



First Aid for Cannabis Side Effects

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First Aid For Cannabis Side Effects

The best way to deal with negative cannabis side effects is to avoid experiencing them in the first place! The first section of this guide explains how to prevent common cannabis side effects. The second section describes how to deal with common side effects after they happen!

Preventing Common Cannabis Side Effects

Once you've experienced the negative side effects of cannabis, you'll never want to experience them again! With a little forethought, it's easy to avoid most of the common negative side effects of cannabis. Check out this handy guide for preventing the most common cannabis side effects.

Intoxication, Anxiety, and Psychoactive Effects

- Use strains with a CBD:THC ratio of 1:1 or higher.
- Use low doses.
- Use raw preparations.
- Mix cannabis with Acorus calamus root.
- Take 50 to 100 mg of 5-HTP supplement 3 times per day.
- Take cannabis medicine in a safe environment with supportive people.

Drowsiness and Fatigue

- Use an energizing strain.
- Supplement with Tulsi (holy basil) or Eleuthero.
- Use freshly cured cannabis.
- Limit use of high-THC products and products that contain myrcene to just before bedtime.

Insomnia

- Use a high-THC strain that contains myrcene.
- Use cannabis products that contain CBN. CBN is a highly sedative cannabinoid.
- Avoid using cannabis products before bedtime.



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Cannabis Withdrawal (fatigue, insomnia, headache, vivid dreams, irritability, and changes in appetite)	<ul style="list-style-type: none">• Decrease cannabis intake slowly over time.• Slowly replace high-THC products with products that have other cannabinoids and higher terpene levels.• Wait. Symptoms typically last for 3 to 7 days.
Dizziness	<ul style="list-style-type: none">• Keep THC dose low and don't mix with alcohol or anti-anxiety medication.
Cough	<ul style="list-style-type: none">• Switch from smoking to a low-temperature vaporizer.• Use a non-inhalation method of consuming cannabis.
Increased Heart Rate and Decreased Blood Pressure	<ul style="list-style-type: none">• Avoid combining high-THC products with alcohol.• Avoid high-THC products if you have heart issues.• Use products with a higher CBD:THC ratio.• Stay hydrated.
Increased Appetite	<ul style="list-style-type: none">• Avoid products that are high in THC, CBG, or CBC.• Use cannabis after meals.• Have healthy snacks ready to eat.
Decreased Appetite	<ul style="list-style-type: none">• Avoid products that are high in CBD, THCV, or humulene.
Increased Urination	<p>If you're at risk of falling:</p> <ul style="list-style-type: none">• Make sure you have a clear path to the bathroom before taking cannabis at night.• Use a walker to help with balance.



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But what do you do when you experience negative side effects? This handy guide will help you care for yourself if you experience negative side effects and give you ways to prevent the same reaction in the future!

Intoxication, Anxiety, and Psychoactive Effects

The effects of cannabis intoxication can be frightening. Some patients feel like they are dying and may consider calling for an ambulance to get emergency medical services.

- **Do not call an ambulance** for hallucinations, paranoia, or panic attacks.
- **Call an ambulance** for serious symptoms such as chest pain, shortness of breath, loss of motor control, loss of speech, loss of vision, or uncontrolled allergic reaction.

Use these tips to counteract the psychoactive side effects of cannabis, including intoxication and anxiety:

- Use deep breathing and meditation techniques to remain calm.
- Take a hot shower.
- Take a sublingual dose of at least 20 milligrams of CBD.
- Inhale beta caryophyllene or black pepper essential oil.
- Move into a comfortable, supportive environment.

Allergic Reaction

Take an antihistamine tablet, epinephrine injection, or cortisone ointment. If that doesn't work, seek emergency treatment.

Dizziness

Remain seated to avoid hurting yourself in a fall.

Increased Heart Rate And Decreased Blood Pressure

Stay hydrated and move into a comfortable, supportive environment.



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Dry Mouth

Take small sips of water or suck on lozenges.

Red Eyes

Use over-the-counter, non-medicated eye lubricant drops.

Vaginal Dryness

Use a lubricant.

