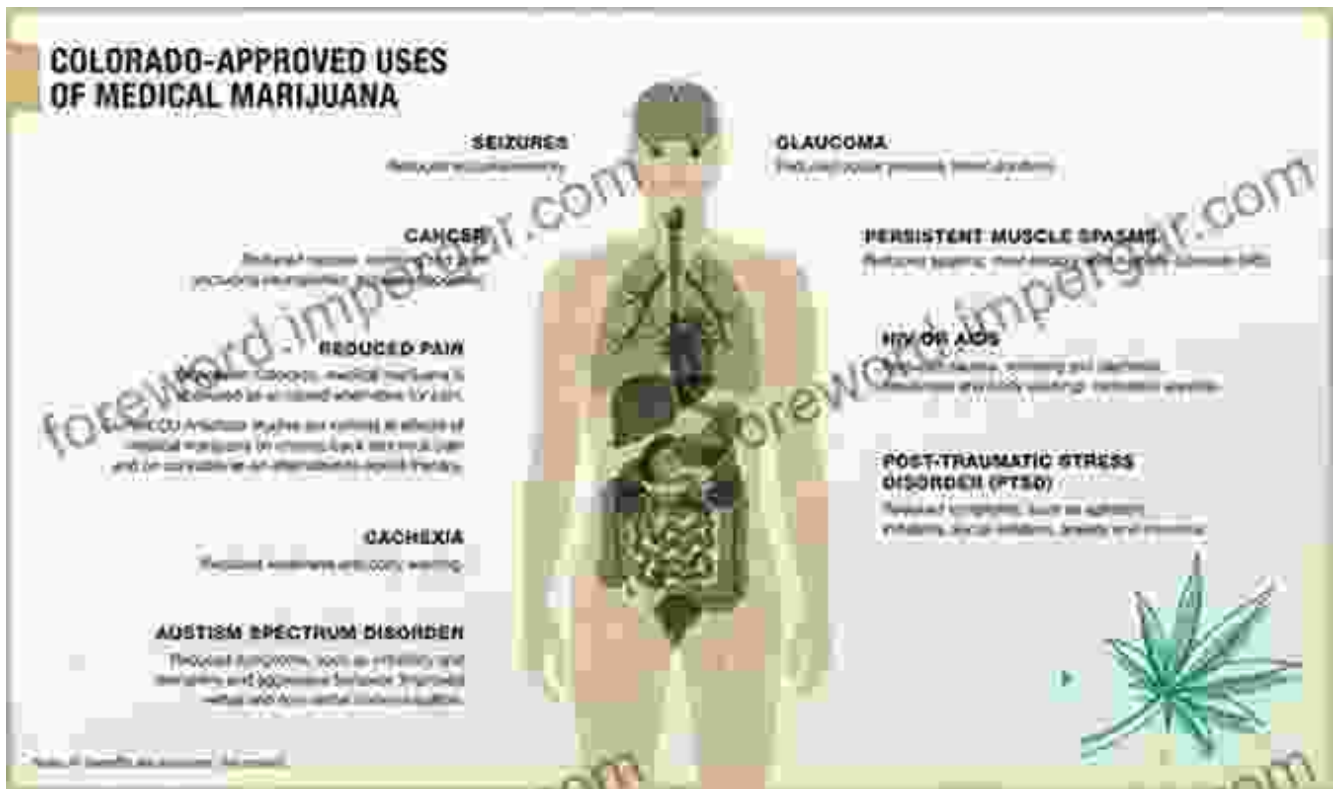
5 CANNABIS STRAINS FOR INSOMNIA

Get the f#k to sleep*



For those battling insomnia and other sleep disorders, marijuana can be a potential solution. This book explores the sedative and sleep-promoting effects of cannabis, providing practical guidance on its use for improving sleep quality.

Cancer and Treatment Side Effects



The anti-cancer properties of cannabis and its ability to alleviate the side effects of cancer treatment, such as nausea, pain, and loss of appetite, are discussed in detail. This book offers hope and support to cancer patients seeking alternative therapies.

Modes of Administration

This book provides a comprehensive overview of different ways to administer medical marijuana, empowering readers to choose the method that best suits their needs and preferences.

Smoking and Vaping



Smoking and vaping are common methods of administering marijuana, offering immediate effects. This book provides tips on safe and effective inhalation techniques.

Edibles and Tinctures



Edibles and tinctures provide a discreet and longer-lasting way to consume marijuana. This book includes recipes and guidance on dosing and effects.

Topicals and Transdermal Patches



Topicals, such as creams and ointments, and transdermal patches deliver cannabinoids directly to localized areas, providing targeted relief from pain, inflammation, and skin conditions.

