

## Patient Guide

### You deserve treatment options that work for you.

VOLUME 01 pausethepain.com





Bisabolol anti-inflammatory, anti-irritant, anti-microbia

Borneol antinociceptive, anti-inflammatory

Camphene anti-oxidant, skin lesion

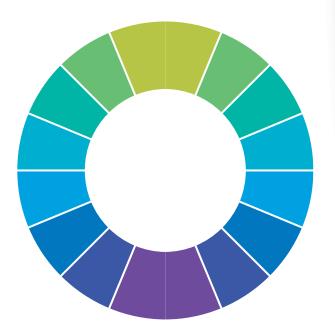
Caryophyllene anti-bacterial, anti-fungal, anti-inflammatory

Delta 3 Carene anti-inflammatory, bone stimulant

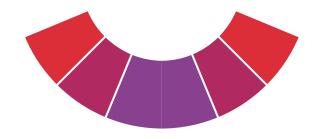
Eucalyptol anti-bacterial, anti-fungal

**Geraniol** anti-cancer, anti-oxidant, neuroprotectant

Humulene antibacterial, anti-inflammatory, anti-tumor







Valencene antiallergic, anti-inflammatory, anti-melanogenesis

Trans-nerolidol anti-cancer, anti-microbial, antioxidant, anti-parasitic

Terpinolene anti-bacterial, anti-fungal, anti-insomnia, antiseptic

Phytol anti-insomnia, immunosuppressant

Pinene anti-depressant, anti-inflammatory, anti-microbial

Myrcene relaxing, sedating

Linalool anti-anxiety, anti-epileptic, anti-psychotic, pain killing

**Limonene** anti-anxiety, anti-cancer, digestion, gallstones

#### LEARN MORE AT SOARBOLDLY.COM

This information is for educational purposes and is not intended to make claims or be a substitute for medical advice, diagnosis, or treatment. Always consult with a healthcare professional concerning any questions you may have regarding a medical condition or treatment options. **OUR MISSION** 

Pause Pain & Wellness exists to provide focused and compassionate care for our patients throughout the state of Mississippi using an evidence-based application of medical cannabis research.

## Welcome to the Pause the Pain Community!

Our statewide locations and resources make us the only place you need to explore the benefits of medical-grade marijuana for your condition.

You are not alone. Over 70% of the public voters in Mississippi agreed to the legalization of Medical Marijuana in 2020.

We hope that you'll find our resources and community helpful as you inform yourself about this new treatment option.

Here are a few things you can do to get started:

Check out our website for information on our clinics, services, and patient resources.

2 Subscribe to our blog for updates on the latest research and news in the cannabis industry.

Join our online community on Facebook, Instagram, Twitter, LinkedIn, and YouTube, and connect with us.

Thank you again for joining us, and we look forward to helping you find relief.

Sincerely, The Pause Pain & Wellness team



## As a Top Medical Marijuana Evaluation Clinic, **Pause Pain & Wellness is:**

## 

- Our qualified providers will evaluate your qualifying condition and recommend a treatment plan.
- Our patient care specialists help guide you through the entire certification and registration process.

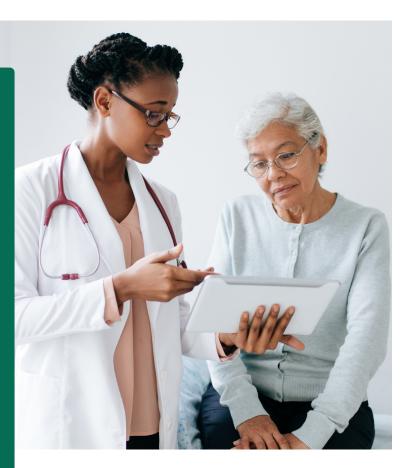
## $\bigotimes$

## Convenient

- Patients are our #1 priority. Patient care available 5 days a week.
- 6 locations with more coming soon.
- Risk-free: If you don't qualify for medical marijuana, you don't pay.

