

**ANTECEDENTS**

Patients with illnesses that involve the endocannabinoid system may have clinical deficiencies

Patients can also have clinical endocannabinoid deficiency due to SNPs

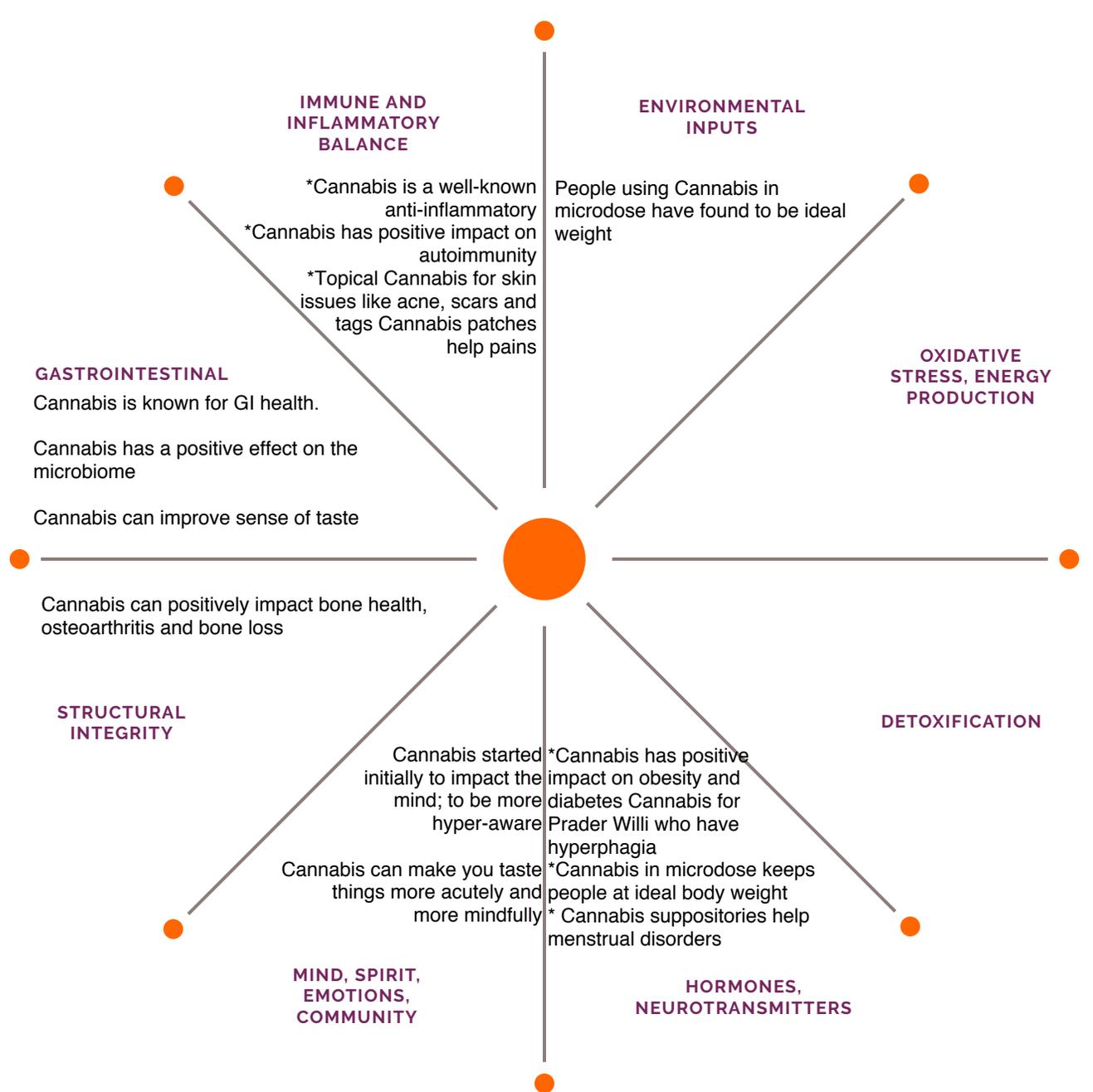
Those with co-morbidities of Crohn's, migraines and fibromyalgia have a clinical endocannabinoid deficiency

**TRIGGERING EVENTS**

Clinical endocannabinoid deficiency can be a predisposition for Crohn's, migraines and fibromyalgia

**MEDIATORS**

Positive lifestyle factors to trigger Endocannabinoids-  
 + high quality anti-inflammatory food plan  
 + meditation  
 + good sex with orgasm  
 + exercise  
 + cannabis for many inflammatory disease  
 -Diabetes and obesity  
 + microdoses of Cannabis through vaping, vaping pens, edibles like high quality chocolate, suppositories



**SLEEP/RELAXATION**

Cannabis helps in relaxation of the mind

**EXERCISE/MOVEMENT**

Exercise can help with endocannabinoid system

**NUTRITION/HYDRATION**

Eat an anti inflammatory food plan to support endocannabinoid system  
 Microdosing Cannabis

**STRESS/RESILIENCE**

People with low endocannabinoids are tightly wound and get easily stressed out  
 Include meditation to support endocannabinoid system

**RELATIONSHIPS/NETWORKS**

Good sex with orgasm supports endocannabinoid system