

# Monthly Newsletter

  
RECOVER CANN  
April 2026



## Prioritizing Presence > Potency

Spring is arriving, teasing us with a mix of sunshine & snowstorms, as it always does in Canada!

April hosts “420”, one of the most recognizable dates in cannabis culture. At Recover Cann, we’ve noticed a trend of higher THC content & stronger effects becoming the norm, so this year, rather than a loud celebration, we invite something quieter & more purposeful: a return to presence.

For many veterans, cannabis use isn’t just fun, it’s medicine. It’s sleep that’s actually restorative. It’s taking the edge off of chronic pain. It’s the nervous system finally exhaling.

This month, we encourage you to connect with what actually works for you. Your history, your body, & your lived experience all shape how cannabis affects you in ways that a label simply cannot predict.

Cannabis doesn’t have to be overwhelming to be effective.

Sometimes, less allows you to feel more.

### **This Month’s Mission:**

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420:  
Reflection

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Presence  
Over Potency

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Find your  
Sweet Spot

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The 5 Senses:  
Sight

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Medical  
Cannabis  
Coverage  
Updates

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## April 20: More than Just a Celebration.

420 has roots that are more humble than most people realize. What began in the 1970's as a ritual among a group of California high school students - meeting at 4:20 pm to search for an abandoned cannabis crop - gradually grew into a global symbol of cannabis culture. Over the decades, it became shorthand for something larger: community, resistance, and eventually, reform.

For generations, cannabis use was criminalized, stigmatized, and dismissed. Many people, including veterans who found relief from this plant were left to navigate quietly, often with shame attached.

Then, in 2018, Canada federally legalized recreational cannabis. This was a significant, meaningful shift, however imperfect and with ongoing issues. For veterans especially, this represented the beginning of a more open conversation about therapeutic use, access and dignity in care.

As we approach April 20th, we encourage a moment to pause and reflect on your relationship with cannabis. This month isn't just time to celebrate, but to honour how far this medicine has come, and how much further patient-centred care still needs to go.

### Reimagine Spring: A Moment to Reflect

Before you use, check in:

- *What do I need right now?*
- *What's my nervous system doing right now? Am I regulated enough to receive this medicine?*

After use:

- *What shifted? What improved? What didn't?*
- *Was the dose right, or did you feel more or less that you needed to?*

This information is your medicine - use it next time to continue building your intentional, medicinal use.



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# Grounded Guidance: Presence over Potency



## Stronger Doesn't Mean Better

This is one of the most important things about cannabis. **Higher THC content is not correlated to improved effects** - especially for those seeking relief from sleep disruption, chronic pain, anxiety and PTSD related hyper-arousal.

THC follows a **biphasic dose-response curve**, which means it acts differently at low doses versus high doses. Lower doses of THC may reduce anxiety, support sleep and modulate pain perception. At higher doses, THC can increase anxiety, disrupt sleep structure and amplify hyper-vigilance. (Blessing et al., 2015; MacCallum & Russo, 2018)

An effective, evidence informed approach to THC for symptom management:

- Focus on how you feel, not the % on the label
- Use the lowest effective dose
- Prioritize consistency over intensity
- Notice what changes (sleep quality, pain levels, mood, reactivity).

The goal isn't to feel the most, the goal is to feel better.

## Find Your Sweet Spot: Microdosing THC



For those managing complex, overlapping conditions, a low-dose, consistent approach may produce more sustainable outcomes than higher, intermittent use.

- **Start low:** 1-2mg THC (try Pearls, new to Recover Cann)
- **Go slow:** allow 2-7 days before adjusting dose
- **Layer with non-intoxicating cannabinoids:** CBD, CBG and CBC to potentially support pain, anxiety and sleep.
- **Track your experience:** note dose, time, effect (ex: pain levels, sleep quality).

Balanced, low-dose options - approximately 2 mg THC paired with CBD, CBG, or CBC - may support daytime function, reduce anxiety, and produce more predictable effects.



## The 5 Senses: Sight

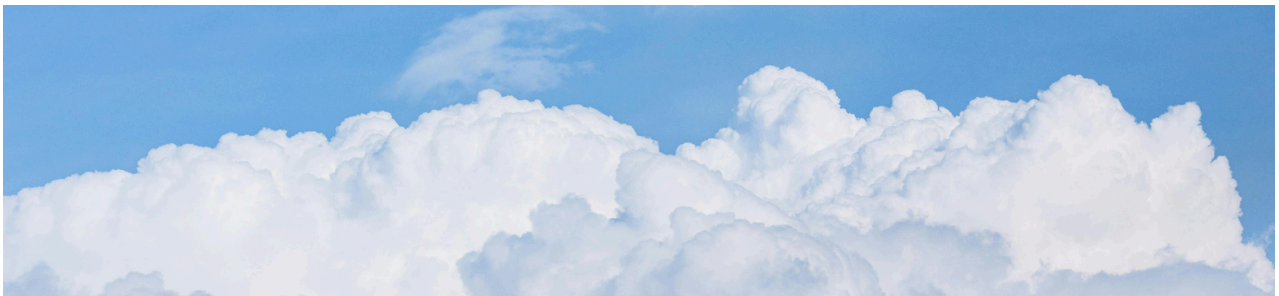
Visual input is one of the fastest ways to regulate the nervous system. Our eyes send continuous signals to the brain about safety or threat. For Veterans, whose nervous systems have been shaped by high-vigilance environments, this matters in ways that are deeply practical and grounded in neurology.

### What does science say?

- Nature (open sky, trees, water, horizon lines) is associated with reduced cortisol levels, lower heart rate and improved mood.
- Time spent in natural light supports circadian rhythm regulation and melatonin production, both of which directly affect sleep and endocannabinoid system health.
- Soft, panoramic visual attention (rather than focused, narrow gaze) activates the body's rest and digest functions.

(Ulrich et al., 1991; Bratman et al., 2015)

Learn more, including how cannabis alters visual perception at the next Wellness Wednesday, 12pm MST, April 8, 2026.



## Practice: Cloud Watching

Simple, free, and surprisingly effective.

Find a comfortable place outside (or near a window). Let your eyes soften - don't focus on a single point, but allowing the whole sky fill your visual field. Watch as the clouds gently morph and colours shift.

This practice is useful when feeling overstimulated, dissociated or disconnected. Your soft, open visual attention tells your brainstem that you are safe. It supports parasympathetic activation, interoceptive awareness and present moment focus - all of which support ECS and nervous system regulation.



## Policy Update: VAC Reimbursement Change

As of April 1, 2026, the Government of Canada has reduced the Veterans Affairs Canada (VAC) reimbursement rate for medical cannabis from \$8.50/g to \$6.00/g.

We know that policy changes can feel unsettling, particularly for Veterans who depend on consistent access to their medicine. Here is what this means in practical terms:

- Your authorized medical cannabis allotment remains unchanged
- Product quality will not be affected by this policy change
- You will not be required to cover any additional costs

Recover Cann continues monitoring this change and its real-world impact on our community.

Our priority continues to be ensuring Veterans have reliable access to their medication, along with clear, accurate information as this policy change takes effect. We encourage Veterans to reach out to their care team or VAC case manager if they have questions about their specific coverage.

You don't have to figure this out alone. We are here to support you.

*Thank you for reading!*



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