Cannabis Journal

	Date Used	Cannabis Product	Strain / Type	Method of Use	Dosage / Timing / Amount	Effect & Symptom Relief		
Info	1/1/17	Flower / Oil / Candy	Kush OG, Super Silver Haze (Sativa/Indica etc)	Vaporize - temp? Cream / Edible	2 puffs / 2 mg / 2 minutes	Anxiety Relief, Pain reduction		
Notes:	Strain "X" he	lped with sleeping. S	train "Y" was better for my pain.		Well-hydrated, exercised,	full/empty stomach		
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Notes:	Email to: info	@cedclinic.com	Twitter: @drcaplan	© Benjamin Caplan,	ZU18 CEDto	undation.com		

Organized Medicinal Exploration

	Date Used	Strain Name	How Taken	Helping What?	CBD	CBC	CBG/a	CBDv	TAC	THC	THCA	THCV	CBN	
Info	1/1/17	Diesel Sour	Vaporize (? temp)	Pain / Insomnia Anxiety / Joints	%	%	%	%	%	%	%	%	%	
	Hydration?	Full stomach? Exercise?	Cream / Edible Other meds?	Anxiety / Joints	£	£	·	·		£			·····	·
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