

the greenery

Cannabis 101

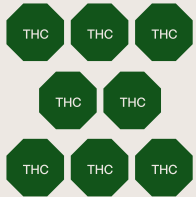


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THE SPECTRUMS

ISOLATE



Isolate is isolated THC with no other residual cannabinoids.

DISTILLATE



Distillate is an extract that not only contains around 75-85% THC as well as other cannabinoids such as CBD, CBG, CBN

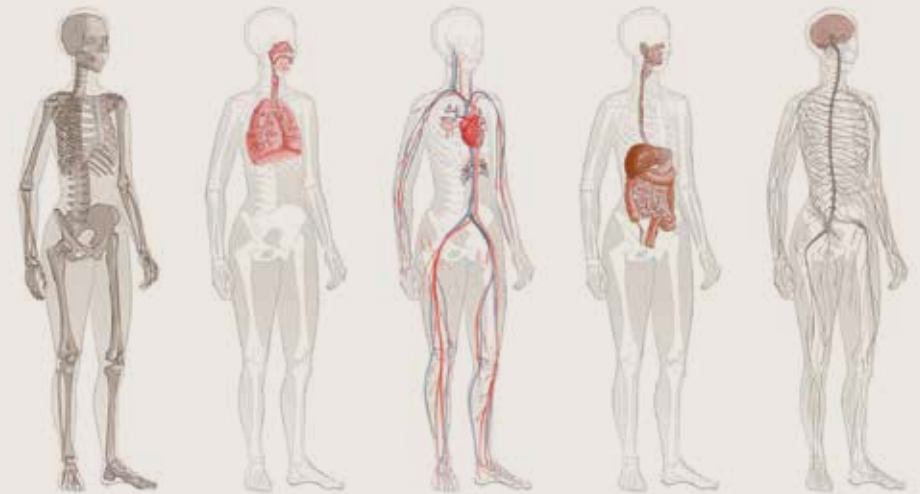
FULL SPECTRUM



Full Spectrum means that the product contains the full spectrum of compounds (cannabinoids, terpenes, flavonoids, etc.)

Cannabinoids and terpenoids in cannabis are thought to interact with each other as the brain's receptors. This interaction has been labeled "the entourage effect." There's some evidence that the entourage effect makes taking THC and CBD together more effective than either alone.

THE ENDOCANNABINOID SYSTEM



The **Endocannabinoid system (ECS)** is a unique communications system that is very extensive and elaborate. It consists of three main components: **endocannabinoids**, **cannabinoid receptors**, and the **enzymes** that break the cannabinoids down. The ECS exists throughout our bodies. The role of the endocannabinoid system is to keep our bodies in a state of complete balance called **homeostasis**.

CANNABINOID RECEPTORS

The Endocannabinoid System is a **network of cell receptors** that responds to chemicals like THC, among others. These receptors are mostly found in the **brain** but also show up in the **immune cells, liver** and **lungs**.

This system is what helps with pain and inflammation regulation. Cannabinoid receptors have been implicated in diverse physiological and pathophysiological roles in the body, including **regulation of mood, appetite, pain sensation, vascular and non-vascular smooth muscle tone, and immune function**.