### 

- Our medical marijuana evaluation services is all-inclusive.
- We offer monthly payment memberships.
- Check out our referral program. For each patient you refer us, you save \$20 off your next re-evaluation.
- Discounted pricing for veterans.



#### Locations

Jackson

Meridian

Olive Branch

Oxford

Starkville

Tupelo

Hattiesburg, Gulfport, and Vicksburg (coming soon)

## How to Become a Medical Marijuana Patient

### Step 1

## Do you have one of the following qualifying conditions?

If you don't see your condition or ailment on the list, don't worry, as you may still have options. Call us at 833.940.5060, and our friendly educator will be able to provided you with more information:

Chronic pain, anxiety disorders, insomnia, chronic muscle spasms, crohn's disease, post-traumatic stress disorder (PTSD), amyotrphic lateral sclerosis (ALS), cancer, epilepsy, glaucoma, HIV, AIDS, seizures, multiple sclerosis, Parkinson's disease

(Medical conditions of the same kind or class as or comparable to those above.)

### Step 2

#### Make an appointment.

You'll be evaluated thoroughly in a setting that is comfortable and safe under the guidance of an expert. Scheduling an appointment is easy! Just go to our website at pausethepain.com to select a time and location near you. Or, if you prefer, you can call us at 833-940-5060.

### Step 3

#### Get evaluated.

Once your medical evaluation is completed, you can apply for a state medical marijuana card, which is required to purchase your medicine at a dispensary (medical marijuana treatment center).

### Step 4

## Apply for your state medical marijuana card.

The state application processing fee is \$25, with easy online application submission and payment. On average, the state process takes 10 business days and the state card is valid for one year.

(Patients can start renewing their state cards 45 days before the current one expires. You cannot buy your medicine if the card is expired.)

## Step 5

## Go to the dispensary of your choice and fill your order.

And that's it! We keep things moving by setting up your re-evaluation appointment during your initial visit and periodically notifying you later on as well.

It's all a part of the Pause Pain & Wellness promise to bring you better care.

(By law, medical marijuana certification is only valid for 1 year, but requires 6 month follow-up evaluation.)



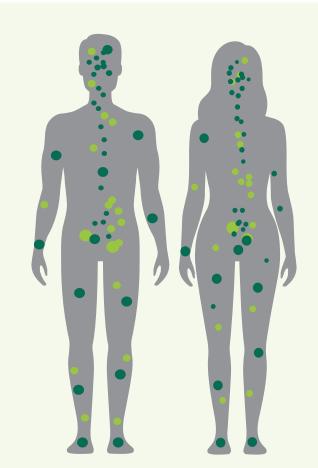
# What is the **Endocannabinoid System?**

### Understanding ECS

The Endocannabinoid System (ECS) is a complex system in the human body, which maintains all processes throughout the brain and body, including how the body manages appetite, pain, sleep, pleasure, and mood.

The role of this system is that of creating balance within the body to achieve the optimal state for maintaining health and natural wellness. ECS receptors are found in the skin, muscles, bones, throughout the central and peripheral nervous system, the immune system, and even the reproductive organs.

Certain chemical compounds called cannabinoids, attach to ECS receptors and behave like chemical messengers to control physiological signaling. When produced by the body, these compounds are called endocannabinoids and when created by plants, they are called phytocannabinoids, such as THC and CBD.



#### **CB1 Receptors**

are found mostly in the brain and central nervous system, and to a lesser extent elsewhere in the body.

#### Target

Thinking, Short Term Memory, Pain Perception, Appetite, Motor Activity, Motor Coordination, Immune Cells

#### **CB2 Receptors**

are found primarily in the peripheral organs, especially cells associated with the immune system.

#### Target

Eyes, Bones/Skeletal Muscles, Skin, Immune System, Respiratory System, Cardiovascular System, Gastrointestinal System, Reproductive System, Pancreas/Liver



## CBD Can Benefit Your Wellness

### Why CBD?

CBD, one of over 100 identified cannabinoids extracted from the hemp plant, has been known to aid individuals (and pets) with relief from muscle aches, stress, inflammation reduction, better sleep, and skin care. CBD may work with the Endocannabinoid System (ECS) to help signal and regulate the proper balance in bodily functions (there is a page later in the Guide on the Endocannabinoid System to learn even more).

