



# Understanding Medical Cannabis

# WholesomeCo

CANNABIS

We believe in the medicinal value of cannabis as a natural path to health & wellness.



**ADDRESS**

580 W 100 N  
West Bountiful, UT  
84010

**CONTACT**

801.695.4480  
hello@wholesome.co  
www.wholesome.co

 @wholesomeco

 @wholesomecocannabis

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# How Cannabis Works with Our Bodies

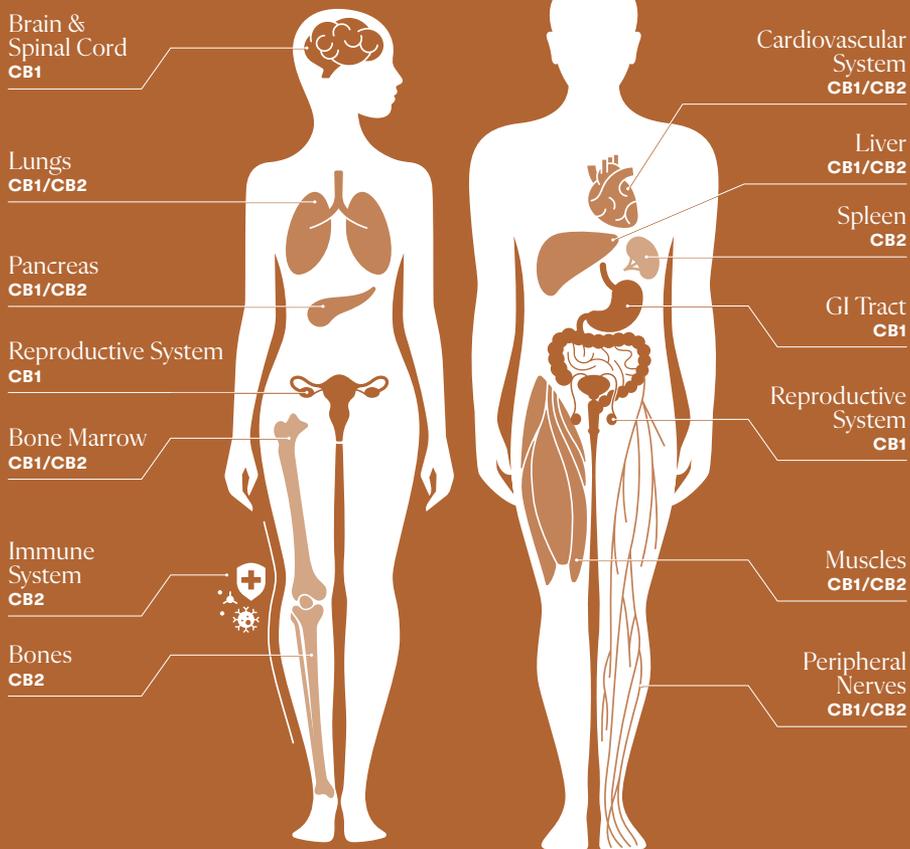
## The Endocannabinoid System

[EN-DOH-KUH-NAB-UH-NOID]

The endocannabinoid system is a network of internally produced cannabinoids, enzymes, and receptors involved in regulating and balancing numerous functions in the human body, including but not limited to pain sensations, stress responses, appetite, mood and memory, and immune function.

Endocannabinoids as well as plant-derived cannabinoids communicate with the CB1 and CB2 receptors found in tissue throughout the body to produce physiologic responses.

# Endocannabinoid Receptors in the Human Body



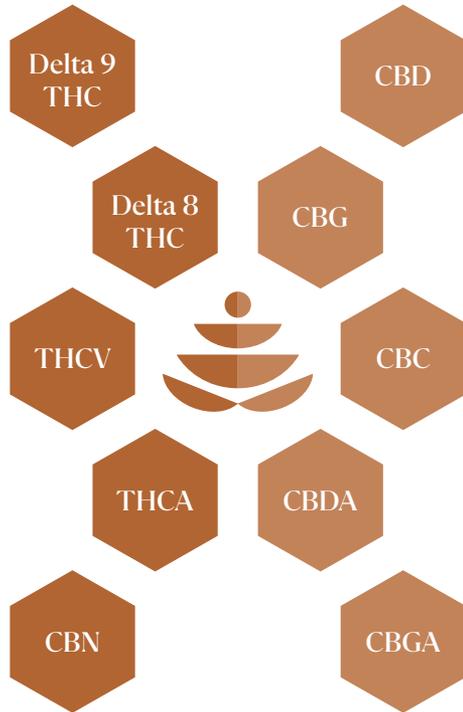
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# Cannabinoids

