

Cannabis is a unique type of medicine. Since there is no standard dose or effect, each patient will have a different experience medicating with the same type of cannabis. For newer patients, the effects of cannabis can be intense and it is recommended to go "low and slow". Overconsuming cannabis is possible and causes temporary uncomfortable feelings, such as an increased heart rate or a sense of paranoia. Cannabis overconsumption is not fatal.

## HOW TO AVOID OVERCONSUMPTION

Here are a few tips and trick to help avoid over consumption.



### **EAT AND DRINK**

Staying hydrated and snacking before medicating can help avoid unwanted side effects



### **HIGHER CBD PRODUCTS**

CBD can counteract psychoactivity of THC along with side effects such as anxiety and paranoia.



### **SLOWLY INCREASE**

If you need to increase, do so in small increments. Allow time to feel the full effects of a dose before increasing.



### **KNOW YOUR LIMIT**

Keep track of where your comfort level is when medicating and adjust from there.



### **LOW DOSES**

Always begin with a low dose. You can always take more!

## WHAT TO DO IF YOU OVERCONSUME

If you overmedicate, the following tips may help counter any adverse effects.



### **WALK**

Walk it off!



### **STAY CALM**

Remain calm; these feelings will pass.



### **CBD PRODUCTS**

CBD can counteract psychoactivity of THC along with side effects such as anxiety and paranoia.



### **EAT AND DRINK**

Eat and stay well hydrated! Try preparing a delicious health snack before medicating.



### **SHOWER**

Take a shower or bath to help relax.



### **REST**

Sleep it off!



### **PEPPERCORN**

Sniffing or chewing on peppercorn can help reduce unwanted effects.



### **DISTRACT YOURSELF**

Watch a movie, read a book, draw or do whatever you love to do to relax.

*Disclaimer: These statements have not been reviewed for accuracy by the FDA. As always, seek the advice of your physician or other qualified health provider when considering trying a new treatment. Do not start or stop taking any medications without speaking to your doctor first.*