

Self-Assessment

The purpose of the self-assessment is simply to help you look clinically, and more objectively, at how the medicinal effects of cannabis affect your biochemistry. You can then use your assessment information to optimize cannabis dosage (typically reducing cost) and maximize its health benefit.

The Basics

To ensure that you are not undermining the medicinal benefits of cannabis with non-supportive behaviors, and that you are getting the most from your medicine, consider the following areas of concern:

1. **Self awareness.** The key to dosage optimization lies in paying close attention to yourself. How do you feel before, and after, taking cannabis? The objective is learning to pay attention to what makes you feel *better*, and what makes you feel *worse*. This applies to other everyday choices you make as well. Everything you eat, think, and do, has an effect on your biochemistry, and *biochemistry* is a reflection of general health. Throughout your day, try to bring awareness to your decision making process. Ask yourself if the choice that you are making is good for your health, or not. Choose with intentional awareness.
2. **Dosage.** Use the included *Dosage Record* form to document details about cannabis intake; the product you take, amount, timing and frequency. Include any additional comments that might be useful.
3. **Cannabis quality.** Excellent quality cannabis is *essential* for ensuring efficacy. Because it is a natural plant, maintaining consistent quality standards during production and processing is challenging, not impossible. Many factors influence cannabis quality. Medicinal quality cannabis should be tested for cannabinoids (e.g., CBD, THC, etc.), residual solvents, and microbial contamination; molds, bacteria, fungus, etc. Modern growing technologies including chemical herbicides, pesticides, fungicides, and chemical fertilizers all have an adverse impact on cannabis safety. These toxic agricultural chemicals can influence the effect of cannabis. For example, they can stimulate neuro-addictive reactions, or disturbingly harsh psychotropic side effects. They also are known carcinogens. *Organically grown cannabis* is your best option for avoiding the dangerous health consequences of chemical toxicity. Examine the ingredients of tinctures and edibles (sugar is a toxic substance). To avoid potential harm, all ingredients found in any cannabis product should be organically grown.
4. **Nutrition.** How what we eat affects our health is largely under appreciated. In fact, most people are *undernourished* even though they may be eating *plenty*. The reasons include; our soils are nutrient deficient, the overuse of agricultural chemicals, and the toxicity introduced during the processing of food products. Choosing to eat a health promoting diet is absolutely **the** best investment you can make in maintaining (and improving) your health. A health promoting diet includes; lots of organic vegetables, excellent meat and dairy protein sources, and drinking pure natural water. It is a misconception that eating the best food you can find is too costly. You have a choice, either pay for health, or you pay for your disease(s). An investment in health pays many dividends over a long and happy lifetime. Contrast this with the bankruptcy levels of expenses associated with extreme medical therapies and emergency medicine. Not to mention the unbearable heart wrenching misery that individuals and their families are subject to when fear-induced, irrational, "spare no expense" thinking is used. It is well understood that the stress response impacts important decision making because the brain's higher functions are shut down in favor of supporting "fight or flight" behavior. Survival becomes the goal, not well reasoned careful deliberations. When you are stressed you are highly vulnerable to the influence of others. Especially if they are strongly opinionated or are in roles of authority.

5. **Movement.** We are a soft, sedentary lot. Evolution did not make us this way, the conveniences of modern living did. We evolved to be *on-the-move* consistently throughout the day. It is not necessary to go to a gym and push yourself to extreme levels of exertion, this is usually harmful. It's as simple (and easy) as sitting less and walking more. Getting out in the sun, fresh air and natural surroundings also supports health.
6. **Asking for Help.** Feeling alone, or being isolated, isn't healthy. It can be overwhelming to fight or manage a disease or psychological condition by yourself. Always remember that you are not in this alone. Caregiving is an inherent human strength; the better we care for ourselves, the better able we are to care for others. The love and conversation of supportive family and friends is irreplaceable in helping you overcome your health challenge. An experienced, trained medical health practitioner *that you trust*, also can help you with therapeutic support. So when you need it, please don't resist asking for help.

The Process

Here is how to use this *Cannabis Self-Assessment* package to improve medicinal cannabis results. The first step is to fill-in the first three questionnaires:

1. Intake-Signaling
2. TCM Diagnosis
3. Nutrition and Activity

Use the *Dosage Record* form to document dosage specifics. You need to do this consistently and for a long enough period to collect enough data to be useful in your analysis. All of the data can then be synthesized to help you refine your protocol to optimize the therapeutic effectiveness of your medicinal cannabis.

