



Procedure: 6-Day Cannabis Sensitization Protocol

Use Dr. Dustin Sulak's 6-day sensitization protocol to increase sensitivity in highly experienced cannabis users. This protocol is designed to decrease the dose of cannabis that you need to achieve the desired effects.

Day	Activities
Days 1 and 2	Complete abstinence. Engage in these endocannabinoid-enhancing activities and supplements: <ul style="list-style-type: none">• Osteopathic manipulation, acupuncture, massage• Probiotics and omega-3 and omega-6 fatty acids• Exercise and stress reduction
Days 3 to 5	Reintroduce cannabis 1 to 2 times per day, titrated to minimal therapeutic effect. To titrate your dose: <ul style="list-style-type: none">• Vapor: Inhale 1 puff every 5 minutes until effects are felt• Tincture or edible: Start at 10% of previous dose and gradually increase until effects are felt
Day 6	Resume dosing as needed.