

# LOCAL JOINT



# WELCOME

The Local Joint is a non-profit medical marijuana dispensary dedicated to providing its patient-members with respectful, compassionate care, while offering them exceptional quality affordable medicine.

This patient handbook is to help guide your medical cannabis experience based on your needs. Our Local Joint ***bud tenders*** are friendly and knowledgeable, with a comfortable background and experience with medical cannabis.

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METHODS OF CONSUMPTION,  
DOSAGE + EFFECTS.

PATIENT SECTION  
(These pages can be written on)



4201 E University Dr, Phoenix, AZ 85034

(602) 437-1645 | Localjointaz.com

M-F: 8AM-10PM & SUN: 10AM-9PM

# CANNABIS 101



Cannabis is the plant family name.  
There are 2 versions of the plant we use:  
Hemp (**CBD**) and Marijuana (**THC**).

3 TYPES

## FULL SPECTRUM

The Whole Plant  
Terpenes & Cannabinoids  
(with 0.3% THC)

## ISOLATE

Pure Hemp (No THC)  
No THC or terpenes.  
**Only pure cannabidiol.**

## BROAD SPECTRUM

Mix of Full Spectrum + Isolate  
Terpenes & Cannabinoids  
without THC

### **BUDTENDER ADVICE**

Use broad spectrum  
CBD if you can't have any  
THC in your system

## CBD



Found in Cannabis  
Plants + Hemp



Non-psychoactive  
(Doesn't get you high)



Anti-inflammatory



Anti-Seizure

Only found in  
Cannabis Plants



Psycho-active  
(Gets you high)



Anti-Nauseant



Sleep Aid



## THC

### SATIVA



DAYTIME

### HEAD HIGH

Energy  
Creativity  
Alertness  
Uplifting



### INDICA

NIGHT TIME

### BODY HIGH

Relaxation  
Eat (anti-nausea)  
Sleep  
Relief



# METHOD OF CONSUMPTION

Each method of consumption has its own benefits – depending on your reason for usage, it's important to understand your options. The next few pages are going to give you some insight to the benefits, intensity and the time-span of the effects.

## METHOD #1:

### FLOWER

#### WHAT

- > STRAIGHT FROM THE THE PLANT
- > THC DOMINANT  
*Flower usually consists of <10% - 26%+ THC.*

#### HOW

##### SMOKE IT

- > Joint
- > Bong
- > Glass Pipe
- > Vaporizer



#### BUDTENDER ADVICE

Smoking is the quickest way to feel the medicinal effects of cannabis. If you want the immediate relief but not the "high" feelings of THC use a CBD (hemp) dominant strain.

### SMOKING THC FLOWER PROVIDES

IMMEDIATE RELIEF & EASY DOSING

#### DOSAGE

It's all in the strain

EFFECTS CAN LAST  
2-4 HOURS



A Little  
< 10% THC



Noticeably  
10% - 20% THC



Super  
> 20% THC

#### IT'S A FACT!

Are the THC effects too intense?  
CBD can counteract the psychoactive effects of THC.

# THC

## METHOD #2:

### EDIBLES

# CBD

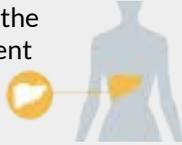
**EDIBLES ARE:** Any edible product that contains THC or CBD.

**THEY INCLUDE:** Baked goods, beverages, cooking oil, chocolate, gummies, mints, and many more.



### EAT IT

THC edibles are metabolized in the liver, making the THC more potent with a **longer half-life**, and can be very sedating.



CBD edibles are one of the easiest, best, and most common forms in which to receive your CBD.

### ADVANTAGES



THC edibles are **best if you have respiratory issues** that prevents you from inhaling smoke or vapor. *Not a fan of the marijuana taste?* Make sure the edible is infused with a distillate and not straight cannabis or kief.

CBD edibles are a great way to take very high, potent doses of CBD because they can be **more concentrated than vapors**, etc.



### INTENSITY + DOSAGE

Lasts 1-6 hours

Takes between 45 minutes and 3 hours to feel effects.



Lasts 1-5 hours

Takes under one hour to feel effects.



Little High Noticeably High Super High

THC	<10%	10% - 20%	20%+
	<2mg	2mg - 10mg	10mg+

Mild Effects Moderate Effects Strong Effects

CBD	<200 lbs	<15mg	15-20mg	20-30mg
	200+ lbs	<20mg	20-30mg	30-45mg

### TINCTURES

Use tinctures (cannabis infused oil) for easy dosing. Drop the tincture directly under your tongue for fast relief or into your favorite beverage.

