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Cannabis Sensitization 6 Day Protocol — Tincture

Lower your tolerance to cannabis and find your optimal therapeutic dosage.

Users typically see the following results after completing the Cannabis Sensitization Protocol:

- **Save up to 60% on monthly cannabis costs.**

Users reduce the amount of cannabis they use by up to 60% per month. A patient spending \$200 per month on cannabis saves \$1,400 per year or more. A patient spending \$400 per month saves \$2,400 per year or more.

- **Increase in desired medical benefits.**

For most patients, using less cannabis can provide superior medical benefits. The Sensitization Protocol will help you find your optimal dosage, where you will achieve the maximum therapeutic benefits of medical cannabis. Using more than the optimal dosage will often decrease its effectiveness and increase unwanted side effects. While exceptions to this rule exist, such as ultrahigh-dosage treatments for cancer and other chronic diseases, the vast majority of patients find that less cannabis equals more results.

- **Decreased negative side effects.**

Patients report by using less cannabis they are more clearheaded, less irritable, have more energy, with little to no paranoia or anxiety. All symptoms caused by overuse of cannabis.

Why this program works:

Most people only know how to increase the benefits of cannabis by using more. Unfortunately, this is not a sustainable solution because with increased dosage, tolerance to cannabis quickly develops. Many of the benefits of cannabis diminish with increased dosage, and abruptly high doses can actually worsen the symptoms one might be trying to alleviate.

On the other hand, most cannabis users have already experienced the opposite of tolerance-building, known as sensitization. More than half of the cannabis users I've interviewed report they experienced minimal or no response to cannabis the first time they tried it. Most people feel the effects on the second or third dose, indicating that their system has increased its sensitivity following the initial exposure.

Animal research gives us clues to understand this sensitization effect: THC can trigger production of more cannabinoid receptors¹, increase the sensitivity of existing cannabinoid receptors², and increase the production of the body's own endocannabinoids³, at certain doses. On the other hand, high doses of THC have been shown to have the opposite effect, decreasing the number of available cannabinoid receptors.⁴

By following this protocol you'll learn how to take control of your endocannabinoid system and increase the benefits of cannabis by lowering your tolerance and increasing your sensitivity to cannabis. Using the correct dose is the single most important factor in having a successful and therapeutic relationship with cannabis. We all have a unique internal chemistry, and the endocannabinoid system is very complex, so different dosages will be best for different people. The Cannabis Sensitization Protocol will help you to find your optimal therapeutic dosage.

By following this protocol, you can improve the tone of your endocannabinoid system, an integral component of our capacity to adapt to stress and restore balance at a cellular level. Not only will you achieve better results with cannabis, you will also enhance your capacity for self-healing.

In addition to optimizing your sensitivity to cannabis, this program will empower you to develop simple and incredibly effective ways to improve your health and augment the power of cannabis. The Inner Inventory is a self-awareness tool that can be used to better integrate one's mind and body, assess the benefits of other health care activities, and take control of the neuroplastic forces unlocked by cannabis. Enjoyable exercises included in this program and specific foods, such as omega3 fatty acids and dark chocolate, have also been shown to enhance the endocannabinoid system.^{5,6}

¹Cichewicz, Diana L., Victoria L. Haller, and Sandra P. Welch. "Changes in opioid and cannabinoid receptor protein following short-term combination treatment with 9tetrahydrocannabinol and morphine." *Journal of Pharmacology and Experimental Therapeutics* 297.1 (2001): 121-127.

²Oviedo, Angelica, John Glowa, and Miles Herkenham. "Chronic cannabinoid administration alters cannabinoid receptor binding in rat brain: a quantitative autoradiographic study." *Brain research* 616.1 (1993): 293-302.

³Burstein, Sumner H., and Sheila A. Hunter. "Stimulation of anandamide biosynthesis in N18TG2 neuroblastoma cells by δ 9tetrahydrocannabinol." *Biochemical pharmacology* 49.6 (1995): 855-858.

⁴Hsieh, C., et al. "Internalization and recycling of the CB1 cannabinoid receptor." *Journal of neurochemistry* 73.2 (1999): 493-501.