Even CBD containing a trace amount of THC (below 0.3% as allowed by law) is not psychoactive and will not produce a high, which makes it an appealing option for those who are looking for relief from pain and other symptoms without the potential mind-altering effects of medical marijuana or pharmaceutical drugs.

Patients new to medical marijuana may find it beneficial to take CBD while waiting for their medical card to help ease symptoms and to prime the body prior to their initial dose of medical marijuana.

Some individuals have noticed that CBD can help offset the psychoactive side effects of higher THC medical marijuana products and that by combining their use of medical marijuana with CBD products, they experience a better result and may need to use less THC due to the Entourage Effect (learn more about the Entourage Effect later in the Guide).



#### Navigating the CBD Spectrums

When considering which CBD products to purchase, it is important to consider what type of CBD will work best for your lifestyle:

Full Spectrum CBD contains all of the natural elements found in industrial hemp plants such as the cannabinoids and terpenes, working together to deliver maximum effects to the user. Full spectrum CBD produces no psychoactive effects even though it contains trace amounts of less than 0.3% THC, falling below the legal limit. Studies show that full spectrum offers the complete benefits of CBD as it gives that full dose of all the organic cannabinoids and terpenes present in the plant.

**Broad Spectrum CBD** maintains most of the benefits of full spectrum CBD minus all trace amounts of THC. If you're looking to add CBD to your wellness regimen while avoiding any interaction with THC – or strict THC laws in your state – you'll find that broad spectrum CBD may be an ideal choice. This provides you with a worry-free solution to enjoying the naturally soothing benefits of CBD oils.

**CBD Isolate** contains pure, isolated CBD without any of the other natural compounds present in full and broad spectrum CBD. All of the plant's compounds are extracted through a process that removes its cannabinoids, flavonoids, and terpenes. Since this is a concentrated product, it is unable to deliver the entourage effect present in full or broad spectrum CBD.

# REMEDY

## BOUTIQUE CANNABIS

### **40+ CULTIVARS**

For Mississippi patients with qualifying medical conditions

#### RIVERREMEDYMS.COM

Use a lockbox or other secure storage container to keep medical cannabis out of reach of children.

## Medical Marijuana and the Human Endocannabinoid System



### Why Medical Marijuana?

The use of the cannabis plant to relieve medical symptoms has been documented for over five centuries across the globe from China to Canada to the UK to Israel.

The medical properties of cannabis stem from two main compounds, THC and CBD, along with over 100 other beneficial compounds in Marijuana including other cannabinoids along with terpenes and flavonoids.



#### Medical Marijuana Relieves

Often times, diseases and illnesses produce extremely painful symptoms. Cannabis has proven as an effective treatment for people suffering from migraines, arthritis, multiple sclerosis, PMS, anxiety, etc. Cannabis also has the ability to prevent and/or decrease opiate addiction due to the fact that cannabis and opiates share many of the same benefits. When compared to opiates, cannabis carries a significantly lower risk.

#### Medical Marijuana Combats

Cannabis significantly combats the symptoms of depression and anxiety often associated with PTSD. It is a natural relaxant that can ease the symptoms of these disorders. As a result, using cannabis will boost mood, improve sleep and lessen the number of episodes that one may experience. Cannabis is commonly used to stimulate the appetite of chemotherapy patients.

#### Medical Marijuana Treats

Marijuana treats symptoms of many different diseases. Cannabis can temporarily decrease pressure in the eye, hence relieving the symptoms of glaucoma. It has antispasmodic properties, which decrease symptoms of epilepsy, seizures and Parkinson's diseases. As far as inflammatory bowel diseases go, cannabis can treat several related symptoms like nausea, abdominal pain and diarrhea. Medical marijuana can also treat asthma by improving pulmonary function, over time.

