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HIGH CBD/LOW THC CANNABIS

- This is a group of cannabis plants bred specifically to have high CBD and low THC. CBD produces no “high”
- CBD has many properties: anti-inflammatory, anti-pain, anti-anxiety, anti-seizure, anti-tumor, etc.
- For patients with significant daytime pain these varieties often provide excellent functional pain relief, allowing many patients to safely function at work or at school, drive, etc. with much less pain.
- Determine your dose on a day off, and make sure you can function safely.
- More and more dispensaries, delivery services, and growers are now carrying these plants.
- They may be consumed like any other cannabis.
- “Harlequin” is a well-known variety, however there are many others such as Cannatonic, Charlotte’s Web, etc.
- In some patients, it may be useful to combine one of these with a calming indica strain for sleep.