



Why Journal ?

Entourage Consulting Services

Mission- To Find **YOUR INDIVIDUAL SWEET SPOT**

- ▶ Less is more with cannabis therapies, The goal is the LEAST amount of cannabis for the GREATEST relief of symptoms

START LOW, GO SLOW ALWAYS

- ▶ No more than 1-2.5 mg THC products at a time to start, increase by no more than 1-2.5 mg in determining optimal dose
- ▶ Journaling your experience teaches how to pay attention to what our own body is telling us
- ▶ By mindful self- awareness of our feelings, our breathing, and the effects we feel, we can make educated choices in narrowing down products effectiveness

To find products and optimal dosage for
YOUR individualized symptom relief...

What do I include in an entry?

- State of mind-BEFORE
- Time of day
- Symptoms
- Name of Product
- How consumed?
- Dosage-
- Time of Onset of Effect
- Relief Noted
- State of mind-AFTER
- Reflection



Effects- The Good, The Bad, and I don't think this works!

- Jot down ALL the effects you notice
- Note the time of onset
- How long it lasts
- Are you comfortable?
- Are there patterns you notice?
- If there seems to be no effect, you can increase your dose little by little until you feel a shift in your condition-No more than 1-2.5 mg. THC



Be DETAILED & DETERMINED

.....It only takes a few weeks

- Use this as a reference tool at your dispensary and with your physician in taking control of your health and wellness practices!
- A NOTEBOOK or Tetragram app. <https://tetragramapp.com>
- Morning check on sleep and morning symptoms
- Evening check allows you to look over the day, analyze any mood shifts, and see how your intake of cannabis, caffeine, food, water, and other medications affected you throughout the day.
- Note if you can go longer between your regular medications particularly narcotics, benzodiazepines and hypnotics, speak to your doctor regarding a safe weaning schedule!

Taking Back Control of Your Life



Journaling your cannabis experience is the KEY!

QUESTIONS?

- Please send questions to DawnMarie@EntourageConsulting.net