

# THE APOTHECARIUM DISPENSARY

## Medical Cannabis FAQ

### What Makes Cannabis Medicinal?

Cannabis is full of compounds called cannabinoids and terpenes. Medical researchers usually focus on the health effects of two of them, THC (delta-9-tetrahydrocannabinol) and CBD (cannabidiol). THC is the substance that can make you feel euphoric, while CBD is a powerful anti-inflammatory agent that doesn't have psychoactive effects. Terpenes also play a leading role in medical cannabis as they determine the aroma and flavor while greatly influence the medicinal properties.

### What Is Medical Cannabis?

Cannabis has a long history as a medicinal plant, likely dating back two millennia, and is one of the world's oldest cultivated plants.

In 1985, pharmaceutical companies received approval to develop THC preparations for therapeutic use, and as a result, cannabinoids were reintroduced into the mainstream healthcare system.

### How Does It Work?

Medical cannabis works by impacting the endocannabinoid system we all have in our bodies.

"Your body already makes cannabis-like chemicals that affect pain, inflammation, sleep and many other processes. Medical cannabis mimics those naturally occurring compounds in the body, and can produce therapeutic effects." says Laura Borgelt, PharmD, of the University of Colorado.

### What Is A Strain?

You may have heard the terms Indica, Sativa, or Hybrid when it comes to medical cannabis. These are the main classifications used to categorize the cannabis plant, based on how the plants grow and generally the type of compounds they contain. Indica strains are said to effect the body and be sedative. Sativa strains are said to have energetic or uplifting effects. Hybrid strains are a mix of both Indica and Sativa and can provide a more balanced effect. Since these strain classifications are very general, always speak to a pharmacist to determine which products might be best for you.

### Forms of Medical Cannabis?

There are a variety of ways to use medical cannabis. A medical cannabis wellness associate can help provide you with more information at the ATC. These forms include: Flower, Vaporizable Oils, Tinctures, Topical Creams, Capsules, and Concentrates.

### What is the Endocannabinoid System?

The endocannabinoid system (ECS) is a set of signaling molecules found throughout the body that helps regulate processes of the body such as appetite, pain, mood and memory.

A signaling molecule is a chemical that passes information from cell to cell. The chemical make-up of endocannabinoids and the responses they elicit are mimicked closely by cannabis, which is sometimes recommended to increase appetite, decrease pain, and uplift mood.