

Medical Cannabis Consultings



LAB is a nonprofit association that relies on research and development with cannabinoids derived from the Cannabis Sativa L plant. We deal with relevant topics such as cultivation, processing and treatment, analysis processes, development, etc., as well as educational events in the field of cannabis medicine.

Through the collaboration of an interdisciplinary team of experts from the fields of agriculture, biochemistry, medicine and our international exchange of knowledge, we offer associations and private individuals on the Canary Islands our cooperation and advice. We take the view that cannabis should be regarded as folk medicine, that the war against it is considered lost and that it is now a matter

of researching a plant that has been locked away again and also of planting it. Are you affected by cancer or some of the diseases mentioned on the first page? Then get in touch with us - our team is waiting for you. Dates for workshops and events as well as contact possibilities can be found on our website www.lab-canarias.com.

FACT Meeting

Fighting Against Cancer Tenerife We are a cancer care support group based here in the south of our beautiful island.

If you or someone you know has been diagnosed with cancer...you are not alone, cancer can leave you facing many challenges, from coping with this awful disease to finding the help you need.

Come to meet us on the **1st Monday** of every month in Palms Sports Bar, Calle Europa, San Eugenio Alto from 6pm to 8pm
www.cancertenerife.com

Facebook: Fighting Against Cancer Tenerife

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Workshop

- Introduction Cannabinoid Analysis Test (Potency)
- Extraction Methods - Introduction, Safety, Processes
- CBD based Information Events
- and many more

Get in touch

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Every Thursday by appointment

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CANNABIS

MEDICAL USE

www.lab-canarias.com

Useful informations about the medical effects, the forms of intake and the individual active substances of the cannabis plant

What is cannabis and what is it used for?

Cannabis is the scientific name of the plant genus hemp. It grows in almost all climate zones of the earth. Cannabis is one of the oldest medicinal and useful plants in the world and is now used successfully in many countries in the medical field.

The oldest references can be found in a Chinese medicinal plant compendium from the year 2737 BC. Modern cannabis research began in 1964 with the isolation of the psycho-

active cannabinoid THC and in 1992 with the discovery of the endocannabinoid system. Today it is known that the female flowers of the cannabis plant contain different cannabinoids and terpenes, depending on the variety, which have versatile medicinal properties.

The Cannabinoids best known and scientifically studied are THC and CBD. They relieve pain, relax muscles, increase appetite, dilate bronchial tubes, inhibit inflammation and help

How can Cannabis be taken?

The best known form of cannabis use is smoking. For patients who use cannabis for medical reasons, there are alternative forms.

Cannabis is easy to process in food or drink. For optimal effect it should be activated by decarboxylation. It can also be inhaled by evaporation in a way that is practically harmless to health. The form of ingestion has a considerable influence on the way

in which it affects the body and how long it lasts.

Wagner recommends consulting a doctor first when considering the use of cannabis in combination with prescription drugs.

More information can be found on our website.

Cannabis is used in medicine in various areas such as for example:

- Inflammatory pain as an alternative to painkillers and opiates
- Spasticity as in multiple sclerosis or paraplegia
- Loss of appetite and weight loss as with HIV or cancer
- Nausea and vomiting due to chemotherapies
- Relief of withdrawal symptoms in benzodiazepine, opiate and alcohol dependencet
- Allergies
- Alzheimer
- Amyotrophic lateral sclerosis (ALS)
- Asthma
- Attention Deficit Hyperactivity Syndrome (ADHD)
- Autoimmune diseases
- Dementia
- Depression
- Diabetes
- Epilepsy
- Glaucoma
- HIV/Aids
- Itching (pruritis)
- Cancer
- Gastrointestinal disorders
- Migraine
- Crohn's disease
- Multiple Sclerosis (MS)
- Neuropathic pains
- Parkinson's
- Post-traumatic stress disorder (PTSD)
- Irritable bowel syndrome
- Restless Leg Syndrome
- Rheumatisms
- Hiccup (Singultus)
- Tinnitus
- Tourette's syndrome
- and much more