[KUH-NAB-UH-NOID]

## The Entourage Effect

The entourage effect is a proposed mechanism by which cannabinoids act synergistically to modulate the overall effects of the plant. The compounds in cannabis, when taken together, produce a more enhanced effect than when taken alone. You can get this enhanced effect from flower, FECO, RSO, vape carts that are broad or full spectrum, tinctures that are broad or full spectrum, and any products that include more than just THC.



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**i TIP:** CBD can be used to balance the buzz or euphoric effect of THC. If you accidentally consume too much THC or find yourself in a more euphoric state than intended, CBD can be taken to counteract that effect.

# Potential Benefits of Cannabinoids

	DELTA 9 THC	DELTA 8 THC	THCV	THCA	CBN	CBD	CBG	CBC	CBDA	CBGA
Pain Reducing	●	●			●	●	●	●	●	●
Sleep Promoting	●				●		●			
Anti-inflammatory	●			●		●		●	●	●
Muscle Relaxant	●			●	●		●			
Anti-Nausea	●	●		●		●			●	
Appetite Stimulant	●				●					
Appetite Suppressant			●							
Anti-Anxiety		●	●			●				
Anti-Convulsive			●	●		●		●		
Mood Stabilizing						●	●			

# What are Terpenes?

## Terpenes

[TUR-PEENS]

Found in most plants, terpenes are the organic compounds largely responsible for creating the unique aromas and effects of each individual plant. For the cannabis plant, while different strains may contain similar cannabinoid profiles, each strain's unique terpene profile will produce slightly different experiences and benefits.

**i TIP:** Use a diary or journal to take note of the dominant terpenes in your favorite strains and products. If your favorite product is ever out of stock, you can consult with a pharmacist to find another product that contains a comparable terpene profile.



