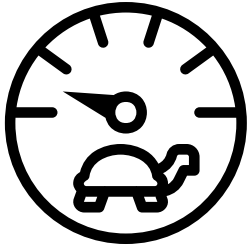




OPERATION SMOOTH START

6 TIPS FOR NEW PATIENTS



START LOW, GO SLOW:

Begin with a low dose and gradually increase to find your ideal experience.

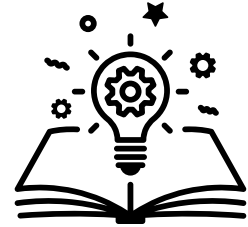
EASE INTO ACTION



TRACK YOUR EXPERIENCE:

Keep a journal of what you use, how much, and how it makes you feel.

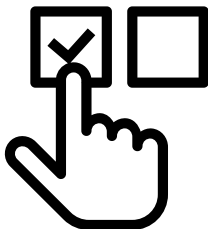
LOG YOUR OPS



UNDERSTAND TERPENES AND CANNABINOIDS:

Learn how these compounds influence your experience for better results.

KNOW YOUR GEAR



CHOOSE THE RIGHT METHOD:

Different methods offer different effects. Understanding how each method works ensures your treatment aligns with your needs.

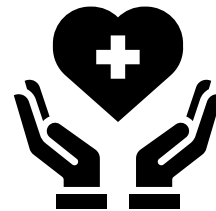
SELECT YOUR LOADOUT



STAY CURIOUS AND ASK QUESTIONS:

Keep learning and engage with your healthcare team and canna community to optimize your understanding and care.

DEBRIEF OFTEN



TAKE A FULL SPECTRUM HOLISTIC APPROACH

Complement your cannabis care with healthy lifestyle choices like balanced nutrition, regular exercise, and stress management.

WHOLE MISSION FOCUS

DISCLAIMER

THE INFORMATION PROVIDED HERE IS INTENDED FOR EDUCATIONAL PURPOSES ONLY AND SHOULD NOT BE CONSIDERED MEDICAL ADVICE.

RECOVER
CANN 



HELPING THOSE
THAT SERVED