#### Medical Marijuana Calms

Cannabis has the ability to calm a patient. Medical marijuana can effectively calm the symptoms of Tourette's by slowing down the tics associated with the disease. It can also treat OCD by decreasing the obsessive neurological compulsions.

## Leveraging the Power of the Entourage Effect

#### What is the Entourage Effect?

The Entourage Effect is the overall result of the combined action of the numerous compounds found in the cannabis plant— the cannabinoids (including THC and CBD), the terpenes, and the flavonoids — which interact in harmony to produce stronger, more enhanced effects from the plant than might otherwise occur without all the

elements present. When taken alone, each of these compounds may have therapeutic effects, but when they are present together in whole-plant extracts, the combined effect may be greater than the sum of the individual benefits along with lower adverse side effects.



## Therapeutic Effects of **Qualifying Conditions**

Medical marijuana relieves symptoms of the following qualifying conditions:

#### Glaucoma

Temporarily lowers intraocular pressure.

#### Cancer

Eases the side effects of cancer treatment; relieves nausea, vomiting, anxiety, depression; enhances sleep; stimulates appetite.

#### **Multiple Sclerosis**

Relieves muscle spasms, stiffness, pain and sleep problems.

#### Parkinson's

Relieves muscle spasms, tremors, stiffness, and pain.

#### Epilepsy

Reduces seizure frequency.

#### PTSD

Relieves anxiety and depression; improves mood.

#### Crohn's Disease

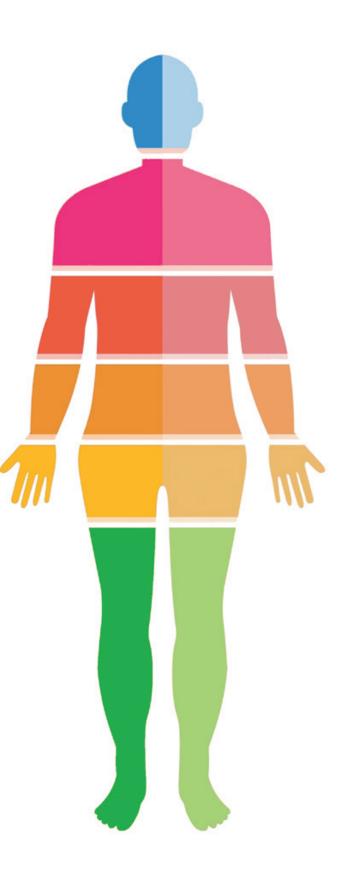
Eases pain and promotes weight gain.

#### AIDS/HIV

Improves mood and appetite; increases ability to sleep.

#### ALS

Relieves muscle spasms, stiffness and pain; improves mood and appetite.







## "Leading the Industry in Cannabis Education"

Hybrid Relief is a locally owned and operated dispensary in Oxford, MS. We are not only familiar with all cannabis products and their efforts, but also the symptoms and ailments that affect members of our community and how cannabis can help them.

IF YOU HAVE MEDICAL MARIJUANA IN YOUR HOME, TAKE PRECAUTIONS TO ENSURE THE SAFETY OF CHILDREN AND YOUNG VISITORS TO YOUR HOME.



Anthonee Munson Director Of Operation



Cody Thomason Procurement Specialist



**CEO / Owner** 



1801 Jackson Ave W Oxford, Mississippi 38655 Suite 112D 662-380-5013





Kendrick Pittman Director Of Marketing

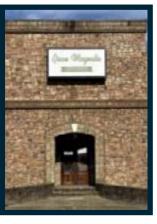


### 100% Mississippi-Owned & Operated.

At Green Magnolia, we pride ourselves as being 100% Mississippi-owned and operated. But that's not the only thing that sets us apart from other dispensaries. We are committed to patient care above all else, and are actively seeking to improve the well-being of Mississippians stricken with chronic illness and/or intractible pain. We offer premium quality medical cannabis products grown right in-state so that our patients might lead more independent, productive, pain-free lives.