⁵McPartland JM, Guy GW, Di Marzo V. Care and Feeding of the Endocannabinoid System: A Systematic Review of Potential Clinical Interventions that Upregulate the Endocannabinoid System. Romanovsky AA, ed. PLoS ONE. 2014;9(3):e89566. doi:10.1371/journal.pone.0089566.

⁶Di Tomaso, Emmanuelle, Massimiliano Beltramo, and Daniele Piomelli. "Brain cannabinoids in chocolate." *Nature* 382.6593 (1996): 677-678.

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IMPORTANT NOTE

Your goal is to use the minimal amount of cannabis to achieve the maximum benefits. If at any time you notice that you are developing tolerance to cannabis, meaning you need a higher dosage to get the same effect, then you have likely exceeded your personal therapeutic dosage. Simply return to using slightly less than the therapeutic dosage you discovered on day six, or repeat the Cannabis Sensitization Protocol.

Many longtime cannabis users have been amazed by the effects of the Cannabis Sensitization Protocol. I often hear patients exclaiming, "I did what you told me and now 2 puffs does more for me than 2 joints used to do!" This same plan can be used for patients who use tinctures or edibles (see our Cannabis Sensitization Protocol for tinctures), but they must use careful dosing and must wait longer between doses. I advise patients to avoid smoking joints or eating edibles. Both of these methods predispose patients to inhale or ingest too much cannabis.

Be sure to drink plenty of water and stay well hydrated during this program. I also recommend that you review my "Strategies to Use Cannabis Without Getting High" if that is one of your intentions. And for those who enjoy the psychoactive effects of cannabis, I think you'll love using the practices included in this program while in that state of consciousness.

Wishing you Health and Happiness,

- **Dr. Dustin Sulak**

Research supporting program:

- THC increases the production of endocannabinoids in brain cells.
 - Burstein, Sumner H., and Sheila A. Hunter. "Stimulation of anandamide biosynthesis in N-18TG2 neuroblastoma cells by δ 9-tetrahydrocannabinol." *Biochemical pharmacology* 49.6 (1995): 855-858.
- Mice treated with THC showed a significant upregulation of the CB1 receptor in the spinal cord.
 - Cichewicz, Diana L., Victoria L. Haller, and Sandra P. Welch. "Changes in opioid and cannabinoid receptor protein following short-term combination treatment with Δ 9-tetrahydrocannabinol and morphine." *Journal of Pharmacology and Experimental Therapeutics* 297.1 (2001): 121-127.
- Acute dose of THC increase cannabinoid receptor affinity in rats.
 - Oviedo, Angelica, John Glowa, and Miles Herkenham. "Chronic cannabinoid administration alters cannabinoid receptor binding in rat brain: a quantitative autoradiographic study." *Brain research* 616.1 (1993): 293-302.
- Low, sub-therapeutic dose of THC enhance the pain relief imparted by endocannabinoids in rats.
 - Suplita II, Richard L., et al. "Cross-sensitization and cross-tolerance between exogenous cannabinoid antinociception and endocannabinoid-mediated stress-induced analgesia." *Neuropharmacology* 54.1 (2008): 161-171.
 - McPartland JM, Guy GW, Di Marzo V. Care and Feeding of the Endocannabinoid System: A Systematic Review of Potential Clinical Interventions that Upregulate the Endocannabinoid System. Romanovsky AA, ed. *PLoS ONE*. 2014;9(3):e89566. doi:10.1371/journal.pone.0089566.
 - Russo EB. Taming THC: potential cannabis synergy and phytocannabinoid-terpenoid entourage effects. *British Journal of Pharmacology*. 2011;163(7):1344-1364. doi:10.1111/j.1476-5381.2011.01238.x.
- Di Tomaso, Emmanuelle, Massimiliano Beltramo, and Daniele Piomelli. "Brain cannabinoids in chocolate." *Nature* 382.6593 (1996): 677-678. Foods and certain activities can naturally enhance the endocannabinoid system's function.

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DAY 1 - Tincture

Start a 48-hour (2 day) Cannabis Fast.

