



# **THE MAGIC OF TOPICALS**

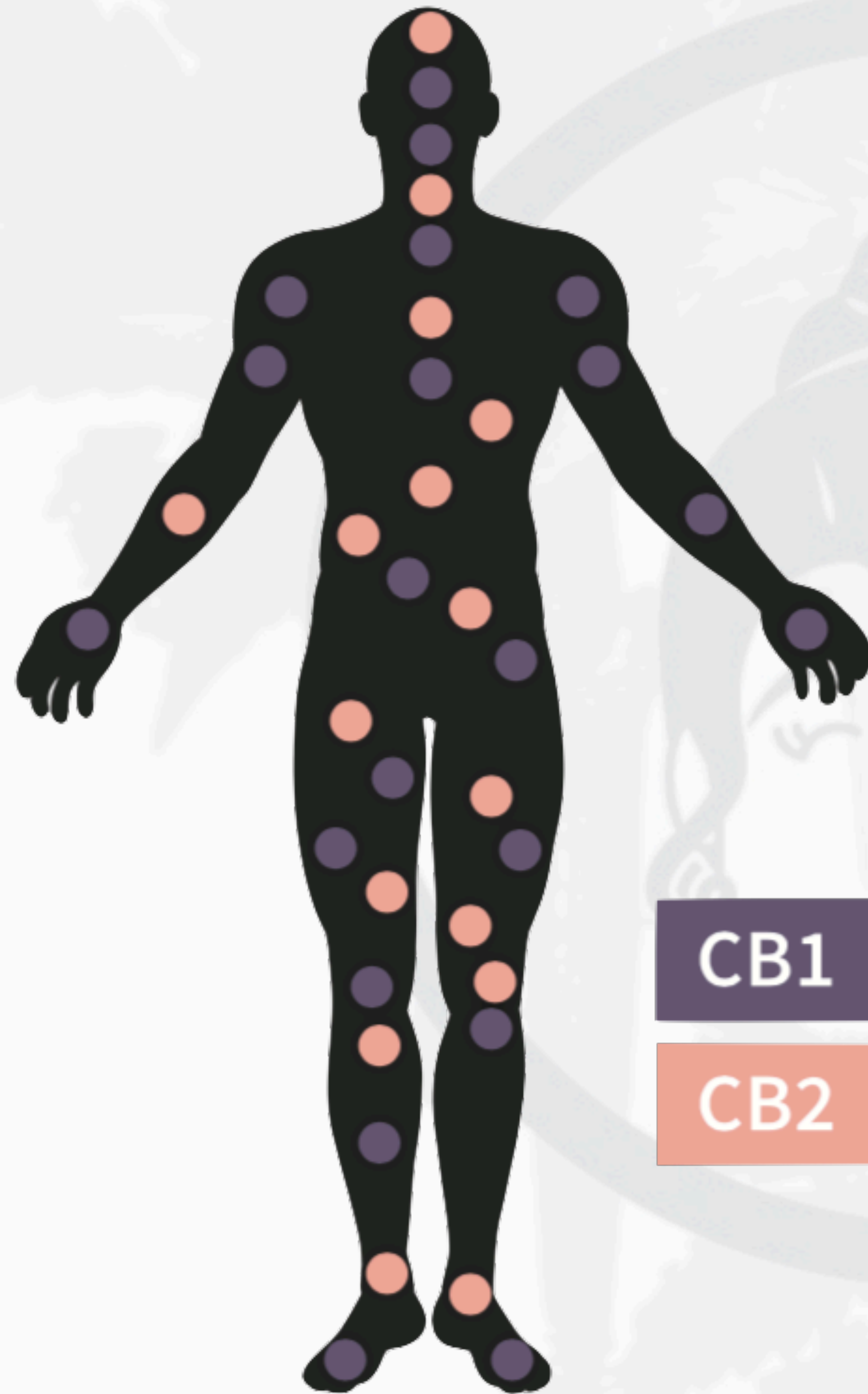
# WHAT ARE “TOPICALS”?

