



CANNABIS & CBD

FOR HEALTH
& WELLNESS

An essential guide for using
nature's medicine to relieve
stress, anxiety, chronic pain,
inflammation, and more

ALIZA SHERMAN
AND DR. JUNELLA CHIN

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Contents

1	Introduction
9	CHAPTER 1 A Brief History of Cannabis
17	CHAPTER 2 The Cannabis Plant
27	CHAPTER 3 Our Bodies, Our ECS
35	CHAPTER 4 Cannabinoids—Key Elements in Cannabis
49	CHAPTER 5 Terpenes—The Aromatherapy of Cannabis
61	CHAPTER 6 Forms of Cannabis—From Buds to Brownies and Beyond
73	CHAPTER 7 Ways to Take in Cannabis—From Pipes and Bongs to Edibles and Oils
93	CHAPTER 8 Microdosing THC and CBD
105	CHAPTER 9 Cannabis and Acute Conditions
115	CHAPTER 10 Cannabis and Chronic Conditions
125	CHAPTER 11 Cannabis and Your Mind
137	CHAPTER 12 Cannabis and Well-Being
151	CHAPTER 13 Cannabis at Home
159	Acknowledgments
160	About the Authors
161	Selected Bibliography
165	Index