CANTON



COLUMBUS



MERIDIAN



TUPELO

ALWAYS USE A LOCKBOX TO STORE CANNABIS PRODUCTS.

Email: info@gmagnolia.com Phone: 662-573-4133



Facebook & Instagram: @greenmagnoliadispensariesms



## STRAINS OF CANANBIS

STRAIN IS USED TO DIFFERENTIATE BETWEEN CANNABIS SATIVA AND INDICA. IT REFERS TO THE SPECIFIC BREEDOF EACH INDIVIDUAL PLANT OVER THE YEARS. FAMILIAL STRAINS HAVE DIVIDED INTO SPECIFIC SUBSECTIONS. THOUGH STRAINS MAY LINAGE. THE DIFFERENCES ARE NUMEROUS.



Sativa strains have an uplifting effect and offer a cerebral high that includes :

- Laughing uncontrollably
- Engaging in in-depth conversations
- Thinking creativity

Sativa strains grow tall and thin - the plant can grow up to 20 feet in an outside garden.Popular strains include:



Indica strains have a relaxing, sedative effect, often used to :

- Reduce stress
- Relieve pain
- Limit anxiety

Indica strains are a bushy plant that can grow between 3 and 6 feettall and are suitable for growing indoors. Popular strains include :



Hybrid strains offer a mix of effects, combining the traits they inherited from their parent strains. Hybrids are known to :

Offer a relaxing body effect
Create balance of mind and body

• Limit anxiety

Of the roughly 779 strains, over half of them are hybrids. Popular strains include:

AMNESIA HAZE Beloved by morning users, offers an uplifting boose

**GREEN CRACK** Users are rewarded with a blast of exhilarated energy.

CHERRY AK With a sweet, fruity smell and taste, this strain can help elevate + had mond

#### SOUR DIESEL

Despite a diesel smell, this strain offers the hiahtes happiness quotient BUBBA KUSH

With a coffee and chocolate taste, this sirain has a heavy tranquilizing errect.

NORTHERN LIGHTS This pure indica is known to have come from the "mother plant.

HEROJUANA To bawle insomnia. his strain induces a heavy, relaxing sleep.

SKYWALKER OG This strain is known for its healing properties for those with PTSD **BLUE DREAM** Offers a total relaxation while energizina the mind.

**HEADBAND** Great for pain relief and a feeling of elation

#### **GIRL SCOUT COOKIES**

This strains is a more extreme version of Blue Dream, so go easy!

#### PINEAPPLE EXPRESS

This sweet, tropical strain leaves one feeling happy and euphoric

#### LEARN MORE AT SOARBOLDLY.COM

This information is for educational purposes and is not intended to make claims or be a substitute for medical advice, diagnosis, or treatment. Always consult with a healthcare professional concerning any questions you may have regarding a medical condition or treatment options.

## What are **Terpenes?**

#### **The Effect of Terpenes**

Responsible for the distinctively sweet, citrusy, and earthy flavors of cannabis, terpenes are somewhat the unsung heroes of the cannabis world. If you've ever identified a strain from just one smell, or truly appreciated its taste, what you were processing is in fact the terpene profile which gives each strain its unique personality.

Terpenes change more than just the smell of marijuana, they also provide each strain with its own unique physiologic effects. These essential oils, which are secreted by the cannabis plant's sticky glands, contribute to what is known as the "entourage effect" - the harmonic union of cannabinoids, terpenes and flavonoids which produces a more enhanced effect than any one compound on its own.

While there are more than 100 identified terpenes in cannabis (each of which produces a distinct combination of feelings and effects), some are more common than others. Knowing what to look for, what appeals to you, and what doesn't will help you get the relief that you need.



