

# Cannabis Oil For Medicinal Use



**The Cannabis plant has been used medicinally in India and China for thousands of years. Now the rest of the world is finding out how many healing properties it has.**

**Cannabis has been used universally as a way to relax, but it is now being used to treat many of today's diseases.**

**The two main properties of the plant: CBD and THC, act as an anti-inflammatory and are also anti-bacterial.**



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***Important Notes:*** *As with all medications, keep these products out of the reach of children, pets and house guests.*

*The information in this booklet should not be considered medical advice. Seek the help of a professional healthcare provider before making any decisions concerning your health.*



## Theory:

When you heat the cannabis, the CBD's and THC compounds are attracted to the oil. This method is perfect for medicinal use.

THC is short for tetrahydrocannabinol which is the chemical compound found in the cannabis plant. CBD is short for cannabidiol, another compound of the cannabis plant. When it's ingested or inhaled, THC and CBD bind to the cannabinoid receptors in your brain.

Cannabis oil made with the leaves contain more CBD's, which works better to ease pain topically. Cannabis oil made with the flowers (buds) of the plant has more THC, which gives the psychotropic effects to the brain to relieve pain and a host of other ailments.

**Cannabis Oil Uses:** Cannabis oil from the flowers of the plant can be used to make edibles such as chocolate, cakes, cookies, brownies, hot chocolate, etc. When used in cooking, substitute the amount of oil in your recipe with the cannabis oil for the desired effects; the more cannabis oil you add to the recipe, the stronger the effect will be. Also, the stronger strain of cannabis that is used, the stronger the effect the oil will have. A good rule of thumb is 1/2 to 1 teaspoon of cannabis oil per serving.

Divide your recipe by servings and multiply the teaspoons. Substitute, or add this in place of the oil in the recipe.

The oil mixture made from the leaves has many medicinal uses. When used topically it acts as an anti-inflammatory to relieve pain from muscle strain. It can also relieve pain from gout, arthritis, joint pain, head aches, hemorrhoids, migraines, sinus inflammation, sunburn and flu symptoms. It can also help heal minor cuts and wounds, as well as relieve the itching and swelling from insect bites. Use as often as necessary.

You can also make cannabis oil from the dried and washed roots of the plant. There is no THC in the root for psychotropic effects, but the root has other healing properties, such as pain relief from arthritis and healing broken bones.

You can't use too much topically, but you can use too little.

One of the good things about making and using cannabis oil, is that in the cooking process, it destroys the molds which may be on the plant, as well as filtering out impurities.

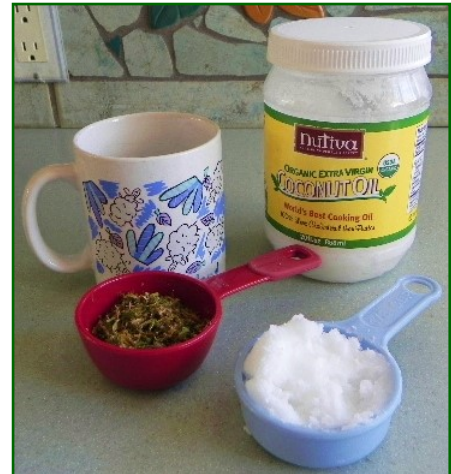


# How To Make Cannabis Oil

## Ingredients

1 cup organic oil  
1 cup cannabis leaf or buds

You can alter this quantity to fit your needs.  
You can also use any type of edible oil you like.  
The coconut oil is nicer for a topical lotion, where as olive oil, hemp oil, avocado oil etc. are better for edibles, being that they are healthier to eat. If you use a liquid oil for the edibles it will stay soft if kept in the refrigerator. If you use coconut oil for the edibles it will get hard in the refrigerator.



## Directions:

1. Put ingredients in a small crock-pot, potpourri warmer, or small saucepan on the lowest heat setting. For small batches, you can use a coffee mug and a mug warmer (seen below). Another cooking idea is to use the burner of a automatic coffee pot and a large mug or Pyrex bowl. This is usually an ideal 125°F. Cook on the lowest heat for 6-8 hours. Stir mixture at least every 30 minutes or so. Use a food thermometer to monitor temperature. Try to keep it under 150°F.