CB1

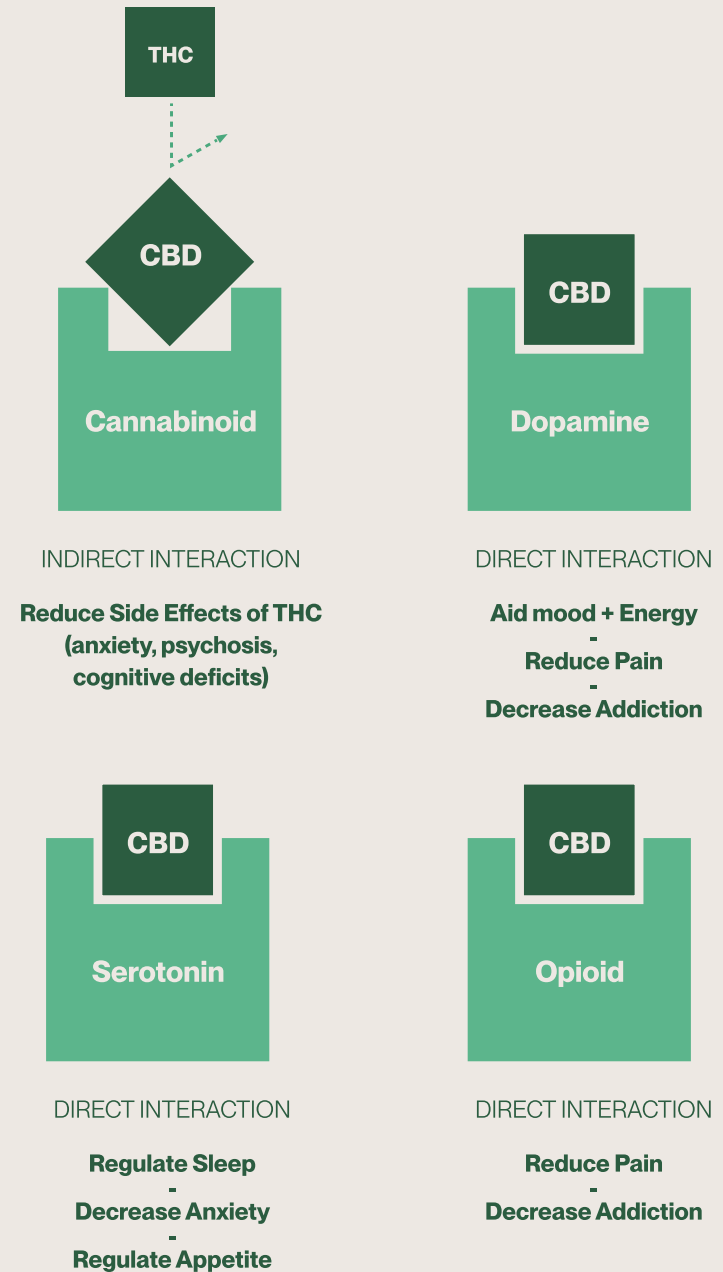
CB1 receptors are mainly in the central nervous system. These affect motor and cognitive function.

CB2

CB2 receptors are mostly in the peripheral organs especially cells associated with the immune system.