### Ocimene

**AROMA**

Sweet, herbal, woody

**FOUND IN**

Mint, Parsley, Pepper

**POTENTIAL EFFECTS**

Uplifting, calming, relaxing

**POTENTIAL BENEFITS**

Anti-fungal



### Humulene

**AROMA**

Earthy, woody, spicy

**FOUND IN**

Hops, Basil, Cloves, Coriander

**POTENTIAL EFFECTS**

Uplifting, calming

**POTENTIAL BENEFITS**

Pain reduction,  
anti-inflammatory,  
appetite suppressant



### Beta-Caryophyllene

**AROMA**

Spicy, woody

**FOUND IN**

Black pepper, Cinnamon, Cloves

**POTENTIAL EFFECTS**

Uplifting, focus, calming

**POTENTIAL BENEFITS**

Pain reduction,  
anti-inflammatory,  
anti-spasmodic,  
stress relief



## Pinene

### AROMA

Pine

### FOUND IN

Pine, Basil, Rosemary

### POTENTIAL EFFECTS

Alertness, energy, focus

### POTENTIAL BENEFITS

Anti-fungal



## Myrcene

### AROMA

Musky, earthy, herbal

### FOUND IN

Hops, Thyme, Mango,  
Lemongrass

### POTENTIAL EFFECTS

Calming, relaxing, sedating

### POTENTIAL BENEFITS

Pain reduction,  
anti-inflammatory,  
improve sleep



## Limonene

### AROMA

Citrus, Lemon, Orange

### FOUND IN

Fruit rinds, Juniper, Rosemary,  
Peppermint

### POTENTIAL EFFECTS

Uplifting, energy, focus

### POTENTIAL BENEFITS

Stress relief,  
elevated mood



## Valencene

### AROMA

Citrus, sweet, herbal

### FOUND IN

Fruit rinds

### POTENTIAL EFFECTS

Uplifting

### POTENTIAL BENEFITS

Anti-inflammatory,  
promotes alertness



## Terpinolene

### AROMA

Pine, floral, herbal

### FOUND IN

Lilac, Pine, Coriander

### POTENTIAL EFFECTS

Uplifting, calming

### POTENTIAL BENEFITS

Improve sleep



## Linalool

### AROMA

Floral

### FOUND IN

Lavender

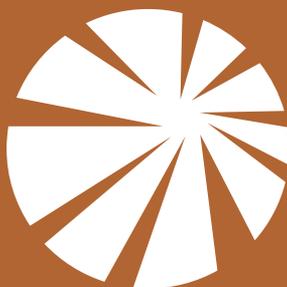
### POTENTIAL EFFECTS

Uplifting, calming

### POTENTIAL BENEFITS

Stress relief,  
improve sleep,  
seizure reduction

# Cannabis Varieties



## Day Time Varieties

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These types of cultivars (or strains) provide the following effects:

- UPLIFTING
  - ENERGIZING
  - MOOD ENHANCING
  - EUPHORIC
  - STIMULATE CREATIVITY
  - FELT THROUGHOUT THE HEAD/MIND
- 

Flavor profiles typically include:  
FRUITY, CITRUS, SWEET



## Night Time Varieties

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These types of cultivars (or strains) provide the following effects:

- SEDATING
  - CALMING
  - STIMULATE APPETITE
  - RELIEVE STRESS
  - SUPPRESS PAIN
  - FELT THROUGHOUT THE BODY
- 

Flavor profiles typically include:  
EARTHY, MUSKY, FLORAL



## Hybrid Varieties

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These types of cultivars (or strains) typically provide effects expressed by both day and night time varieties.

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Flavor profiles can be wide-ranging and include flavors found in both Day and Night time varieties.

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**i TIP:** Make sure to ask your Pharmacy Agent which effects are more dominant when shopping for a Hybrid variety.

# Methods of Consumption

The methods to consume cannabis have grown as the industry has grown. The product you choose will impact your experience in terms of speed of and duration of the effects.

**i TIP:** Not sure where to start? If you're looking for quicker relief, start with vapes or topicals. If you're looking for dosing control, start with edibles or tinctures. Whatever product you choose, start low and go slow.

	 <p>Vape Cartridge</p>	 <p>Edibles <i>(Gel cubes, tablets, and capsules)</i></p>
ONSET	Immediate	Up to 1.5 to 2 hours
DURATION	1-3 hours	6-10 hours
ADVANTAGES	<ul style="list-style-type: none"> <li>• Quickest onset</li> <li>• Easier to use than vaporizing flower</li> </ul>	<ul style="list-style-type: none"> <li>• Stronger and longer lasting effect</li> <li>• Ease of dosing</li> </ul>
DISADVANTAGES	Depending on the processor and extraction method there may not be as many cannabinoids and terpenes compared to vaporizing flower	<ul style="list-style-type: none"> <li>• Onset effects delayed considerably, compared to other consumption methods</li> <li>• Overconsumption is a risk, wait at least 2 hours before taking a second dose. Start LOW, go SLOW</li> </ul>



## Tinctures, Oral Sprays, & Sublingual Drops

0.5 to 1 hour

2-8 hours

- Easiest to use and titrate dose
- Discreet and portable

- Delayed onset if swallowed or added to food or drink
- Allergies to carrier oils use caution



## Topical Creams & Transdermal Patches

0.5 to 1 hour

0.5-3 hours

- Topical creams provide localized pain relief without psychoactive effects
- Patches can provide extended relief where they are applied

- Least potent compared to other product categories
- Allergies to carrier oils use caution



## Flower Vaporization

Immediate

1-3 hours

- Immediate onset
- Entourage effect

- Requires a special vaporization device
- Higher initial investment due to vaporizer device

# Qualifying Conditions IN UTAH

## **AUTISM**

Cannabis may help patients with autism by increasing sociability, decreasing anxiety and rigidity, and improving sleep.