NATURAL MODERN MEDICINE

#### LOCATIONI

794 East Main St. Tupelo, MS 38804

#### LOCATION 2

6690 HWY 98 Hattiesburg, MS 39402

#### LOCATION 3

I 2407 HWY 49 Gulfport, MS 39503

OPEN DECEMBER 2022

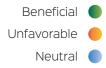
#### COMING SOON

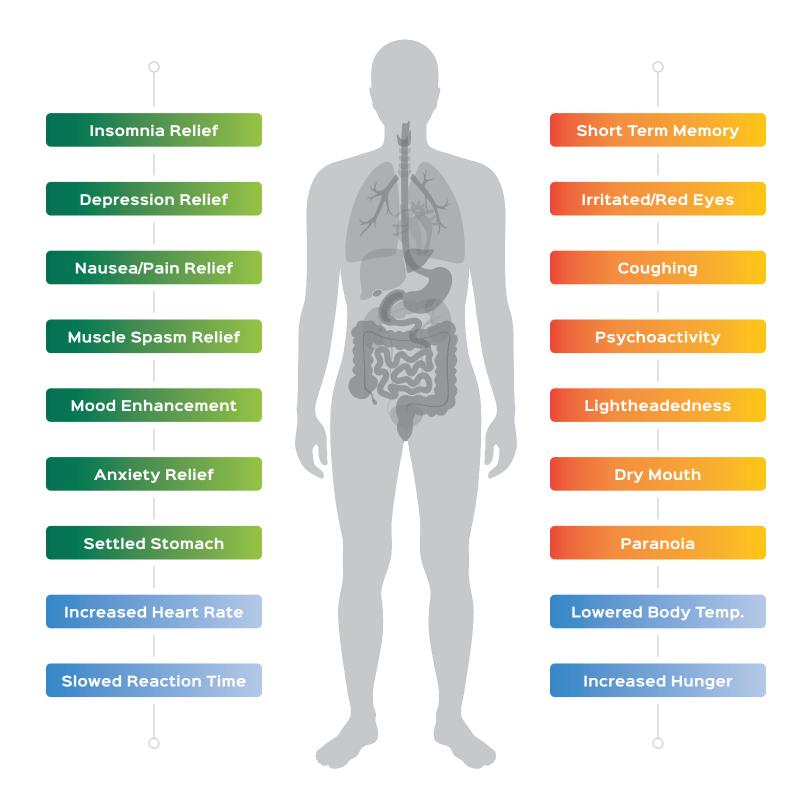
COMING SOON

#### cultivatedwellnessdispensary.com | 662-269-2395

Utilizing Medicinal Molecules Known as Terpenes (C<sub>5</sub>H<sub>8</sub>) as Important Building Blocks to Provide a Fresh Take On **Natural Modern Medicine** for the Cannabis Community

## Potential Short-Term and Long-Term Effects







## A Safer, Natural Alternative to Pharmaceuticals

### **Three Locations to Serve You**

Visit one of our convenient locations to learn more about the many different ways of product administration, including:

Loose Flower, Edibles (Gummies, Chocolates, Cookies, Brownies), Vape Pens, Tinctures, Lotions and Creams



715 Garfield Street, Tupelo, MS 38801



823 A Highway 12 W, Starkville, MS 39759



9113 Highway 49, Suite 100, Gulfport, MS 39503

## 100% Mississippi Owned & Operated

One of our knowledgeable sales staff will always be available to assist you in making the right decision for you.

Contact us at **info@greenwisems.com** or visit **www.greenwisems.com** to learn more.

