



MEDICAL GUIDE

Companies are making great cannabis medicines and selling these formulations.

But no one is interpreting how to use these cannabinoid formulations as medicine for patients.

That's what we do here at Lumir Clinic.

NURSE LINE

(970) 404 - 4673

EMAIL

info@lumirclinic.com

WEB

www.lumirclinic.com

Who We Are



WELCOME TO **THE LUMIR CLINIC**

The Lumir Clinic specializes in helping patients relieve symptoms from their conditions through personalized and guided use of CBD & Medical Cannabis.

Our team of health care professionals are uniquely and expertly trained in conventional care and the emerging field of medical cannabis.

Book an appointment, buy product directly or browse our site to learn more about medical cannabis and how it could help you.

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and selling these formulations.
But no one is interpreting how to use these
cannabinoid formulations as medicine for patients.
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FREE DISCOVERY CALL

(970) 404-HOPE

Speak to a uniquely trained nurse who can help you understand how and why cannabinoids work and whether it is something that could help you.

Entirely free with no obligations.

Pick up the phone to our nurses now & get started on your personalized wellness journey.

Lumir Clinic's Offerings

Premier Lumir CBD formulations for symptom target healing & relief.

1:1 Patient Counseling & Holistic Health Coaching.

Free Nurse Line to triage & support patients new to cannabinoids.

Medical Marijuana Card recommendations with board-certified doctors.

Targeted self-paced condition specific patient online learning modules

Care management by expertly trained holistic nurses.

The Lumir Mission to drive people powered progress in CBD therapies.

Cannabis Industry Professional online modules to learn about

How Cannabis Works

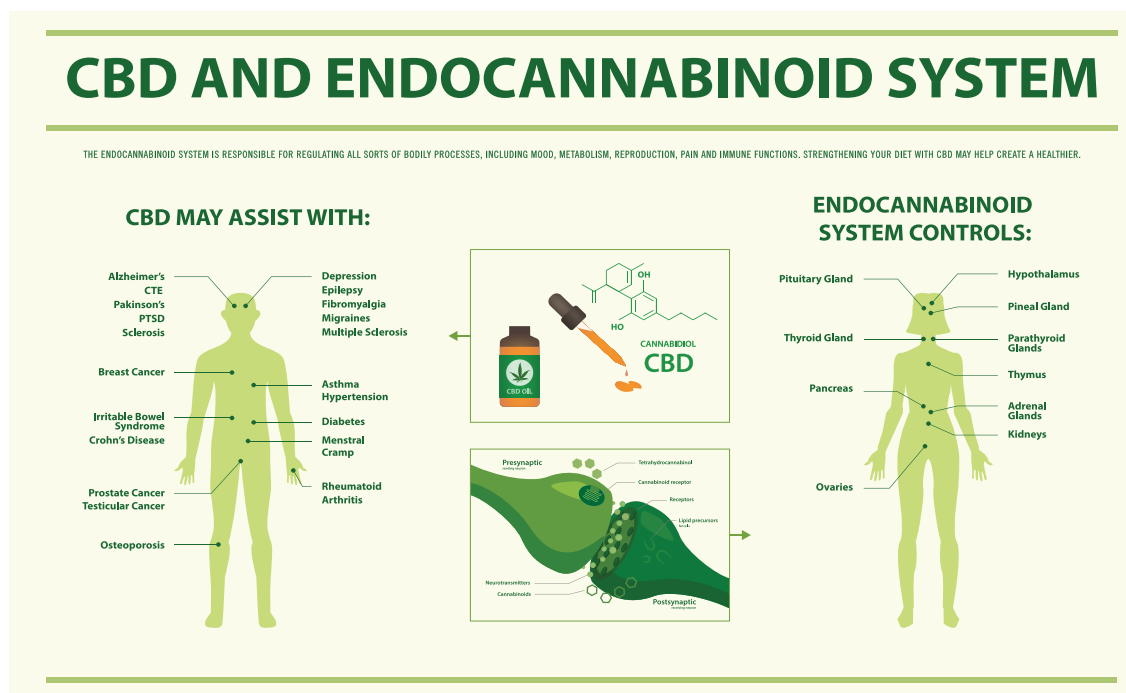
WHAT IS THE ENDOCANNABINOID SYSTEM?

The Endocannabinoid System (ECS) is the master regulatory system that autoregulates all of our 11 organ systems, immune system and other messenger signaling systems to keep our bodies in homeostasis or balance. Cannabinoids found in the cannabis plant can help us regulate all of our systems through multiple targets at the same time.

