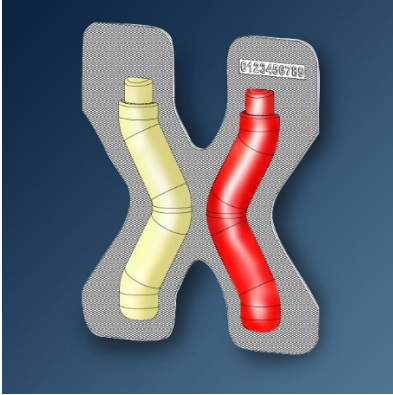


The Power Couple



The DnR LLC MediVialPaQ™ offers a double, total treatment solution and health benefits. For example, one side of the X is filled with PARIS Hemp CBD oil* [low THC] and the opposite side of the X is filled with Nutracis Hempseed oil which is proven to be a significant inhibitor of certain disease progression. MediVialPaQ™ is known to provide the “Power Couple’ in CBD dosing.

Most people are surprised to learn that the therapeutic effects of cannabis can be achieved at dosages lower than those required to produce euphoria or impairment,” says Dr. Sulak, who asserts that “ultra-low doses can be extremely effective, sometimes even more so than the other [high-dose] extreme.”

Preclinical science lends credence to the notion that a small amount of THC can confer health benefits. Oral administration of a low dose of THC (1 mg/day) resulted in significant inhibition of disease progression in an animal model of heart atherosclerosis (hardening of the arteries), according to a 2005 report in *Nature*, which noted: “This effective dose is lower than the dose usually associated with psychotropic effects of THC.”

MANAGING PSYCHOACTIVITY

This much is certain: The practice of micro-dosing – which entails the consumption of a sub-psychoactive or slightly psychoactive dose of cannabis – is gaining popularity among those who want the medical benefits of cannabis without the buzz. Although banned by federal law, cannabis medicine is currently accessible in the form of concentrated oil extracts.

Cannabidiol (CBD) or hemp oil does not cause an intoxicating high like THC. CBD can actually lessen or neutralize the THC high, depending on how much of each compound is present in a particular product. **A greater ratio of CBD-to-THC means less of a high.** Today cannabis patients have the option of healing without feeling high.

Broadly speaking, **there are three types of resin-rich cannabis and cannabis products:**

- **Type 1** (THC-dominant) – High THC, low CBD (famously intoxicating cannabis varieties)
- **Type 2** (THC and CBD) – Mixed THC and CBD cultivars (intoxicating, but not as edgy as THC-dominant varieties)
- **Type 3** (CBD-dominant) – High CBD, low THC (non-euphoric marijuana or hemp)

So, what is the appropriate dosage for each of the three main types of cannabis?

The Power Couple

“START LOW, GO SLOW”

The adage “start low and go slow” is apropos for cannabis therapy, in general, and THC titration in particular, as discussed by Caroline MacCallum and Ethan Russo in a January 2018 article in the *European Journal of Internal Medicine*. The authors, who are both physicians, provide sensible guidelines for health professionals and patients regarding the judicious administration of (Type 1) THC-dominant medicinal preparations.

As for oral administration from the MediVialPaQ™, one should keep in mind that it can take 60 to 90 minutes before the effects of a single dose are felt.

MacCallum and Russo suggest a carefully controlled regimen for consumption of ingestible THC-rich cannabis products. They recommend that patients with little or no experience using cannabis should start by ingesting the equivalent of 1 to 2 mg of THC shortly before bedtime for two days. If there are no unwanted side effects, increase the bedtime dose of THC by another 1 to 2 mg for the next two days. Continue to increase the dose of THC by an additional 1 to 2 mg every other day until the desired effects are achieved.

If there are adverse side effects, reduce the dose of THC to the prior amount that was well tolerated.

DIFFERENT TYPES, DIFFERENT DOSAGE

TYPE 1 – MediVialPaQ™ one side filled with THC

For adequate symptom relief, some patients may need to ingest a cannabis preparation two- or three-times during daylight hours, in addition to their night-time regimen.

Caution is urged: on days 1 and 2, start with one dose of the equivalent of 1 mg THC; on days 3 and 4, increase to 2 mg THC twice a day; and, if well tolerated, up the dose incrementally to a total of 12 mg THC (divided equally throughout the day).

“Doses exceeding 15 - 20 mg/day [of THC] may increase adverse events or induce tolerance without improving efficacy,” MacCallum and Russo warn.

Adverse events mainly pertain to THC and are dose-dependent. Very high doses are more likely to cause unwanted side effects.

For most medications, a higher dose will pack a stronger therapeutic punch. With cannabis, however, it’s not so simple. THC and other cannabis components have biphasic properties, meaning that low and high doses generate opposite effects. Small doses of cannabis tend to stimulate, large doses sedate.

In practical terms, this means that **starting low and gradually upping the dose of cannabis will produce stronger effects at first**. But, after a certain point, “dosage increases can result in weaker therapeutic effects,” according to Dr. Sulak, “and an increase in side effects.” It is important to note that everybody responds to THC differently and builds tolerance at different rates. Check in with yourself often while consuming cannabis to gauge the effects and side effects.

The Power Couple

There are some negative side effects that can result from over-consumption. Sulak observes that “symptoms of cannabis overdose closely mirror the symptoms one would expect cannabis to relieve at appropriate doses: nausea, vomiting, diarrhea, sweating, spasms, tremors, anxiety, panic attacks, paranoia, dis-coordination, and disturbed sleep. Extreme overdoses can lead to hallucinations and even acute psychosis.”

By introducing small amounts of THC into your system, and increasing the dosage slowly, you minimize the risk of negative side effects. The goal is to take a large enough dose of THC to achieve therapeutic effects and a small enough dose to minimize negative side effects.

TYPE 2 – THC AND CBD: THE POWER COUPLE

Hemp oil [Low THC], or CBD [no THC] and THC are the power couple of cannabis therapeutics. Both compounds have remarkable medicinal attributes, and they work better in combination than as isolates. CBD can synergistically enhance THC’s anti-inflammatory and pain killing properties, while reducing unwanted side effects.

A 2010 report in the *British Journal of Pharmacology* analyzed the effects of THC and CBD alone and in combination in an animal model of colitis. This preclinical study concluded that “CBD increased some effects of an ineffective THC dose to the level of an effective one.”

This is one of the many gifts of CBD: It can magnify the medicinal impact of a small amount of THC so that one need not consume an intoxicating dose to experience THC’s therapeutic benefits.

* Less than 0.3% THC