Scientific Perspectives and Dosages

"From Bud to Brain" presents a balanced and evidence-based approach to medical marijuana, incorporating the latest scientific research and clinical trials. Readers will gain a comprehensive understanding of cannabinoids, terpenes, and their interactions, as well as guidelines for determining appropriate dosages for various conditions.

The Endocannabinoid System

RCPSYCH

Royal College of Psychiatrists

From Bud to Brain: A Psychiatrist's View of Marijuana

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CAMBRIDGE

Medicine

This book delves into the human body's endocannabinoid system, explaining its role in regulating physiological processes and the therapeutic effects of marijuana.

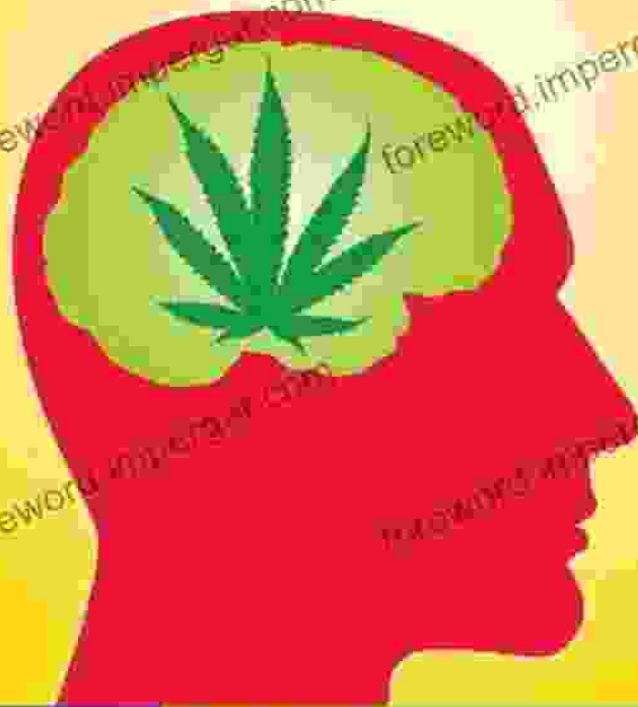
Cannabinoids and Terpenes

RCPSYCH

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CAMBRIDGE

Medicine

Readers will discover the diverse range of cannabinoids and terpenes found in marijuana and their unique therapeutic properties. This knowledge empowers them to make informed choices based on their specific needs.

Determining Dosages



CANNABIS DOSAGES

MEDIUM POTENCY SMOKED CANNABIS DOSAGES

Effect Level	No Tolerance	Some Tolerance	High Tolerance (daily use)
Light	0.100 g	0.200 g	0.400 g
Common	0.200 g	0.400 g	0.800 g
Strong	0.300 g	0.600 g	1.200 g

HIGH POTENCY SMOKED CANNABIS DOSAGES

Effect Level	No Tolerance	Some Tolerance	High Tolerance (daily use)
Threshold	0.025 g	0.050 g	0.100 g
Light	0.033 g	0.066 g	0.200 g
Common	0.066 g	0.130 g	0.260 g
Strong	0.100 g	0.200 g	0.500 g

ORAL THC DOSAGES

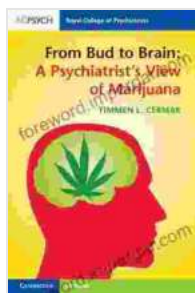
Effect Level	No Tolerance	Some Tolerance	High Tolerance (daily use)
Appetite Stimulant	2.5 mg		
Appetite Stimulation during Chemotherapy	2 mg (3x daily)	5 mg (3x daily)	10 mg (3x daily)
Light Stoning	2 - 4 mg	3 - 7 mg	4 - 10 mg
Medium Stoning	3 - 8 mg	4 - 12 mg	6 - 15 mg
Strong Stoning	4 - 15 mg	10 - 20 mg	15 - 30 mg

Determining the appropriate dosage of medical marijuana is crucial. This book provides guidance on factors to consider, including the condition being treated, the method of administration, and individual tolerance levels.

"From Bud to Brain" is an indispensable resource for anyone seeking a deeper understanding of the medicinal properties of marijuana. This comprehensive guide empowers patients, practitioners, and curious minds

alike with the knowledge and tools to harness the healing potential of this ancient plant. As the world continues to embrace the medicinal benefits of marijuana, this book will serve as a beacon, illuminating the path towards a healthier and more fulfilling life.

Free Download your copy of "From Bud to Brain" today and embark on a journey of healing and discovery.



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