Specific Cannabinoid Effects

Targeting your ailment with therapeutic cannabis is a science and an art. The cannabis plant contains many types of cannabinoids, THC and CBD are the most commonly studied. Research is ongoing. Most medicinal cannabis is tested for its THC to CBD ratio.

- **Tetrahydrocannabinol (THC).** The most abundant and widely known cannabinoid in cannabis, THC is the cannabinoid primarily responsible for psychoactive effects. The compound is a mild analgesic and cellular research has shown the compound has antioxidant activity. THC is believed to interact with parts of the brain normally controlled by the endogenous cannabinoid neurotransmitter anandamide.
- **Cannabidiol (CBD).** With respect to the medical potential of the cannabis, CBD may hold the most promise for many serious conditions. CBD is a *non-psychoactive* cannabinoid that is believed to reduce the psychoactive effects of THC. Smokers of cannabis with a higher CBD/THC ratio are less likely to experience anxiety. CBD may also inhibit cancer cell growth.

Ailments and Corresponding Cannabinoids - Reference Chart

Some cannabinoids bind more selectively to certain receptors, possibly making them more appropriate for a desired medical purpose. This reference chart illustrates how individual cannabinoids correspond to specific symptoms, and what medicinal property each cannabinoid demonstrates.

Download: [Ailments and Corresponding Cannabinoids Guide.pdf](#)

This form helps you to improve dosage self-awareness, and identify whether or not you are receiving the intended medicinal benefit.

■ Cannabis Intake

- ☐ Occasional (once per week or less)
- ☐ Frequent (several times per week)
- ☐ Daily (one to two times per day)
- ☐ Regular (multiple times throughout the day)

How long have you been taking cannabis:

Reason for taking:

.....

.....

.....

.....

What effect is cannabis having on your reason for taking it:

- ☐ Only helps when I am medicated
- ☐ Helps even when I am not medicated
- ☐ Helps, but problem seems to be getting worse when not medicated
- ☐ Other:

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Have you noticed any of the following since starting the intake of cannabis:

- ☐ Need to increase dosage
- ☐ Diet changes
- ☐ Emotional changes
- ☐ Headaches
- ☐ Other:

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■ Endocannabinoid Signaling Disorder

Signs and symptoms of a dysfunctional endocannabinoid system (check all that apply):

- ☐ Pain and inflammation
- ☐ Autoimmune disorders (CB2 receptors regulate immune cell response)
- ☐ Poor immune function (get sick frequently, potent antioxidant properties of cannabinoids support healthy immune function)
- ☐ Low pain threshold (CB1 receptors on sensory nerves inhibit primary pain signals)
- ☐ Digestive problems
- ☐ Irritable bowel syndrome
- ☐ Crohn's disease
- ☐ Ulcerative colitis
- ☐ Metabolic syndrome
- ☐ Overweight, gain weight easily (the endocannabinoid system plays important roles in the regulation of fat stores)
- ☐ Diabetes mellitus
- ☐ High or low blood pressure (the endocannabinoid system helps regulate blood pressure through multiple mechanisms)
- ☐ Recurrent migraine headaches
- ☐ Osteoporosis (bone cell CB2 receptors help to increase bone density and regulate bone growth)
- ☐ Anxiety and/or depression
- ☐ PTSD
- ☐ Obsessive-compulsive disorder
- ☐ ADD / ADHD
- ☐ Overactive stress response or inability to recover from the alarm or resistance stage of the stress response.
- ☐ Endocrine dysfunction (endocannabinoids help bring the hypothalamus-pituitary-adrenal axis back to baseline)
- ☐ Neuroinflammatory disorders, i.e.: Multiple Sclerosis, Parkinson's, Alzheimer's, Dementia, ALS, Gliomas, Tourette syndrome, etc. (endocannabinoids have antioxidant neuroprotective effects)
- ☐ Addiction (maladaptive overlearning of rewarded behaviors)
- ☐ Long-term excessively motivated overachiever
- ☐ Taking a low-dose high CBD strain of cannabis reduces symptoms

■ Cannabis Quality

Many factors influence cannabis quality. Medicinal quality cannabis should be tested for cannabinoids (e.g., CBD, THC, etc.), residual solvents, and microbial contamination; molds, bacteria, fungus, etc. Modern growing technologies including chemical herbicides, pesticides, fungicides, and chemical fertilizers all have an adverse impact on cannabis safety. These toxic agricultural chemicals can influence the effect of cannabis. For example, they can stimulate neuro-addictive reactions, or disturbingly harsh psychotropic side effects. *Organic cannabis* is your best option for avoiding the dangerous health consequences of chemical toxicity.

