

Educational Resources For Medical Cannabis

Roderic Gottula MD

Marijuana Doctors _____ **www.marijuanadoctors.com**

Website to find cannabis doctors and clinics with good information about diseases that might benefit from Cannabis. Go to "Conditions" at top right of page and pick the diseases you are interested in for more information. Also go to "Resources" for more information on how to use Medical Cannabis.

Leaf411 _____ **www.leaf411.org**

Excellent website for both patients and Health Care providers to get information from nurses who have had additional training in Medical Cannabis. Their website has many educational resources and you can contact a Cannabis nurse for free to get advice on how you might use medical cannabis to treat specific conditions.

Realm of Caring Foundation _____ **www.Realmofcaring.org**

Colorado Springs nonprofit that is research and education based. Provides both onsite and web-based educations including dosing and administration guidelines for various conditions. Go to "Research" at the top of the page and click on "Research Library" then click on the disease you are interested in. They also have counselors on staff to provide suggestions for free regarding using medical cannabis.

Dustin Sulak, DO _____ **www.Healer.com**

Excellent website for learning about cannabis. Educational videos, dosing guides, etc. Go to the "Cannabis Education" tab, then click on "Cannabis Basics" and then go to "Health Conditions" to learn more about diseases.

Project CBD _____ **www.projectCBD.org**

Excellent website to learn more about medicinal properties of CBD. Click on "Beginners Guide" or "CBD 101" at the top left to get started.

Drug Interactions _____ **www.Drugs.com**

Although Cannabis is relatively safe, it is metabolized by many of the same enzymes that metabolize other drugs in our body. This competition for the metabolizing enzymes can affect the levels of other medications you might be taking. It is extremely important that you know if Cannabis will affect other medications you might be consuming. Go to the web site and click on the "Interaction Checker". Enter "Cannabis" or "Marijuana" in the interaction checker and then proceed to enter all other medications you are taking. If it shows a significant interaction, you should discuss this with your health care provider.

Documentary on YouTube called “Weed” by Dr Sanja Gupta. This is an excellent beginner guide into Medical Cannabis. Dr Gupta used to be opposed to Cannabis and even wrote a TIME magazine Op Ed against it. However, his investigation into the families dealing with unrelenting seizures, led him apologize and say he was wrong in opposing its use. He made at least 3 more documentaries in this series. Well worth watching.

Books That provide excellent information about Medical Cannabis

Cannabis Revealed by Dr. Bonnie Goldstein

CBD by Leonard Leinow and Juliana Birmbaum

Medical Cannabis by Dr Michael Moskowitz MPH

CBD CONSULTATIONS: Go to Marijuanadoctors.com. At the top of the page click on “Find a doctor”. Enter zip code **80124** in the box. Enter **5 miles** in the distance box. Select **Cannabis Telemed Consultations** to make an appointment.