I want help with

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Menstrual Cramps

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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:** Pain Relief, Comfort

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

**Cannabinoids & Terpenes to Look for:** Cannabidiol (CBD), Caryophyllene & Limonene

**Advice:**

Topical: Thoroughly Clean Skin with Alcohol Beforehand. Firmly Massage a Modest amount Directly into the Affected Areas; Wait 30 Minutes Before Applying More if Needed. Use an Occlusive Dressing on Top for Prolonged Effects. Be Sure to Wash Your Hands After Application

Edible: Start Low and Go Slow. Wait at Least 2 Hours before Consuming More if Needed.

*“Cannabis is great for soothing my morning stomach cramps” - Anonymous*

**Vapor**

Onset:15-20 Minutes

Duration: 1-3 Hours

Euphoric: Vape 2:1 THC:CBD – Take Minimum Amount Until Desired Effects

Mild-Euphoric: Vape 1:3 THC:CBD – Take Minimum Amount Until Desired Effects

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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 |