Have a positive first experience with cannabis.
This program is designed to allow your body to become sensitive to cannabis and to ensure you achieve the optimal therapeutic benefits at the lowest effective dose. With cannabis it is important to remember that less is more.

Understand and determine the right cannabis dosage for you.
Using the correct dose of cannabis is the single most important factor in having a successful therapeutic relationship with cannabis. Unlike most medications, cannabis cannot be prescribed at a certain quantity and frequency based on body weight and age. This program helps you find your optimal cannabis dosage.

Prevent negative side effects.
For most patients, using less cannabis can provide superior medical benefits. Using too much cannabis will often decrease its effectiveness and increase the unwanted side effects. Our patients report that by using less cannabis they achieve maximum therapeutic benefits while having more energy, feeling more clear-headed, with little to no paranoia or anxiety.

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Before you get started...

During these first few days, the goal is for you to begin to feel some of the therapeutic effects from cannabis. I know that you're excited to experience all that cannabis has to offer you. You're excited to get symptom relief or control of your condition - and you will be able to achieve these goals by following this procedure. Over the next four days, you are going to sensitize your body to cannabis, allowing you to use a much lower dose with greater efficacy, and maintain those great effects for the long run.

Using the correct dose of cannabis is the single most important factor in having a successful therapeutic relationship with cannabis. Unlike most medications, cannabis cannot be prescribed at a certain quantity and frequency based on body weight and age. We all have a unique internal chemistry, and the cannabinoid system is very complex, so different dosages will be best for different people. With cannabis it is important to remember that for most people, less is more. Many of the benefits of cannabis actually diminish with increased dosage, and very high doses can actually worsen the symptoms one might be trying to alleviate.

Thousands of patients have reported that when they first try cannabis at low to moderate doses, they do not feel any effects at all after the first 1-3 uses. Then, they suddenly begin responding to cannabis at the same dosage previously tried. Animal research gives us clues to understand this “sensitization” effect: THC can trigger production of more cannabinoid receptors, increase the sensitivity of existing cannabinoid receptors, and increase the production of the body’s own endocannabinoids, at certain doses. On the other hand, high doses of THC have been shown to have the opposite effect, decreasing the number of available cannabinoid receptors. By following this protocol, you can improve the tone of your endocannabinoid system, an integral component of our capacity to adapt to stress and restore balance at a cellular level. Not only will you achieve better results with cannabis, you will also enhance your capacity for self-healing.

Considering its broad therapeutic effects, cannabis is an incredibly safe medicine, with most side effects described as mild, perhaps bothersome, but rarely dangerous. The most commonly reported side effects include changes in balance and fine-motor control, tiredness, anxiety, dry mouth, increased appetite, and short term memory loss. Luckily, when using this protocol, patients usually build tolerance to the negative side effects of cannabis within the first 3-5 days, while the positive effects continue to increase!

The most common cause of adverse effects experienced by new users can be found in the interface between the patient's state of consciousness (what they are thinking) and their surrounding environment. You can prevent these side effects by paying attention to your mindset and surroundings before using low doses of cannabis.

Prior to administering cannabis, take 1-5 minutes to observe and evaluate your current Inner Inventory. While cannabis can help patients “turn the page” on stuck emotions and unhealthy thought patterns, it can also amplify these uncomfortable states. Patients often will not know which outcome to expect, and amplification of certain emotions or thoughts can be uncomfortable or distressing, though often therapeutic after these feelings are addressed with love and acceptance.

Taking time for pre-cannabis introspection will empower you to participate in your response to cannabis, and increase the likelihood of “turning the page” if that is what is needed. While 1-5 minutes does not sound like a long time, it will probably feel like a long time. Be intentional. Make a ritual out of your cannabis use. Notice how you feel, and think of what you hope to get out of this experience.

In addition to optimizing your sensitivity to cannabis, this program will empower you to develop simple and incredibly effective ways to improve your health and augment the power of cannabis. The Inner Inventory is a self-awareness tool that can be used to better integrate one’s mind and body, assess the benefits of other health care activities, and take control of the neuroplastic forces unlocked by cannabis. Enjoyable exercises included in this program and specific foods, such as omega3 fatty acids and dark chocolate, have also been shown to enhance the endocannabinoid system.

While performing this program I also recommend that you review my “Strategies to Use Cannabis Without Getting High” if that is one of your intentions.
IMPORTANT NOTE

*Use Caution. The goal is to use the minimal amount of cannabis to achieve the maximum benefits. If at any time you notice that you are developing tolerance to cannabis (needing a higher dose to get the same effect), then you have likely exceeded your optimal therapeutic dosage. I recommend you try our Sensitization Protocol. I advise patients to avoid smoking joints or eating edibles. Both of these methods predispose patients to inhale or ingest too much cannabis. Vaporizers and tinctures are preferred methods and allow patients to dose correctly with the right amount of cannabis.

- Dr. Dustin Sulak

Research supporting program:


5 “but rarely dangerous”

6 “surrounding environment”


DAY 1 - Inhalation
Your Introduction to Cannabis

Today, your goal is to **feel the slightest or minimal effect** from cannabis.