## List of Local **Dispensaries**

#### For Full Listing of Medical Cannabis Dispensaries, Please Refer to dor.ms.gov/mississippi-medical-cannabis-act

#### Soar

*Coming Soon Opening Dates May Vary Visit Our Website for Updates* 

101 Rickey D Britt Suite 3B & 4A Oxford, MS 38655

6518 Goodman Rd. Suite 106 Olive Branch, MS 38654

605 S Jackson Street Starkville, MS 39759

641 Highway 1 S Greenville, MS 38701

202 49th Avenue South Meridian, MS 39307

#### LeafMed

10585 Three Rivers Rd Suite 6 Gulfport, MS 39503

2080 S Frontage Rd Suite 106 Vicksburg, MS 39180

2301 Delaware Ave McComb, MS 39648

10209 Highway 603 Bay St. Louis, MS 39520

#### Kelly's Green

1170 Old Fannin Rd Brandon, MS 39047

20 Rawls Springs Loop Rd Hattiesburg, MS 39402

834 Highway 19 North Meridian, MS 39307

#### Green Magnolia

3142 South Liberty Street Canton, MS 39046

7432 Hwy 45 N Columbus, MS 39705

4818 North Park Drive Meridian, MS 39305

3437 Tupelo Commons Suite 104 Tupelo, MS 38804

**River Remedy** 5925 I-55 S Frontage Rd Byram, MS 39272

#### GreenWise Dispensary

715 Garfield Street Tupelo, MS 38801

823 Highway 12 W Ste A Starkville, MS 39759

9113 Highway 49 Suite 100 Gulfport, MS 39503

#### **Hybrid Relief**

1801 Jackson Ave W Suite 112D Oxford, MS 38655

#### CannaCare

111 S. Industrial Rd Tupelo, MS 38801

#### **Cultivated Wellness**

794 East Main St Tupelo, MS 38804

6690 HWY 98 Hattiesburg, MS 39402

12407 HWY 49 Gulfport, MS 39503

## Glossary of Key Medical Marijuana Terms

#### Blunt/Joint

Cannabis rolled into a cigarette using paper.

#### **Bong/Water Pipe**

Pipe used to smoke cannabis by drawing the smoke through water to cool it.

#### Bowl/Pipe

Device used to smoke cannabis often made of ceramic/glass.

#### Bud

Cannabis flower.

#### Cannabinoid

Substances extracted from the cannabis plant including THC and CBD, as well as other less well known compounds such as CBN, THCV, THCA, and CBG. Cannabinoids interact with the Endocannabinoid System to bind directly or indirectly to ECS receptors, which behave like chemical messengers to turn on or turn off signaling in the body.

#### CBD

Cannabidiol (CBD) is a non-psychoactive cannabinoid known to have analgesic and anti-inflammatory properties.

#### Cone

A cone-shaped joint that is thinner at the tip.

#### Dabs

Cannabis concentrates such as shatter, wax, and oil.

#### Distillate

Cannabis extract that has been refined and purified.

#### Edible

Medical marijuana taken by ingesting cannabis-infused food.

#### Endocannabinoid System (ECS)

A complex system which maintains all processes throughout the human brain and body, including how the body manages appetite, pain, sleep, pleasure, and mood. The role of the ECS is to create balance within the body to achieve the optimal state for maintaining health and natural wellness.

#### Entourage Effect

The overall result of the combined action of the numerous compounds found in the cannabis plant interacting to produce stronger, more enhanced effects from the plant.

#### Grinder

Device used to grind pieces of cannabis flower.

#### Inhalation

Use of a vape pen to inhale medical marijuana - the active ingredients pass directly into the bloodstream in the lungs.

#### Loose Flower

Ground up bud.

#### MMUR

Medical Marijuana Use Registry: (800) 808-9580

#### OMMU

Office of Medical Marijuana Use: (850) 245-4657

#### Oral

Medical marijuana taken by mouth like gel caps/capsules.

#### Pre-roll Cannabi

Cannabis that is pre-rolled into a cigarette shape with a filter.

#### Rosin

Concentrated cannabis through heat and compression.

#### Shatter

Cannabis that has been concentrated into solid pieces.

#### Sublingual

Taking a dose of tincture and holding it underneath the tongue for ~60 seconds so that the capillaries can absorb it directly into the bloodstream. This delivery allows faster absorption and greater bioavailability than when medical marijuana is ingested and needs to be broken down in the digestive system.

#### Terpenes

Organic compounds in plants which determine a plant's scent and flavor as well as contributing to each strain's unique physiologic effects.

#### THC

Tetrahydrocannabinoid, the primary psychoactive compound of cannabis, known for its analgesic and mind-altering qualities.

