



DOC MJ

Patient Journal



DOC MJ
CARES

ONLINE MENTAL HEALTH COUNSELING



Online Mental Health Counseling

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DocMJ provides world-class personalized care to all our patients. This special journal was developed to help you track your medication use and effectiveness. Using this journal is an important part of your overall treatment and helps you and your doctor understand what medical cannabis works best for you and your condition. Your patient journal helps your doctor individualize your care based on the information you record inside. Be sure to bring it with you on each doctor visit.


Patient name

Patient ID Number

Recommendation Renewal Date

OMMU Card Renewal Date

Note: Be sure to schedule your appointment with DocMJ 30 days prior to your Recommendation Renewal date to avoid any lapse in your eligibility.



Fundamentals of Medical Marijuana and Cannabidiol (CBD)

Medical benefits of marijuana have been documented for thousands of years. It is only in the past few decades that science and medicine have really begun to learn all the incredible benefits these plants can provide.

Marijuana contains hundreds of cannabinoids. There are two primary compounds with proven medicinal properties.

Tetrahydrocannabinol (THC)

is the most well-known cannabinoid and gives a psychotropic “high” feeling in most patients, but has been shown to have incredible medicinal effects when taken with the other cannabinoids in the plant. The reduced effects include pain relief, inflammation, drowsiness, and appetite stimulation. Research also suggests it helps patients with nausea, convulsions, and mental health conditions such as anxiety and PTSD. When you think of THC, think of it having an acute effect and providing immediate symptom relief.

Cannabidiol (CBD)

is the other primary compound that provides therapeutic benefits, but without producing the psychotropic effects patients may feel with THC. Over the past 10 years, the understanding of the medicinal benefits of CBD has grown exponentially. There is now a large body of medical research and evidence proving the efficacy of CBD in medical conditions such as inflammation, seizure frequency, muscle spasms, anxiety and chronic pain.

Understanding the different product strains



Indica Strains

- Often have a relaxing, sedative effect

Recommended for use to:



REDUCE
STRESS



RELIEVE
CHRONIC PAIN



REDUCE
ANXIETY



INSOMNIA



MUSCLE SPASMS
AND TREMORS



Sativa Strains

- Often have a focus and uplifting effect

Recommended for use to:



IMPROVE
MOOD



IMPROVE ALERTNESS
AND FOCUS



STIMULATE
APPETITE



REDUCE
NAUSEA



EASE
MIGRAINE PAIN



RELIEVE
CHRONIC PAIN



Hybrid Strains

- Of approximately 779 strains, over half are hybrids
- Have effects of both Indica and Sativa strains which can reduce unwanted symptoms of either strain while keeping the benefits of each.

Recommended for use to:



LIMIT ANXIETY
INDUCING EFFECT OF
SATIVA STRAINS



LIMIT SEDATING
EFFECTS OF
INDICA STRAINS



CHRONIC
PAIN
RELIEF

SYMPTOMS

There are two product types to consider when selecting your medication; high CBD to THC products or low CBD to THC products.

1. High weighted CBD to THC products (such as the following CBD:THC ratios; 12:1, 5:1, 1:1) have a lower risk of psychoactive effects and are used to relieve the following symptoms:



INFLAMMATION



ANXIETY



SEIZURES



CHRONIC PAIN



MUSCLE SPASMS

2. Low weighted CBD to THC products (such as the following CBD:THC ratios; 1:12, 1:5, 0:1) have psychoactive effects and are used to relieve the following symptoms:



INFLAMMATION



NAUSEA



APPETITE
STIMULATION



CHRONIC PAIN



INSOMNIA

The statements, charts, and guidance in this journal are not intended for medical advice nor to be relied upon, or a substitute for, professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

RECOMMENDED DOSING

Method	Vape		Oral		Sublingual		Inhaler	Topical	Transdermal Patch
Dose	3-5 Inhalers	>>	2 Inhalers	<<	Start at 10mg	>>	Start at <5mg	<<	Start at <5mg
Frequency	3-5 Times/Day	3-5 Times/Day	2 Inhalers	3-5 Times/Day	Min. 2 Times/Day	Min. 2 Times/Day	Min. 2 Times/Day	2 Inhalers	2 Inhalers



