



# DOSAGE GUIDE<sup>®</sup>

FOR HEALER NIGHT, DAY & ANYTIME DROPS  
DOCTOR DEVELOPED. MEDICINAL CANNABIS.

By Dr. Dustin Sulak



## Cannabis affects everyone differently.

Finding your optimal dose is critical to achieve maximum benefits and minimal or no side effects. I created this guide to help you get the best results.

With cannabis it's important to remember that for most people, less is more. In fact, many of the benefits of cannabis diminish with increased dosage. We designed Healer formulas to include a wide spectrum of bioavailable medicinal compounds so you can achieve impressive results at low doses.

By following this guide, most users are able to find their ideal dose within 1-2 weeks. When this is not the case, switching to an alternate formula is usually effective.

If you are experienced and using cannabis regularly, I recommend taking a 2-day cannabis fast before starting the drops. If over time you notice you need a higher dose to get the same effect, both new and experienced users should see my Sensitization Protocol.

We want to learn from your experience, too, so we can help you and others continue to use cannabis in the most effective way. **Please share your results with me at [Healer.com/MyResults](https://www.healer.com/myresults).**

Dr. Dustin Sulak

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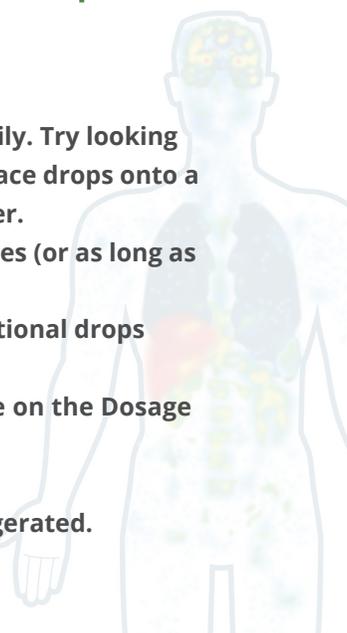
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# How to Take Healer Drops

- Shake bottle well.
- 1 drop = 0.02ml = 0.5mg cannabinoids
- Place drops under your tongue 1 to 4 times daily. Try looking in a mirror to count the drops; you can also place drops onto a spoon first, or use an oral syringe to administer.
- Hold drops under your tongue for 1 to 3 minutes (or as long as you can) before swallowing.
- Wait 30 minutes to 2 hours before taking additional drops when taking drops in the daytime.
- Track the amount of drops and your response on the Dosage and Response Tracker® included in this guide.
- Drink plenty of water throughout the day.
- For best results, keep your Healer bottle refrigerated.



## How to Check Your Inner Inventory®

Rate each on a scale of 1 to 10 (1=worst and 10=best)

**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?

**SYMPTOMS:** How severe are your symptoms? (1=minimal and 10=severe)

## How Do I Know If It's Working? Check Your Inner Inventory®!

Self-awareness is a key component of healing. By checking your Inner Inventory® before and 1 hour after each dose (set an alarm to remind you), you'll better understand how the Healer formula is affecting you.

If your Inner Inventory score improves, then you know you're likely feeling the effects of the dose you took. When you get started, remaining at your minimal noticeable dose for 3 days allows you to increase your sensitivity to the benefits of the Healer formula and to reduce the likelihood of unwanted effects.

*A Dosage and Response Tracker® to monitor your progress is included at the end of this guide.*



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## RECOMMENDED DAYTIME DOSING METHOD:



**Step 1: Enhance your sensitivity to cannabis by finding the dose that produces a mildly noticeable benefit.**

- Start with 4 drops (0.08ml) to find a dose that produces mild benefits. If you have a history of sensitivity to THC, start at 2 drops (0.04ml).
- Wait 30 minutes to 2 hours before taking another dose.
- If you notice nothing at your starting dose, increase your dose by 2 drops each day until you experience an improvement in your Inner Inventory® or mild improvement in symptoms.
- Then, stop increasing your dose and continue at the same dose for 3 days.
- If you experience any unwanted effects (such as dizziness, sleepiness, increased heart rate, anxiety or confusion) reduce your dose by 2 drops and continue that dose for 3 days.

