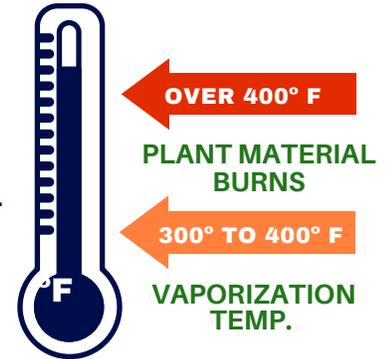


WHAT IS VAPORIZATION?

A vaporizer heats cannabis to a temperature between 300 - 400°F, releasing the medicinal substances into a vapor without burning the plant material and creating products of combustion. At the optimal temperature, the vapor produced is warm, non-irritating and feels as if you are breathing flavored air.



BENEFITS OF VAPORIZING

- Vaporizers reduce or eliminate the harmful substances created when smoking cannabis
- Non-irritating, less harmful to lungs
- Cost effective - less waste of medicine
- More discreet with less odor
- Rapid onset - benefits within 5 minutes



IMPORTANT

- Vapor pens are extremely convenient and discrete, but sometimes fail to convey the full medical properties of vaporized flower.
- Avoid products that use polyethylene glycol, glycerol, MCT oil, vegetable oil and other solvents associated with toxic byproducts after heating.
- Some vape oils are much stronger than smoke or herbal vapor. Be sure to find out the THC potency of the oil – new users should avoid products with greater than 70% THC to allow for careful dosing and to avoid accidental overdose.



DR. SULAK'S GUIDE TO OPTIMAL DOSAGE

When using cannabis as a medicine, everyone has a different **optimal dose**. Below this dose, people don't receive the full benefits of symptom relief and health promotion. Above the optimal dose, people build tolerance and experience side effects.



New to Cannabis



Experienced User

Go to <https://healer.com/programs> for Dr. Sulak's step-by-step dosage programs.

WHEN TO VAPORIZE

Inhaled cannabis is typically best for symptoms that have a rapid onset and/or break through other treatments, such as oral dosing of cannabis tincture or oil. For chronic and persistent symptoms, we recommend a baseline dosage with oral administration of liquid formulas.

Healer is not recommending or endorsing the use of any specific cannabis or hemp products, brand or manufacturer. This guide is for informational and educational purposes only. This guide does not create a patient-physician relationship and should not be used as a substitute for medical advice nor take the place of medical advice or treatment from a personal physician.



HOW TO VAPORIZE

HEALER

By following the steps below, and with a little practice, you'll be able to use your vaporizer with maximal benefit.

STEP 1: CHECK IN WITH YOURSELF AND RECORD YOUR RESPONSES BELOW.

1 challenging and 10 easiest

Breath: How easy and smooth is it to take a full, deep breath in and out?

Body: How easy is it to remain still and comfortable?

Mood: How easy is it for you to smile right now?

Symptom: How strong is your most prominent symptom right now? (1 minimal and 10 severe)

		BREATH	BODY	MOOD	SYMPTOM
Time: _____		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

STEP 2: HOW TO INHALE CANNABIS VAPOR

Exhale completely. Place the tip of the vaporizer between your lips and draw on the vaporizer for 1-2 seconds. Then remove the vaporizer from your lips, inhale fresh air until your lungs are completely full, and then exhale completely.

STEP 3: FIND YOUR OPTIMAL DOSE

After 1 inhalation, check the clock, and then wait 5 minutes. Repeat the inner inventory to monitor your response. If you are satisfied with the improvement, your optimal dose is one inhalation. If you are interested in stronger effects, take another inhalation, wait 5 minutes, and repeat the inner inventory.

		BREATH	BODY	MOOD	SYMPTOM
Time: _____		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Time: _____		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Time: _____		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If a subsequent inhalation results in a decrease in the inner inventory scores, you have exceeded your optimal dose. Now you know to take one less inhalation next time you use your vaporizer. Most users find their optimal dose is 1-4 inhalations, drawing on the vaporizer for 2 seconds each inhalation.

STEP 4: REPEAT

The benefits of inhaled cannabis typically last 2-8 hours. When you feel the effects wear off, you may repeat a vaporization session at your optimal dosage.

*If you notice you are requiring more inhalations more often, then you are building tolerance to cannabis. To reset your sensitivity to cannabis, try Dr. Sulak's Sensitization Protocol. For an in-depth guide to finding the optimal dose for users that are new to cannabis, see Dr. Sulak's Introduction to Cannabis program. Both are available free at <https://healer.com/programs>.

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