



MEDICAL CANNABIS COACH

TESTING PROTOCOL

PURPOSE

In the introductory stages of adapting to a medical cannabis treatment plan, testing is critical to determine two essential criteria:

1. Dosage levels
2. Strain specific sensitivity

To accomplish this, MCC has developed a simple, non-threatening method of determining your individual tolerances and sensitivity to cannabis. For many, this experience is new and, often times, filled with unnecessary anxiety and caution. Testing will help you move more quickly and easily into a structured plan to achieve your cannabis goals. MCC has also developed this process so as to minimize costly mistakes and teach you how to economize in your cannabis purchases.

Please remember - as you go through this process, testing materials are not your final dosage or strain. This is done to “narrow the field” of options as your COACH works to locate the specific strain and dosage for you.

OVERVIEW

This testing method will present you with three (3) different cannabis strains – hybrid, indica and sativa. There are three days worth of medicine. Each strain will be tested on a specific day. Each dose will be taken in three-hour increments. The goal of this process is to find the amount of medicine needed to initiate a definitive effect. Each individual will interpret the effects in their own way. The critical piece of this protocol is your feedback. Feedback allows your COACH to make informed decisions about what to begin with and how much to take. Please feel free to “overdo” on written feedback.

PROTOCOL

MCC Testing Protocol is built around 3-hour intervals. You will take the capsules at a recorded time and then pay attention to what happens to you in the next three hours. Notice “positive” reductions in pain, increased relaxation, euphoria, arousal, peacefulness, calmness, sleep, etc. You may also experience some “negative” side effects such as stoniness, anxiety, dizziness, excessive hunger, dry mouth, slurred speech, etc. It is critical for you to record all of these positive **AND** negative side effects. Negative effects are as important to the testing outcomes as are the positive effects. Please understand that side effects are transient and short-lived.

PROCEDURE

Your COACH will probably advise you that one of the samples is for daytime only and another is for nighttime only. This is intended to prepare you for a day of energy and a night of sedation without

biasing your evaluation feedback. Once you decide the starting date, follow the sequenced steps until the desired effect is achieved.

Many questions arise out of the issue regarding what exactly is the “desired effect?” You and your COACH will have much conversation about this but in general, we are trying to determine if the testing medicine made you feel positive or negative. This may sound overly simplistic but at this early stage, a good feeling alone may lead to correct strain selection. The intensity of the experience may lead to correct dosage. It is critical to determine what dosage level makes you feel the effects of the medicine. Therefore, you will now conduct the testing by following this sequence:

1. Prepare for your testing by making yourself comfortable and have a drink and a favorite mental focusing device (cards, book, TV, conversation, writing, etc). Dress comfortably and plan for as little distraction as possible. MCC recommends you stay somewhat close to home.
2. Take a single dose and record the time
3. Pay particular attention, as time goes on to “when” and “if” you begin to feel the medicine and record that feeling. This will begin your feedback process. As you feel new effects, make note of them and how they make you feel. Record all positive and negative sensations.
4. The 3-hour mark is a critical step.
 - If you are not feeling any effect, record that observation and take a second dose. Repeat the instructions detailed above.
 - If you do feel the effects of the medicine and you are feeling like you would like to feel, record all observations and stop the 3-hour window timing. Simply spend the rest of your day enjoying the medicine. Take additional doses as you desire. The medicine is yours to enjoy!
5. Repeat this process on each of your testing days. Maintain the 3-hour windows throughout all testing doses. When completed, please contact your COACH to schedule a review of your testing and collaborating on the next step – strain selection and medicine preparation.

SUMMARY

The testing capsules are not your final strain selection or your final dosage. Please remember - this testing is the beginning step to locate (1) the correct strain, and; (2) determine functional dosage. Some of the intensity and effects you experience during testing may seem new and strange but this is the most efficient method of determining dosage and strain selection.

Remember – if you reach a point that makes you uncomfortable, relax. All is well. This feeling is transient. Your COACH will have discussed mitigation procedures with you. Fully discuss all these new effects with your COACH. Welcome to MEDICAL CANNABIS!!