

16 CBD activates the CB1 Receptors only if THC is present. - "opens them up"

29 Hemp - Brought on the Mayflower

45 CBD ^{Better for anxiety}
Reduces Cortisol in the blood.

49 Use full Spectrum - Efficacy, Safety, Tolerability

56 Choose by Cannabinoid and Terpene Profile
NOT by "strain" name.

61 Couch Lock - Myrcene Terpene
the

76 - The Topicals ^{WORK}

CANNABIS

Suppositories - use them for gut & back

APOTHECARY

79 Cannabis Journal - from Gold Leaf

81 - Decarb - 240° for 45 minutes

Glycerine Tincture - Making Glycerine extract

90 - When you are where you want to be STOP
& enjoy

96 - Trichomes / At Harvest, milky & Amber

EXACT Curing Instructions ^{let dry 1 week}
^{- then jar}

109 - Cannabis and Yoga - Feels So Good.

⊛ 110 - Cannabis Infused Epsom Bath Salts?

⊛ 113 Kis Kanu makes a suppository

84 Coconut Oil, Preparation