The ECS is an evolutionary balancing system of your biochemistry. Homeostasis means internal balance when conditions change externally. Our bodies, all of our various organ systems and physiological systems depend on the Endocannabinoid System.

Adjusting your ECS with cannabinoids and other activities influence your sensory awareness, pain perception, appetite, digestion, mood, memory, & motor function, inflammation, fertility, reproduction, bone formation, eye pressure, stress adaptation, sleep, endocrine function, neural development, and neuroprotection.

All of our other 11 systems have direct roles in keeping our bodies in balance, however the ECS fine tunes the signals between cells and synapses to ensure proper communication to keep your body working optimally.



How Medical Cannabis Can Help

The two most abundant cannabinoids are CBD & THC. There are many minor cannabinoids that also work in synergy. They provide more of a therapeutic potential due to the entourage effect.

The Entourage Effect states that the whole of the plant is greater than its individual parts.

The Endocannabinoid System (ECS) has a very special function, which is to make the adjustments your body needs immediately upon demand to keep our bodies functioning optimally. These changes occur in microseconds all over your body wherever there is communication between nerves, cells & systems.

We have an ECS not because of the cannabis plant, but because we make molecules in our body very similar to the plant.

The ECS adjusts & regulates communication between all of our systems; the nervous and immune systems, tumor surveillance, bone strength, blood pressure, adrenals & hormones.

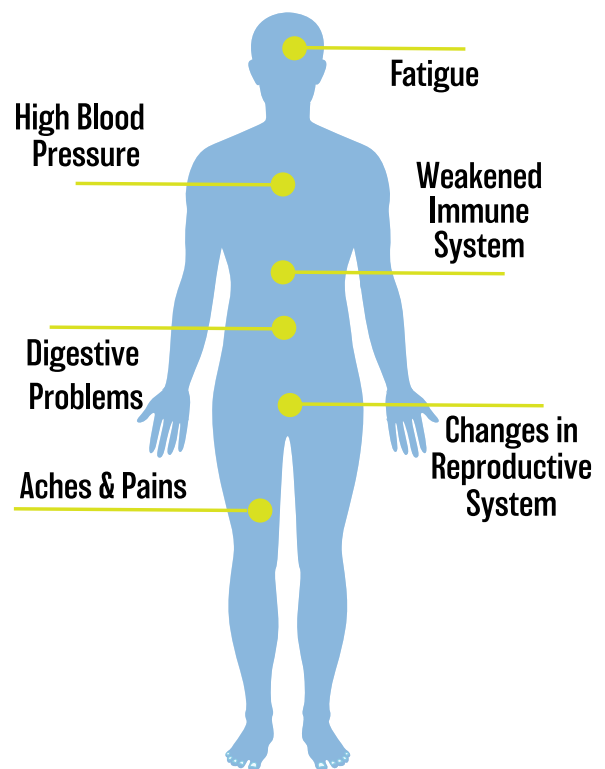
ECS Example

FIGHT OR FLIGHT RESPONSE

The protein compounds that your own body makes endogenously are called Anandamide (AEA), & 2-AG. These cannabinoids 'assist' other neurotransmitter signaling systems such as dopamine & serotonin to do their jobs more. Endocannabinoids are created 'on demand' to direct communication within other messenger signaling systems to respond to stress. The internal endocannabinoids (AEA & 2-AG) travel backwards, or retrograde, to correct imbalances between cells, synapses & systems.

Because phytocannabinoids from the Cannabis plant activate the same CB1 & CB2 receptors that your body normally would, supplementing with full spectrum cannabinoids may restore the performance of your endocannabinoid system, keeping your body in balance.

The Effects of Stress on the Body



If you are low on your endogenous cannabinoids (not making enough of your own anandamide & 2AG) you may not be able to turn off that switch.

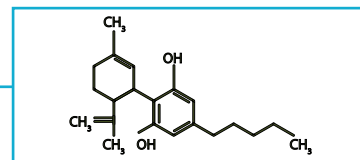
Without the ECS turning off the adrenaline, you will remain in chronic fight/flight/ stress, producing excess cortisol and hindering your body's ability to go back to homeostasis.

Without the proper messaging of the ECS, our body doesn't have the tools necessary to function optimally or autocorrect.

