



Pennsylvania's Most Trusted  
Medical Marijuana Certification Experts

# Medical Marijuana Guide & Therapy Journal

**Welcome to the CCC family!**

Congratulations on taking the first steps towards starting a holistic wellness journey with medical marijuana. To assist you, we've put together this patient journal to provide you with useful tips and advice that will help guide and record your treatment plan.

If you are interested in further educational content, please visit our website or follow us on social media, where we provide expert educational content that can be viewed at your convenience.

Thank you again for trusting CCC with your medical marijuana certification, and remember: we are here to support you with any assistance you may need regarding the PA Medical Marijuana Program! Please don't hesitate to contact us with any questions you may have - we're here to help.

**Contact us at:**  
[www.cccregister.com](http://www.cccregister.com)  
888-316-9085

## **Medical Marijuana Strains** ..... 3-4

Learn the difference between the three main types of marijuana strains and the different effects each can have.

## **Administrations** ..... 5-6

How you administer medical marijuana can have a large impact on the time and strength of the effects you'll feel.

## **Ailment Directory** ..... 7-8

Learn how different cannabinoids can be used to treat different medical conditions.

## **Cannabinoids** ..... 9-10

This chart gives a more in-depth view of the different cannabinoid types for each medical condition.

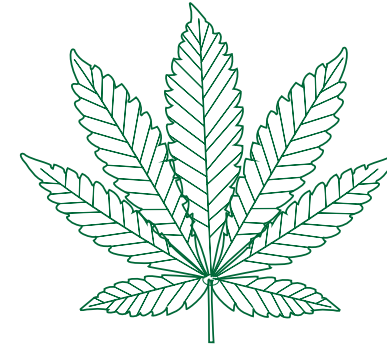
## **Therapy Journal** ..... 11-12

Use our therapy journal to keep track of the symptoms you're feeling, the treatment you use, the effects, and the results. This way you can hone in on the proper medical marijuana strain and route of administration to best treat your symptoms.

## Medical Marijuana Strains

When you enter most dispensaries, you might see the words indica, sativa, and hybrid. Generally, most people divide medical marijuana into these three categories.

Scientifically speaking, Sativa and Indica are used in reference to the physical traits of the plant, but people often use the terms to describe the different effects of the strains. Different strains of medical marijuana produce different effects, and thus can be used for different reasons. If you're not sure which strains best suit your needs, check out our guide below.



### Indica

Indica strains have a relaxing, sedative effect, often used to reduce stress, relieve pain, help with sleep, and limit anxiety.

**Primary Effects:**

- Calming
- Relaxing
- Soothing



### Sativa

Sativa strains have an uplifting effect and offer a cerebral high. Users often experience uncontrollable laughter, engaging in deep conversations, and more creative thinking.

**Primary Effects:**

- Energizing
- Uplifting
- Creative



### Hybrid

Hybrid strains contain more balanced characteristics of both Indica or Sativa strains. Hybrids are known to offer a relaxing body effect, create a balance of mind and body, and relieve anxiety.

**Primary Effects:**

- Balancing
- Calm but Focused
- Relaxed and Alert

## Administrations

Please consult with your physician for recommended dosages and administrations. Onset peak time and duration will vary per person, and will depend on various factors.



### Sublingual

Sublingual products are administered under the tongue. This method is fast-acting as the medicine is absorbed through the mucousal membrane in the mouth into the bloodstream.

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**Peak Effect:** 15 minutes  
**Duration:** 6-8 hours



### Inhaled

Inhalation is one of the fastest-acting methods of administration. When inhaled, the active ingredients in the product pass directly into the bloodstream through the lungs.

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**Peak Effect:** 15-30 minutes  
**Duration:** 2-3 hours



### Oral

Oral administration is one of the strongest delivery methods available. Ingested marijuana is metabolized by the liver, meaning more THC is converted into usable forms by the body.

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**Peak Effect:** 2-4 hours  
**Duration:** 4-12 hours



### Topicals

Topical forms are typically used as creams or lotions, delivering active ingredients through the dermis layer of the skin into the bloodstream.

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**Peak Effect:** 1 hour  
**Duration:** 3-4 hours

## Ailment Directory

This section is meant as a starting point for those seeking focused treatment of specific ailments. Due to the many varieties of medical marijuana, it is better to identify the chemical compounds rather than the medical marijuana name or type.

### Nausea

Try products high in THC. CBD is also highly valuable due to its ability to offset some intoxicating effects of THC.

#### Beneficial Cannabinoids



### General Pain

Try products with a 1:1 CBD to THC ratio to engage the Endocannabinoid system. High CBD content can also offset the intoxicating effects of THC.

#### Beneficial Cannabinoids



### Seizures

Look for products that contain a mix of THCA, CBD and CBDV. Oils and tinctures are often the best bet due to the purity of components.

#### Beneficial Cannabinoids



### Anxiety / Stress

Consider products high in CBD and low in THC for daytime or social situations.

#### Beneficial Cannabinoids



### Depression

Look for products high in CBD and low in THC for daytime or social situations.

