I want help with

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**ADHD/ ADD**

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Check out our blog and social media handles for more information on medical cannabis.

Blog: cedfoundation.com

Instagram: drbenjamincaplan

Twitter: @drcaplan

**Goal Effect:** Stress Relief, Calming, Relaxing, Focused

**Delivery Methods:** Edible or Vapor > Topical

**Cannabinoids & Terpenes to Look for:** CBD, THC CBC, CBDV, Limonene, Linalool

**CBD:THC Ratios to Look For:** 25:1, 20:1, 18:1, 2:1, 1:2, 1:3, 0:X

**Advice:** Start Low, Go Slow

Inhale or Consume only the Minimum Amount Necessary for Relief. Wait 30 Minutes before Taking a Second Inhale, or 2 Hours before Consuming another Edible.

Use Vapor for Acute Relief, Use an Edible for Prolonged Effects

**Vapor**

Onset:15-20 Minutes

Duration: 1-3 Hours

Euphoric: Higher Ratio of THC:CBD

Mild-Euphoric: Low Dose/Ratio of THC:CBD

Non-Euphoric: 100% CBD

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| Pros: Quick Effects, Variety of Tools | Cons: Expensive, Short Duration |

**Edible**

Onset: 30-60 Minutes

Duration: 2-4 Hours (Dose Dependent)

Euphoric: Higher Ratio of THC:CBD

Mild-Euphoric: Low Dose/Ratio of THC:CBD

Non-Euphoric: 100% CBD

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| Pros: Long Lasting, Discreet | Cons: Delayed Effects Occasionally Cause Overconsumption |

**Tincture**

Onset: 20-60 Minutes

Duration: 1-3 Hours

Euphoric: Higher Ratio of THC:CBD

Mild-Euphoric: Low Dose/Ratio of THC:CBD

Non-Euphoric: 100% CBD

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| Pros: Long Shelf Life, Discreet, Rapid Onset | Cons: Expensive, Alcohol-Base can be Difficult to Take |

**Topical**

Onset: 10-30 Minutes

Duration: 2-3 Hours

Lotion: Tends to be Less Concentrated, May Require More Product

Balm: Tends to be More Concentrated, May Require Less Product

Oil: Tends to be More Concentrated, May Require Less Product

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| Pros: Not Psychoactive (Usually), Discreet  | Cons: Irritation, Localized Effects Only |

***“Cannabis helps me calm down and avoid feeling scatterbrained. Allows me to focus, wind down, and it also helps me sleep.” – Anonymous***