Plant Cannabinoids

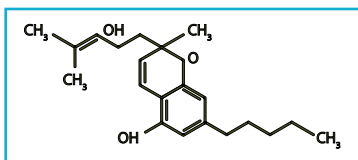


CANNABIDIOL



NON IMPARING

- Anticonvulsant
- Anti-nausea
- Pain Relief
- Vasorelaxant
- Anti-tumor
- Anti-anxiety
- Anti-inflammatory
- Neuroprotectant
- Antioxidant
- Bone Stimulant
- Anti-Diabetic



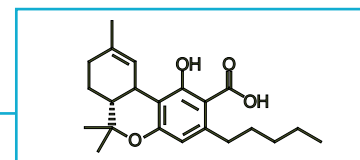
CANNABICHROMENE

NON IMPARING

- Anti-viral
- Anti-microbial
- Anti-inflammatory
- Anti-Fungal
- Bone Stimulant
- Antidepressant
- Pain Relief

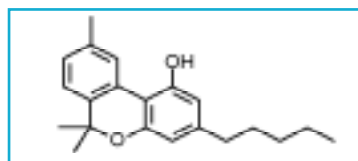


CANNABIDIOLIC ACID



NON IMPARING

- Raw form of CBD
- Anti-inflammatory
- Anti-tumor
- Anti-anxiety
- Antiemetic
- Pain Relief



CANNABINOL

NON IMPARING

- Anti-inflammatory
- Anticonvulsant
- Pain Relief
- Bone stimulant
- Sedative

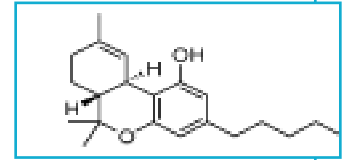


TETRAHYDROCANNABINOL



IMPAIRING AT HIGH DOSES

- Anti-tumor
- Anti-anxiety
- Nausea
- Soothes digestion
- Anti-inflammatory
- Appetite Stimulant
- Euphoria
- Pain Relief
- Sedation

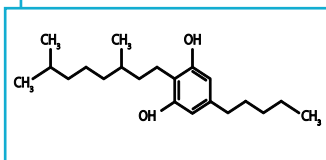


CANNABIGEROL

NON IMPARING



- Anti-inflammatory
- Soothes Digestion
- Anti-Anxiety
- Aids Depression
- Antibacterial
- Neuroprotective
- Bone Stimulant
- Pain Relief

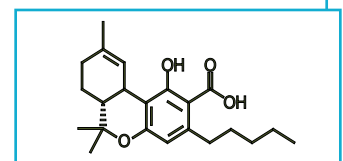


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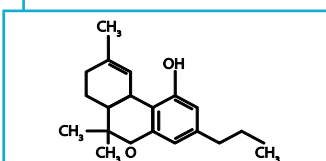


TETRAHYDROCANNABIVARIN

NON IMPARING



- May promote bone cell growth
- Appetite suppressant
- May improve insulin sensitivity
- May alleviate other neurodegenerative disease symptoms
- Anti-anxiety
- May alleviate tremors



SAFETY & SIDE EFFECTS

SIDE EFFECTS



- Dizziness
- Reduced Appetite
- Loose Stools
- Fatigue
- Potential for high liver enzymes
- Sedation
- Hyperactivity
- Jittery



- ALL CONTROLLED WITH DOSING:**
- Appetite Changes
 - Tachycardia
 - Muscle Relaxation
 - Disorientation
 - Bronchodilation
 - Low Blood Sugar
 - Intensified Awareness
 - Memory Impairment
 - Low Blood Pressure
 - Slow Reactions
 - Paranoia
 - Anxiety
 - Sedation
 - Red Eyes

BIPHASIC EFFECTS

- SELF TITRATE UNTIL YOU FIND YOUR SWEET SPOT**
- | | |
|----------------------|-----------------------|
| LOW DOSE CBD: | HIGH DOSE CBD: |
| • Stimulating | • Sedating |

- DOSING MATTERS**
- | | |
|----------------------|-----------------------|
| LOW DOSE THC: | HIGH DOSE THC: |
| • Calming | • Anxiety |
| • May lift mood | • Panic |
| • May lift energy | • Sedation |

5 Main Routes of Administration

INHALATION



Inhalation provides the fastest onset with relief in minutes. Duration is relatively short with effects lasting 1-3 hours. Inhalation may reduce pain, nausea, anxiety, aid sleep and improve mood. Hold the vape or joint in the mouth and breathe in a small amount, 1-2 seconds.

Breathe out fully and take a few more deep breaths to circulate the cannabinoids.

Reassess after 5 minutes to determine if another puff is needed. Repeat as necessary.

Inhalation or vaporization delivers the cannabinoids into your lungs where it passes directly into your bloodstream, then brain to start interacting with receptors for a therapeutic effect.

