

Cannabinoids

Cannabinoids are the main class of compounds found in cannabis. Cannabinoids can engage with our bodies via our ECS for therapeutic benefit and symptom relief.

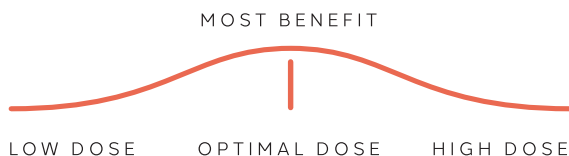
Scientists have identified over 100 cannabinoids in cannabis, but the two most abundant are THC and CBD.

THC **Responsible for the 'high' associated with cannabis.** Can produce uncomfortable side effects, such as anxiety, paranoia, memory impairment, and elevated heart rate.

CBD **A non-intoxicating cannabinoid known for its highly therapeutic potential.** Potential properties include pain relief, anti-anxiety, anti-inflammatory, and a calming action.

Dosing

Cannabis dosing is biphasic, meaning there is a certain threshold dose above which patients will begin to experience diminished benefit.



Cannabis dose is personal, so we want to empower individuals to responsibly and intelligently experiment with cannabis. We recommend starting with a microdose and tracking your experience in a journal.

Take note of the products you're using and their compound ratios. Document situational factors as well, such as time/place of consumption, water/food intake, and any health fluctuations. Download our free journal at myfeelstate.com

*feel
state*®

Committed to better connecting individuals to themselves, each other, and their communities through the use of cannabis.

Support

We are here to support both consumers and business owners in creating the best possible cannabis experience.

Community

Our community comes first, and we do what we do to help support the wellbeing of all our neighbors through connection.

Education

We are committed to helping people understand how cannabis works so they can make informed purchasing decisions.

Consistency

In a quickly changing industry, our goal is to be a reliable resource so that you always feel comfortable and safe.

Want to Learn More?

Book a Free 30-minute Virtual or In-Person Consultation at

myfeelstate.com

info@myfeelstate.com

*feel
state*®

Intro to Cannabis Science

Developed by Feel State Inc. in collaboration with Eminent Consulting and Hemspley

    [@myfeelstate](https://www.instagram.com/myfeelstate)

©2021 Feel State Inc.

The Endocannabinoid System (ECS)

Your Endocannabinoid System allows you to feel the effects of cannabis. It is a complex, biological system made of cannabinoid receptors, cannabinoid signaling molecules, and enzymes that control that signaling. **The ECS is a vital system for helping the body maintain homeostasis, AKA balance.**

Why We Use Cannabis

When our bodies are out of balance, we become vulnerable to disease. **Cannabis compounds can help to effectively engage and support the ECS to facilitate balance and therefore improve health.**

Steps to Getting Started

Experiment

Try different consumption methods, CBD/THC ratios, and terpenes to find the perfect products for your specific needs.

Document

Tracking your experience with a product will help you find patterns to recreate or avoid experiences in the future. **Download our free printable journal pages at myfeelstate.com**

Learn

Our understanding of cannabis is evolving every day; don't be afraid to ask for help. There are no silly questions in cannabis! **Visit the dispensary to chat with our educated staff, schedule an in-store or virtual consultation, or explore our blog on myfeelstate.com**

Terpenes

Terpenes are tiny, aromatic, and very volatile compounds that give plants their smell and flavor. They are part of a plant's defense system and help to protect plants from pests and pathogens. **Each terpene gives off a unique aroma and correlates to certain physiological effects and health benefits.**

Terpenes are abundant in cannabis. **When we consume cannabis, terpenes may be responsible for therapeutic benefits as well as nuance in mood and experience.**

Common terpenes found in cannabis include:

Myrcene



Aroma: earthy, musky, fruity
Properties: anti-inflammatory, anti-carcinogenic, muscle relaxant



Linalool

Aroma: sweet, floral
Properties: anti-anxiety, sedative, anti-depressant, anti-proliferative, analgesic, anticonvulsant, anti-fungal, stimulating



Pinene

Aroma: pine, woody
Properties: anti-anxiety, antibiotic, anti-inflammatory, anti-proliferative, bronchodilator, helps counteract side effects of THC

Limonene



Aroma: citrus, tangy
Properties: anti-anxiety, anti-oxidant, anti-inflammatory, immune modulator, euphoric, joyful feelings

Terpinolene



Aroma: sharp, diesel, fresh
Properties: anti-oxidant,

Beta-caryophyllene



Aroma: spicy, peppery, woody, clove, cinnamon
Properties: reduces pain and perception of pain, anti-depressant, anti-anxiety, anti-inflammatory

Delivery Methods

With endless ways to consume cannabis, you can choose what works best for your needs.

Inhalation

Onset Time: **Immediate** Effects Last: **2-4hrs**

Includes: smoking, vaporizing

Inhaled compounds instantly enter the bloodstream through the lungs for immediate relief. If you are concerned about respiratory health, consider vaporizing flower to reap the benefits and protect your lungs. **Perfect for instant relief while in private.**

Mucosal

Onset Time: **5-15min** Effects Last: **2-4hrs**

Includes: tinctures, lozenges, suppositories, lubricants

When delivered through a mucous membrane, cannabis can bypass digestion and enter the bloodstream more quickly. **Perfect for discreet and quick medication.**

Ingestion

Onset Time: **30-120min** Effects Last: **4-7hrs**

Includes: edibles, teas, infusions, tinctures, capsules

When ingested, cannabis is digested and metabolized by your body at a slow rate to provide deep and long-lasting relief. **Perfect for relief throughout the entire day or night.**

Topicals

Onset Time: **Immediate** Effects Last: **Varies**

Includes: lotions, oils, balms, salves, sprays, patches

When applied to the skin, topicals interact directly with that area for fast, effective, and non-intoxicating relief. **Perfect for carrying in your bag or keeping handy at your desk.**