What is the THC/CBD ratio:

Is your cannabis organically grown? Yes ☐ No ☐

Are your tinctures and edibles certified organic? Yes ☐ No ☐

Do your edibles contain sugar? Yes ☐ No ☐

This form evaluates how specific TCM syndromes correlate with cannabis intake. A grouping of 'negative' symptoms in one area can indicate the need to change cannabis dosage or find other ways to address symptoms. You can use the tools and resources provided in this package to help you learn how to optimize and improve cannabis results. Or, find a supportive practitioner to work with you. Either way, the areas of

concern that contribute most to improving results from medicinal cannabis include; self-awareness, close attention to dosage variables, ensuring you take only high-quality organic medicine, providing your body with the correct support for any nutritional imbalances, getting adequate physical movement into daily life, and, if needed, asking for help from the people who care for, and support you.

Please check all that apply. Note: "Negative effects" may be result from causes other than cannabis.

TCM Lung Syndrome

Positive effects:

- ☐ Less depressed, more positive
- ☐ Less isolated, more social
- ☐ Have more creative ideas
- ☐ Enhanced awareness of breathing
- ☐ Easily excitable
- ☐ More empathetic and forgiving
- ☐ Desire to try new things and meet new people

Negative effects:

- ☐ Sleepiness or lethargy
- ☐ Fatigue
- ☐ Frequent thirst
- ☐ Respiratory problems:
 - ☐ chronic cough
 - ☐ wheezing
 - ☐ phlegm
 - ☐ bronchitis
 - ☐ allergies
- ☐ Frequent colds and/or infections
- ☐ Weak voice
- ☐ Feelings of hopelessness, depression
- ☐ Increased sadness
- ☐ Resistant to change or new ideas

TCM Digestive Syndrome

Positive effects:

- ☐ Increased/improved appetite (From a TCM perspective, cannabis has a spicy, warm to hot nature. It can dry up the digestive fluids, leading to cotton mouth, enzymatic disruption and stomach heat. Many foods will cool the heat in your stomach, so you get the "munchies" to encourage you to eat.)
- ☐ Prevents nausea
- ☐ Calms and prevents spasms of digestive tract
- ☐ Reduces inflammation
- ☐ Helps you to feel centered/balanced
- ☐ Visions and goals are clarified
- ☐ Feel like you are "in the zone"
- ☐ Personal relationships improve
- ☐ Become active in making a difference in your community/world

Negative effects:

- ☐ Constipation (over time, the digestive heat caused by cannabis can disrupt water metabolism in the digestive tract and lead to constipation)
- ☐ Weight loss (from heat in stomach)
- ☐ Start shutting people out
- ☐ Reduced attention span, concentration and problem solving ability
- ☐ Reduced coordination

TCM Liver Syndrome

Positive effects:

- ☐ Feelings of renewed energy
- ☐ Motivated, able to move forward with conviction
- ☐ Able to make strategic decisions
- ☐ Open to, and able to, learn new things

Negative effects:

- ☐ Dizziness
- ☐ Chronic pain or fibromyalgia
- ☐ Headaches
- ☐ Nausea

Symptoms in women:

- ☐ Premenstrual syndrome
- ☐ Fibrocystic breasts
- ☐ Scanty periods

Symptoms in men:

- ☐ Loss of physical strength
- ☐ Irritability
- ☐ Anxiety
- ☐ Panic attacks
- ☐ Anger or aggression
- ☐ Difficulty concentrating and learning new things
- ☐ Procrastinate
- ☐ Feel anxiety when being tested or challenged
- ☐ Feel trapped
- ☐ Difficulty relaxing or winding down
- ☐ Drive friends and family away, avoid and retreat
- ☐ Compulsive behaviors
- ☐ Uncontrollable cravings for cannabis
- ☐ Withdrawal symptoms when without cannabis, these may include; depression, irritability, anxiety, trouble sleeping, emotional neediness, nausea.

