



THE MAGIC OF MEDIBLES

WHAT ARE “MEDIBLES”?

- **MED~~icated~~ + EDIBLES= MEDIBLES**

WHY CHOOSE MEDIBLES?

- The wider the range of applications you can incorporate into your treatment regimen, the more comprehensively you will get the medicine into your system
- Chronic conditions benefit, in particular, though medibles are **extremely** beneficial when suffering from acute (sudden onset) symptoms to help speed up recovery

WHAT YOU'LL LEARN

- How to make an **Apple Cider Vinegar Tincture**
- How to **Vegetable Glycerin Tincture stovetop**
- How to **medicate Drinks**
- How to **medicate Peanut Butter**

VINEGAR TINCTURES

- I typically use Apple Cider Vinegar
- Try using the type vinegar **you** prefer
- Or... try comparing several!



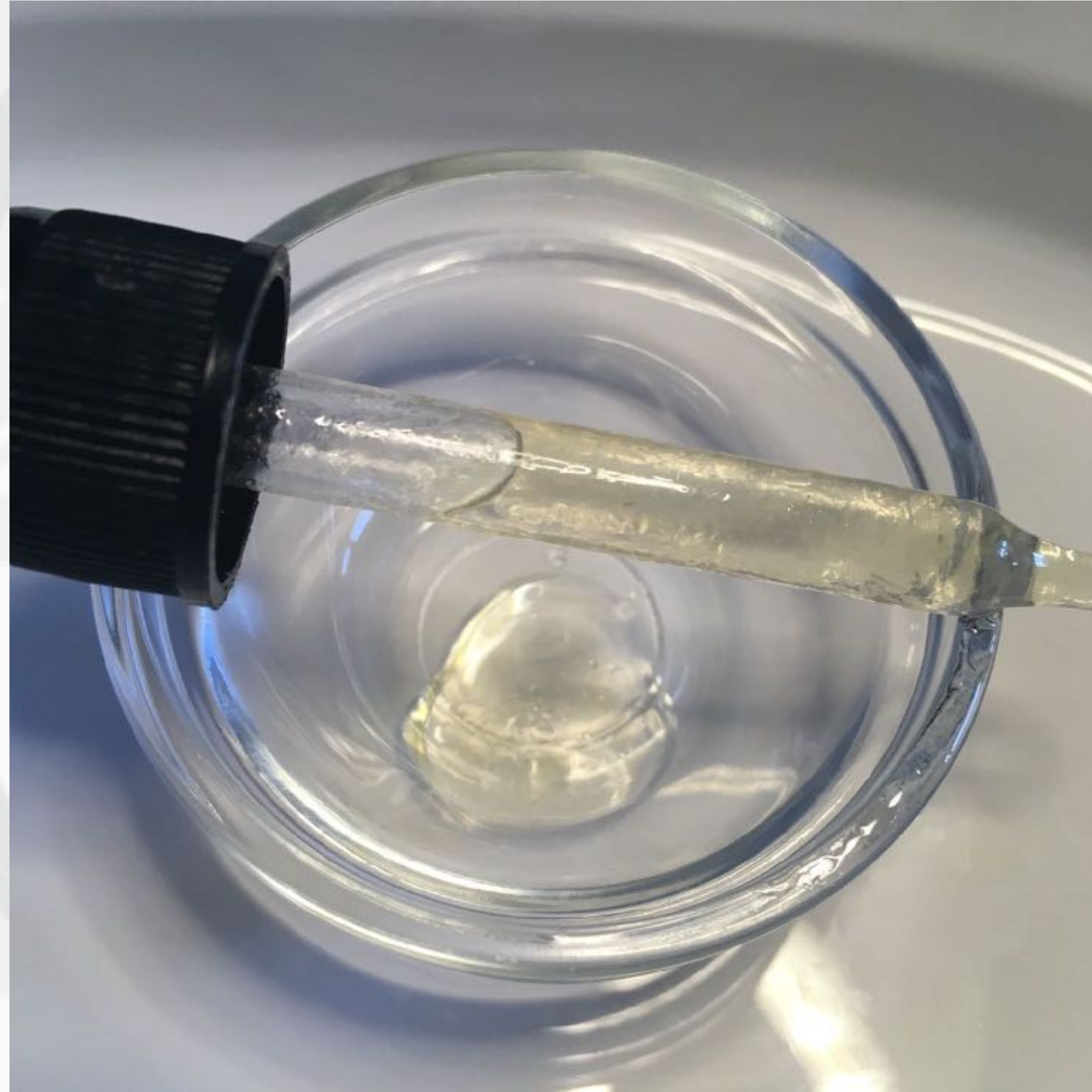
APPLE CIDER - WHITE - WHITE - SPECIALTY - RED
VINEGAR - BALSAMIC - WINE - SERRANO HONEY - WINE