*Left: Using the recipe in a large mug on top of a mug warmer*



2. When the cooking is finished, line a large strainer with 4 layers of unbleached cheese cloth and place this over a heatproof glass bowl. You can also use a fine nylon netting that's available at fabric stores. It won't absorb the oils like cheese cloth does. Unlike cheesecloth, netting must be washed prior to using to remove fabric preservatives. There are also nylon net paint strainers available in the paint department at Home Improvement stores. These work great, are really durable and wash well too.

3. Pour the cooked mixture over the covered strainer, making sure the mixture does not over flow. Then gather the edges together and wring it out as much as possible, squeezing as much of the liquid as you can into the bowl.

***Note:** Use a strainer that fits over the bowl without falling in and large enough to accommodate all of the mixture to be strained.*



You can also hang the bag over the bowl and let it drip into the bowl. This works well and takes about 30 minutes.



Above: Strained mixtures  
Left: 1/2 cup each of oil and buds  
Right: 3 cups each of oil and leaf

4. The oil is now ready to use just the way it is, or use in the recipes that follow.

***Note:** When kept in the freezer, it will not lose its quality or potency for at least one year or more.*

# Cannabis Pain Cream

1/2 cup cannabis oil made with leaves and trim  
10 drops wintergreen essential oil  
4 drops mealeuca (Tea Tree) essential oil  
4 drops helichrysum essential oil  
4 vitamin E capsules

***Note:** If you used coconut oil and it has hardened, it will need to be melted to make this recipe. Melt it over low heat and let it cool before adding essential oils.*

## **Directions:**

1. Mix the essential oils and vitamin E in a small cup. To add the vitamin E, pierce the capsules with a clean straight pin and squeeze oil into essential oil mixture.
2. After mixing, pour into your container of choice. For long term storage, keep in the refrigerator or freezer until you are ready to use it. If kept frozen, potency will last up to one year or longer. If kept at room temperature it might spoil after a month or so.

***Notes:** Adding essential oils is optional, but they can aid in absorption, as well as add a more pleasing fragrance.*

*If you have sensitive skin, test on a small area of your skin to make sure there is no allergic reaction to any of the oils.*



# Cannabis Insect Repellent

Mosquitoes can be life threatening these days with Nile Virus, Lyme Disease and Dengue Fever. Protect yourself in dangerous areas with a natural repellent that is actually good for your skin without the harsh toxic chemicals that are in most repellents sold in stores. Apply liberally everywhere your skin is exposed.

You make this recipe the same way you make the pain cream on page 6. By changing the essential oils, it is converted to a wonderful and non-toxic insect repellent. It also helps with insect bites after they have bitten you by relieving the pain, swelling and itching.

1/2 cup cannabis oil made with leaves  
30 drops citronella essential oil  
30 drops eucalyptus essential oil  
30 drops peppermint essential oil  
10 drops melaleuca (tea tree) essential oil

**Notes:** This also works as an anti-inflammatory for pain relief. This insect repellent can also be made without using the cannabis extract by using plain oil instead, but it will not act as a pain reliever. If you have sensitive skin, test on a small area of your skin to make sure there is no allergic reaction to any of the oils.

## Pain Reliever for Pets

Some animals like dogs and cats cannot tolerate pain medication for arthritis or other painful conditions. You can try using plain cannabis oil made with the flowers (buds). It's the same as humans, start with a small dose such as 1/4 teaspoon, wait at least one hour before giving more. Monitor closely for any adverse reaction.

## Peanut Butter Cannabis Squares for Dogs & People

You will need to make the cannabis oil with coconut oil, so the end product will get hard when refrigerated, otherwise it will be runny.

Melt 1/2 cup of cannabis bud oil on low heat, then mix it into 1/2 cup of non-sweetened peanut butter. Pour this onto a pan lined with wax paper and put in the refrigerator until it's solid. Cut into dosage cubes and store in an airtight container in the refrigerator.