- Do not be concerned if you do not feel any effect today.
- During the next three (3) days, your body's sensitivity to cannabis will increase allowing you to experience therapeutic results.

**STEP 1:**
Check your “Starting Inner Inventory” before your administration of cannabis and write it down on the worksheet under Day 1.

Rate each using a scale of 1-10: (1 challenging and 10 easiest)

- **Breath:** How easy and smooth is your breath?
- **Body:** How comfortable and calm does your body feel? How easy is it to remain still and comfortable?
- **Mood:** How easy is it for you to feel a sense of contentment and appreciation? How easy is it for you to smile right now?

**STEP 2:**
- **Take 1 inhalation** (From a vaporizer or pipe).
- **Wait 5 minutes.**
- **Check your “Post Inner Inventory”** and write it down on the worksheet.

- If you can feel any minimal effect from the inhalation and there is even a slight change in your inner inventory, **stop** and go about your day.
- If you can feel absolutely no effect, and found no change in your inner inventory, then repeat the cycle.

**Todays Focus:**
- To only feel the slightest or minimal effect each time.
- Listen to your body and don’t over do it.
- You may use cannabis, following this procedure up to 3 times per day based on your health and condition.
- Follow our recommended cannabinoid enhancing exercises, suggested foods, and drink water.

**Session 1:**
**Starting Inner Inventory:**

<table>
<thead>
<tr>
<th>Breath</th>
<th>Body</th>
<th>Mood</th>
</tr>
</thead>
</table>

Rate Each: 1-10

**Start Time:** _______

Take 1 inhalation
Wait 5 minutes
Check inner inventory

Stop: Slightest Effect

**Post Inner Inventory:**

<table>
<thead>
<tr>
<th>Breath</th>
<th>Body</th>
<th>Mood</th>
</tr>
</thead>
</table>

Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.

Perform up to 3 inhalations. Wait 5 minutes in between.

**Session 2:** (Optional)
**Starting Inner Inventory:**

<table>
<thead>
<tr>
<th>Breath</th>
<th>Body</th>
<th>Mood</th>
</tr>
</thead>
</table>

Rate Each: 1-10

**Start Time:** _______

Take 1 inhalation
Wait 5 minutes
Check inner inventory

Stop: Slightest Effect

**Post Inner Inventory:**

<table>
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<tr>
<th>Breath</th>
<th>Body</th>
<th>Mood</th>
</tr>
</thead>
</table>

Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.

Perform up to 3 inhalations. Wait 5 minutes in between.

**Session 3:** (Optional)
**Starting Inner Inventory:**

<table>
<thead>
<tr>
<th>Breath</th>
<th>Body</th>
<th>Mood</th>
</tr>
</thead>
</table>

Rate Each: 1-10

**Start Time:** _______

Take 1 inhalation
Wait 5 minutes
Check inner inventory

Stop: Slightest Effect

**Post Inner Inventory:**

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<tr>
<th>Breath</th>
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<th>Mood</th>
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Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.

Perform up to 3 inhalations. Wait 5 minutes in between.

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DAY 2 - Inhalation
Increasing Your Sensitivity to Cannabis

Today, your goal is to continue to feel the slightest or minimal effect from cannabis. You may notice more effects today as your body creates cannabinoid receptors and becomes more sensitive to cannabis.

- Check your inner inventory and write it down on the worksheet.
- Take 1 inhalation (from a vaporizer or pipe), wait 5 minutes, check inner inventory and write it down on the worksheet.
  - **Stop, if you can feel any minimal effect** or change in your inner inventory and go about your day.
  - **If you can feel absolutely no effect**, then repeat the cycle.

*IMPORTANT NOTE: Less cannabis is more.*
Limit yourself to only 1-3 inhalations per session and remember to follow the process of only taking 1 inhalation, waiting 5 minutes, and checking your inner inventory to determine if there is a slight change.

Today’s Focus:
- To only feel the slightest or minimal effect each time.
- Listen to your body and don’t overdo it.
- You may use cannabis, following this procedure up to 3 times per day based on your health and condition.
- Follow our recommended cannabinoid enhancing exercises, suggested foods, and drink water.

**Goal:** To feel only the slightest effect from cannabis

Date: ______________

Remember to try the cannabinoid enhancing foods, exercises, and drink water regularly.

**Session 1:**
Starting Inner Inventory:
Breath Body Mood
Rate Each: 1-10
Start Time: __________
Take 1 inhalation
Wait 5 minutes
Check inner inventory
Stop: Slightest Effect
Post Inner Inventory:
Breath Body Mood
Rate Each: 1-10
*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.
Perform up to 3 inhalations. Wait 5 minutes in between.

**Session 2:** (Optional)
Starting Inner Inventory:
Breath Body Mood
Rate Each: 1-10
Start Time: __________
Take 1 inhalation
Wait 5 minutes
Check inner inventory
Stop: Slightest Effect
Post Inner Inventory:
Breath Body Mood
Rate Each: 1-10
*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.
Perform up to 3 inhalations. Wait 5 minutes in between.

