



HEALER



Cannabis Shopping Guide

This guide will help you easily navigate your shopping trip to a medical cannabis supplier, avoid common pitfalls, have a positive experience, and bring home the right medicine for our Introduction to Cannabis Program.

Patients who are new to medical cannabis often face challenges finding access to high quality medicines that meet their specific health needs. The cannabis marketplace is often unregulated, can be confusing, and the industry lacks standards in product labeling and dosage instructions. Availability of products can change quickly, and everyone seems to have different advice on what to buy.

By Dr. Dustin Sulak, Co-founder, Healer

www.Healer.com

Step 1: Find a high quality medical cannabis provider.

The following steps can help you determine which cannabis producers and retailers are providing the highest quality products:

1. Talk with other patients. Word-of-mouth is often the best source of information about which cannabis producers are making the highest quality medicine. Consider attending a support group or chat with other patients in an online forum.
2. Call a local cannabis-testing laboratory and ask them which suppliers are consistently bringing in top quality products.
3. Call a few suppliers and ask the following questions. By the time you get their responses, you'll likely be able to tell if they're the kind of establishment you want to buy medicine from.
 - a. Do you use an independent laboratory to test your medicine for potency and/or contamination (mold, bacteria, pesticides, solvents)?
 - b. Do you carry organic or pesticide-free products?
 - c. Do you carry CBD-rich products (not from industrial hemp)?
 - d. Do you sell non-smokable forms of cannabis, such as oils, tinctures or salves?
 - e. What is the average cost per gram of herbal cannabis?

Step 2: On your first trip to the medical cannabis supplier.

1. Spend less than \$100 on medicine. Many new patients are convinced to buy much more than they need. You may also want to purchase a vaporizer for \$50-\$400 (more on vaporizers below).
2. Decide if you want to use a specific delivery method (e.g. inhalation, oral, topical). If you're not sure, we recommend trying both inhalation and oral for most conditions, plus topical if you're treating pain or skin conditions.
3. Purchase small amounts of a variety of different products. Every person has an individualized response to cannabis, and the purpose of your first trip is to sample enough products to get a better idea of what's right for you.

www.Healer.com

Healer is not recommending or endorsing the use of any specific cannabis or hemp products, brand or manufacturer. This guide is for informational and educational purposes only. This guide does not create a patient-physician relationship and should not be used as a substitute for medical advice nor take the place of medical advice or treatment from a personal physician.



© Healer LLC 2019

Shopping List

○ Raw Cannabis Flowers – for inhalation and raw consumption

- Choose 2-4 strains from the following categories and purchase 1 gram each. Make your final selection by choosing the bud that has the most appealing aroma to you.[1]
- Daytime strain (energizing and uplifting, often called sativa)
- Nighttime strain (promotes sleep and relaxation, often called indica)
- Condition specific strain (most popular with other people who have your same condition)
- Non-impairing strain (CBD-dominant)[2]

○ Inhalation Device:

- Vaporizers: Herbal vaporizers heat the cannabis flower to a temperature that causes the medicinal components to evaporate, but do not burn the plant material, producing a healthier and more cost-effective method to inhale cannabis. Tabletop, AC-powered models are often less expensive, easier to use and clean, and longer lasting. Purchase a portable, battery-operated model only if you're sure you want the convenience. Your vaporizer should have a variable temperature gauge so you can control the smoke content of the vapor. Avoid products that expose plastic to high temperatures so you don't have to inhale plastic fumes.
- Smoking: use a glass or stone pipe with a long stem and without water filtration. Purchase a hemp/beeswax wick so you can avoid inhaling lighter fumes.
- Vapor pens: These products heat an oil that's been extracted from cannabis flowers. They are extremely convenient and discrete, but sometimes fail to convey the full medical properties of vaporized flower or smoke. Avoid products that use polyethylene glycol, glycerol, mct oil, vegetable oil and other solvents associated with toxic byproducts after heating. Some vape oils are much stronger than smoke or herbal vapor. Be sure to find out the THC potency of the oil – new users should avoid products with greater than 70% THC to allow for careful dosing and to avoid accidental overdose.

○ Cannabis Tincture – for oral use

- Look for products that have been lab tested to contain a known potency (milligrams cannabinoids per milliliter of tincture). Potencies between 10mg/ml and 50 mg/ml work best for most users. It's important to make sure the label or associated lab test checked for decarboxylation (heat activation) – at least 50% decarboxylation is preferable. Heated (e.g. THC) and unheated (e.g. THCA) products have very different medicinal effects.
- Choose an oil-based tincture if available. Alcohol-based tinctures can be harsh in the mouth, and glycerin-based tinctures are often very low in potency, but any of the three types of tinctures can make a good medicine if they're prepared correctly and used in the right dosage.
- Most tinctures are made from a blend of strains. If specific strain tinctures are available, choose based on your needs for daytime, nighttime, condition-specific, or non-impairing.
- Purchase the equivalent of 30-100 mg of cannabinoids to evaluate the product.

○ Topical Cannabis Salves

- Purchase a small amount to try on areas of pain, inflammation, or itching.