MEDICATED VINEGAR

- Several uses both internally & externally
- Simplest & lowest cost medicament that I've found to make



APPLE CIDER VINEGAR TINCTURE

RECIPE BY



Mary V

Vinegar Tincture

INGREDIENTS

1 med bud
2-3 oz vinegar

DIRECTIONS

- Place 1 medium sized bud in a container with a lid
 - Either put in whole bud or break it apart with your fingers (do not grind to preserve medicine)
- Add 2-3 oz of your choice of vinegar

Use topically or internally

*Shake container several times daily to increase rate of extraction

** Make sure to rinse with water if using it sublingually to prevent recession on your gums from the acidity

*** be cautious with the acidity with internal & external applications

COOK TIME

1 hour -
Several months

SERVES

2-3 oz

RECIPE BY



Vebber

MEDICATED VEGETABLE GLYCERIN

- Many uses both internally & externally!
- Sunday, July 29, 2018 @ 3:00 PM- Anthony/
Ananda Higher Education & I will go over
topicals using v.g. tincture!
- The most diverse medicament that I have
found, followed closely by MCT oil



VEGETABLE GLYCERIN TINCTURE

{ Vegetable Glycerin Tincture }

INGREDIENTS

1 cup vegetable
Glycerin (USP)
1/8-1/4 oz of
cannabis

DIRECTIONS

- Add 1 cup vegetable glycerin (USP certified/food grade) to a saucepan on low-med heat with a lid (to preserve terpenes)
- Add 1/8-1/4 oz of cannabis bud - break up with your fingers to preserve medicine
- Whisk well to agitate, repeat every 45 minutes
- After 4-8 hours, strain with a fine mesh hand strainer
- Place strained tincture in a sterile container with a lid

Use topically or internally

*Store tincture in freezer (several years), refrigerator (several years), wine cabinet (several years), or cool/dark cabinet (1 year) - discard if any signs of contamination

COOK TIME

4-8 hours

SERVES

8 oz

RECIPE BY



Mary V

RECIPE BY



Vebber

MEDICATE DRINKS

- Excellent way to keep a constant stream of cannabinoids flowing through your system
- Enters your system faster than food
- Consider a low dose medicated drink 2x or 3x daily depending on your metabolism



MEDICATED SMOOTHIE W/FAN LEAVES

{ Medicated Drinks }

INGREDIENTS

2-5 drops v.g.
tincture

8 oz preferred
drink

COOKING TIME

As fast as you
can shake!

SERVES

8 oz

DIRECTIONS

- Add 2-5 drops of tincture to your preferred beverage
- Shake well or blend

RECIPE BY



Mary V

RECIPE BY



Velber

MEDICATED PEANUT BUTTER

- Incredibly quick edible to make to get it working through your digestive track!
- The liver metabolizes Delta 9-THC (tetrahydrocannabinol) into: “11-Hydroxy- Δ 9-tetrahydrocannabinol” - **or THC on jet fuel**
- This is why, in part, edibles can hit so hard
- Can take up to **2 hours** to hit your system - **don't flood it!!!**



MEDICATED BANANA PEANUT BUTTER

{ Medicated Peanut Butter }

INGREDIENTS

1-2 droppers of
v.g. tincture

Jar of favorite
peanut butter
(unless allergic)

DIRECTIONS

- Add 1-2 droppers of tincture to
your preferred jar of peanut
butter
- Stir well

* Large jar? Just mix tincture in the
upper portion & add more as you get
further down the jar

COOKING TIME

As fast as you
can shake!