CANNABINOID RECEPTORS

CB1 & CB2

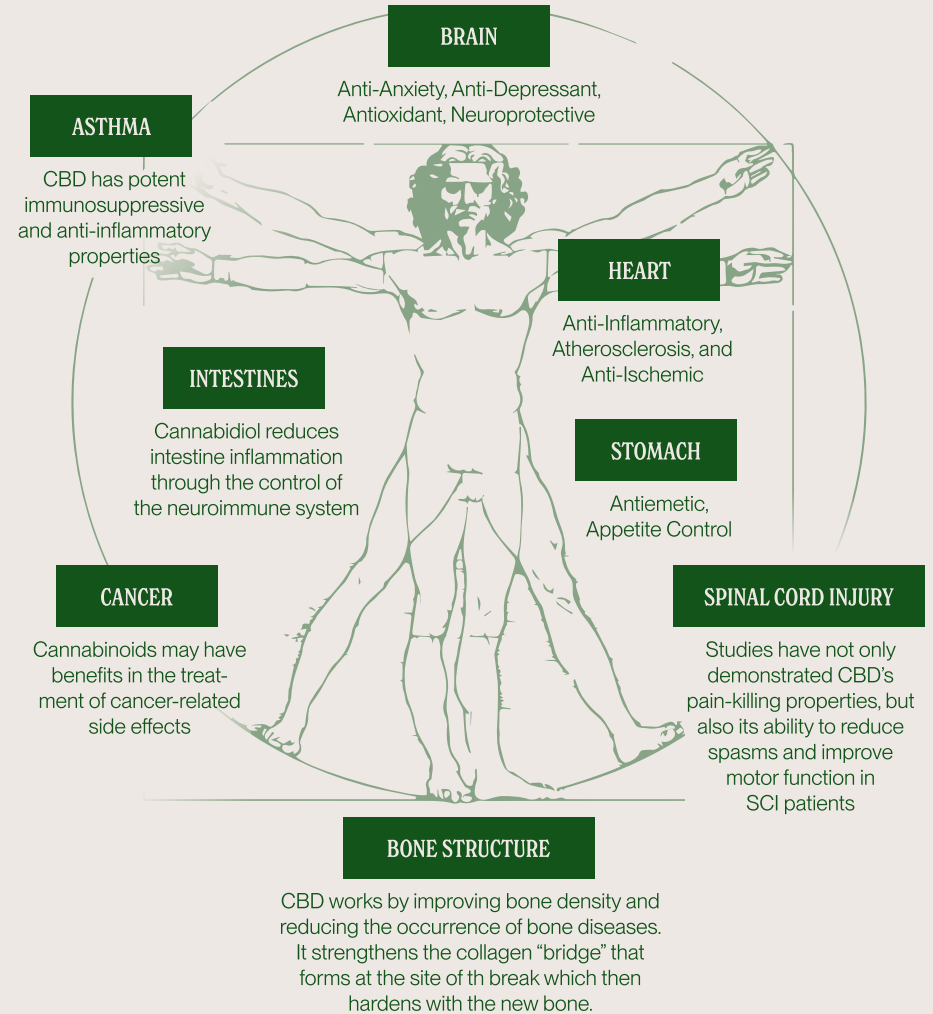


TERPENES... WHAT ARE THEY?

Terpenes are aromatic oils that are naturally found in Cannabis and other plants. They produce the smell, flavor and additional medicinal benefit of any and all cultivars of flower. There is good evidence suggesting that terpenes have direct physiological effects on the body.

	EFFECTS	ALSO FOUND IN	MEDICAL BENEFITS
Limonene	Stress Relief, Mood lift	Citrus Fruits, Juniper, Peppermint	Anti-Depressant, Anti-Anxiety, Gastric Reflux, Anti-Fungal
Myrcene	Relaxing, Sedating	Mango, Thyme, Citrus, Lemongrass, Bay leaves	Sleep aid, Antibacterial, Analgesic, Anti-Inflammatory
Humelene	Calming, Creativity	Hops, Coriander	Anti-inflammatory, Antibacterial, Pain Relief
Linalool	Relaxing, Sedating	Lavender, Laurel, Rosewood	Anti-Anxiety, Anti-depressant, Analgesic, Anti-convulsant
Caryophyllene	Calming, Stress Relief	Pepper, Cloves, Basil, Oregano	Anti-Inflammatory, Analgesic, Sleep Aid, Muscle Relaxant
Pinene	Focus Clarity	Pine Needles, Sage	Anti-Inflammatory, Bronchodilator, Memory Retention

CBD HEALTH & BODY





TINCTURES

Tinctures are the best **foundation** and **preventative** in any regimen and our top suggestion to any consistent and/or chronic ailment. Tinctures are focused on **maintaining** your Endocannabinoid System to **build, clean** and **repair cells** and maintain **homeostasis** throughout **all the systems** in your body.

Tinctures are absorbed through the **mucous membrane** under the tongue. This highly permeable membrane delivers active ingredients directly into the **bloodstream**, bypassing the digestive system.

Select an oil based tincture for maintenance and slower release up to a **12 hour period**. Select a water soluble tincture for faster absorption rate for quicker relief.



CAPSULES

Capsules can be a beneficial situational or foundation regimen addition. We have capsules to target a variety of specific ailments or to maintain balance throughout the day. Capsules can be taken in a daily regimen or as needed.

Capsules are broken down in the digestive tract, absorbed into the bloodstream and then distributed and metabolized.