**Note:** *Do not give dogs cannabis chocolate! Dogs are allergic to chocolate and it can make them sick or even kill them if enough is ingested.*

# Dark Vegan Cannabis Chocolate

One recipe make about a 10oz bar of chocolate



- 1/2 cup cannabis oil made with coconut oil and cannabis flowers (buds)
- 1/2 cup organic cacao powder
- 1/3 cup agave nectar or maple syrup

## **Directions:**

**1.** Melt cannabis oil over low heat. Mix melted oil, cacao powder and agave nectar in an electric mixer, or by hand, mixed just until the lumps are gone.

***Note:** Do not over-mix, or the oil will separate from the chocolate. If this happens, re-melt the entire mixture, then proceed.*

**2.** Pour into a chocolate mold, or a pan that is lined with wax paper. The size of the pan determines the thickness of the final product. About 1/2" is good. Put in refrigerator overnight or until solid. You may then cut into smaller pieces if desired. Wrap completely in a fresh piece of wax paper and store in an airtight container in the refrigerator. It must be kept refrigerated until just before eating, or it will get too soft.

Another version of this chocolate is to make a layer of peanut butter cannabis. Mix equal parts of melted cannabis oil, unsweetened peanut butter and agave nectar. Pour this over a layer of chocolate that has already firmed up. Let the peanut butter layer firm up before adding a top layer of chocolate.

Taking cannabis internally can help to relieve pain and nausea, used for relaxation, or to stimulate the appetite due to anorexia. You will need to find your own dosage level. Different strains of cannabis have different potencies. Start with a small dose, such as 1/2 teaspoon, wait at least one hour to see the effects before taking more. Taking cannabis internally has longer lasting effects than smoking it. The pain relieving or relaxing effect can last up to 6 hours.

## **Important Notes:**

*\* If you have inadvertently taken too much, you may feel nervous, paranoid or anxious. Try to relax, the effects will soon dissipate in 2-4 hours.*

*\* Please do not drive or use machinery when using cannabis, it can impair mental function.*



# Cannabis Chocolate Sauce

One recipe makes 3 cups of Chocolate Sauce

1 cup of cannabis oil made with hemp oil,  
olive oil, or any other edible liquid oil  
3/4 cup of raw organic agave nectar  
1 cup of raw organic cacao powder



1. Put all the ingredients in a food processor. Process only for a few seconds. Scrape down sides and quickly mix again. Pour into glass jars and store in the refrigerator. Small canning jars work well, as they have a good seal on the inner cap.
2. Serve by teaspoon doses, or mix into warm non-dairy milk for a nice hot chocolate.
3. Be sure to mark the container, so someone does not eat too much by mistake!

According to current research, they have not found any harmful side effects from cannabis use.



# Marijuana Brownies

Makes 12 - two inch brownies

*This is a perfect brownie;  
not too sweet, not too oily,  
crispy on top, moist in the middle.*



2 eggs or egg replacer  
1 cup sugar  
1/2 cup unsweetened cocoa powder  
1/3 cup cannabis infused oil, softened or melted  
1/3 cup soy milk  
1 teaspoon vanilla extract  
1 cup all-purpose flour  
1/2 teaspoon baking powder  
1 cup dark chocolate chips  
1/2 cup chopped walnuts

1. Heat the oven to 325°F (High Elevation 375°)
2. Coat an 8-by-8-inch square baking dish with vegetable oil, then dust with flour, set aside.
3. Mix the flour, cocoa powder and baking powder. Add the chocolate chips and nuts, mix just to combine. Set aside.
4. Beat the eggs and sugar until frothy. Add the oil, milk and vanilla.
5. Add the wet into the dry and mix just until dry disappears.
6. Pour the batter into the prepared baking dish and smooth out the top.
7. Bake in the oven until a knife inserted into the center comes out clean, about 20 minutes. If you double the recipe use a 9" x 12" pan and bake for 40 minutes.

**Notes:** *Place the pan on a wire rack to cool for at least 60 minutes before cutting or serving. This is hard to do, they smell amazing when they come out of the oven!*

*It depends of the strength of your cannabis oil, but one brownie would be a strong dosage, try a half or one quarter of a 2" brownie first.*

*If you'd rather make this with dried buds, you can just add 1/2 cup of chopped buds to the above recipe. The dried material will be more noticeable and chewy.*

# Cannabis Chai

Serves one

## Ingredients:

1 cup soy milk  
1 tea bag of your choice, with or without caffeine, or one teaspoon of matcha powder  
Pinch of cinnamon  
Pinch of nutmeg  
1/4 - 1/2 teaspoon of cannabis oil made with flowers (buds)  
1 teaspoon sweetener such as agave nectar, honey or maple syrup

## Directions:

1. Put the milk and tea bag in a pot and heat until it almost boils
2. Reduce heat to low and stir occasionally for 5 minutes
3. Take off the heat and remove the tea bag, then add spices, cannabis oil and sweetener
4. Pour into a mug and enjoy!