Inhalation using strains:

- Indica: sleep, pain, relaxation, anxiety, calming.
- Sativa: energy, mood, creativity, focus.

TOPICALS

Apply the topical oil, salve, or balm to the affected area you would like to treat.

Localized relief can soothe pain, inflammation, spasms, neuropathy, and minor skin issues.

Cannabis topicals do NOT get into the bloodstream meaning that it is very safe for first timers and is non-impairing.

Transdermal Patches have activators that launch the cannabinoids into the bloodstream, so they do have a systemic effect in the body, and THC patches may cause slight impairment.

Patches can last 24-48 hours providing long-acting continuous dosing.

Topical products include creams, gels, balms, & bath bombs. Topicals onset of action is within minutes, duration lasts 2-4 hours, so reapply as needed.



SUBLINGUAL



Tinctures are an extract of plant material dissolved in ethanol (grain alcohol based) or oils i.e: olive oil, coconut oil, MCT oil, hemp seed oil. Some are extracted in glycerin.

Sublingual dosing means that you drop the liquid into your mouth and hold it under your tongue for a minute & swallow.

When taken sublingually, the solution will be absorbed through the sublingual vein bypassing the gut directly into the circulatory system.

Alcohol based tinctures are more easily absorbed sublingually than the oils due to the viscosity. The oil based tincture gets absorbed both under the tongue and naturally through the digestive tract when swallowed.

Onset: 15 to 30 minutes

Duration: 4-6 hours

ORAL

Oral cannabis consumption provides the longest duration & relief.

Chew the edible or swallow the capsule with water and a small bite of food to boost absorption.

Consumption of Delta 9 THC converts to 11 Hydroxy THC in the liver.

- Effects of Delta 11 Hydroxy THC are stronger and felt more in the body.
- Dosing - 1:1 CBD to THC ratio, works best together for long term management & functionality.

Onset 30 - 90 minutes, 2 hours for peak

Duration 4-8 hours depending upon dose



Guidance & Directions



Take a small puff vape, joint, or pipe into the lungs and exhale

Take a few deep breathes to circulate the cannabinoids

Do not hold your breathe

Repeat as needed



Take 15 minutes prior to a meal with fat to boost absorption and hydrate to digest

Space 4-8 hours apart

Use low doses with other routes, titrating up slowly as needed to keep tolerance and costs low



Take dropper of oil & hold under the tongue for seconds & swallow

Follow dosing guidelines on your product label

Increase by 5-10mgs weekly till needed effects are attained



Apply to areas of pain, discomfort or skin irritation every few hours

Transdermal patches cross the dermis for systematic effects & allow continuous basal dosing

Best Use & Indications

Immediate relief from:

- Aid for sleep
- Anxiety
- Nausea
- Stimulate appetite Disorders
- Pain • Vomiting
- Vomiting

Long lasting relief from:

- Pain • Nausea
- Appetite
- Digestion
- Anxiety
- Insomnia
- Vomiting

Everyday wellness symptom management

All conditions can benefit from tincture/extracts

Good for novice users

- Injuries
- Ongoing pain in joints/muscles
- Minor skin irritations, lesions
- Good for novice users

Formula Notes

- Sativa:
- Energy • Flow
 - Creativity
 - Expansion

- Indica:
- Pain Relief
 - Appetite
 - Sleep
 - Rest

- Start low, go slow
 - Good for long term use
 - Good for chronic issues
- Microdosing is key
- Effects based on distillate RSO, Extraction

- CBD Types:
- Full Spectrum
 - Broad Spectrum
 - Isolate

- CBD:THC Ratio
- 20:1 • 1:10
 - 4:1 • 1:1

- Various CBD products:
- Salves
 - Balms
 - Bath balms
 - Patches in CBD : THC ratios

Getting Started

DOSING STRATEGIES & SAFE CONSUMPTION

Dosing is personal.

