

*The Weed **Doula***

Cannabis Dosing Guide

Understanding microdosing, therapeutic ranges, and how to find your
optimal dose

The Most Important Question

HOW MUCH SHOULD I TAKE?

There is no universal answer. Cannabis affects everyone differently based on factors like body chemistry, metabolism, prior experience, consumption method, and even what you ate that day. What works for your friend might be too much or too little for you.

That's why understanding dosing *ranges* — and learning how to listen to your own experience — is more valuable than following someone else's routine.

This guide provides a framework for making informed decisions about cannabis dosing. Whether you're brand new to cannabis or looking to refine your approach, these principles will help you move from guessing to choosing with intention.

The Golden Rule

Start low. Go slow. Give it time.

This is especially true for edibles, which can take 45 minutes to 2 hours to take effect. Wait at least 2 hours before taking more. You can always take more — you cannot take less.

THC Dosing Ranges

A FRAMEWORK FOR FINDING YOUR DOSE

Microdose	1–2.5mg THC Subtle effects. Increased focus, reduced anxiety, mild pain relief. Good for beginners, daytime use, or maintaining functionality while managing symptoms.
Low Dose	2.5–5mg THC Mild euphoria, stress relief, enhanced creativity. Noticeable but manageable effects. Common starting point for edibles.
Standard Dose	5–15mg THC Clear psychoactive effects. Relaxation, pain relief, sleep support. May impair coordination and perception. Not recommended for first-time users.
High Dose	15–30mg THC Strong psychoactive effects. Typically used for chronic pain, nausea, or sleep disorders. Experienced users only.
Very High Dose	30mg+ THC Intense effects. Risk of extreme discomfort, anxiety, or impairment. Reserved for patients with high tolerance or severe medical conditions under guidance.

Note: These ranges apply to edibles. Smoking or vaping flower provides different experiences because THC enters your bloodstream faster and metabolizes differently.

CBD Dosing

NON-INTOXICATING RELIEF

CBD (cannabidiol) is non-intoxicating, meaning it won't get you high. It's commonly used for anxiety, inflammation, pain, and sleep without psychoactive effects.

Low Dose

5–15mg CBD

Mild anxiety relief, general wellness. Good starting point.

Standard Dose

15–30mg CBD

Moderate symptom management. Common for daily anxiety, inflammation, or sleep support.

High Dose

30–60mg+ CBD

Chronic pain, severe anxiety, neurological conditions. Higher doses generally well-tolerated with minimal side effects.

CBD:THC Ratios

Many products combine CBD and THC. Common ratios:

20:1 or 18:1 CBD:THC — Minimal psychoactivity, maximum anti-inflammatory benefits

8:1 or 4:1 CBD:THC — Mild relaxation with reduced anxiety from THC

1:1 CBD:THC — Balanced effects, CBD moderates THC intensity

1:2 or 1:3 CBD:THC — More psychoactive, CBD softens the edge

Consumption Methods

HOW YOU CONSUME AFFECTS YOUR DOSE

Different consumption methods deliver THC and CBD differently — affecting onset time, duration, and intensity.

Smoking/Vaping

Onset: 2–10 minutes

Peak: 30 minutes

Duration: 2–4 hours

Notes: Fast-acting. Easier to control dose. Effects wear off relatively quickly. Harsh on lungs.

Edibles

Onset: 45 min – 2 hours (traditional)
15–30 min (nano-emulsified)

Peak: 2–4 hours

Duration: 4–8+ hours

Notes: Metabolized through liver. Stronger, longer-lasting effects. *Nano-emulsification technology speeds onset time significantly — sometimes less than 15 minutes depending on metabolism.* Start with 2.5–5mg. Wait 2 hours before taking more (or 30–45 min for nano products).

Tinctures

Onset: 15–45 minutes (sublingual)

Peak: 1–2 hours

Duration: 4–6 hours

Notes: Discreet. Easy to measure. Hold under tongue for faster absorption. Can also swallow.

Topicals

Onset: 15–30 minutes

Peak: 1–2 hours

Duration: 2–4 hours

Notes: Localized relief. No psychoactive effects. Good for pain, inflammation, skin conditions.

Tolerance & Other Factors

WHY YOUR EXPERIENCE MAY VARY

Tolerance Buildup: Regular cannabis use leads to tolerance, meaning you need more to achieve the same effects. If you notice diminishing returns:

- **Take a tolerance break** — 48 hours to 2 weeks can reset your system
- **Switch consumption methods** — alternating between methods can help
- **Try different strains or ratios** — vary your cannabinoid and terpene intake
- **Lower your dose intentionally** — sometimes less is more

Factors That Affect Your Experience

Body Weight & Metabolism: Faster metabolism = shorter duration. Higher body weight may require slightly higher doses.

Food Intake: Edibles on an empty stomach hit faster and harder. Fatty foods can enhance absorption.

Tolerance Level: Regular users need higher doses than occasional users.

Product Quality: Lab-tested products ensure accurate dosing. Homemade edibles can be inconsistent.

Set & Setting: Your mindset and environment significantly affect your experience.

Final Reminder: Cannabis is not one-size-fits-all. What works for someone else may not work for you — and that's okay. The goal is to find *your* optimal dose through patient experimentation, starting low and adjusting gradually.

Always, June

Need Personalized Dosing Guidance?

Book a Discovery Session and we'll create a personalized dosing plan based on your goals, experience level, tolerance, and the specific products available to you.

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