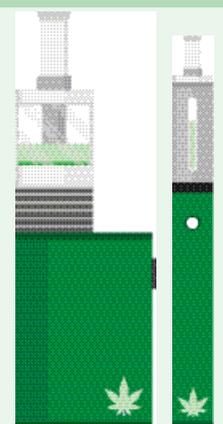
Cannabis tinctures/oils

Cannabis can be used to make tinctures containing alcohol or cannabis oils. These can be added to foods, liquids or cosmetic products or absorbed directly through the mucous membrane in the mouth. This form of application is particularly useful for nausea and vomiting as it works a little faster than absorption through the stomach. Cannabis tincture and oil can be prescribed in many countries by a doctor.



Vaporize / Vaporize

The vaporizer heats cannabis products such as flowers, hashish or extracts to a certain temperature, so that the active ingredients of the plant convert to steam without burning. Virtually no toxins are absorbed, so vaporization is suitable for medical use. The effect starts very quickly during vaporization and can be well dosed by the patient, which is very beneficial in the treatment of acute pain or spastic cramps, for example.



Smoking

Like vaporization, smoking is one of the fastest acting forms of intake and can be easily dosed. As the addition of tobacco is not recommended and has the known health disadvantages. Smoking is not suitable for medical use, as carcinogenic combustion products are produced.



Sublingual Recording/Spray

Cannabis can be taken sublingually via a spray. It is easy to use and the patient can control the dose well. The effect occurs after about 15 minutes. Sativex is the best known medical cannabis spray. It is used to treat painful muscle cramps. However, Sativex is relatively expensive and can cause inflammation of the oral mucosa. For this reason, many patients prefer the flowers of the cannabis plant and make their own medicines.



Absorption via the skin

Cannabis can also be used externally in the form of ointments, oils or plasters. It can help with arthritis, cracked skin, eczema, sunburn, muscle pain, tendosynovitis, neurodermatitis or other skin diseases. It is also used to relieve the painful symptoms of shingles. Cannabis ointments have anti-inflammatory and antibacterial effects. They accelerate the healing time of injuries and the healing of wounds.



Oral Recording/Food

Cannabis can also be taken in the form of drinks such as tea, milk or smoothies. But be aware that drinking cannabis can take a long time. To achieve the desired effect, activate the cannabinoids beforehand, remove them from the cannabis flowers with the help of fat such as coconut fat, butter or olive oil and then add them to your drink.



Oral Reception / Drinks

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Absorption via the intestine / vagina

The gastrointestinal tract is omitted by the rectal / vaginal absorption in the form of suppositories. This prevents a first metabolism of cannabinoids in the stomach and liver. The effect occurs after approx. 10 to 15 minutes. Many patients take the suppositories the evening before going to sleep. Women use vaginal suppositories for severe menstrual cramps.



What are cannabinoids and how do they work?

Depending on the variety, cannabis plants contain different cannabinoid profiles. There are at least 115 different cannabinoids that have been identified and isolated from different cannabis varieties to date. The two best known are THC and CBD.

Cannabinoids are chemical compounds that activate the cannabinoid receptors in our body. Phytocannabinoids are the natural forms of these chemicals. They are found in high concentrations in the female cannabis flowers - more precisely in the resin glands on the surface of the flower. Each of these cannabinoids

has a unique influence on the body's endocannabinoid system.

The cannabinoids THC and CBD act synergistically and reinforce each other in their therapeutic properties. The ideal THC-CBD ratio varies from patient to patient and depends strongly on which condition or symptom is treated.

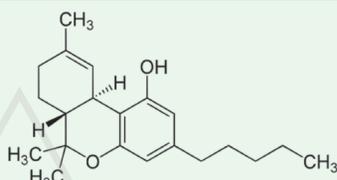
More information about Cannabinoids can be found on our website.

