

EVERYTHING YOU NEED TO KNOW ABOUT CANNABIS TOPICALS

What are cannabis topicals? Topicals are lotions, balms, and oils that are infused with cannabis and absorbed through the skin. Topical cannabis products are frequently used locally to alleviate pain, inflammation, and soreness. Topicals are non-intoxicating due to their mechanism of action, making them appropriate for use anywhere, anytime. Topicals are a safe and efficient way to use cannabis without cerebral side effects.

This pamphlet contains information on different types of topical cannabis products, the products mechanism of action, and common ailments that typically warrant cannabis use.

**Medical Cannabis
is Changing the
Face of Clinical
Medicine.**

***We are the Leaders of
that Change***

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TOPICALS COMMONLY RECOMMENDED FOR:

- Arthritis
- Muscle Soreness
- Tension
- Inflammation
- Psoriasis
- Dermatitis
- General Itchiness/Irritation
- Cramping

Different combinations of terpenes and cannabinoids provide different benefits; speak to your physician about what best suits your needs.

Check out our blog and social media handles for more information on medical cannabis.

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Blog: cedfoundation.com

Instagram: [drbenjaminaplan](https://www.instagram.com/drbenjaminaplan)

Twitter: [@drcaplan](https://twitter.com/drcaplan)

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TYPES OF TOPICALS

Lotions, Balms, Oils, and Salves are all products infused with cannabinoids that are massaged into the skin for localized relief. These products do not produce the cerebral high associated with psychoactive cannabinoids and tend to feature terpenes, a range of chemicals

Transdermal Patches are products that allow a slow release of cannabinoids from a patch attached to the skin. The patches are able to pass psychoactive cannabinoids through to the blood stream in high enough concentrations, producing a high.

The table below described some of the benefits and limitations of topicals, as well as some popular products.

| Tool | Topical | |
|-------------|--|--|
| Styles | Lotions, Salves, Balms | Transdermal Patch |
| Benefits | Not Psychoactive | Discreet |
| | Popular for Localized Pain Relief, Muscle Soreness, Inflammation, Tension, Psoriasis | High THC Content will still Produce Psychoactive Effects |
| Mechanism | Apply to Skin | |
| Limitations | Relieves Localized Pain Only | Irritation, Possible Low Skin Penetration |

COMMONLY FEATURED IN TOPICALS

Cannabinoids

- CBD and THC are still the most frequently occurring cannabinoids in topicals but various topicals do include CBG, CBC, THCV, and a myriad of others with their own therapeutic value.

Terpenes

- Topicals, like most other cannabis products, also administer therapeutic benefits through terpenes, a cyclic molecule found in the essential oils of plants. Terpenes provide their own myriad of therapeutic benefits, depending on the terpene and which plant it was extracted from, but are generally anti-inflammatory and serve as antioxidants. Aromatic and flavorful, terpenes improve the scent and boost the benefit of any topical cannabis product.

MECHANISM OF ACTION

Topicals allows cannabinoids and terpenes to diffuse across the surface of the skin and act on cannabinoid 2 receptors (CB2). CB2 receptors are found throughout the body and are well known for their effect on the immune system, making them an ideal target for reducing inflammation.

As lotions, balms and salves do not allow cannabinoids to reach the blood stream they are only intended to treat localized pain. Transdermal patches allow cannabinoids to penetrate cardiovascular tissue making it possible for high doses of cannabinoids to circulate and effect cannabinoid 1 (CB1) receptors. Depending on how cannabinoids effect CB1 receptors they can produce a high. Take precautionary steps when trying transdermal patches for the first time.