

When dosing oils, it is recommended that the patient take 4 small doses throughout the day (micro dosing) as opposed to 1 or 2 larger doses.

There are 2 main reasons that micro dosing cannabis oils is beneficial to us:

- 1 When using large doses of cannabinoids, all of the receptors get covered, but this also generally causes a large amount of wastage. With small doses spread out throughout the day, the cannabinoid receptors are covered, cannabinoids are used up, receptors are covered again, used and so forth.
- 2 The other major benefit to micro dosing your cannabinoids is the fact that these smaller, more frequent doses actually cause your cannabinoid receptors to become more efficient. This will also lead to less wastage in the future.

Example dosing schedule

Week 1	0.1ml - 4x per day
Week 2	0.2ml - 4x per day
Week 3	0.3ml - 4x per day
Week 4	0.4ml - 4x per day

etc...

Endorsed by Dr. Mason

Always **start low and go slow**. Titrate up on a weekly basis until you get to an amount where your symptoms are responding positively. When you get to a point where you are feeling more comfortable, plateau here. Maintain this amount. Eventually the body will start to get used to the cannabinoids, this is normal, the symptoms may start to creep back in. Titrate up a step or two to correct this and then plateau and maintain.

