



**DOC MJ**  
GEORGIA

# Patient Guidebook



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# SECTION ONE: Low THC Oil Registry

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.

# COMPASSIONATE USE REGISTRY OF TEXAS

## GETTING APPROVED

Once approved by your physician, you will be sent a Low THC Oil Waiver to fill out and get notarized. Return the notarized waiver to DocMJ via email to be kept in your file, as required by the GA Low THC Oil Registry program.

Pay \$30 for your Low THC Oil card via the state's payment portal or money order. Once your payment is complete, your card will be shipped to the mailing address on file.

Your card is valid for five years. Once there is a need to renew your card, please contact your physician.

### Registry FAQs and more:

**<https://dph.georgia.gov/low-thc-oil-registry/patients-and-caregivers>**













**SECTION TWO:**  
Cannabis  
Education

# CANNABIS EDUCATION

## STRAIN DIFFERENCES

Strain	Effect	Recommended For
<b>INDICA</b>	<ul style="list-style-type: none"> <li>• Relaxing</li> <li>• Sedative</li> </ul>	 Stress  Anxiety  Insomnia
<b>SATIVA</b>	<ul style="list-style-type: none"> <li>• Focus</li> <li>• Uplifting</li> </ul>	 Nausea  Chronic Pain  Migraines
<b>HYBRID</b>	<ul style="list-style-type: none"> <li>• Reduces unwanted side effects of both Indica and Sativa</li> </ul>	 Limit anxiety inducing effects of sativa strains  Limit sedating effects of indica strains



# CANNABIS EDUCATION

# TERPENES

## What are they?

Terpenes are aromatic oils in cannabis, found in trichomes alongside cannabinoids like THC and CBD. With over 200 identified, they shape the unique scents and flavors of strains, such as sweet notes in Wedding Cake or skunky myrcene-rich aromas. Terpenes also attract pollinators, repel predators, and offer therapeutic benefits like pain relief.

## How do they work?

Terpenes provide therapeutic effects like sedation (myrcene), pain relief (caryophyllene), and bronchial dilation (pinene). Cannabis Certificates of Analysis (COAs) detail terpene profiles, highlighting the “entourage effect,” where terpenes and cannabinoids synergize for stronger, longer-lasting benefits.





# TERPENES BY CONDITION

Condition	Terpenes	Strains
PTSD	Limonene, Beta-caryophyllene, Linalool	OG Kush, Northern Lights
Epilepsy/Seizure Disorders	Linalool, Myrcene	Birthday Cake, Blue Dream
Parkinson's Disease	Limonene, Pinene, Caryophyllene	Blue Dream, Jack Herer
Multiple Sclerosis (MS)	Caryophyllene, Limonene, Linalool	Sour Diesel, GSC
Crohn's Disease	Myrcene, Caryophyllene, Limonene, Terpinolene	OG Kush, ACDC
Glaucoma	Limonene, Pinene, Myrcene	Sour Diesel, Northern Lights
Chronic Muscle Spasms	Linalool, Pinene, Caryophyllene, Limonene	OG Kush, Sour Diesel
HIV/AIDS	Limonene, Myrcene	Northern Lights, Charlotte's Web
Amyotrophic Lateral Sclerosis (ALS)	Myrcene, Pinene, Caryophyllene	Charlotte's Web, Jager, Larry OG
Cancer	Limonene, Caryophyllene, Linalool	Fire OG, OG Kush
Chronic Nonmalignant Pain	Caryophyllene, Limonene, Linalool, Myrcene	Skywalker, Mars OG, Granddaddy Purple

# CANNABIS EDUCATION

## CBD



### What is it?

CBD (cannabidiol) is a non-intoxicating compound from the cannabis plant, commonly used to treat pain, anxiety, and seizures. While most cannabis strains are high in THC, some are bred for higher CBD levels. CBD can be smoked as flower but is more often extracted for oils, edibles, and vape products.

### How does it work?

CBD interacts with the body's endocannabinoid system to help regulate mood, sleep, pain, and immune response, promoting balance without causing a "high" like THC. It's commonly used for stress relief, better sleep, pain management, and overall wellness, offering natural, calming benefits.