One size fits all does not apply as everyone is different

Dosing goal is to take the lowest amount of cannabinoids

Do not drive or operate machinery when self-titrating THC

CBD can mitigate and dial down the psychoactivity of THC if you feel uncomfortable

Efficacy can vary depending upon other factors including: disease, symptoms, pharmaceuticals, genetics, age & lifestyle factors

Start with one symptom at a time and start off with 1 or 2 products at a time. (i.e. tincture and topical)

CBD:THC ratio is a reference point for dosing sensitivity

Start slow, go slow and track your results by journaling

Cannabis is biphasic where lower doses are more stimulating & higher doses may be more sedating

Dosing will need to be self-titrated:

Self-titration means to adjust the dosage of your medicine as needed

Beginning Dosing Guidelines

Start Low, Go Slow

	THC	CBD
1 st TIME /MICRODOSE	1mg - 5mg	5mg - 25mg
MODERATE DOSE	10g - 50mg	30mg - 100mg
HIGH DOSE	> 50mg	> 100mg

Ratios **20:1** **3:1** **1:1** **1:10**
CBD:THC **CBD:THC** **CBD:THC** **CBD:THC**

	20:1 CBD:THC	3:1 CBD:THC	1:1 CBD:THC	1:10 CBD:THC
Overview	<p>Starting point for most patients, good for daytime</p> <p>Chemotype 3 = High CBD</p>	<p>Mid-level, daytime, afternoon Midly psychoactive</p> <p>Chemotype 3/2 = Midly psychoactive</p>	<p>Mid-level, afternoon, evening Most therapeutic combination</p> <p>Chemotype 2 = balanced CBD:THC Mild to moderate</p>	<p>Acclimated to THC, afternoon, evening, bedtime</p> <p>Chemotype 1 = High THC</p>
Suitability	<ul style="list-style-type: none"> • Anxiety • Inflammation • Depression • Neurological Disorders • THC Intolerance 	<ul style="list-style-type: none"> • Pain • Nausea • Appetite • Muscle Spasms • Sleep • PTSD 	<ul style="list-style-type: none"> • Inflammation • Pain • Anxiety • Nausea • Sleep • Digestive Disorders • Neurological Disorders • Neuropathy 	<ul style="list-style-type: none"> • Inflammation • Pain • Nausea • Digestive Disorders • Sleep • Neuropathy • Appetite • Tremors

WHOLE PLANT TINCTURE RATIOS & CONDITIONS COMMONLY USED

Percentage of THC & Audience For Cannabis Products

	CANNABIS CBD <small>FOUND ONLY IN DISPENSARIES</small>	FULL SPECTRUM HEMP CBD <small>FOUND IN SHOPS & ONLINE</small>	BROAD SPECTRUM CBD	ISOLATE CBD
% THC	.3% or more THC	.3% or less THC	Whole plant 0% THC	Only CBD remains
AUDIENCE	All who can benefit & have safe legal access	Those who can benefit, but don't want THC	Federal or healthcare workers, 0% THC	Boosting CBD mgs, federal, healthcare

PSYCOACTIVE POTENTIAL

CBD:THC	RATIO	EFFECTS
THC	0:1	Euphoric, Psychoactive & Impairing at High
CBD:THC	1:2	Moderate Euphoria, Relaxed
CBD:THC	1:1	Mild Euphoria, Most Therapeutic Across All Categories
CBD:THC	2:1	Eliminates Euphoria, Relaxed, Nice Mood
CBD:THC	3:1	Relaxed, Nice Mood, Autoimmune Conditions
CBD:THC	20:1	Relaxed, Nice Mood, Neurological Conditions
CBD	1:0	Relaxed, Nice Mood

Lumir Clinic was founded in 2022 to support patients & consumers to utilize cannabis as medicine across the globe.

Holistic Caring® was founded in 2016 by Elisabeth Mack, RN, BSN, MBA, to serve patients new to cannabis, and to educate health professionals in San Diego, CA. Her training programs for nurses are now robust online programs to train all healthcare professionals going forward to smartly practice medicinal cannabis therapeutics.

The Green Nurse® was founded in 2016 by Sherri Tutkus, RN, BSN, to serve patients and health professionals new to cannabis in Boston, MA. Her passion for the plant emerged after saving her own life, working tirelessly to save others as well as time and money in their cannabis journey. Get inspired by tuning into her 3x award winning [The Green Nurse Podcast](#).

In 2021, we merged firms to unite our complementary skill sets and better serve the modern audience. Today, we operate out of Lumir Clinic, the premier global source to efficiently run our Nurse Line, Patient & Provider Consulting, and Educational Programs. Together we inspire & support the adoption of cannabinoids as catalysts to better health and wellbeing.

Today we operate Lumir Clinic @ www.LumirClinic.com to serve all. Visit our site, call our Nurse Line at 970-404-HOPE (4673) and begin living your best life.

We are the *Healers* relieving suffering & improving the quality of life for patients.

We are the *Educators* inspiring professionals to have a working knowledge of the endocannabinoid system & how it benefits root cause healing.

We are the *Advocates* decreasing the stigma around what it means to feel good with plant medicines for optimal health & wellbeing.



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