**Session 3:** (Optional)
Starting Inner Inventory:
Breath Body Mood
Rate Each: 1-10
Start Time: __________
Take 1 inhalation
Wait 5 minutes
Check inner inventory
Stop: Slightest Effect
Post Inner Inventory:
Breath Body Mood
Rate Each: 1-10
*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.
Perform up to 3 inhalations. Wait 5 minutes in between.
DAY 3 - Inhalation
Building More Cannabinoid Receptors

Your body is continuing to build more cannabinoid receptors. You are becoming sensitive to these small doses, you are feeling more confident in your control of cannabis use, and you are gaining an understanding of how cannabis affects you.

- Check your inner inventory and write it down on the worksheet.
- Take 1 inhalation (from a vaporizer or pipe), wait 5 minutes, check inner inventory and write it down on the worksheet.
  - **Stop, If you can feel any minimal effect** and go about your day.
  - **If you can feel absolutely no effect**, then repeat the cycle.

*IMPORTANT NOTE: Less cannabis is more.*
Limit yourself to only 1-3 inhalations per session and remember to follow the process of only taking 1 inhalation, waiting 5 minutes, and checking your inner inventory to determine if there is a slight change.

**Today's Focus:**
- To only feel the slightest or minimal effect each time.
- Listen to your body and don't overdo it.
- You may use cannabis, following this procedure up to 3 times per day based on your health and condition.
- Follow our recommended cannabinoid enhancing exercises, suggested foods, and drink water.

### Session 1:
**Starting Inner Inventory:**

<table>
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<th>Mood</th>
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</table>

Rate Each: 1-10

Start Time: ________

- Take 1 inhalation
- Wait 5 minutes
- Check inner inventory

**Stop: Slightest Effect**

**Post Inner Inventory:**

<table>
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</table>

Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.
Perform up to 3 inhalations. Wait 5 minutes in between.

### Session 2: (Optional)
**Starting Inner Inventory:**

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<th>Mood</th>
</tr>
</thead>
</table>

Rate Each: 1-10

Start Time: ________

- Take 1 inhalation
- Wait 5 minutes
- Check inner inventory

**Stop: Slightest Effect**

**Post Inner Inventory:**

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</table>

Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.
Perform up to 3 inhalations. Wait 5 minutes in between.

### Session 3: (Optional)
**Starting Inner Inventory:**

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</table>

Rate Each: 1-10

Start Time: ________

- Take 1 inhalation
- Wait 5 minutes
- Check inner inventory

**Stop: Slightest Effect**

**Post Inner Inventory:**

<table>
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<th>Breath</th>
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</table>

Rate Each: 1-10

*After 5 minutes, if you feel NO Effect, take 1 additional inhalation.
Perform up to 3 inhalations. Wait 5 minutes in between.
DAY 4 - Inhalation

How to Find Your Therapeutic Dosage?

Goal: To discover the lowest therapeutic dose of cannabis you need to achieve the optimal benefits.

Today, you’ll be using this procedure to increase the dose of cannabis, beyond the minimal effect, to the optimal effect. Think of the symptomatic relief you want to achieve using cannabis. Today you should experience that level of relief, using a very low dosage.

- Check your inner inventory and write it down on the worksheet.
- Take 1 inhalation, wait 5 minutes, check your inner inventory and record it on the worksheet.
- If you do not feel the desired relief from your symptoms, you may increase your dosage by:
  - Repeating the process:
    - Take “1 inhalation”, wait 5 minutes, check your inner inventory.

**Important Note:** 2 inhalations will be administered in a 10 minute time period. 3 inhalations will take 15 minutes and 4 inhalations will be completed over 20 minutes.

Stop the process once you feel the optimal benefits (relief from your symptoms) and write the number of inhalations required on the worksheet.

- “How do I know when I reach the optimal dose?” One of two things will occur:
  - You feel enough symptom relief that you are no longer limited by whatever was bothering you. Your session is over, mark down your findings and go enjoy your day!
  - You notice a decrease in your inner inventory 5 minutes after an inhalation. This actually means that you have slightly exceeded your optimal dose. Don’t worry if this happens, it’s an important part of the learning process!

You have found your new maximum dose for cannabis.
- Use the next 2-3 sessions to confirm your dosage by repeating the process and waiting 5 minutes between inhalations. Moving forward you do not have to wait the 5 minutes between each inhalation.
- I recommend you try taking one inhalation less than your maximum dosage to determine its effect. You can always take another inhalation if needed 5 minutes later.

**IMPORTANT NOTE:**
* Use Caution. The goal is to use the minimal amount of cannabis to achieve the maximum benefits.

If at any time you notice that you are developing tolerance to cannabis, (meaning you are needing a higher dose to get the same effect), then you have likely exceeded your optimal personal therapeutic dosage. I recommend you try our Sensitization Protocol. I advise patients to avoid smoking joints because it predisposes them to take puffs in more rapid succession (before the joint goes out) and joint-smokers are much more likely to build tolerance.

- Dr. Dustin Sulak

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