#### Beneficial Cannabinoids



### Inflammation

Most cannabinoids exhibit anti-inflammatory properties. However THC is 20x more effective than aspirin, and CBD is 4x more effective.

#### Beneficial Cannabinoids



### Insomnia

Look for varieties with CBD and CBN. Edibles will have a more lasting effect. Avoid high THC products since they are a stimulant.

#### Beneficial Cannabinoids



## Cannabinoids

Cannabinoids are a group of active chemical compounds responsible for therapeutic effects on the mind and body.

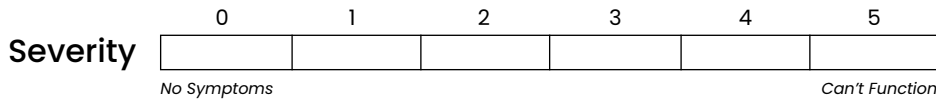
There are over 120 known Cannabinoids (not all are psychoactive), and certainly more waiting to be discovered. This chart shows the most common compounds and their known medical benefits.

Cannabinoid	THCa	CBG	CBDa	THC	CBDv	CBD	CBN	THCv	CBC
Relieves Pain				●		●	●		●
Slows Bacterial Growth		●	●			●			●
Relieves Depression						●		●	
Reduces Nausea				●		●			
Reduces Seizures			●		●	●		●	
Reduces Inflammation	●	●				●			●
Aides Sleep							●		
Inhibits Cancer Cell Growth	●	●				●			●
Tranquilizing						●			
Suppresses Muscle Spasms	●			●		●	●		
Relieves Anxiety						●			
Stimulates Appetite				●					
Promotes Bone Growth		●			●	●		●	●
Reduces Intestinal Spasms						●			
Slows Nerve Degeneration				●		●			
Reduces Eye Pressure				●					

Date: \_\_\_\_\_

**Symptoms** *What are you feeling before treatment?*

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Pain          | <input type="checkbox"/> Seizures      | <input type="checkbox"/> Anxiety/Stress |
| <input type="checkbox"/> Muscle Spasms | <input type="checkbox"/> Dizziness     | <input type="checkbox"/> Headache       |
| <input type="checkbox"/> Nausea        | <input type="checkbox"/> Appetite Loss | <input type="checkbox"/> Depression     |
| <input type="checkbox"/> Other: _____  |  |   |



**Other Medications:** \_\_\_\_\_ *List any other medications you're taking*

**Treatment**

**Type:**  CBD  THC-Hybrid  THC-Sativa  THC-Indica

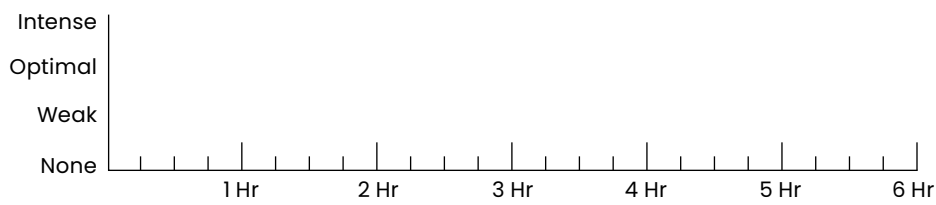
**THC%:** \_\_\_\_\_ **CBD%:** \_\_\_\_\_

**Strain:** \_\_\_\_\_ **Dosage:** \_\_\_\_\_

**Administration:**  Sublingual  Oral  Inhaled  Topical

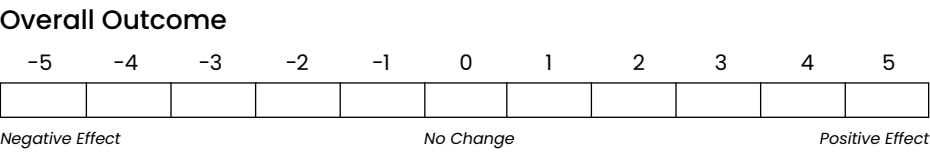
**Onset Time:** \_\_\_\_\_

**Timeline** *Map out your experience over time*



**Effects** *Describe the effects after you dosed*

- Positive**
- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Pain Relief      | <input type="checkbox"/> Seizure Reduction  | <input type="checkbox"/> Anxiety Reduction |
| <input type="checkbox"/> Muscle Relief    | <input type="checkbox"/> Dizziness Relief   | <input type="checkbox"/> Headache Relief   |
| <input type="checkbox"/> Nausea Reduction | <input type="checkbox"/> Appetite Stimulant | <input type="checkbox"/> Anti-Depressant   |
| <input type="checkbox"/> Creative         | <input type="checkbox"/> Energy             | <input type="checkbox"/> More Focused      |
- Negative**
- |                                   |                                     |                                    |
|-----------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Anxiety  | <input type="checkbox"/> Couch Lock | <input type="checkbox"/> Dry Mouth |
| <input type="checkbox"/> Dry Eyes | <input type="checkbox"/> Dizziness  | <input type="checkbox"/> Drowsy    |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Nausea     | <input type="checkbox"/> Paranoia  |



**Notes** *Describe how you feel before and after dosing*

**Before Dosing**

**After Dosing**