

Sometimes patients find themselves taking more and more cannabis to feel better or even feel any effect at all. High doses of THC can cost more than money, it can actually worsen the symptoms patients are trying to treat.

We designed this easy-to-use guide to help you find all the benefits you're looking for at the lowest possible dose. By following this reset protocol, you'll get more of the benefits from cannabis by lowering your tolerance and increasing your sensitivity. Finding your "just right" dose takes time, but I promise it's worth it.

-Tim Pickett PA-C, Founder

6-Day Tolerance Reset

DAY 1 & 2 **Cannabis fast**
Kick off your reset with a clean slate by living cannabis-free for 48 hours.

DAY 3 **2-5mg THC**
Feel slight, almost minimal effects.

DAY 4 & 5 **3-10mg THC**
Build more cannabinoid receptors. If you needed 2 or more doses yesterday, increase by 50% today.

DAY 6+ **New "just right" dose**
Listen to your body. Reset your tolerance as needed.

How do I know when I find my dose?

- You feel enough symptom relief that you are no longer limited by the condition.
- You feel better within 60-75 minutes of taking oral cannabis.



Dosing Notes:

At each dose, be mindful of how you feel and record it using a scale of 1, 2, or 3 (1 = bad, 3 = good). Recording how you feel before, during, and after your dose is very important for long-term success.

- **Breath:** How relaxed is your breathing?
- **Body:** Are you aware of pain or discomfort?
- **Mood:** Are you content?

Limit yourself to 1-3 doses per session, up to 3 sessions per day, following your provider's recommendation.

If you notice that your cannabis use is ramping up a bit too much for your liking, run through this protocol again. A rinse and repeat approach to cannabis tolerance will keep benefits high and your dispensary costs up to 60% lower. We recommend a reset every three months.



Trust the process.

A two-day cannabis fast can seem like a big sacrifice. Try to make your fast mindful and remember that this is ultimately a very positive thing.

Drink plenty of water and be kind to your body.



Prevent negative side effects.

Patients using correct cannabis dosing tend to be more clear-headed, less agitated, and have more energy to get through the day. Overuse of cannabis can cause the opposite!

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Cannabis is an intoxicating substance at moderate-to-high doses – treat with caution.

SIDE EFFECTS ARE COMMON.

Commonly reported side effects include dizziness, sleepiness, increased anxiety (usually from too much THC), dry mouth, dry eyes, poor balance, short-term memory issues, and reduced motor skills.

Reset Your Tolerance

..... This information refers to oral cannabis only, including edibles, tincture oils, or sublingual forms. Find other helpful guides at utahmarijuana.org.