SERVES

Up to you

RECIPE BY



Mary V

RECIPE BY

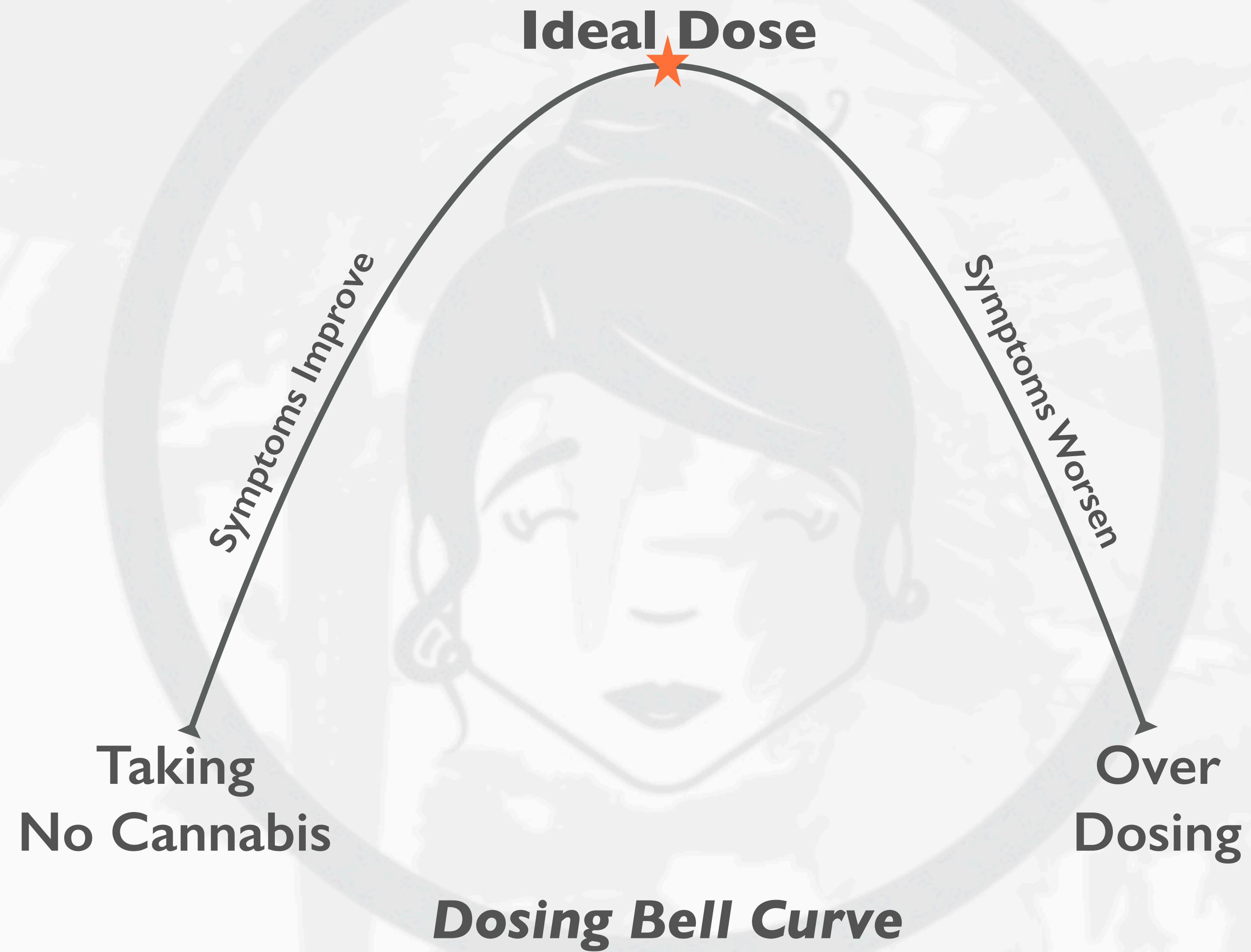


Velber

START LOW!

- Start off low & increase your dosage slowly to find **YOUR ideal dose**
- Too high of a dose(s) can actually make your symptoms **WORSE**
- Allow 2-3 days between dose increases
- Increasing dose with no benefits? Consider a product/strain change*.

****Don't waste time & \$\$\$ chasing desired effects***



SUGGESTED DOSE INCREASE RATE

- Take your starting dose (example: 2 drops) for 3 days
- Not noticing the effects you desire? Increase by 1/2 your original dose (example: 1 drop)
- Repeat until you find a dose that effectively treats your symptoms
- Taking a lot? Consider a strain change or adding a strain

IN CONCLUSION...

- Incorporating “medibles” into your daily regimen can prove extremely helpful with chronic conditions or to simply supplement your system.
- Incorporate a variety of applications so you can have a broader variety of ways the medicine reaches your system.
- **Start Low** for most effective results- it’s harder to reduce your dose...

Visit after Monday, July 30 @ 12 PM for a .pdf download of both presentations:
marymedibles.com/presentations

Ask about THE program **“Medicating with Mary”** to receive support along your journey with medicinal cannabis

-OR-

Visit marymedibles.com/schedule to reserve time for your online consultation!

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