## **ALZHEIMER'S DISEASE**

Cannabis may help patients with Alzheimer's disease by reducing behavioral and psychological symptoms and improving quality of life.

## **AMYOTROPHIC LATERAL SCLEROSIS**

Cannabis may potentially protect against neuropathy, decrease pain, and reduce muscle spasms. Recent preclinical findings indicate that medical cannabis use might delay ALS progression and reduce symptom severity.

## **CACHEXIA**

Cannabis may increase appetite, decrease pain, improve sleep, and quality of life particularly in emotional and social functioning.

## **CANCER**

Cannabis may help with pain caused by cancer through reducing inflammation and supplementing traditional therapies. High-THC and low-CBD products are the most used products in cancer patients.

## **CROHN'S DISEASE OR ULCERATIVE COLITIS**

Cannabis may reduce inflammation and may provide greatly reduced pain while improving quality of life. Unlike most opioid pain relievers, cannabis does not cause constipation. Additionally, THC may act as a potent appetite stimulant, which can be helpful for patients who are experiencing nausea and associated unintended weight loss due to their symptoms.

## **EPILEPSY OR DEBILITATING SEIZURES**

Cannabidiol (CBD) has been demonstrated to reduce seizures in patients with epilepsy and other conditions that can cause seizures. The FDA recently approved a CBD oral solution to treat two rare forms of epilepsy, Lennox-Gastaut syndrome and Dravet syndrome.

## **HIV AND ACQUIRED IMMUNE DEFICIENCY SYNDROME**

THC may stimulate the appetite, allowing patients to better maintain weight and combat HIV wasting syndrome. Cannabis may also reduce anxiety and insomnia.

## **MULTIPLE SCLEROSIS / MUSCLE SPASMS**

Cannabis may reduce the frequency and intensity of muscle spasms along with reducing inflammation, leading to greatly decreased overall pain. This can lead to greater mobility and gait stability, as well. Cannabis may also help promote deeper sleep, with patients less likely to be awoken by pain or spasm during the night.

## **NAUSEA**

THC has anti-nausea, anti-emetic (vomiting), and anti-anxiety properties. CBD has anti-inflammatory properties, as well as helps improve the anti-nausea, anti-emetic (vomiting), and anti-anxiety properties of THC, which are helpful in progressive disease and during/after chemotherapy.

## **PAIN**

By using both THC (decreases pain) and CBD (anti-anxiety), patients can receive the benefits of THC with less of a chance of undesirable side effects, making it more likely patients can be active and productive during the day. Cannabis therapies have replaced or reduced opioid therapies for many of our pain patients.

## **PTSD**

Medical cannabis may help patients with PTSD by decreasing anxiety, improving sleep, decreasing nightmares, and helping reduce avoidant behaviors.

## **RARE CONDITIONS**

Rare conditions or other diseases that are not adequately managed using conventional medications. Discuss your condition with your QMP to determine if you qualify for submission to the Utah Compassionate Use Board.

## **TERMINAL ILLNESS**

Terminal illness is defined by the state of Utah as an illness with a life expectancy of less than six months. Cannabis can aid in palliative care, reducing pain, anxiety, insomnia, and improving quality of life.

# How to Buy Cannabis

## STEP 1

### Get Your Medical Card

Learn more at [www.wholesome.co/medical-card](http://www.wholesome.co/medical-card)

## STEP 2

### Get Verified for Purchase

Start by creating your WholesomeCo account at [www.wholesome.co/register](http://www.wholesome.co/register)

## STEP 3

### Purchase Your Cannabis Products

Buy in store or order online for pickup or delivery at [www.wholesome.co](http://www.wholesome.co)

**ORDER ONLINE AT**  
[www.wholesome.co](http://www.wholesome.co)

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**i TIP:** Not sure if cannabis is right for you? Schedule a free cannabis-curious consultation with one of our WholesomeCo pharmacists before meeting with a QMP. Go to [www.wholesome.co/consult](http://www.wholesome.co/consult) to schedule your consultation today.





Start your  
wholesome journey  
toward wellness



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