

The Endocannabinoid System and its Herbal Allies – September 23-24, 2023

Date and Time	Topic	Description	Location
Saturday, September 23 8:00-8:30	Breakfast		Breakfast Nook
8:30-9:00	Opening and Welcome		Classroom
9:00-10:00	History of Cannabis	This lecture will start with on the ancient history of <i>Cannabis spp.</i> It will then go into the USA history of the plant use and the legal issues surrounding its use in US history.	Classroom
10:00-10:30	Break		
10:30-12:00	Endocannabinoid System: Part I	The endocannabinoid system is the most vestigial endogenous system currently discovered in animals. It overarches all other systems, and influences wellbeing, the nervous system, the endocrine system, and more. It oversees protection	Classroom

The Endocannabinoid System and its Herbal Allies – September 23-24, 2023

		(autonomic nervous system), cognition, eating behavior, and rest.	
12:00-1:30	Lunch		
1:30-3:00	Endocannabinoid System: Part II	The endocannabinoid system is the most vestigial endogenous system currently discovered in animals. It overarches all other systems, and influences wellbeing, the nervous system, the endocrine system, and more. It oversees protection (autonomic nervous system), cognition, eating behavior, and rest.	Classroom
3:00-3:30	Break		
3:30-5:00	The Materia Medica of <i>Cannabis</i>	In this lecture, we will delve into the genus of <i>Cannabis</i> , and explain the species and varieties, the actions and indications, and the safety of the plant. We will also discuss hemp as a	Classroom

The Endocannabinoid System and its Herbal Allies – September 23-24, 2023

		legal form of <i>Cannabis spp.</i>	
Sunday, September 24 8:00-8:30	Breakfast		
8:30-10:30	Alternative Herbs with Cannabinoids: Part I	There are many other herbs with phytochemicals that bind to endocannabinoid receptors. In this lecture, we will discuss some of these herbs and how each herb affects the endocannabinoid system. We will include other sources of the essential oils that are in cannabis. There will be an organoleptic component to this lecture.	Classroom
10:30-11:00	Break		
11:00-1:00	Alternative Herbs with Cannabinoids: Part II	There are many other herbs with phytochemicals that bind to endocannabinoid receptors. In this lecture, we will discuss some of these herbs and how	Classroom

The Endocannabinoid System and its Herbal Allies – September 23-24, 2023

		each herb affects the endocannabinoid system. We will include other sources of the essential oils that are in cannabis. There will be an organoleptic component to this lecture.	
1:00-2:30	Lunch		
2:30-4:30	Medicine-Making with <i>Cannabis</i>	In this lab, we will be working with federally legal hemp to make products for our patients. It will include food precursors, oils and tinctures. We will also learn to decarboxylate, in order to activate certain phytochemicals.	Kitchen Classroom
4:30	Closing	Intentions	Kitchen Classroom