## Notes:

*If you want to add matcha powder, add it with the spices etc.*

*Use a small dose of cannabis oil per cup of milk the first time you make chai tea, it can be easy to over do it.*

*You can substitute whatever milk you normally use in place of the soy milk. You can also substitute cannabis chocolate instead of the plain cannabis oil for a nice chocolaty chai. Use a spice tea such as Bengal Spice and eliminate the cinnamon and nutmeg.*

## A Quickie Dose

Mix your dose of unflavored cannabis oil in a cup with the same amount of sweetener such as honey or agave nectar.

## Cannabis Tincture

Another way to make cannabis medicine is to soak the cannabis leaf or buds in vodka, or any other alcohol. Vodka is the preferred choice, because of it's clarity and lack of smell, color or taste. Put any amount of bud material in a jar and pour vodka over it to completely cover the cannabis. Put a piece of waxed paper between the jar and the lid for a tighter seal. Store in dark cupboard and shake twice daily. At the end of the 4 weeks strain through at least 4 layers of cheese cloth or through two layers of paper coffee filter. Store in the refrigerator. You may add flavoring such as vanilla if desired. Use as needed either topically or orally. You will need to find your own dosage amount. Start small such as 1/2 teaspoon.



## Preparing Your Leaves, Buds and Roots

If you don't have dried cannabis, you must dry it before using it to make the cannabis oil.

All leaves from the plant are useful as long as they are green and still at their peak. You can harvest the smaller fan leaves as the plant grows, but the really large leaves have very little THC or CBD. Buds are best harvested when the trichomes (the tiny oil filled mushroom-like glands) are milky white or golden brown when seen through a magnifying glass.

It is always best to dry cannabis slowly in a darkened room with the temperatures between 65° to 70 °F and the humidity under 50%. There also needs to be adequate ventilation to prevent mold from forming. Check daily for signs of mold.

When drying buds that are still on the stems, wooden or wire racks work well, or hang on string. Check daily for signs of mold.

To dry the leaves or small buds you can drape any type of netting or wire mesh over a frame or box, or use an old recycled window screen. Check daily for signs of mold.

The roots of the plant are harvested immediately after you cut the plant down. Wash them thoroughly and dry the same as the buds or leaves. Cut up the roots with scissors or knife before making the oil.

You can use the buds and leaves for these recipes the way they are after drying . There is no need to chop or cut them up too much, as this may cause you to lose some of the important trichomes.

To learn about growing cannabis, read: ***“Marijuana Grower’s Handbook” by Ed Rosenthal.*** It has everything you need to know about growing and lots more.

Some say if cannabis were just discovered  
today, it would be called the new “wonder drug.”



**Many physicians refrain from approving cannabis use by patients, because they learned nothing about cannabis in medical school and cannot knowledgeably advise patients about dosage and side effects. Below are some of the current studies using cannabis for treatment with positive results.**

**AIDS  
Arthritis  
Asthma  
Autism  
Cancer  
Tumors  
Crohn's Disease  
Depression  
Mental Illness  
Degenerative Diseases  
Diabetes  
Eating Disorders  
Epilepsy  
Seizure Disorders  
Glaucoma  
Migraine  
Multiple Sclerosis  
Nausea  
Obstetric Problems  
Pain**

To learn more about these studies go to:  
**[www.projectcbd.org](http://www.projectcbd.org)**

An interesting book to read is:  
**“Medical Marijuana 101” by Mickey Martin**

If you suffer from chronic pain, or other chronic health maladies,  
I highly suggest the book:  
**The Mindbody Prescription: Healing the Body, Healing the Pain**  
by John E. Sarno M.D.





Notes:





**Legalize it!**

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