Today you will start a 48 hour cannabis fast.

Our goal is to re-sensitize your system. To measure the results, we need to know how much cannabis you are currently using.

- Note this on the worksheet.

Your cannabis fast needs to be intentional. Think of it as a positive event and pick a comfortable place and time to begin your 48 hour fast.

- Appreciate your cannabis, look at it, hold it, smell it, and enjoy it for a moment.
- Take your normal number of administrations.
- Put the cannabis away.
- Enter your fasting start time, end date, and end time in Day 1.

To make the fast easier you should drink plenty of water and stay hydrated. Be sure to check out the Integr8 videos of suggested foods and exercises that will help you enhance your system during the fast.

- **48 Hours from now you will be ready to start a healthier relationship with cannabis.**

DAY 1

How many administrations are you currently using per session? _____

How many administrations are you currently using per day? _____

How much cannabis are you currently using per week? _____

Fasting Start Time : _____

+2 Days = Fasting End Date: _____

Fasting End Time: _____

Remember to try the cannabinoid enhancing food, exercises, and drink plenty of water.

DAY 2 - Tincture

Full Day of Cannabis Fasting.

Congratulations, you have made it to day two!

You have only twenty-four hours left in your fast. Your body has developed more cannabinoid receptors during this period and will continue to develop more over the next twenty-four hours.

To make the last twenty-four hours easier, remember to support your fast. Use the suggested foods, voluntary exercise, the Chung Breath and the Smoking Breath to increase natural cannabinoid levels and curb your cravings.

- Remember to drink plenty of water and stay hydrated.
- **At the 48 hour mark you will break the cannabis fast.**

DAY 2

Foods and activities to help you get through your fast.

Foods

- Hemp, flax & chia seeds
- Walnuts
- Sardines & Anchovies
- Dark chocolate
- Tea

Supplements

- Fish oil
- Coconut oil
- Probiotics
- Curcumin

Activities

- Chung Breath
- Smoking Breath
- Voluntary Exercise

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DAY 3 - Tincture

Breaking Your Cannabis Fast at 48 Hours From Your Start Time

- Today, your goal is to **feel the slightest or minimal effect** from cannabis.
- During the next three (3) days, your body's sensitivity to cannabis will increase allowing you to experience greater therapeutic results with less cannabis.

STEP 1:

Check your "Starting Inner Inventory" before your administration of cannabis and write it down on the worksheet.

Rate each using a scale of 1-10: (1 challenging and 10 easiest)

Breath: How easy and smooth is your breath? **Body:** How comfortable and calm does your body feel? How easy is it to remain still and comfortable? **Mood:** How easy is it for you to feel a sense of contentment and appreciation? How easy is it for you to smile right now?

STEP 2:

- **Take 1 administration.**
- **Wait 30 minutes.**
- **Check your "Post Inner Inventory"** and write it down on the worksheet.
- **If you can feel any minimal effect from the administration and there is even a slight change in your inner inventory, stop and go about your day.**
- **If you can feel "absolutely" no effect, and found no change in your inner inventory, then repeat the cycle.**
- Take another administration.
- Wait 30 minutes.
- Check your inner inventory.
- Stop once you feel the slightest effect or change in your inner inventory.

***IMPORTANT NOTE: Listen to your body and don't over do it. Less cannabis is more.**

Remember to follow the process of taking 1 administration, waiting 30 minutes, and checking your inner inventory to determine if there is a slight change.

Today's Focus:

- To only feel the slightest or minimal effect each time.
- Listen to your body and don't over do it.
- You may use cannabis, following this procedure **up to 3 times per day** based on your health and condition.
- Follow our recommended cannabinoid enhancing exercises, suggested foods, and drink plenty of water.

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DAY 3

Goal: To feel the slightest or minimal effect from cannabis.

Date: _____

Remember to try the cannabinoid enhancing foods, exercises, and drink plenty of water.

Session 1:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30 minutes, if you feel no effect, take 1 additional administration.

Try to limit yourself to 3 administrations. Wait 30 minutes and check your inner inventory in between.

Session 2: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30 minutes, if you feel no effect, take 1 additional administration.