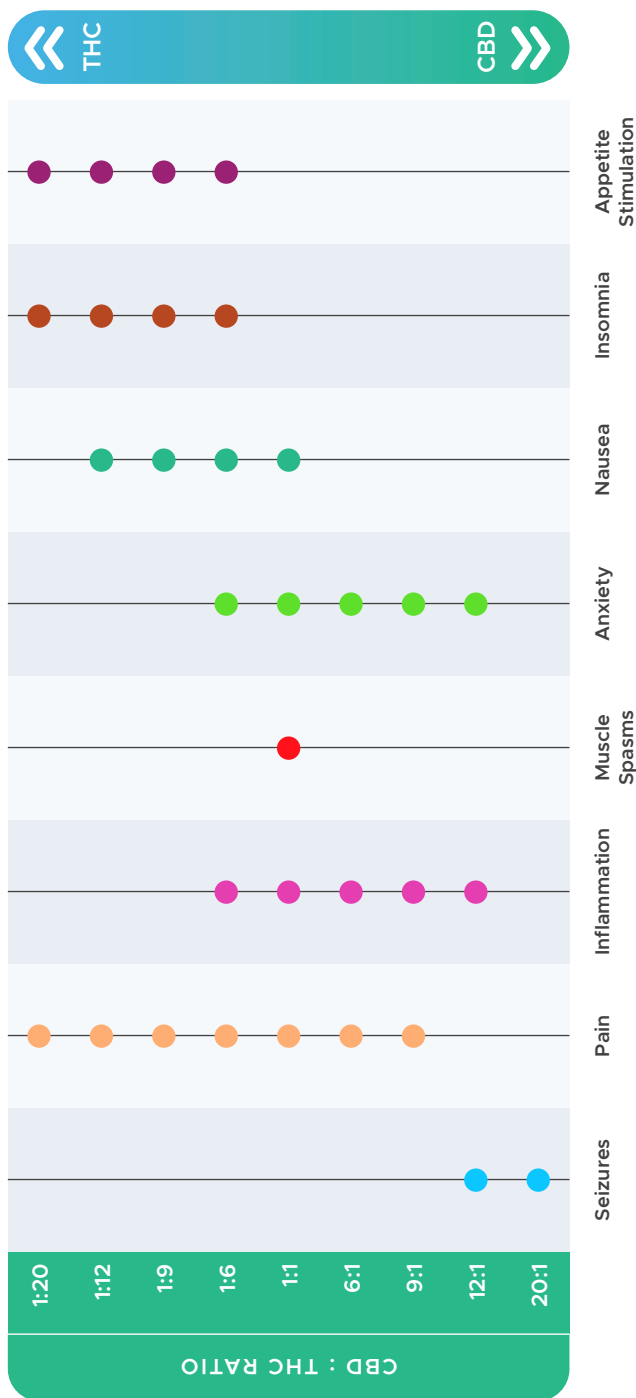
>>

Low THC to CBD ratio

<<

High THC to CBD ratio

CBD:THC DOSAGE CHART



PATIENT RECOMMENDATIONS

- For patients with no cannabis experience, start with heavily weighted CBD products and lowest strength of milligrams; generally, around 5-10 milligrams for most products.
- If using sublingual (under tongue) or oral routes, do not re-dose for at least 6 hours.
- If using a vaporizer, do not re-dose for at least 4 hours.
- If using a vaporizer, a 3 second inhalation delivers approximately 15 mg.

Method	Vaporizing/ Metered Dose Inhaler	Oral	Sublingual	Topical/ Patch
Onset (min)	~5	~60 – 80	~15 – 40	~30 - 90
Duration (h)	~2 – 4	~4 – 6	~4 – 6	~8 - 72
Advantages	Rapid onset advantageous for acute or episodic symptoms (nausea/muscle spasms/pain).	May be more advantageous for chronic disease/symptoms due to longer duration.	Onset more rapid than oral method. Can have longer duration of action compared to inhalation. Improved bioavailability compared to oral.	Less systemic effect, good for localized symptoms.
Disadvantages	Dexterity required, inhalation technique results in varying amounts.	Titration challenges due to delayed onset. Absorbed more slowly & less bioavailability.	Absorption may be more unpredictable compared to other methods.	Local effect, very slow absorption.

YOUR PROGRESS TRACKER

Date: _____ Dispensary: _____

Current Strain: ☐ Indica ☐ Sativa ☐ Hybrid

Product Type: ☐ Vape/inhalation ☐ Oral ☐ Topical ☐ Other

CBD/THC Ratio: _____

Current Dosage: _____

Time of Onset (in minutes): _____

Duration of effects (in hours): _____

Beneficial Effects You Feel:

- | | |
|--|---|
| <input type="checkbox"/> Pain Relief | <input type="checkbox"/> Increased Energy |
| <input type="checkbox"/> Focused | <input type="checkbox"/> Muscle Relaxation |
| <input type="checkbox"/> Reduced Anxiety | <input type="checkbox"/> Increased Appetite |
| <input type="checkbox"/> Anti-Depressant | <input type="checkbox"/> Creative |
| <input type="checkbox"/> Reduced Seizures | <input type="checkbox"/> Reduce Tremors |
| <input type="checkbox"/> Anti-Inflammatory | <input type="checkbox"/> Intestinal Relief |
| <input type="checkbox"/> Other: _____ | |

Side Effects You Have Experienced:

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Dry Mouth | <input type="checkbox"/> Drowsiness |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Anxiety/Paranoia |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Other: _____ | |

Your current outcome rating (please circle one):

1	2	3	4	5	6	7	8	9	10
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- ☐ Nausea
- ☐ Headache
- ☐ Other: _____

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Notes





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- Strain-specific offerings in varieties of Indica, Hybrid, and Sativa
- Fast-acting, activated whole plant medicine, providing an alternative to smoking and vaping products

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- 15% off your second purchase
- \$75 off \$150 or more on Medical Marijuana Card Renewals
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- Veterans Receive 20% off Everyday
- Plus receive 25% off for your Birthday

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Cannabis Industry
Pediatric • Seniors (55+)
15% off everything

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delivered
to your door.



DocCBD products are specially formulated to provide the relief you need.

Our CBD products provide relief from a variety of different conditions with a focus on **PAIN**, **CALM** and **SLEEP**.



PAIN

Specially formulated cream and roller that provides real pain relief while soothing and moisturizing the area. Additionally, capsules that help reduce inflammation often associated with causing chronic pain.



SLEEP

Products formulated with a unique blend of the best compounds to help you sleep through the night. Also really good for anxiety and relaxing.



CALM

Products that help you take a breather and relax. Great for anxiety, PTSD and can aid in sleeping.



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Pain Roller

\$ 24.99



\$ 24.99



Pain Relief
Cream



\$ 59.99



Sleep
Gummies



\$ 49.99



Calm
Tincture



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Concentrate

\$ 79.99



25 mg
Concentrate

\$ 89.99



25 mg
Broad
Spectrum

\$ 89.99

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Counseling Telemedicine

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