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CANNA-PATIENT EXPERIENCE

Beginner Cannabinoids And Terpenes



Understanding Cannabinoids And Terpenes



Understanding how cannabinoids and terpenes work can improve the quality of your care. This brochure describes a few of the over 100 cannabinoids and 400 terpenes found in cannabis.

Experimenting with ratios of these components can change the effect. Raising and lowering the amounts of particular cannabinoids, terpenes, and flavonoids, can enhance your therapy. Adding different terpenes and flavonoids can be easy as making a cup of tea or eating a mango before using cannabinoid therapy.

This is just the beginning. Please share this information with your medical team, and use it to make informed decisions about your care.

This information is not intended as medical advice and none of these statements have been evaluated by the FDA. This brochure mentions the uses studied by scientists for each cannabinoid/terpene. This list is not comprehensive.

Cannabinoids

- **Tetrahydrocannabinolic acid (THCa)** becomes THC when heated or degraded over time. Noted studies and patents: anti-inflammatory, anti-nausea, and neuroprotective.
- **Cannabichromene (CBC)** is being investigated for autoimmune and inflammatory diseases. CBC holds patents for being anti-viral, anti-fungal, and anti-microbial.
- **Tetrahydrocannabivarin (THCv)** is patented to protect pancreatic islet cells and promote insulin homeostasis. It is being investigated in metabolic diseases.
- **Cannabigerol (CBG)** is being studied for: reduction of eye pressure, neuroprotectant, inflammatory bowel disease relief, fighting colorectal cancer, cachexia, and helping bladder issues. Found in helichrysum.
- **Cannabidivarin (CBDv)** is being used as an anticonvulsant and antiseizure drug by GW Pharmaceuticals.
- **Cannabinol (CBN)** is commonly reported to aid with severe pain and insomnia.



Terpenes

- **Beta-caryophyllene** interacts with the CB2 receptor and is being looked at as an anti-inflammatory, analgesic, and fever reducing. Found in black pepper, copaiba, and cloves.
- **Linalool** is the smell in lavender that most associate with anti-anxiety, anti-inflammatory, and anti-bacterial properties.
- **Myrcene** is found in mangos and can increase the bioavailability of many cannabinoids. It has shown anti-inflammatory properties, success with hard to treat pain, and can be used for insomnia.
- **Pinene** is used in aromatherapy as an uplifting mood enhancer and is patented for anti-microbial properties. ***Some report increased paranoia and anxiety.**
- **Limonene** is found in lemons and has a wide variety of noted uses including: mood enhancer, digestive aid, and to dissolve cholesterol containing gall/kidney stones.



Cannabis is extremely safe, but does have some interactions with pharmaceuticals. Always check with a pharmacist to make sure you properly adjust your medications.