### Step 2: Find your optimal therapeutic dose.

- After maintaining your mildly noticeable dose for 3 days (step 1), you can gradually increase your dose to achieve optimal results if you need more symptom relief.
- Add 2 drops per dose each day until you experience one of the following:
  - > satisfactory health benefits or symptom control
  - > unwanted side effects
  - > reduced benefits compared to lower doses
- If you notice unwanted effects or fewer benefits, reduce your dose by 2 drops each day until you find your optimal response. Many people find their optimal dose by first exceeding it and then reducing the dose slightly.
- If you fail to achieve satisfactory results or side effects by the time you reach 50 drops (1ml), then you'll likely do best to change to a different formula with higher THC content.



## About Cannabis and Sleep

Regular, restorative sleep is essential in healing and maintaining good health. Cannabis is an excellent sleeping aid because it does not interfere with the quality of sleep when used at an appropriate dose; it works by addressing the underlying problems causing sleep disturbances such as pain, anxiety, nightmares, spasticity, digestive issues, etc.

Numerous clinical trials, and a recent review of the evidence by the National Academies of Science, Engineering and Medicine have concluded that cannabis is effective for improving sleep, including in patients with chronic conditions.

For best results, use the Healer night formula and go to bed at the same time every night – over time your body will set its internal clock to this schedule and make it easier for you to get great sleep. Good sleep hygiene and avoiding the use of screens two hours before bed improves the likelihood of restorative sleep.

## RECOMMENDED NIGHTTIME DOSING METHOD:



**Step 1: Starting dose for first 2 nights.**

- Take 30 to 60 minutes before bed.
- Start with 4 drops (0.08ml) on nights 1 and 2. If needed, take an additional 2-4 drops after 1 to 2 hours.
- You may combine the drops with smoked or vaporized cannabis flower, which can help people who have trouble falling asleep.
- If you wake up in 3 to 5 hours, you may take additional drops. Start with half the dose you took before bed.

### Step 2: Find your optimal dose.

- Starting on night 3, increase by 1 drop each night until you achieve deep, restorative sleep.
- If a dose increase leads to morning grogginess, remain at the same dose for 3 nights in a row. The grogginess will likely resolve, but the restorative sleep will continue. If so, you have found your optimal dose.
- If the morning grogginess does not resolve after 3 days, decrease your dose by one drop.
- Most users achieve great results taking 20 drops or less of the night formula or 50 drops or less of an anytime formula.
- Track your sleep quality and the amount of drops you're taking on the Inner Inventory® chart included in this guide.

### Night Usage Notes:

It's safe to combine cannabis with other sleep medications if you follow the recommended dosing method.

Cannabis can increase sedation and duration of some sleep medications. Excessive cannabis doses in combination with sleep medications could result in disorientation, fall risks, morning grogginess and more.

Using cannabis in combination with antihistamine medications (i.e. Benadryl) may increase the likelihood of non-serious adverse effects such as anxiety and dry mouth.

As with any sleeping aid, address any potential fall risks in the bedroom and follow this guide closely to help you find the optimal dose without side effects.

## FAQs

### Why do your products taste just like a cannabis plant?

Healer's patented extraction process maintains so many of the medicinal "entourage" components of cannabis, you're tasting a complex mixture of hundreds of therapeutic compounds.

### Why do a few Healer drops work better than other cannabis products?

Dr. Sulak discovered that smoking, vaping, and non-Healer methods of extracting and formulating cannabis destroy many of the plant's trace medicinal compounds that work with the major cannabinoids to enhance the medicinal benefits. Healer formulas retain the plant's full entourage, including acidic and neutral major cannabinoids, minor cannabinoids, terpenes, flavonoids and critical constituents to create safe, effective and cost-effective products.

### Why is it necessary to find the dose that delivers mild benefits first?

When using this technique to sensitize one's body to cannabis during the first three days, people find they are able to achieve greater results at surprisingly low doses. This saves money, prevents side effects, and ensures you can maintain excellent benefits without building tolerance.

### What is the endocannabinoid system?

The endogenous cannabinoid system (endocannabinoid system or ECS) is a biological system found in most animals that is instrumental in our ability to respond to illness and injury and maintain good health. Endocannabinoids and their receptors are found throughout the body. Using cannabis therapeutically can stimulate the ECS, augmenting our bodies' innate healing capacity.

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## About Unwanted Effects

The cannabis dose for relieving medical symptoms is usually lower than the dose that produces side effects, especially when using Healer formulas and dosing methods. Most people identify minimal side effects as a sign they have slightly exceeded their optimal dose. When this occurs, reduce your dose as described on page 3.