- “Most often **topical** administration means application to body surfaces such as the **skin** or mucous membranes to treat ailments via a large range of classes including **creams**, foams, gels, lotions, and **ointments**.” – WIKIPEDIA
- Standardized term...

# WHY CHOOSE TOPICALS?

- *Even more* cannabinoid receptors in our skin that respond to all major cannabinoids - making it an excellent delivery system
- Both acute (sudden onset) & chronic conditions benefit greatly from topicals





**CB1**

responds to THC

**CB2**

responds to CBN  
decarboxylated, or heated up, form of THC

**TRP Channel System** - as it relates to the dermis/skin  
TRP (transient receptor potential) Channel Cannabinoid Receptors are also in every cell in our body, today we will focus on the TRP system as it relates to the skin

Multiple TRP variants- most notably: TRPV1 binds directly to CBD

Research is showing that along with our CB receptors the TRP channel system is proving extremely effective in “initiation of pain, temperature, and itch perception, the maintenance of epidermal homeostasis, the regulation of hair follicles and sebaceous glands, and the modulation of dermatitis.” Essentially, our skin is an all-encompassing sponge with a concentrated network of rivers inside transporting the cannabinoids that our own body produces.

# WHAT YOU'LL LEARN

- **How to Medicate a Bottle of Lotion**
- **How to make a Medicated Spritz**
- **How to make a Medicated Salve**



**Medicament used:**



**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



# Healing example



Lacerations: 09/24/16 @ 5:33 p.m.  
Post CBD tincture: 09/25/16 @ 7:01 a.m.

**VEGETABLE GLYCERIN TINCTURE**



# MEDICATED LOTION

- Excellent application for chronic & acute (sudden onset) conditions as it's easy to apply
- Consider making lotion from scratch if you suffer from a skin condition (to avoid chemicals used in mass production)
- Pick up a bottle from the pharmacy for a quick medicament





**MEDICATED LOTION**



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# { Medicated Lotion }

## INGREDIENTS

10oz bottle of  
lotion  
30ml vg  
tincture

## DIRECTIONS

- Place 1 10oz bottle of lotion in the microwave for 30 seconds or in a water bath in a double boiler
  - Add 15 seconds for the microwave until runny
- Add 30oz of veg. glycerin
- Shake well to combine

Use topically as needed

\*heating it up for too long can cause the lotion to split &/or melt the plastic bottle

## COOK TIME

5 minutes

## SERVES

10 oz

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# MEDICATED BODY SPRITZ

- Hydrating & refreshing after a shower, long day, or when symptoms are acting up
- Great for a quick application





**MEDICATED SPRITZ**



RECIPE BY



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## Medicated Spritz

### INGREDIENTS

1 oz distilled  
water  
3ml vg tincture  
4 drops  
essential oil

### COOK TIME

10 minutes

### SERVES

1 oz

### DIRECTIONS

- Fill a 1 oz spritz bottle with distilled water, 3ml vg tincture, 4 drops essential oil
- Shake well to combine

Use topically as needed

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# CBD OLIVE OIL SALVE RECIPE

- A recipe from **Ananda Higher Education** to make a medicated salve **without** needing to medicate your own oil





**CBD INFUSED SALVE**



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## { CBD Olive Oil Salve }

### INGREDIENTS

1/2 cup CBD  
infused olive oil  
from Big Horn  
Olive Oil Co.  
(or any other  
liquid oil)  
1/4 cup coconut  
oil  
1/4 cup  
beeswax  
1 teaspoon  
Vitamin E oil  
2 tablespoon  
Cocoa Butter  
(or Shea  
Butter)

### COOKING TIME

30 minutes

### SERVES

9 oz

### DIRECTIONS

- Combine CBD olive oil, coconut oil, beeswax, and cocoa butter in a small saucepan
- Heat over med-low heat, stir occasionally to incorporate
- Once all ingredients are melted, add vitamin E
- Pour into sterile, labeled container(s)

\*Apply topically to effected area as often as needed.

RECIPES BY



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# **IN CONCLUSION...**

- **Incorporating topicals into your daily regimen can prove extremely helpful with chronic or acute (sudden onset) 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.**



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