

Capability Elaine's Cannabinoids Cheat Sheet from The Bad Mommy Experience Potcast, [Episode 6](#)

Here are Elaine's favorite Cannabinoids paired with the effects she has found most therapeutic in her personal experience.* Pop Quiz: What is a cannabinoid and why should I care?

Cannabinoids are the chemical compounds found in the cannabis plant. There are more than 100 identified cannabinoids including the commonly known Tetrahydrocannabinol (THC) and Cannabidiol (CBD). These compounds match up with the Endocannabinoid receptor systems in our bodies. Fun Fact: Most animals have an ECS! Except insects.

What's your desired effect?

Find the relevant cannabinoid below and look for products that match up at your favorite dispensary or delivery service. Write to us for specific product recommendations and use our **Tell Bad Mommy form** to track your experience.

THC

Euphoria, decompression, creativity, focus. You know this one. The stuff that makes you feel mentally high. Also great for sleep and for pain. So far, THC is the only cannabinoid proven to have an intoxicating effect.

Suggested Dosing: Start with 2.5 mg THC on an empty stomach and track the effect. Also track the strain you are trying out. Try our [Tell Bad Mommy](#) tracking form and share your results with us!

THCA

Anti-inflammation & painkiller. Good for arthritis, stimulates appetite, treats nausea, muscle spasms and pain

Suggested Dosing: Start with 10mg daily and track your response

THCV

Peppy, physiological, energizing. Stimulant and appetite suppressant- kiss the munchies goodbye.

Suggested Dosing: Take very little. This one will keep you up at night!

CBD + CBDA

Powerful anti-inflammatory. Also can promote an overall sense of well-being, which makes it good for anti-anxiety. However you must take it daily to achieve the desired effect.

Suggested Dosing**: 10-25 milligrams per day, half in morning, half at night.

**This dosing is for CBD products only. If you take a THC:CBD ratio product, we at Bad Mommy always recommend starting with a quarter of the suggested dose or 2.5mg total THC max. Then increase or decrease according to tolerance and desired effect.

CBN

Helps you relax, great for sleep. Look for this Cannabinoid in any insomnia products.

Suggested Dosing: Always start with half of the recommended dose on the product packaging.

CBG

Anti-inflammatory that combats pain, nausea and anxiety. This is the “miracle” cannabinoid. Addresses many conditions including IBS, Crohns, Glaucoma.

Suggested Dosing: Follow instructions on product packaging. Always start with half of the recommended dose.

DYNAMIC COMBOS

THC, THCA, CBDA + CBD = powerful anti-inflammatories, pain reliever. Elaine takes daily to combat arthritis in her hands from her gymnast training as a teenager.

CBDA + THCA → optimal anti-inflammatory action.

CBN + CBD → Best night's sleep of your life.

Pro Tip: In case of overconsuming THC

20 milligrams of CBD sublingually or vape a CBD varietal for quickest results within 10 minutes

(Alternatively a shower and four espresso shots or a can of coca-cola!)

****DISCLAIMER**** Claims not evaluated by the FDA. This is anecdotal information based on Elaine's personal experience. Please consult a medical professional before exploring new supplements and cannabinoids. Everyone is different and you and your physician are the best arbiters of your experience.