

Q's &A's of Medical Cannabis in Illinois

What is Cannabis?

Cannabis, also known as marijuana, is a dynamic plant that has medicinal and therapeutic benefits. Chemical compounds in the plant are called cannabinoids and terpenes that work together to propel the whole brain and body into healing.

Cannabinoids are the chemical compounds secreted by the plant that provides relief to a myriad of symptoms including inflammation, pain, nausea, insomnia and general wellbeing by regulating the body's Endocannabinoid System.

Terpenes are compounds that are the driving force that activates the body to respond and receive information from the cannabinoids. Terpenes carry medicinal and therapeutic benefits giving cannabis its aromatic diversity.

What is the Endocannabinoid System ECS?

The Endocannabinoid System has been called “the most important physiologic system involved in establishing and maintaining human health. It promotes and modulates the regulation of homeostasis affecting everything from sleep, appetite, pain, inflammation, memory, mood, and even reproduction, across all major body systems ensuring that all systems work in concert with one another.

What is CBD? What is THC?

Cannabidiol CBD is a non-cerebral cannabinoid that has anti-inflammatory properties and works in and around cells to create an open environment to alleviate symptoms such as stiffness of joints and muscles, depression, spasms, tremors and repetitive behaviors, pain due to inflammation, low immunity and promotes rest and relaxation, bone healing, aids in digestion, Epilepsy.

Tetrahydrocannabinol THC is the cerebral cannabinoid that targets specific receptors (CB1) throughout the body and brain to help alleviate pain, enhance mood, promote full body relaxation, cell regeneration and wellbeing.

How can Medical cannabis help me?

Cannabis can help you by reducing and potentially alleviating symptoms caused by the condition and help to relieve the adverse effects of prescription medications giving you the quality of life you are seeking.

Exploring natural alternatives, combinational therapies, dosing, consciousness and body connections in conjunction with conventional medicine as a way to decrease harsh side effects that flood and overwhelm the body, is how cannabis can help you.



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What are the types of Cannabis?

Cannabis comes in Indica, Sativa and Hybrid varieties.



Sativa vs Indica

| | |
|-------------------|-------------------------|
| energy | couch-lock |
| stimulating | chilling |
| head high | appetite |
| cerebral | body high |
| uplifting | deep relaxation |
| creativity | sleep aid |
| focus | pain + nausea relief |
| fights depression | stress + anxiety relief |

How do the strains and methods work in my body?

The key to accessing Cannabis full potential is using whole plant methodologies and combinational therapies. Creating a baseline of relief as preventive medicine and then "inbetweeners" to extend the longevity of your individual experience and dosing is the key to utilizing cannabis in its entirety.



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Consumption Methods:

How do I consume Cannabis and will my dispensary carry all options?

Currently, in Illinois, most dispensaries, if not all 52 of them, will have similar products or various strains to choose from and if you are interested in the particular strain you can always inquire to your patient consultant for their expertise and suggestions.

There are various ways to consume medical cannabis:

1. Cannabis nectar/ Oils orally administered: RSO, CO2 and
2. Flower/ Bud: Smoking, Joints, Vaping, Juicing, Cooking, Teas.
3. Concentrates/ Extracts: Vaping, Combinational with Flower, Dabbing, Sap, Wax, Resin, Shatter, Budder, Moonrocks
4. Balms, Salves, Patches, Topicals: Lotions, Body Oil.
5. Edibles: Chocolates, Hard candy, Gummies, Caramels, Coffee beans, Granola, Honey, Teas
6. Tinctures, Syrups

How will I know what strain and method are best for me?

At Innovative Wellness, we will prepare you before you go into the dispensary setting with a strong foundation about Cannabis and your consumption options.

Priming and prepping your bodybrain with Innovative wellness CBD products before diving into whole-plant with is an empowering space to start.





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Ok, I have my card now what?

Congratulations and welcome to the State of Illinois Medical Cannabis Program!

Here are some helpful links to visit to get more familiar with the program and get connected to advocates and patients alike.

Innovative Wellness Care
www.innovativewell.com

Innovative Express Care
www.innovativeexpresscare.com

Illinois Medical Cannabis Community
<https://www.facebook.com/groups/IllinoisMCC/>

Illinois Department of Public Health
<http://www.dph.illinois.gov/topics-services/prevention-wellness/medical-cannabis>

Dispensary Etiquette?

Many dispensaries, if not all of them, have competitive pricing, specials for the holidays and have programs set up for Veterans, Disability patients, and hardship patients.

Sometimes a dispensary will ask patients to try samples of products to get concrete anecdotal testimonies to help advance the program and enhance patient experiences by customizing specific strains to specific conditions and symptoms.

How much does Medical cannabis cost?

Oils: \$28 – \$99

Flower: 1g \$5 – \$20 /

8th's \$25 –\$65

Topical: \$28 – \$65

Edibles: \$3 – \$45

Concentrates: \$30–\$100

Notes



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Illinois Cultivators

Shelby County Community Servies

<http://www.cannabissccs.org/>

Ataraxia / Goldleaf

<https://ataraxiamm.com/>

GTI

<http://www.gtigrows.com/>

Bedford Grow

<https://www.bedfordgrow.com/>

Wellness Group Farms

Aeriz

Aeriz.com

Revolution

<http://www.revolutionenterprises.com>

Ingrown Farms

<http://www.ingrownfarms.com/>

Cresco

<https://www.crescolabs.com/>

<https://www.ptsillinois.com/>

<https://naturesgraceandwellness.com/>

<http://www.iesoillinois.com/page/homepage>

<http://www.gojusticegrown.com/>