○ Other Useful Supplies

- Small digital scale
- 5ml oral syringe for accurate tincture dosing
- Herb grinder for use with vaporizer
- Glass jars for storage
- Timer or stopwatch

www.Healer.com

Healer is not recommending or endorsing the use of any specific cannabis or hemp products, brand or manufacturer. This guide is for informational and educational purposes only. This guide does not create a patient-physician relationship and should not be used as a substitute for medical advice nor take the place of medical advice or treatment from a personal physician.



© Healer LLC 2019

○ Endocannabinoid-enhancing foods

- Hemp seeds
- Flax seeds (grind at home in a coffee grinder)
- Chia Seeds
- Walnuts
- Sardines and anchovies
- Raw chocolate (cocoa nibs, raw cocoa powder)
- Dark chocolate (at least 70% dark)
- Maca root powder (good for smoothies)
- Unpasteurized fermented food (e.g. sauerkraut)

○ What to Avoid for Beginners:

- Edibles and capsules
- Hemp-based CBD products
- Concentrates (i.e. hash, kief, dabs, wax, shatter, RSO, extract)
- Liquid-based vaporizers
- Highest-potency THC strains

What's Indica, Sativa, and Hybrid?

These terms describe three categories of cannabis strains that may have distinct characteristics. Indica strains may be better for pain relief and more sedating. Sativa strains may be more energizing, mentally stimulating and mood lifting. Hybrid strains may offer the best of both worlds. In reality, these classifications are often not an effective way to guide consumer choice. Use the guidelines above to find the best products instead of choosing based on indica vs sativa.

What about strain names?

While some strains are named for their medicinal qualities, many have names that are not descriptive, and some not at all appropriate for a healing herb. Two products with the same strain name, from different producers or different harvests, may in fact have very different medicinal effects. The best way to distinguish between strains is to look closely and observe the aroma.

[1] The compounds in cannabis that create the aroma, known as terpenes, are physiologically active and can modify the medicinal effect.

[2] The psychoactivity of a strain is mostly based on the ratio of CBD:THC. At 1:1 the psychoactivity begins to diminish, and at 4:1 CBD:THC or higher most users will not experience a psychoactive effect.

www.Healer.com

Healer is not recommending or endorsing the use of any specific cannabis or hemp products, brand or manufacturer. This guide is for informational and educational purposes only. This guide does not create a patient-physician relationship and should not be used as a substitute for medical advice nor take the place of medical advice or treatment from a personal physician.



© Healer LLC 2019

Healer Certified Training & Education Program

Be a trusted cannabis advisor and get Healer Certified with our online training program for industry professionals, health professionals, caregivers and consumers. Be empowered to help patients achieve success with reliable, accurate, practical training based on peer-reviewed science, proven protocols and Dr. Sulak's clinical experience. [Learn more](#)

Healer's Free Education

Access [Healer.com](#) for free educational articles, dosage programs with guides and videos to help you use cannabis safely and effectively to improve your health. Dr. Sulak, a leading cannabis clinician who has helped more than 18,000 patients, has created these resources for you to use and share with friends, family, and your medical providers. Visit [Healer.com](#)

[Medical Cannabis Health Provider Guide](#)

Dr. Sulak's succinct overview of the clinical information your medical providers will need to know to safely care for you and other patients who elect to use medical cannabis. [Learn more](#)

[Introduction to Cannabis Dosage Program](#)

Are you new to cannabis and not sure where to start? Using the correct dose of cannabis is the single most important factor in having a successful, therapeutic relationship with cannabis. Dr. Sulak will show you how to get the optimal benefits of cannabis at the lowest, effective dose, without any negative side effects. [Learn more](#)

[Cannabis Shopping Guide](#)

This guide will help you easily navigate your shopping trip to a cannabis supplier. You'll avoid common pitfalls, have a positive experience, save money, and purchase the right medicine for your therapeutic use. [Learn more](#)

[Medical Cannabis Opioid Guide](#)

Learn how thousands of people have used cannabis to help them reduce and replace opioid medications, as demonstrated in numerous recent scientific papers and strongly supported by animal research. [Learn more](#)

[Experienced Users - Sensitization Protocol Dosage Program](#)

Do you require more and more cannabis to get the same relief? This is a sign of cannabis tolerance. Learn how to use less, feel more, and experience superior medical benefits. [Learn more](#)

[Switching to a Cannabis Tincture Dosage Program](#)

Learn how to use a tincture to prevent your symptoms rather than chasing and treating them with inhalation after they occur. Use less medicine and experience improved results. [Learn more](#)

[Strategies for Non-Psychoactive Cannabis Use Dosage Program](#)

Dr. Sulak provides you with a number of strategies to help you get all the health benefits of cannabis without getting high or impaired. [Learn more](#)

[Endocannabinoid Diet & Activities Dosage Program](#)

Dr. Sulak outlines how specific foods and simple activities can help the endocannabinoid system function optimally, which is essential to improving your health. [Learn more](#)

To find all of these free resources and more, go to [Healer.com](#)

Healer is not recommending or endorsing the use of any specific cannabis or hemp products, brand or manufacturer. This guide is for informational and educational purposes only. This guide does not create a patient-physician relationship and should not be used as a substitute for medical advice nor take the place of medical advice or treatment from a personal physician.



© Healer LLC 2019