#### Topical

Medical marijuana applied to the skin to provide relief.

#### Vape (Vaping, Vaporization)

Method of inhaling using heated liquid in vape form.

#### Wax

Concentrated cannabis with texture like candle wax.



## Vital Information

User ID
Password
Re-evaluation Appointment (subject to change)
Date
Time
Card Renewal Date

For order questions/requests, email us at info@pauseclinics.com. Make sure to include your full name, DOB, and your patient ID.

Notes



## Coming Soon CannaCare

## Dispensary

March 2023

**Location** 111 S. Industrial Rd

Tupelo MS 38801

**Public Education** Do not use cannabis & drive



Mississippi Cannabis Patients Alliance

MCPA is Mississippi's first and only non-profit patient advocacy association. To learn more about us and medical cannabis go to:

www.mscannapatient.com

## Want to save money on your medical cannabis? Sign up for research on our website or SCAN

## Lockbox It!



Keep your medical cannabis and pharmaceutical drugs out of reach of children.

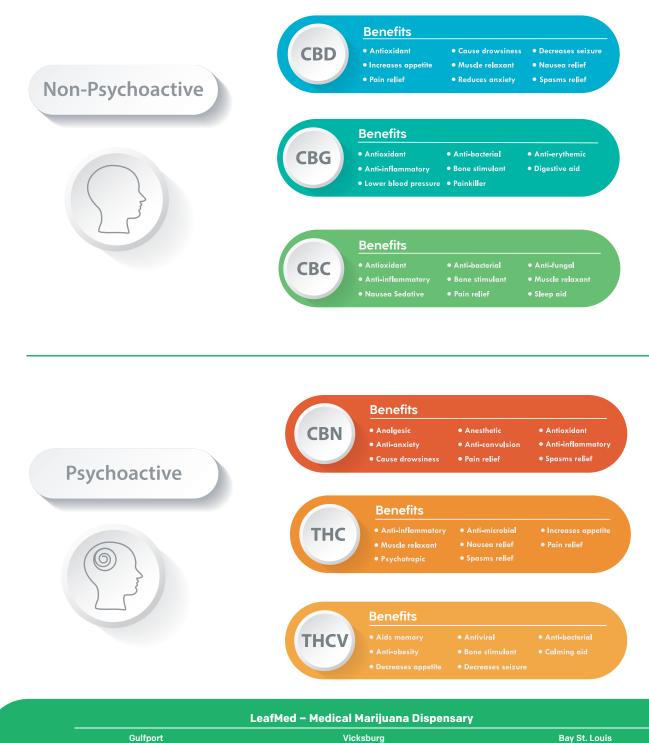




10585 Three Rivers Road, Suite 6 Gulfport, MS 39503 228-335-LEAF

## LeafMed CANNABINOID GUIDE

CANNABINOIDS ARE A GROUP OF CHEMICAL COMPOUNDS FOUND IN CANNABIS. CANNABINOID RECEPTORS CAN BE FOUND IN YOUR CELLS.



2080 S. Frontage Road, Suite 106 Vicksburg, MS 39180 601-623-LEAF

Bay St. Louis 10209 Highway 603 Bay St. Louis, MS 39520 228-382-LEAF

Learn more at LeafMed.com

## Sponsors





MISSISSIPPI OWNED. MISSISSIPPI GROWN.

Cultivation Processing Dispensaries Brandon Hattiesburg Meridian



Kelly's Green is a MEDICAL REVOLUTION! We are a woman-led, mission driven, patient-centered vertically integrated Mississippi medical marijuana company founded on principles of compassion! Committed to being the best and consistently providing safe, effective, clean medicine to all who suffer! The only company fighting for Mississippians since the beginning.





## JOIN THE REVOLUTION KELLYSGREEN.org



Keep out of reach of children



info@pauseclinics.com 833.940.5060

pausethepain.com

This material is the property of Pause Pain & Wellness and is not to be duplicated without the owner's consent.