Try to limit yourself to 3 administrations. Wait 30 minutes and check your inner inventory in between.

Session 3: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30 minutes, if you feel no effect, take 1 additional administration.

Try to limit yourself to 3 administrations. Wait 30 minutes and check your inner inventory in between.

DAY 4 - Tincture

Increasing Your Sensitivity to Cannabis

- Today, your goal is to continue to feel the slightest or minimal effect from cannabis. You may notice that your sensitivity to cannabis has increased.
- During the next two (2) days, your body's sensitivity to cannabis will increase allowing you to experience therapeutic results.

STEP 1:

Check your "Starting Inner Inventory" before your administration of cannabis and write it down on the worksheet.

Rate each using a scale of 1-10: (1 challenging and 10 easiest)

Breath: How easy and smooth is your breath? **Body:** How comfortable and calm does your body feel? How easy is it to remain still and comfortable? **Mood:** How easy is it for you to feel a sense of contentment and appreciation? How easy is it for you to smile right now?

STEP 2:

- **Take 1 administration.**
- **Wait 30 minutes.**
- **Check your "Post Inner Inventory"** and write it down on the worksheet.
- **If you can feel any minimal effect from the administration and there is even a slight change in your inner inventory, stop and go about your day.**
- **If you can feel "absolutely" no effect, and found no change in your inner inventory, then repeat the cycle.**
- Take another administration.
- Wait 30 minutes.
- Check your inner inventory.
- Stop once you feel the slightest effect or change in your inner inventory.

***IMPORTANT NOTE: Listen to your body and don't over do it. Less cannabis is more.**

Remember to follow the process of taking 1 administration, waiting 30 minutes, and checking your inner inventory to determine if there is a slight change.

Today's Focus:

- To only feel the slightest or minimal effect each time.
- Listen to your body and don't over do it.
- You may use cannabis, following this procedure **up to 3 times per day** based on your health and condition.
- Follow our recommended cannabinoid enhancing exercises, suggested foods, and drink plenty of water.

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DAY 4

Goal: To continue to feel the slightest or minimal effect from cannabis.

Date: _____

Remember to try the cannabinoid enhancing foods, exercises, and drink plenty of water.

Session 1:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30 minutes, if you feel no effect, take 1 additional administration.

Try to limit yourself to 3 administrations. Wait 30 minutes and check your inner inventory in between.

Session 2: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30 minutes, if you feel no effect, take 1 additional administration.

Try to limit yourself to 3 administrations. Wait 30 minutes and check your inner inventory in between.

Session 3: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30 minutes, if you feel no effect, take 1 additional administration.

Try to limit yourself to 3 administrations. Wait 30 minutes and check your inner inventory in between.

DAY 5 - Tincture

Building More Cannabinoid Receptors

- Your body is continuing to build more cannabinoid receptors. You are setting a pattern of realizing that less cannabis can be more.
- Your body's sensitivity to cannabis has increased allowing for more therapeutic results.

STEP 1:

Check your "Starting Inner Inventory" before your administration of cannabis and write it down on the worksheet.

Rate each using a scale of 1-10: (1 challenging and 10 easiest)

Breath: How easy and smooth is your breath?

Body: How comfortable and calm does your body feel? How easy is it to remain still and comfortable?

Mood: How easy is it for you to feel a sense of contentment and appreciation? How easy is it for you to smile right now?

STEP 2:

- Take 1 administration.
- Wait 30 minutes.
- Check your "Post Inner Inventory" and write it down on the worksheet.
- If you can feel any **minimal effect** from the administration and there is even a **slight change in your inner inventory**, stop and go about your day.
- If you can feel "**absolutely**" no effect, and found no change in your inner inventory, then repeat the cycle.
- Take another administration.
- Wait 30 minutes.
- Check your inner inventory.
- Stop once you feel the slightest effect or change in your inner inventory.

***IMPORTANT NOTE: Listen to your body and don't over do it. Less cannabis is more.**

Remember to follow the process of taking 1 administration, waiting 30 minutes, and checking your inner inventory to determine if there is a slight change.