Common unwanted effects of above-optimal doses:

- Dizziness
- Dry mouth
- Balance or coordination trouble
- Nausea
- Fatigue or sleepiness
- Impaired attention or short-term memory
- Confusion
- Anxiety or paranoia
- Increased heart rate

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## Want to Learn More about Medicinal Cannabis?

Healer offers free education programs at [Healer.com/CannabisEducation](https://www.Healer.com/CannabisEducation). If you are interested in cannabis training and certification, see Healer's online training program at [Training.Healer.com](https://www.Healer.com/Training)

## Cautions:

- For experienced cannabis users, a 2-day cannabis fast prior to using Healer formulas is recommended. During this time, your body will produce more cannabinoid receptors, ensuring excellent therapeutic results. If you cannot tolerate 2 days without cannabis, a 24-hour break can be helpful.
- Do not drive or operate machinery until you know how a specific dose of any cannabis product affects you.
- If you have cardiovascular disease and are unable to tolerate increases in heart rate, please talk to your cardiologist before taking any cannabis product as cannabis can cause increased heart rate or exacerbate irregular heart rhythms in certain patients. These are most likely at high doses or when using inhaled cannabis, not when using Healer formulas at one's optimal dosage.



## Dr. Sulak's Sensitization Protocol to Reverse Tolerance, Increase Effects

When people take more than their individual optimal dose, over time they build tolerance to cannabis and slowly lose therapeutic benefits because overstimulated cannabinoid receptors are rendered ineffective and cannot produce therapeutic effects.

If you notice that you're developing tolerance to cannabis, you can quickly reverse it and increase your sensitivity using this Sensitization Protocol:

- **Days 1&2:** Take a 48-hour cannabis fast or as long as you can abstain from cannabis use.
- **Days 3,4,5:** Restart with the same Healer formula at approximately 75% of the dose that worked well previously, 1-4 times daily. (Example: if you were taking 10 drops, then start 7 drops).
- If you notice nothing at this starting dose, increase by 2 drops per dose each day until you experience a mildly noticeable dose (mild health benefits or symptom control, as described in Step 1 of the daytime dosing method.) Then stop increasing your dose and continue at that dose for 3 days.
- **Days 6+:** After maintaining your mildly noticeable dose for 3 days, gradually increase your dose if needed for additional symptom relief by adding 2 drops per dose each day until you experience one of the following: satisfactory health benefits or symptom control. If you experience unwanted side effects, or tolerance-building then reduce your dosage by 1-2 drops per dose.

For more information, see [Healer.com/programs/sensitization-protocol/](http://Healer.com/programs/sensitization-protocol/)

After following this protocol, most people who have previously built tolerance find they're able to experience equal or greater benefits at half their previous dose.



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DOSAGE AND RESPONSE TRACKER®

Day:		Formula For Day:				Formula For Night:				
	Time	Drops	BREATH 1-10 (10 Best)		BODY 1-10 (10 Best)		MOOD 1-10 (10 Best)		SYMPTOMS 1-10 (10 Severe)	
			Before	After	Before	After	Before	After	Before	After
Dose:										
Dose:										
Dose:										
Dose:										
Tracking of Sleep from Night Before:			DURATION OF SLEEP (hrs)		HOW MANY TIMES DID YOU WAKE?		HOW DID YOU FEEL IN MORNING? 1-10 (10 Best)		SYMPTOMS IN THE MORNING 1-10 (10 Severe)	

Day:		Formula For Day:				Formula For Night:				
	Time	Drops	BREATH 1-10 (10 Best)		BODY 1-10 (10 Best)		MOOD 1-10 (10 Best)		SYMPTOMS 1-10 (10 Severe)	
			Before	After	Before	After	Before	After	Before	After
Dose:										
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Dose:										
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Day:		Formula For Day:				Formula For Night:				
	Time	Drops	BREATH 1-10 (10 Best)		BODY 1-10 (10 Best)		MOOD 1-10 (10 Best)		SYMPTOMS 1-10 (10 Severe)	
			Before	After	Before	After	Before	After	Before	After
Dose:										
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Day:		Formula For Day:				Formula For Night:				
	Time	Drops	BREATH 1-10 (10 Best)		BODY 1-10 (10 Best)		MOOD 1-10 (10 Best)		SYMPTOMS 1-10 (10 Severe)	
			Before	After	Before	After	Before	After	Before	After
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Consult your doctor. This guide is provided for educational purposes, not intended as medical advice.  
The FDA has not approved cannabis as a safe and effective drug for any indication.