

# Medical Marijuana 101



## CBD, THC, TERPENES

Parts of Marijuana Plant

### CBD

Known for its relaxing and anti-inflammatory effects. It also counteracts some of the psychoactive effects of THC.

### THC

Known for its effect on appetite, mood, and sleep. THC creates a Psychoactive/Euphoric effect.

### TERPENES

The natural essential oils, responsible for the aroma and flavor of cannabis.

Some Terpenes promote relaxation and sedation while others promote energy, focus and clarity.

## STRAINS

Types of MM

### SATIVA

Energizing, Uplifting, Focus  
(daytime use, ADHD,  
Depression)

### INDICA

Body Relaxation & Sedation  
(evening use, sleep, anxiety/panic  
attacks)

### HYBRID

A blend of Sativa & Indica  
(day or night use)

## ENTOURAGE EFFECT

Together they enhance the effectiveness of each other.

# ROUTES

Available in FL

## INHILATION

Quick onset (10-15 mins) and short acting (3-4 hrs)  
Flower, Vape Pens, Pre-rolled Joints

## ORAL & EDIBLES

Delayed onset (1-2 hrs) long lasting (6-8 hrs)  
Tincture Drops, Sublingual Drops, Capsules, Edibles

## TRANSDERMAL & TOPICAL

Works locally for pain, not psychoactive  
Lotions & Patches  
Patches can last from 12-72 hrs

## AFTER YOUR CONSULTATION

with Dr. Baijnath

1.

Complete your application with  
the Medical Marijuana Use  
(MMU) Registry Website

2.

2 Weeks later receive  
your MM ID

3.

7 Months later see  
Dr. Baijnath to be recertified

4.

Renew your MM ID  
yearly on the MMU  
Website



## OTHER RESOURCES

Local Dispensaries

<https://www.leafly.com/dispensaries>