**SECTION**

**THREE:**

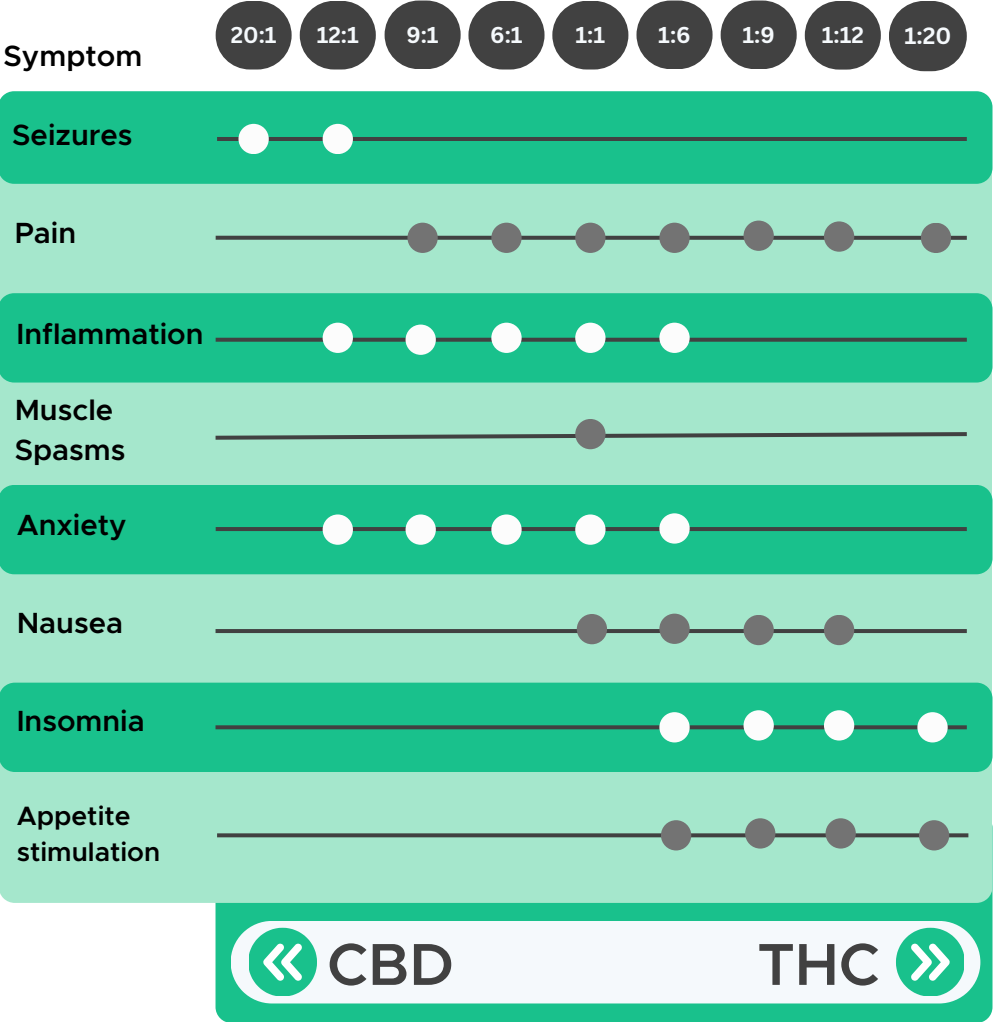
Your

Recommendation

YOUR RECOMMENDATION

# RECOMMENDED RATIOS

## CBD : THC RATIO



# YOUR RECOMMENDATION

## INTAKE METHOD DETAILS

Method	Oral	Sublingual	Topical/ Patch
<b>Onset (min)</b>	~60 - 80	~15 - 40	~30 - 90
<b>Duration (h)</b>	~4 - 6	~4 - 6	~8 - 72
<b>Advantages</b>	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.
<b>Disadvantages</b>	Titration challenges due to delayed onset. Absorbed more slowly & less bioavailability.	Absorption may be more unpredictable compared to other methods.	Localized effect, very slow absorption.

- **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.



**SECTION  
FOUR:**  
Resources

# RESOURCES

## HELPFUL LINKS

Please keep in mind that DocMJ is not affiliated with any organizations or dispensaries. We are your Medicinal Cannabis Doctor and advocate for all dispensaries.

## Beneficial Websites:

### [Connect With Our Community](#)

DocMJ Patient Forum

[www.FB.com/groups/DocMJPatientSupport](https://www.FB.com/groups/DocMJPatientSupport)

DocMJ patient group

<https://sendss.state.ga.us/ords/sendss/!thc.showstatus>

Check your card status



# BOOKING YOUR FOLLOW-UP EXAM

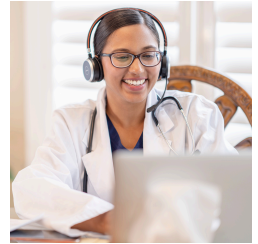


## Check Your Email

You will receive an email reminding you it is time to renew your recommendation.

## Visit Our Website

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