



## TOP 10 POINTS TO REMEMBER

### Module 4 – The Endocannabinoid System

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1. In the 1990's a new signaling system was discovered, the Endocannabinoid System (ECS).
2. The goal of the ECS is to restore homeostasis in the body by regulating mood, eating, sleeping, forgetting and protecting.
3. The CB<sub>1</sub> receptor is located everywhere in the body, including the brain, while CB<sub>2</sub> receptors are located in the immune system. But, the ECS is more than just CB1 and CB2 receptors.
4. THC and CBD mimic the body's natural cannabinoids.
5. CBD is psychoactive, non-euphoric. THC is euphoric.
6. The "Entourage Effect" is a theory that potentially describes how cannabis works as a whole plant medicine – it is the combination of all of the cannabinoids and terpenoids. The Entourage effects also explains why combinations of endocannabinoids work.
7. Trichomes, often described as the crystals on the cannabis plant, contain phytochemicals and active ingredients of cannabis, i.e., cannabinoids and terpenoids
8. There is research that supports that other prescription and over-the-counter (OTC) medications, herbals, supplements have potential drug-drug interactions with cannabis, THC and CBD.
9. A harm reduction dosing strategy to recommend to all patients = start low, go slow.
10. Paranoia, throat and lung irritation, respiratory issues, decreased blood pressure and increased heart rate are SOME potential adverse effects of cannabis.
11. Cannabinoid levels in the blood can be increased by interactions with other drugs
12. The administration form of cannabis can affect the level of cannabinoids in the blood, i.e., THC blood levels