In medicine, cannabinoids are used for the following therapeutic purposes:

- Alleviate nausea and vomiting
- Increase appetite
- Inhibit inflammations
- Help with stress-related sleep disorders and sleep loss
- Can destroy cancer cells
- Can inhibit the growth of cancer cells
- Protect nerve cells and nerve fibres
- Alleviate pain caused by nerve injuries
- Inhibit the irritability of the digestive tract
- Relieve headaches and migraines
- Suppress muscle spasms and convulsions
- As anxiolytics and antipsychotics
- Help to control anxiety disorders
- Prevent the growth of bacteria
- Help to lower the intraocular pressure
- Stimulate bone growth
- sie stimulieren das Knochenwachstum
- Lower the blood sugar level and are used in the treatment of diabetes

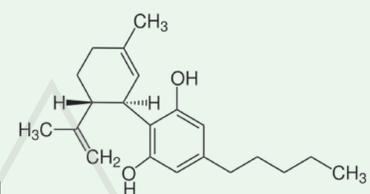
THC (Tetrahydrocannabinol)

Delta-9-tetrahydrocannabinol (also known as „Delta-9-THC“, „D9-THC“ or simply „THC“) is a neutral cannabinoid known for its psychoactive effect. It is therefore also on the list of narcotics in Switzerland. One of the most important discoveries - made by THC - is the existence of the endocannabinoid system in vertebrates (including humans). THC is believed to interact with parts of the brain normally controlled by the endogenous cannabinoid neurotransmitter anandamide. THC is effective in the treatment of a variety of conditions and disorders, including pain; tumors, nausea and ADHD.



CBD (Cannabidiol)

Cannabidiol is not psychoactive. It has been shown to be extremely valuable in the treatment of diseases such as epilepsy and MS. As it has no psychoactive effect and only moderate side effects, it is ideal for use in children and the elderly. CBD has a good effect on pain and in the treatment of tumours and is useful in stress-related disorders and sleep loss. CBD can also be used to reduce the THC high feeling. Cannabis flowers and products with less than 1% THC and a high content of CBD are legally available in Switzerland and can be purchased in shops and on the Internet.



How is cannabis dosed?

The dosage of cannabis products depends on the individual patient. It is known that cannabinoids are ingested differently by each individual and that they work differently for each individual.

Not only the type of cannabis, but also the dosage is different for each patient. It takes a little patience to find out the right variety and the right dose. In addition, the illness or suffering also plays an important role.

Doses can greatly vary depending on the symptoms and the purpose of the therapy. The dosage is different for a treatment of sleeplessness or loss of appetite than for a treatment of pain or cancer. Especially in the case of cancer, very high doses of cannabis are required for curative therapy.

In the meantime, many doctors also advocate the use of cannabis. However, there is still a lot of ignorance about the use and dosage of cannabis. As a rule, it is very difficult to find a doctor who can help patients with cannabis therapy. You are on your own to find the right way to use it. The exchange with other patients helps to optimise your own therapy.

In general, the dosage should be increased slowly for all forms of use in order to avoid undesirable side effects on the psyche and circulation.

What side effects may cannabis have?

Like any medicine, cannabis has side effects, but not everyone has to experience them. The most common are: Dry mouth, reddened eyes, drowsiness, racing heart, low blood pressure, dizziness.

The side effects depend on the dosage. They are often moderate for small amounts. Experience shows that the side effects decrease in the course of use. Cannabis in high doses, especially non-medical use, can lead to intoxication. Overdose can cause circulatory problems and anxiety.

The use of cannabis is not recommended for patients with severe cardiovascular diseases. The cannabinoid THC is contraindicated in a known or suspected history or family history of schizophrenia.

According to the available evidence,

the development of cannabis dependence is unlikely and no increase in daily dosage for long-term use has been observed. In addition, abrupt discontinuation has not led to withdrawal symptoms.

Cannabis is used by many patients in combination with other drugs for therapeutic purposes. However, it may increase or decrease the effects of some drugs. The intake should therefore always be made in consultation with your doctor. Cannabis is also used to relieve the withdrawal of medication, drugs or alcohol.