Capsules can take effect in as little as 30 minutes and provide relief for up to 8 hours.

1

Capsules are broken down in the digestive tract, absorbed into the bloodstream and then distributed and metabolized.

2

Then circulates through the bloodstream.

3

Until it reaches its targeted area and provides relief.

EDIBLES

Edibles can be one of the greatest situational products that act as your **first line of offense** taken in reaction to feeling **pain** or **discomfort**, whether **mental** or **physical**. Edibles are one of the most popular methods to consume cannabis and can come in a variety of different forms from gummies to baked goods.

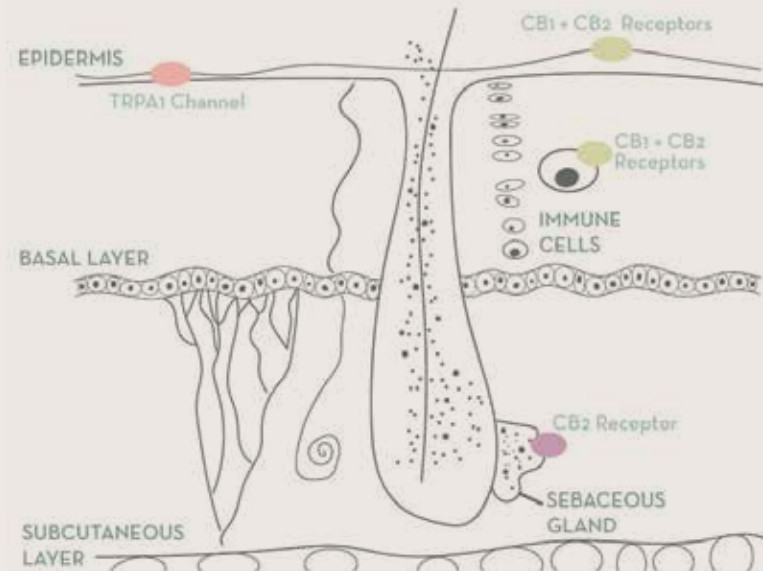
- + DRINKS
- + GUMMIES
- + CHOCOLATES
- + GUM

Edibles absorb through the stomach, working their way through the digestive tract. They can take effect **within 15 minutes to 2 hours** depending on what type, while providing relief up to **6 hours**.



TOPICALS

Although topicals don't build and maintain the Endocannabinoid System as other options do, they can provide a fast acting **“band aid”** relief for **pain** and **inflammation**. Topicals can aid in many ailments from **deep muscle** or **joint pain** to **skin conditions** and skin care.



Topicals interact with the **CB2 receptors** in the skin, and some may additionally get through your blood barrier to provide deeper and longer lasting relief for up to **8 hours**.

INHALABLES

Inhalables are one of the most popular methods of using cannabis for **fast acting relief**. We have a variety of different options in forms of **flower, cartridges** and **concentrates** all while maintaining the specific benefits of the terpenes in these cultivars.

Cannabis inhaled travels directly to the **lungs**, where it is **immediately absorbed into the bloodstream**. Once in the blood, cannabinoids travel to the **heart**, where it is then pumped throughout the **entire body**, including the **brain**. Inhalables can aid in relief in as little as 60 seconds for up to 4 hours.

CBD FOR PETS

CBD can be extremely beneficial for your furry friend. CBD has shown benefit for animals in a range of conditions including **inflammatory problems, seizures, pain, and anxiety**.

Animals have an **Endocannabinoid System** and **CB1/CB2 receptors** just as humans do. Even if your pet doesn't have a chronic ailment, keeping CBD in their system may benefit in prevention of issues in older age.

We have pet treats, oil and spray options

- + Mood & Stress
- + Joint & Mobility
- + Neurological

- + Digestive Health
- + Immunity & Allergies
- + Comfort & Care

SMOKING vs. VAPING

Health risks associated with the smoking/combustion of cannabis

Cannabis smoking via combustion, even without cigarette smoking, has been associated with respiratory symptoms, chronic bronchitis, changes in lung function testing, risk of developing COPD, worsening of asthma and COPD, bullous disease, and lung and head and neck cancer due to exposure to carcinogens, cardiovascular complications, allergy, and respiratory infections. These elevated risks are presumed to be reduced in methods of consumption that do not include combustion (e.g., vaping, edibles); however, the relative safety of these methods is as yet unknown.

Benefits of vaping cannabis over smoking/combustion

Vaping cannabis may significantly reduce the chance of inhaling carcinogens. Studies compared test subjects who smoked cannabis against those who vaped it. They found that blood levels of harmful carbon monoxide were significantly lower in those who vaped.

Studies have also found that former cannabis smokers felt improvement in breathing after just one month switching to a vape.

Switching to a vape pen and ditching the harmful toxins from combustion in your joint, bong, or bowl may be a great choice

PHARMACIST-BASED CANNABIS CONSULTATION

Maximize Your Cannabis Relief. Minimize Your Drug Interactions.

Treestar Pharmacists are knowledgeable industry professionals who can help you integrate your cannabis therapy with your current drug profile, offering a unique approach to total health and wellness and maximizing symptom relief.

Ask A Pharmacist About:

- Drug Interactions
- Disease Interactions
- The right cannabis therapy for your qualifying condition
- THC to CBD ratio
- Terpene Profile
- Maximizing your symptom relief

Avoid Risk. Consult a Pharmacist.

Tiffany Keathley

501-295-7730

Treestar Consulting LLC

Disclaimer: These recommendations are provided by TreeStar Consulting Firm and should not be considered a substitute for medical advice. Cannabis is considered a Controlled I substance by the FDA with no current accepted medical use. We do not encourage the use of cannabis and advise only those who have chosen this therapy independently and under the supervision of a physician.

DRUG ABUSE SYMPTOMS

Physical & Behavioral

Drug abuse affects people from all walks of life and all socioeconomic statuses. Whether a person starts taking drugs recreationally or as prescribed, tolerance and dependence can sometimes develop before the user even realizes it.

Behavioral Symptoms

Drug abuse tends to significantly alter a person's behavior and habits. Some drugs can impair the brain's ability to focus and think clearly.

- Increased aggression or irritability
- Changes in attitude/personality
- Lethargy
- Depression
- Posting very different messages on social media
- Dramatic changes in habits and/or priorities
- Involvement in criminal activity

Physical Symptoms

Changes in appearance can be additional clues to possible drug use and may include

- Bloodshot or glazed eyes
- Dilated or constricted pupils
- Abrupt weight changes
- Problems sleeping or sleeping too much
- Looking unkempt
- Poor physical coordination
- Unusual body odors

LOCAL SUBSTANCE ABUSE FACILITIES & PROGRAMS

River Valley Primary Care Services, Inc. - Eastside

(479) 434-4747
4003 Massard Rd.,
Fort Smith, AR 72903

River Valley Primary Care Services, Inc. - Northside

(479) 785-5700
4900 Kelley Hwy.,
Fort Smith, AR 72904

River Valley Primary Care Services, Inc. - Northside

(479) 783-3900
3202 N. 6th St.,
Fort Smith, AR 72904

Harbor House Inc.

(479) 785-4083
615 N. 19th St.,
Fort Smith, AR 72901

Western Arkansas Counseling & Guidance Center

(479) 452-6650
3109 S. 70th St.,
Fort Smith, AR 72903



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- + MARIJUANA IS FOR USE BY QUALIFIED PATIENTS ONLY. KEEP OUT OF REACH OF CHILDREN.
- + MARIJUANA USE DURING PREGNANCY OR BREASTFEEDING POSES POTENTIAL HARMS.
- + MARIJUANA IS NOT APPROVED BY THE FDA TO TREAT, CURE, OR PREVENT ANY DISEASE.
- + DO NOT OPERATE A VEHICLE OR MACHINERY UNDER THE INFLUENCE OF MARIJUANA.