TCM Kidney (Jing) Syndrome

Positive effects:

- ☐ Able to experience a deep sense of awe and reverence for truth
- ☐ Able to experience the "here and now"
- ☐ Able to see through falsehoods and misleading propositions
- ☐ Self appreciation and respect
- ☐ Easily laugh or 'get the giggles'
- ☐ Feel either revved up or sleepy (depending on strain taken)

Negative effects:

- ☐ Urinary or prostate problems
- ☐ Sexual dysfunction
- ☐ Lack of libido
- ☐ Spinal and postural dysfunction
- ☐ Edema or water retention

- ☐ Positional vertigo
- ☐ Difficulty falling asleep
- ☐ Difficulty staying asleep (wake frequently)
- ☐ Difficulty dealing with stress
- ☐ Memory loss
- ☐ Attention problems (difficulty listening and focusing, difficulty learning)
- ☐ Feelings of confusion
- ☐ Increased anxiety or fear
- ☐ Become closed down, unable to deal with others
- ☐ Isolating self from others (avoid or find ways/ excuses to avoid spending time with others)
- ☐ Loss of will, no energy for achievement, lack of interest

TCM Heart Syndrome

Positive effects:

- ☐ Increased creative expression
- ☐ Spiritual or intellectual breakthroughs
- ☐ Able to express ideas with clarity
- ☐ Able to forget or let go of traumatic memories

Negative effects:

- ☐ Nutritional deficiencies
- ☐ Low or high blood pressure
- ☐ Skin rashes or irritations
- ☐ Acne
- ☐ Estrogen or progesterone imbalances
- ☐ Irregular or painful periods
- ☐ Bloodshot eyes
- ☐ Excessive sleeping
- ☐ Insomnia
- ☐ Poor memory
- ☐ Difficulty concentrating
- ☐ Mood swings
- ☐ Loss of creativity or feeling "burned out"
- ☐ Trouble keeping track of time
- ☐ Easily overwhelmed
- ☐ Irritable, restless
- ☐ Incessant talking

This form will help you to look at your typical food intake and daily activities. Sometimes we don't think about these things because they are so every-day. But that is exactly why they are so important, this is stuff we do EVERY DAY. It all has an effect. Is it helping you, or harming you? The links at the bottom provide information that you may not be aware of, or hear from conventional sources (with possible commercial interests). They can help you to find ways to make simple changes that will benefit you — every day.

■ Food (describe your typical menu)

Breakfast:.....

.....

Lunch:.....

.....

Supper:.....

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Snacks and desserts:.....

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Type of water do you drink (city, well, spring):.....

☐ Coffee (cups/day):..... ☐ Tea (cups/day):.....

☐ Sports/Energy (drinks/day):..... ☐ Soda (bottles/day):.....

☐ Beer or wine (drinks/day):..... ☐ Strong liquor (drinks/day):.....

☐ Other beverages:.....

■ Activity

Computer use at work (hours/day):..... Computer use at home (hours/day):.....

Television/video game entertainment (hours/day):..... Amount news programming- radio and/or tv (hours/day):.....

Type(s) of exercise you enjoy:.....

Exercise frequency (how often) and duration (how long):.....

Amount of time spent outdoors in natural areas per week:.....

Hours of sleep per night (avg.):..... Nap during day (how long):.....

Do you have daily bowel movements? Yes ☐ No ☐ Frequency:.....

Stool consistency ☐ Firm ☐ Loose ☐ Greasy ☐ Other:.....

■ Articles, References and Tools

- [Drinking Water](#)
- [Sugar](#)
- [Healthy Home](#)
- [Mad as a Hatter](#) (toxic metals)
- [Environmental Illness](#)
- [Prescription Medication Risk Checklist](#)
- [Balancing Biochemistry](#)
- [Stress Response Ability](#)
- [Exercise, Athletics and Physical Degeneration](#)
- [Cancer Prevention](#)
- [Chronic Fatigue and Adrenal Fatigue](#)
- [Immune Dysfunction](#)
- [Menopause](#)
- [Unexplained Infertility](#)
- [Depression, Violence, Suicide](#)
- [Intensive Rest Therapy](#)
- [Enema Detox Therapy](#)
- [Sleep](#)

Use this form to document dosage variables. The medicinal effects of cannabis are dependent on many factors, including (but not limited to): type, amount consumed, how it is administered, frequency, timing, length of time being taken, health status of the patient, the patient's age, how the effects change over the course of the medication event, use of other drugs and medicines.

Any medication you take (pharmaceutical or "natural" herbal) can interfere biochemically with another medication you are taking, including cannabis. The website <https://www.rxisk.org/> lets you quickly research a prescription drug to see what side effects have been reported for the medication you are taking.

If you are currently taking any other medications, how long and how many:

Have you taken any medication long-term (e.g., statins, birth control pills, Ritalin)?

What and how long:

[illegible]

[illegible]