Today's Focus:

- To only feel the slightest or minimal effect each time.
- Listen to your body and don't over do it.
- You may use cannabis, following this procedure **up to 3 times per day** based on your health and condition.
- Follow our recommended cannabinoid enhancing exercises, suggested foods, and drink plenty of water.

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DAY 5

Goal: To build more cannabinoid receptors.

Date: _____

Remember to try the cannabinoid enhancing foods, exercises, and drink plenty of water.

Session 1:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30 minutes, if you feel no effect, take 1 additional administration.

Try to limit yourself to 3 administrations. Wait 30 minutes and check your inner inventory in between.

Session 2: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30 minutes, if you feel no effect, take 1 additional administration.

Try to limit yourself to 3 administrations. Wait 30 minutes and check your inner inventory in between.

Session 3: (Optional)

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*After 30 minutes, if you feel no effect, take 1 additional administration.

Try to limit yourself to 3 administrations. Wait 30 minutes and check your inner inventory in between.

DAY 6 - Tincture

How to Find Your Therapeutic Dosage

Today you will discover the lowest cannabis dosage needed to achieve the optimal benefits.

On days 3-5, you've been using cannabis to find the minimum dose required to slightly improve your inner inventory. Today, you will be using the same procedure to increase the dose of cannabis, beyond the minimal effect, to the optimal effect. Think of the symptomatic relief you achieved using cannabis before starting the sensitization protocol - today you should experience that level of relief or greater, using a much lower dosage.

- Check your inner inventory and write it down on the worksheet.
- Take 1 administration, wait 30 minutes, check your inner inventory and record it on the worksheet.
- **If you do not feel the desired relief from your symptoms, you may increase your dosage by:**

Repeating the process:

- Take "1 administration", wait 30 minutes, check your inner inventory.

****Important Note:** 2 administrations will be administered in a 1 hour time period. 3 administrations will take 1.5 hours and 4 administrations will be completed over 2 hours.

Stop the process once you feel the optimal benefits (relief from your symptoms) and write the number of administrations required on the worksheet.

"How do I know when I reach the optimal dose?" One of two things will occur:

- You feel enough symptom relief that you are no longer limited by whatever was bothering you. Your session is over, mark down your findings and go enjoy your day!
- You notice a decrease in your inner inventory 30 minutes after an administration. This actually means that you have slightly exceeded your optimal dose. Don't worry if this happens, it's an important part of the learning process!

You have found your new **maximum dose for cannabis.**

- Use the next 2-3 sessions to confirm your dosage by repeating the process and waiting 30 minutes between administrations. Moving forward you do not have to wait the 30 minutes between each administration.
- I recommend you try taking one administration less than your maximum dosage to determine its effect. You can always take a another administration if needed 30 minutes later.

IMPORTANT NOTE:

* Use Caution. The goal is to use the minimal amount of cannabis to achieve the maximum benefits.

If at any time you notice that you are developing tolerance to cannabis, (meaning you are needing a higher dose to get the same effect), then you have likely exceeded your optimal personal therapeutic dosage. I advise patients to avoid smoking joints or using edibles because it predisposes them to use too much cannabis and build tolerance.

- **Dr. Dustin Sulak**

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DAY 6

Goal: To find your optimal therapeutic dosage.

Date: _____

Remember to try the cannabinoid enhancing foods, exercises, and drink plenty of water.

Session 1:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*Continue to take 1 administration, wait 30 minutes in between and check your inner inventory, until you reach the Optimal Therapeutic Effect.
Number of administrations:

Session 2:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*Continue to take 1 administration, wait 30 minutes in between and check your inner inventory, until you reach the Optimal Therapeutic Effect.
Number of administrations:

Session 3:

Starting Inner Inventory:

Breath Body Mood

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Rate Each: 1-10

Start Time: _____

Take 1 administration
Wait 30 Minutes
Check inner inventory

Stop: Slightest Effect

Track - Post Inner Inventory:

Breath Body Mood

Rate Each: 1-10

*Continue to take 1 administration, wait 30 minutes in between and check your inner inventory, until you reach the Optimal Therapeutic Effect.
Number of administrations:
