



Cannabis Dosage Guide & *Response Tracker*®

Physician-developed medical cannabis you can trust.

HEALERCANNABIS.COM





Welcome,

I created this Dosage Guide® to eliminate confusion and ensure your success with Healer cannabis products.

Cannabis affects everyone differently. Achieving the best results is based on finding your optimal dosage and frequency.

I trust and recommend Healer products to help you feel your best every day.

Dr. Dustin Sulak

Co-founder, Healer; Founder, Integr8 Health
Board Member, Society of Cannabis Clinicians

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Feel your best *every day.*

Use Healer to get relief and prevent chronic symptoms.
This small, easy step can deliver big results over time.

The power of *nature*,
elevated through *science*,
developed by a *physician*.



Lab Tested



No
Pesticides



Non
Impairing
Options



Vegan



Gluten Free



Non GMO



Healer Spectrum

Taste and feel the difference.

The Healer Spectrum is created by our patented nano-filtration process and sets a new standard for

- Removing impurities
- Delivering more of the plant's "entourage" of beneficial acidic & minor cannabinoids, terpenes, flavonoids and complex phytonutrients

Why THC is essential

After 11 years of clinical experience treating patients with cannabis, Dr. Sulak is certain that THC is the most powerful therapeutic component of this plant.

THC has an incredible ability to address a wide range of symptoms and conditions, by closely mimicking the activity of our inner pharmacy's endocannabinoids. The endocannabinoids are compounds produced in all our tissues to help us respond to illness and injury, decrease pain and inflammation, and transform limiting patterns of thought and behavior.

All of the Healer formulas containing THC can be used without causing impairment when dosed appropriately. For people who know they are very sensitive to THC, and for those without experience using THC who wish to avoid impairment, Dr. Sulak recommends starting with the Relief, Balance, or Hemp CBD formulas.

Most people who are new to THC build tolerance to the impairing (and other) side effects over the first few days while the therapeutic effects improve. This is one of the reasons for starting at a low dose and increasing slowly, as described in this Guide.



IMPORTANT NOTE: Our 150/200 mg trial size dropper is about 20% smaller than our other bottles, so you'll need 20% fewer drops per use when you transition to our 600/700 mg bottles.





For example: 10 trial drops = 8 standard drops

Find Your Healer Formulas

	Night 6:1 THC:THCA IMPAIRING	Pain 1:1 THC:THCA LOW IMPAIRING	Balance 1:1:1:1 THC:THCA:CBD:CBDA NON IMPAIRING	Relief 1:4 THC:CBD NON IMPAIRING	Day 4:1 THC:THCA IMPAIRING	THCA THCA NON IMPAIRING	CBD 6:1 CBD:CBDA NON IMPAIRING	CBDA CBDA + CBD NON IMPAIRING
Pain	✓	✓	✓	✓	✓			
Insomnia	✓	✓	✓					
Anxiety	✓		✓	✓	✓		✓	✓
Depression			✓	✓	✓		✓	✓
Inflammation	✓	✓	✓	✓	✓	✓	✓	✓
Nausea		✓	✓		✓	✓	✓	✓
Spasticity	✓	✓	✓	✓	✓			
Dementia	✓		✓	✓				
Seizures	✓					✓	✓	✓
Focus			✓	✓			✓	✓

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information is for educational purposes and is not a substitute for or alternative to information from your healthcare providers.

Which Healer products should I use?

 Drops ONSET: 10-45 MINS DURATION: 3-8 HOURS	 Capsules ONSET: 1-2 HOURS DURATION: 4-12 HOURS	 Topical Gels ONSET: 5-30 MINS DURATION: VARIABLE	 Vaporizer & Flower ONSET: 1-5 MINS DURATION: 1-6 HOURS
<ul style="list-style-type: none">• Take to prevent chronic symptoms• Quicker onset and better absorption than capsules and edibles• Easy to microdose: 1 drop ≈ 1 mg cannabinoids• Provides beneficial compounds lost in smoking, edibles and distillates	<ul style="list-style-type: none">• A slower onset with long-lasting effects• We recommend capsules if you:<ul style="list-style-type: none">- know they work well for you- require a higher dosage- are sensitive to taste• People with poor gut motility should use drops	<ul style="list-style-type: none">• Apply directly to skin to alleviate pain, muscle spasms, inflammation, itching, and various skin conditions including eczema• Non-impairing unless used in high potencies over large areas	<ul style="list-style-type: none">• Fastest onset• Excellent for episodic or breakthrough symptoms• Good for nausea, vomiting, or when swallowing is difficult• Use with drops or capsules

How do I know if it's working?

Always Check Your Inner Inventory® to check in with your body and mind before and 1 hour after use.
If your score improves, then you know you're likely feeling the effects of the amount taken.

RATE EACH ON A SCALE OF 1 TO 10 (1=WORST AND 10=BEST):



Breath

How easy and smooth
is your breath?



Body

How easy is it to
remain still and
comfortable?



Mood

How easy is it for you
to smile right now?



Symptom(s)

Assess your wellness by
rating your symptom(s).

Track your response on page 18 to see improvement over time.

Drops usage tips for faster, better results

- Refrigerate for best results (to preserve acidic cannabinoids)
- Shake bottle well
- Taking drops sublingually (under your tongue) and holding them in your mouth for 1–5 minutes before swallowing increases direct absorption into the blood vessels
- Looking in a mirror can help you count the drops, or administer by first placing drops on a spoon or by using an oral syringe
- Drops will be even better absorbed—resulting in a stronger effect—when taken after a meal containing some healthy fat or oil
- Wait at least one hour before taking additional drops
- Adding drops to food or drink may delay the onset and require more drops
- Drops can also be applied directly on skin as a topical product

Learn more from Dr. Sulak at Healer.com

Daytime dosing for Healer Drops

Step 1: Start with recommended dose:

2 DROPS FOR BALANCE, DAY, NIGHT

4 DROPS FOR PAIN

5 DROPS FOR RELIEF, THCA, CBD, CBDA

Day 1 & 2:

- Take 1-3x per day as needed.
- Shake bottle well. Place drops under tongue. Hold for 1-5 minutes before swallowing.
- Check your Inner Inventory (page 11) before and 1 hour after each dose .
- Wait 1-2 hours before taking more.
- Track your results on the Response Tracker© on page 19.

Step 2: Find your optimal therapeutic dose.

If you do not feel results, it's critical to increase your dosage every 2 days by:

1 DROP FOR DAY, NIGHT

2 DROPS FOR BALANCE, PAIN

5 DROPS FOR RELIEF, THCA, CBD, CBDA

- Continue to take 1-3x per day.
- Repeat increasing your dosage every 2 days until you feel symptom relief.
- If experiencing side effects or loss of benefit, lower the dosage by 1-2 drops.
- Optimal dosage is 4-20+ drops per use for most people.
- Track your results on the Response Tracker© on page 19.

Nighttime dosing for Healer Drops

Step 1: Starting dosage for nights 1 & 2:

- Take 1 hour before bed.
- Shake bottle well.
- Start with 2 drops of Night formula (For other formulas see recommended drops in daytime dosing on page 12).
- Place drops under the tongue. Hold 1-5 minutes before swallowing.
- Always wait 1 hour between doses. If you wake up in 3 to 5 hours, you may take additional drops. Start with half the dose you took before bed.
- You may combine with inhaled cannabis 15-30 minutes before bed, which can be helpful for falling asleep.

Step 2: Find your optimal therapeutic dosage.

- Beginning on night 3, add 1 drop each night until you achieve deep, restorative sleep.
- If a dose increase leads to morning grogginess, remain at the same dose for 3 nights in a row. The grogginess will likely resolve, but the restorative sleep will continue. If so, you have found your optimal dose.
- If the morning grogginess does not resolve after 3 days, decrease your dose by 1 drop.
- Most people achieve great results taking 4-20+ drops.
- Track your sleep quality and the amount of drops you're taking on the Response Tracker© on page 19.

WARNING: Cannabis can increase the sedation and duration of some sleep medications. Excessive cannabis use in combination with sleep medications could result in disorientation, fall risk, morning grogginess and other side effects. Using cannabis in combination with antihistamine medications (i.e. Benadryl) may cause anxiety and dry mouth. Before taking cannabis with other sleep medications, please consult your medical provider.