What is the endocannabinoid system and how does it work?

The endocannabinoid system (ECS) was discovered in the USA in 1992 by a research team from the National Institute of Mental Health. The system was named after the active substances of the cannabis plant, the cannabinoids. They were the ones who led to the discovery of this system.

Specific receptors in the human body that interacted with the cannabinoid THC led the scientists to the conclusion that the body's own endocannabinoids must exist for these receptors.

The endocannabinoid system still has many unknowns. However, we

now know that there are countless cannabinoid receptors distributed throughout the body. A large number of CB1 receptors are located in the central nervous system, while CB2 receptors are more common in immune cells, the gastrointestinal tract and the peripheral nervous system.

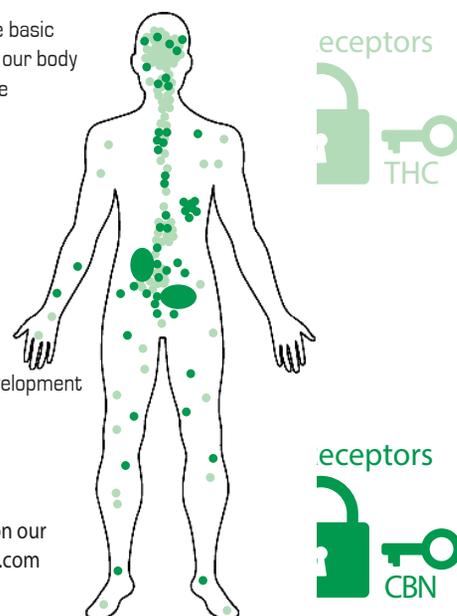
In recent years, the discovery of the endocannabinoid system has opened the door to systematic research into cannabis and opened up new perspectives for medical use. Due to the enormous effect of cannabis on ECS and its therapeutic potential, research continues in many countries.

The endocannabinoid system

essentially regulates all the basic function and patterns that our body has to perform, including the following:

- Mood
- Sleep
- Appetite
- Metabolism
- Aches
- Movement
- Immune function
- Inflammation
- Neuroprotection and development
- Digestion
- Reproduction

Read more about the Endocannabinoid system on our website. www.lab-canarias.com



What are Terpenes and how does it work?

An important therapeutic approach are the essential oils called terpenes. These are pharmacologically active and we find about 200 different types in cannabis, e.g.

limonene, myrcene, pinene, linalool, beta-carophyllen. Terps act on the cell walls, ion channels of nerves and muscles and various receptors. [CAVE: Allergy risk]

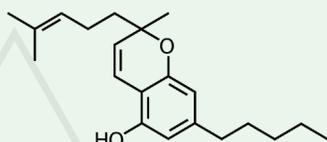
SCAN TO DISCOVER THE BEST MEDICAL INFO



CBC (Cannabichromen)

Cannabichromene (CBC), also called cannabichrome, cannabichromene, pentylcannabichromene or cannabinochromene, is one of the 120 cannabinoids found in the Cannabis plant and is therefore a phytocannabinoid.

An antibiotic effect against bacteria has been found to be resistant to classical antibiotics. The incidence is increased in indica dominant strains, but is also found in sativa dominant strains. In the USA, CBC is used in the form of medicine and cannabis, against epilepsy and to support the pain-inhibiting effect of tetrahydrocannabinol.



CBG (Cannabigerol)

Cannabigerol (CBG) is one of more than 120 identified cannabinoid compounds found in the plant genus Cannabis. Cannabigerol is the non-acidic form of cannabigerolic acid, the parent molecule from which other cannabinoids are synthesized. Cannabigerol is a minor constituent of cannabis. Cannabigerol in focus against prostate cancer. The cannabinoid is said to have analgesic, antidepressant and anti-cancer properties. CBG acts as a blocker of the TRPM8 receptor which plays a major role in bladder urinary tract diseases such as bladder pain, bladder overactivity and cancer. It also acts like CBD against MRSA bacteria.