### FOOD

More CBD's are absorbed on a full stomach. Healthy fats can increase the amount of CBD that reaches your bloodstream

METHOD #3:

CONCENTRATES,  
OILS + EXTRACTS

Any product derived from cannabis flower that is processed into a concentrated form.



COMMON TYPES

THC OIL

Includes: Tinctures, Capsules, Solid Oil (Dabs)

CBD OIL

Includes: Tinctures, Capsules

VAPORIZER CARTRIDGES

ADVANTAGES

Inhale active cannabinoids without the smoke

Experience immediate relief

Discreet and Odorless

Easy to dose as needed

METHOD #4:

TOPICALS

Topicals are cannabis-infused lotions, balms, and oils that are absorbed through the skin for localized relief of pain, soreness, and inflammation.

Dosing is different for everyone. Go one puff at a time until you get the desired effect.

WHEN TO USE

THC TOPICALS

Pain Killing & Muscle Relaxing

BEST FOR:

Neuropathic & Chronic Pain

Generally a continuous or randomly occurring shooting or burning pain in your body.

CBD TOPICALS

Inflammation Reducing

BEST FOR:

Arthritis, Joints, & Chronic Pain

Pain rooted in joint inflammation. CBD is equally beneficial option for many chronic pain conditions.

THC & CBD

Since both offer their own benefits, THC & CBD topicals are generally the best option.

BEST FOR:

Any & All Pain Conditions

DOSE IT YOUR WAY

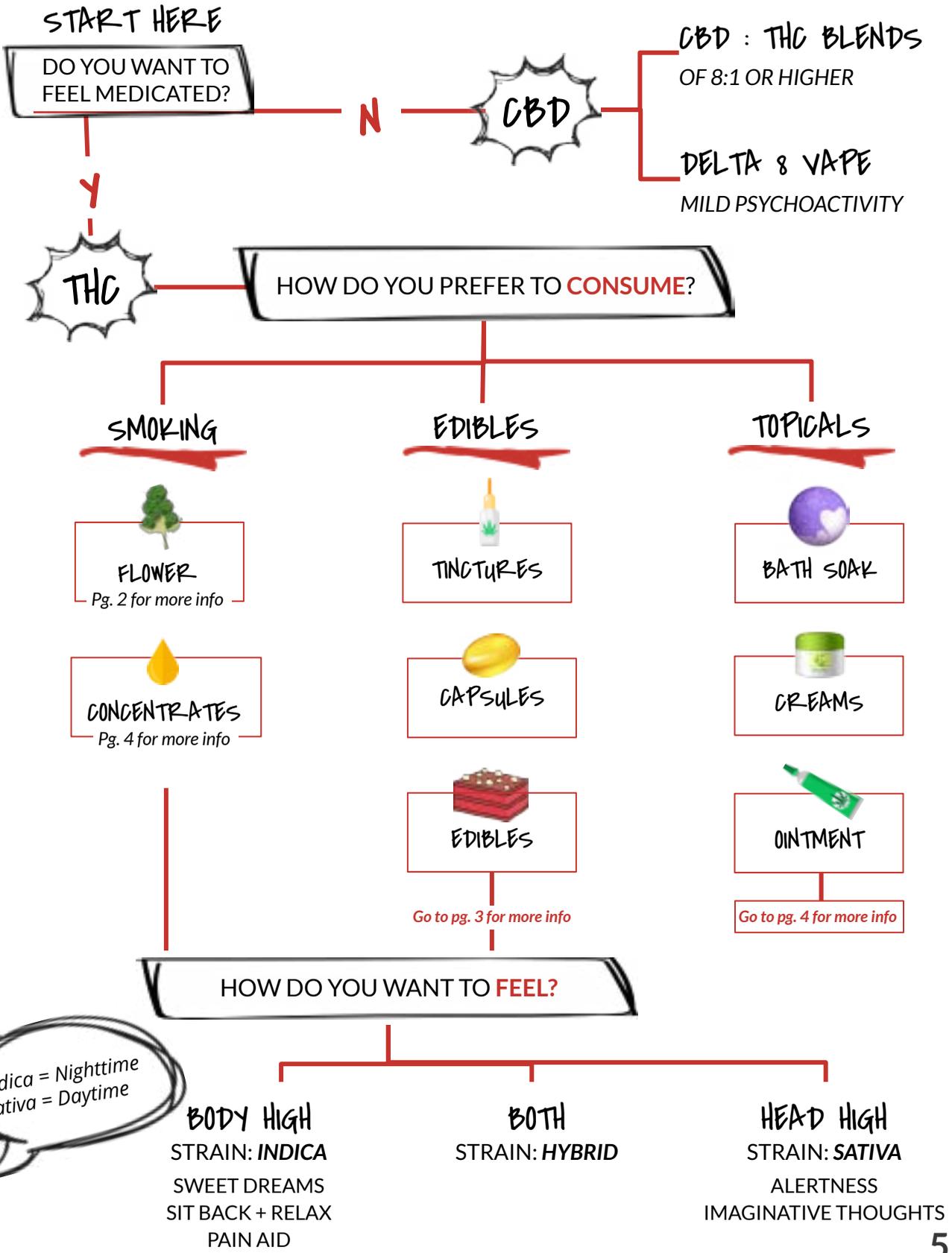
MICRODOSING

An effective way to experience the desirable effects of cannabis while avoiding the psychoactive effects that can interfere with your day.

Ingest a very measured and minimal dose of THC.

2.5mg - 5mg dose (or ask the budtender)

There isn't a one-size-fits-all solution for using cannabis. It depends on your ailment, lifestyle and personal preference. This is a simple guide to help steer decision.





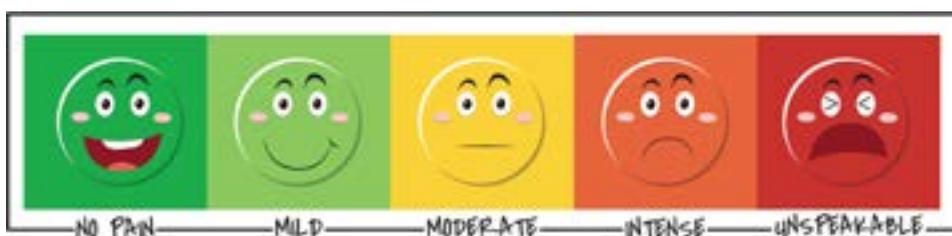
DATE	PLANT + STRAIN	INGESTION METHOD	DOSE	FREQUENCY
	<pre>           /   \          /     \         /       \        /         \       /           \      /             \     /               \    /                 \   /                   \  /                     \ /                       \ Full Spec.              Broad Spec.     CBD     Isolate           \   /          /     \         /       \        /         \       /           \      /             \     /               \    /                 \   /                   \  /                     \ /                       \ Sativa                  Indica     THC     Hybrid           </pre>	Flower Edible Concentrate Topical		

SYMPTOM	EFFECTIVE	NOTES FOR YOUR BUDTENDER
	YES            NO  YES, BUT...	

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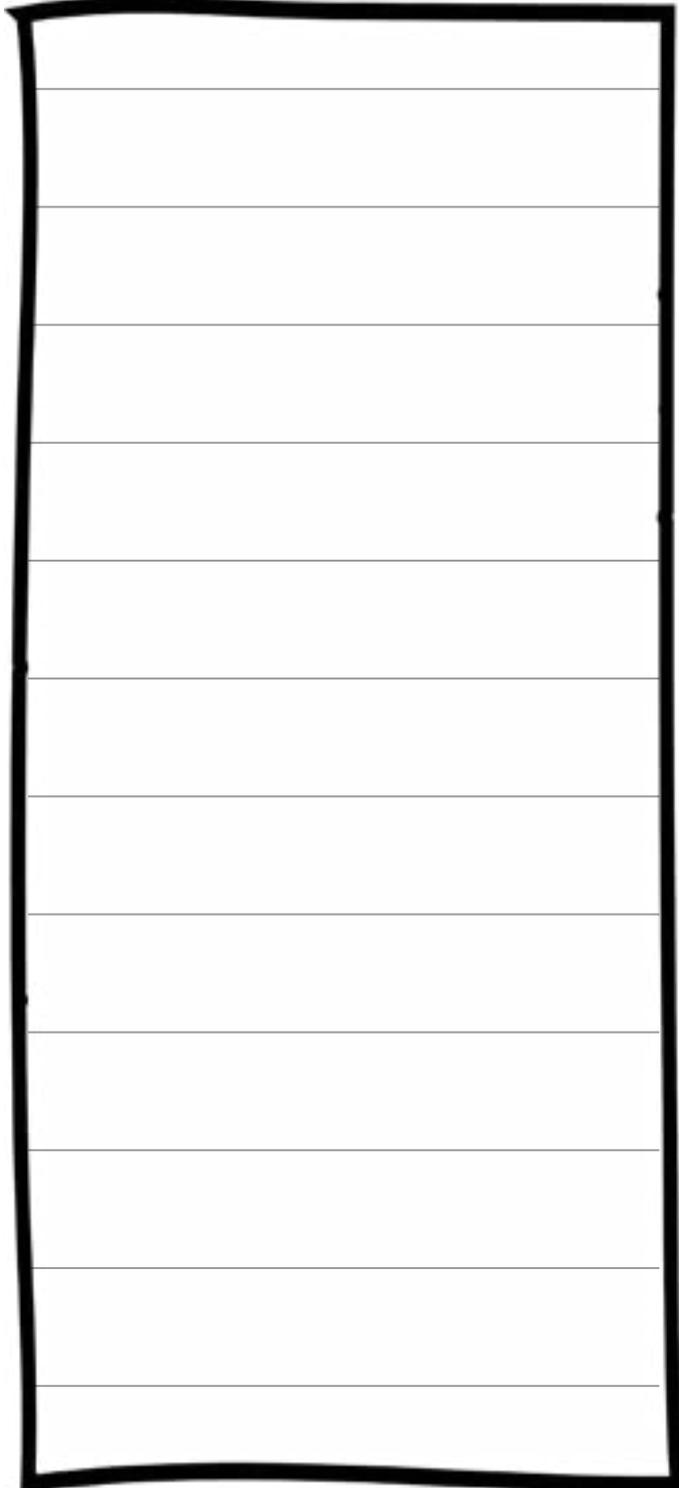
TIP: use this pain scale to track pain levels before & after trying a product.



Bookmark this page by  
folding down this edge.

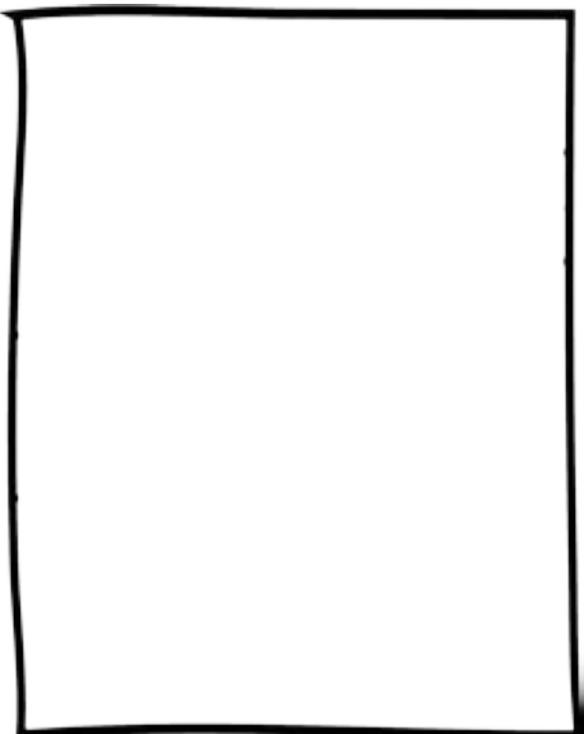
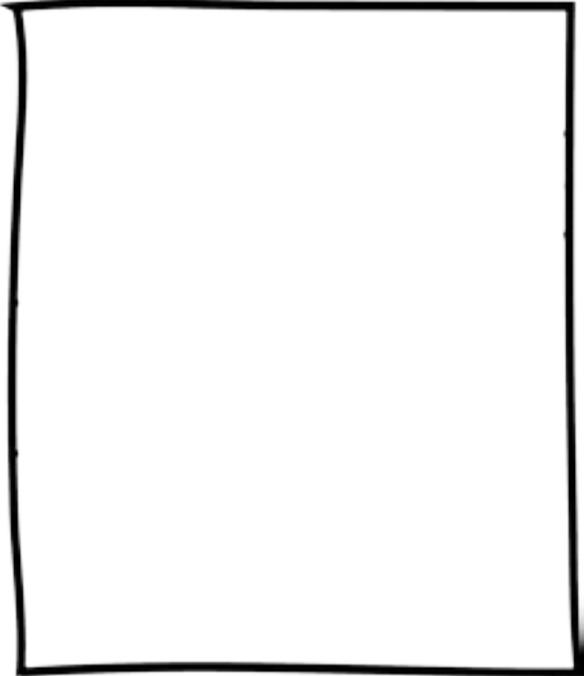
# WISHLIST

Try something new next time,  
write it down below so you don't forget.



# NOTES

A place to unleash your ideas,  
thoughts and questions.



# YOUR FIRST TIME SHOULD'N'T BE SCARY

## DOSING:

When in doubt **start your dosage low & slow.**

It's harder to decrease your high.

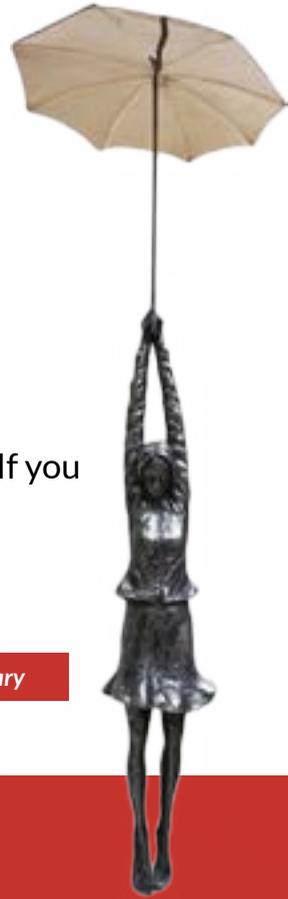
## EDIBLES

It can take anywhere from 1 - 3 hours to feel the effects of an edible. If you want to take it **low & slow** consume the edible on a full stomach.

### IT'S A FACT!

Eating a meal before consuming an edible can increase the bioavailability of both THC and CBD

Definition on pg. 10 : Glossary



## TRY TAKING A HERBAL HOLIDAY.

The more you use a THC or CBD product, the higher your tolerance will increase. Meaning, you will have to consume higher doses more frequently.

### Recommended Regime:

TAKE YOUR MEDICATION FOR...	TAKE A BREAK FOR...	If taking a break from your medicine isn't advisable, change up the strain or method of consumption.
6 DAYS	1 DAY	
4 WEEKS	1 WEEK	

## OPTIMIZE YOUR CANNABIS JOURNEY

### KEEP IT FRESH



### STORING YOUR FLOWER

Keep your THC/ CBD flower fresh and fluffy

#### Store in airtight container

Too much oxygen will speed the degradation process

#### Keep in cool, dry place

Do not store in a fridge/ freezer. Moisture = mildew

#### Keep out of sunlight

Reduces potency

## GLOSSARY

<b>Bioavailability</b>	Measurement of the relative amount and rate the THC and CBD reached the systemic circulation and becomes available at the site of action
<b>Cannabinoid</b>	A chemical compound found in cannabis and produced by the human body that interacts with our bodies' receptors. Endocannabinoids (internally produced cannabinoids) are an essential component of our bodies' endocannabinoid system (ECS), which is largely responsible for maintaining internal balance. Pain, stress, appetite, energy metabolism, cardiovascular function, reward and motivation, reproduction, and sleep are just a few of the body's functions that cannabinoids can help to improve.
<b>Cannabidiol (CBD)</b>	The second most commonly used cannabinoid found in the cannabis plant. CBD is an antagonist to THC and is non-psychoactive as it blocks the formation of 11-OH-THC and mitigates the psychoactive effects of THC. CBD has become popular for its therapeutic effects in autism, epilepsy, and nerve problems.
<b>Concentrate (or extract)</b>	Refers to any material created by refining cannabis flowers, such as hash, dry sieve, and hash oils. Concentrates or extracts have much higher potency.
<b>Dab/Dabbing</b>	A method where a "dab" (small amount) of cannabis concentrate is placed on a preheated surface, creating concentrated cannabis vapor to be inhaled.
<b>Dosage/Dosing</b>	Individualized amount of cannabinoids within products. Dosing depends on titration, which is the process of increasing medication amounts until the desired effect is achieved.
<b>Endocannabinoid System (ECS)</b>	A group of receptors that make up a very complex regulatory system throughout the human brain, body, and central and peripheral nervous systems. ECS creates and maintains our body's internal stability (homeostasis) by adjusting the flow of neurotransmitters and regulating bodily functions, including appetite, sleep, emotion, and movement.
<b>Entourage Effect</b>	A proposed mechanism by which cannabis compounds act synergistically to modulate the overall psychoactive effects and possibly mitigating some of the negative, psychosis-like effects of THC.
<b>Extraction</b>	The different processes by which cannabinoids within the plant can be extracted for use. These processes include alcohol extraction, butane hash oil extraction, etc.
<b>Hybrid</b>	A cross between two genetically different strains of cannabis. Hybrids can happen randomly or purposefully but are typically done to mix two or more preferred traits of a plant to make another powerful combination.
<b>Indica</b>	Typically, cannabis Indica plants are short, bushy plants with wide leaves. Medicine produced from cannabis Indica plants have higher CBD and lower THC counts. Qualities include: increased mental/muscle relaxation, decreases nausea/acute pain, increases appetite & dopamine, typically for nighttime use.
<b>Kief</b>	The resinous trichomes of cannabis that may be sifted from loose, dry cannabis flower with a mesh screen or sieve. Contains a much higher concentration of psychoactive cannabinoids, such as THC, than that of the cannabis flowers from which it is derived.
<b>Terpenes</b>	Compounds in the cannabis plant that give the plant its unique smell. <i>Terpenes bind to different receptors in the brain to give different effects, as well as determine whether the effects are either sativa or indica.</i>
<b>THC (Tetrahydrocannabinol)</b>	Tetrahydrocannabinol (THC) is the most common cannabinoid found within the cannabis plant. THC accounts for most of the psychoactive effects you experience as it metabolizes.
<b>Sativa</b>	Cannabis Sativa plants are opposite of the Indica strains and grow tall and thin with narrow leaves. Sativa strains take longer to grow, mature, and require more light. Medicine produced from cannabis Sativa plants have lower CBD and higher THC counts. Qualities include: anti-anxiety, anti-depressant, treats chronic pain, increases focus, creativity, and serotonin, typically for daytime use.

# ALTERNATIVE HEALING OPTIONS

There are a number of healing therapy options that you may consider pursuing, either as an adjunct to or entirely in place of medical marijuana therapy.



## HYPNOTHERAPY

Utilizes trance states to help modify behavior, emotional content and attitudes. Most commonly used for obesity, addiction, pain, ego, anxiety, stress, amnesia, phobias, and performance.



## OVER-THE-COUNTER MEDICATIONS

Drugs you can buy without a prescription. Some OTC medicines relieve aches, pains, and itches. Others help manage recurring problems, like migraines and allergies.



## YOGA

Integrates mental, spiritual, and physical disciplines. Feel stronger, more flexible, suffer from fewer acute illnesses and generally be more relaxed.



## HERBAL MEDICINES (TEAS, TINCTURES)

These are one type of dietary supplement. People use herbal medicines to try to maintain or improve their health.



## REFLEXOLOGY

Involves the application of pressure to specific points on the feet, hands, and head that correspond to a different body organ and system. Reduces pain, anxiety, depression, and enhances relaxation and sleep.



## ACUPUNCTURE & CHINESE MEDICINE

A delicate balance of acupuncture, herbs, nutrition, massage and energetic medicine to correct imbalance in the body. Allows the body to heal itself naturally and prevent illness.



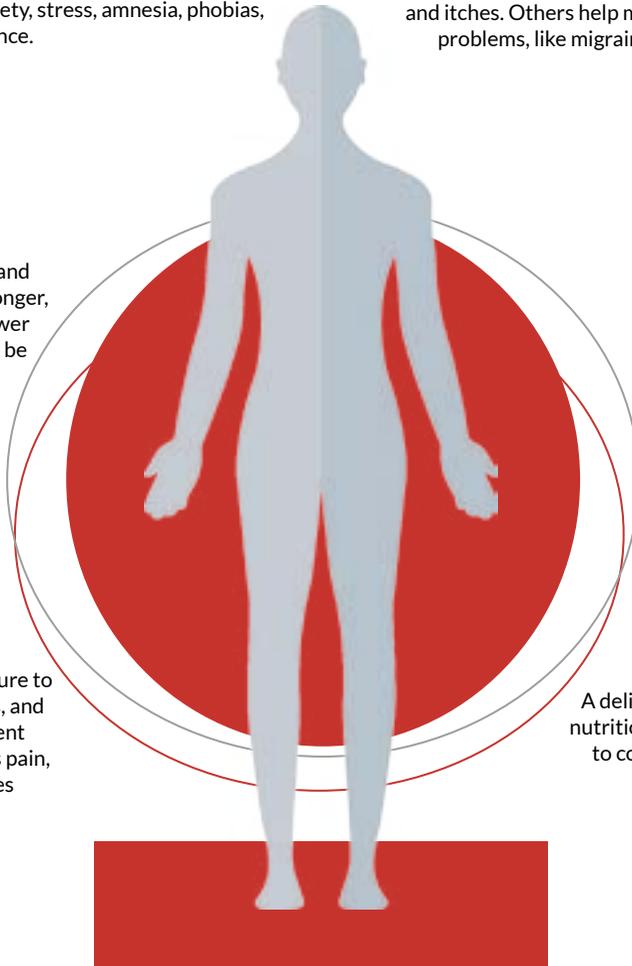
## NATUROPATHY

A doctor uses natural therapies and lifestyle recommendations to determine the underlying cause of health issues and use nature and the inherent healing capacity of the body to restore health. Treats minor acute conditions, chronic pain, and disease.



## CHIROPRACTIC

Utilizes the hands to locate and correct improperly functioning joints. Can restore blood flow, allowing the body to heal itself and stop pain. Helps relieve headaches, neck, back, leg, arm, knee, elbow, shoulder, and joint pain, among other ailments.



## SIDE EFFECTS:

### WARNING

Driving a motor vehicle while under the influence of marijuana is not protected under the Arizona Medical Marijuana Act, and may be subject to civil, criminal, or other penalties.

Due to the complex nature of the cannabis plant, there are a wide variety of potential effects.

**Desirable Effects:** pain relief, increased appetite, feeling of well-being, etc.

**Undesirable Effects:** anxiety, sleeplessness, etc.

*Possible impairment with use and operation of a motor vehicle or heavy machinery, when caring for children or of job performance.*

Use your Patient Health Log to help you determine which strains and preparations produce the most desirable effects for you.

## CAUTION

Just like other meds, marijuana has the potential to interact with other meds, supplements, and recreational drugs like alcohol. Know how your medications interact to ensure that they retain their effectiveness, and that over-intoxication does not occur. Tell your prescribers that you are using marijuana. Take caution when you combine marijuana with other substances until you know how they will affect you.

## COMBINING WITH ALCOHOL

May interfere with, concentration, decision making and cause nausea, dizziness or loss of consciousness.

*If you become concerned with any side effects, notify Local Joint, we can help! Go to Americans for Safe Access ([safeaccessnow.org](http://safeaccessnow.org)) to learn more.*

## DRUG-TO-DRUG INTERACTIONS:

### Antagonistic Reaction: 1+1=0

*Two substances cancel each other out, reducing the effectiveness of both drugs.*

### Additive Reaction: 1+1=2

*Two substances each provide their own reaction. Users experience full effects of both.*

### Synergistic Reaction: 1+1=4

*Substances react together to produce an effect stronger than with either one alone.*

## FINDING HELP

### SIGNS & SYMPTOMS:

Including tolerance, dependency & withdrawal.

Arizona Treatment Institute LLC Counseling & Consulting

**Primary Focus:** Mix of mental health & substance abuse services

**Services Provided:** Substance abuse treatment

**Type of Care:** Outpatient, Partial hospitalization/day treatment

1927 North Trell Road Ste D Casa Grande AZ 85222 | (520) 836-9788

Stonewall Institute Drug and Alcohol Treatment Center

**Primary Focus:** Group therapy is the primary method of treatment, with clients focusing on underlying causes & conditions that contribute to substance abuse & related behaviors.

**Type of Care:** Intensive Outpatient Program

4020 N 20th St. Phoenix, AZ 85016 | (602) 535-6468

## NOTIFYING YOUR PHYSICIAN:

Should a patient show signs of side effects of marijuana use or is to report to a dispensary agent that they are experiencing side effects from or have used marijuana inappropriately, the dispensary reserves the right to alert the patient's certifying physician. The dispensary also reserves the right to deny acquisition of medical marijuana to the patient under such circumstances.