Dosing for Healer Capsules, Topicals, Vaporizers, and Flower

Capsules

Day 1 & 2:

- Take 1 capsule by mouth 1–3x per day.
Wait 4–5 hours between doses.

After day 2:

- Increase by 1 capsule daily until you experience satisfactory benefits
- If you notice unwanted effects or fewer benefits, reduce your dose by 1 capsule each day until you find your optimal response.
- If one capsule is too strong, you would benefit by increasing your dosage in smaller increments, or you experience inconsistent results, switch to Healer Drops.

Hydrogels & Topicals

- First usage may require priming the pump until the hydrogel dispenses.
- Rub into the skin of the affected area.
- The medicinals will absorb within minutes.
- Avoid touching your eyes, mouth or genitals until after washing your hands.

Vaporizers & Flower

- Exhale completely. Place the tip of the vaporizer between your lips and draw on the vaporizer for 1–2 seconds.
- Remove the vaporizer from your lips, inhale fresh air until your lungs are completely full, exhale completely.
- After 1 inhalation, wait 5 minutes.
- If you require a stronger effect, take another inhalation. Repeat if needed.
- If you notice unwanted effects, take 1 less inhalation in your next session.

Use the Response Tracker on page 18 to track your results.

How to reverse cannabis tolerance and increase benefits

If you notice you require more cannabis and are getting less therapeutic benefits, then you are building tolerance to cannabis. You can quickly reverse cannabis tolerance, increase your sensitivity, save money and get better results with this Sensitization Protocol.

EXPERIENCED CANNABIS USERS

A two-day cannabis fast prior to using Healer formulas is recommended. During this time, your body will produce more cannabinoid receptors, ensuring excellent therapeutic results. If you cannot tolerate 2 days without cannabis, a 24-hour break can be helpful.

For more details and support to be successful with this program, see
Healer.com/programs/sensitization-protocol

Sensitization Protocol

Days 1 & 2:

- Take a 48-hour cannabis fast (if challenging, modify to 24-36 hours).

Days 3, 4, 5:

- Restart the same Healer product at approximately 50% of the dose that worked well previously, 1-3 times daily.
- If you notice nothing at this starting dose, increase by 1-2 drops per dose until you experience mild (but not full-strength) beneficial effects.
- Remain at the dose that produced mild beneficial effects through the end of day 5. Some people experience stronger effects over the course of days 3-5 despite remaining at the same low dose.

Days 6+

- If additional symptom relief is needed after maintaining your mildly noticeable dose for 3 days, gradually increase by 1-2 drops per dose each day until you experience satisfactory health benefits or symptom control.
- If you experience unwanted side effects or tolerance-building then reduce your dosage by 1-2 drops per dose.



WARNING

Always seek consultation if you are pregnant, nursing, have or suspect you have a medical condition, or are taking any medications to discuss potential interactions and other possible complications. Please consult your prescribing provider before combining cannabis with prescription drugs.

Healer Response Tracker: Daytime

Keep track by rating 1-10, 10 being the best

Date / Time	Formula	Amount	INNER INVENTORY®							
			Breath		Body		Mood		Symptoms	
			BEFORE / AFTER		BEFORE / AFTER		BEFORE / AFTER		BEFORE / AFTER 1-10, 10 BEING SEVERE	

Healer Response Tracker: Sleep from Last Night

Date	Formula	Amount	# Hours Slept	# of Wake Ups	How Do You Feel? 1-10, 10 BEING BEST	AM Symptoms 1-10, 10 BEING SEVERE

INTERACTIONS

Cannabis may interact with certain medications, including the anticoagulant warfarin, the seizure medications valproic acid and clobazam, and other drugs metabolized by the liver enzymes CYP3A4, CYP2C9, and CYP2C19.

Share your results

We want to learn from your experience.

HEALER.COM/MYRESULTS



Thank you for choosing



Healer Helps

As you heal yourself,
you are helping others.

Healer donates a portion of our
proceeds to worthy causes,
education, research and
especially to people in need.

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These statements and this guide have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information is for educational purposes and is not a substitute for or alternative to information from your healthcare providers.

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