

*Easy
Mountain*

HERE TO LEND A HAND



MEDICAL MARIJUANA PATIENT INFORMATION





HOWDY, NEIGHBOR!

Located in the heart of the Ozarks, we exist to educate and support our communities through the power of cannabis. We believe in being good neighbors, treating folks with respect, lending a hand where we can, and having a good time while we're at it.

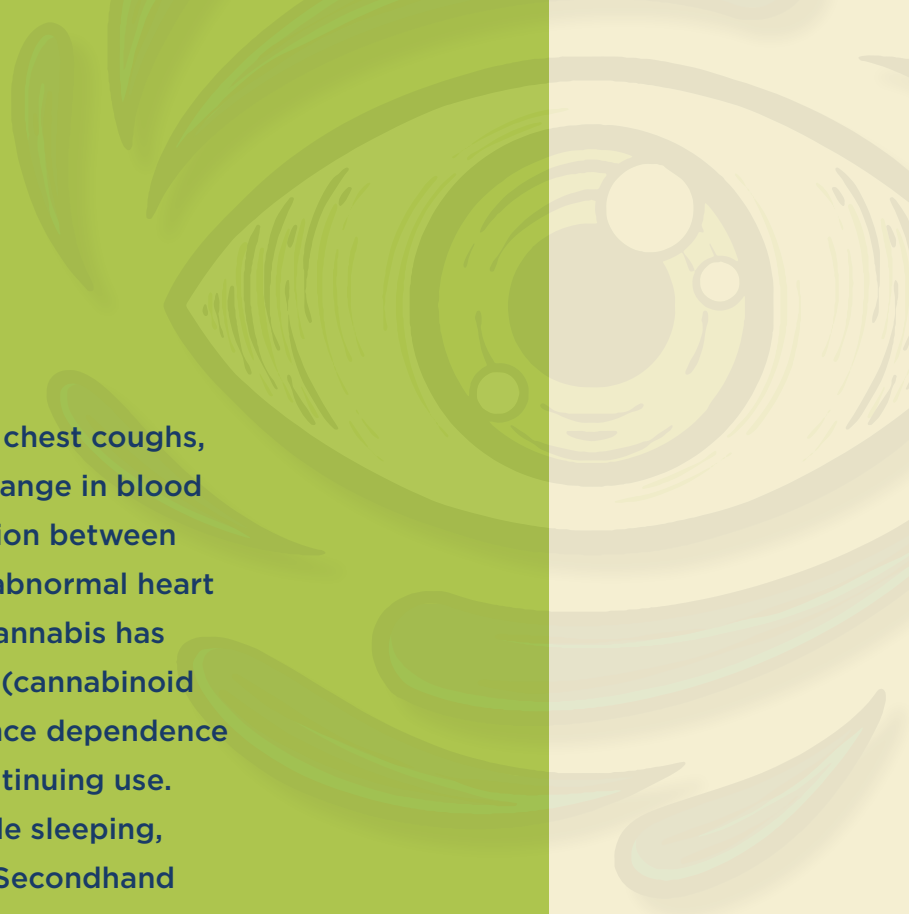
Our focus on providing the best Missouri medical marijuana products paired with one-to-one customer service ensures every single one of our customers feels comfortable, respected, and cared for. With a long-standing generational history here in the Ozarks, we pay homage to the history, culture, and people of our land in everything we do. From sourcing the best Missouri-only produced cannabis products to our focus on promoting local artists to the community gatherings in our own dispensary's backyard, embodying the spirit of our home is the only way we see fit to do business. We're glad to be neighbors with you.



RISKS OF USING CANNABIS

First-time users of cannabis may have some concerns about their experience and the potential side effects of consuming medical marijuana. We will do our very best to advise you on proper dosing and consumption methods to ensure you leave Easy Mountain confident, but should you experience adverse effects, here are a few examples of what you may experience.

- Feeling off-balance or physically impaired.
- Sleepiness or drowsiness, prolonged sleep.
- Coughing and dry mouth (most commonly associated with smoking and vaping).
- Mental over stimulation, paranoia, irrational thought, and increased heart rate.
- Increased appetite (the “munchies”).
- Women who are or may become pregnant or are breastfeeding should avoid using marijuana as it may cause pregnancy complications, harm your baby’s development, and result in a lower birth weight

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More severe reactions can include sore throat and deep chest coughs, wheezing, chest congestion, impaired breathing, and change in blood pressure. Some studies indicate there may be a correlation between cannabis use and an increase in risk for heart attack or abnormal heart rhythm. Regularly consuming very large quantities of cannabis has been shown to increase the chances of developing CHS (cannabinoid hyperemesis syndrome). Some individuals may experience dependence which could result in withdrawal symptoms upon discontinuing use. Withdrawal can cause headache, lack of appetite, trouble sleeping, shaking and cold sweats, nervousness, and depression. Secondhand smoke from marijuana can have psychoactive effects, and should be avoided for all children

It is advised to take caution when using cannabis in conjunction with prescription medication, heart conditions or heart disease, diabetes, certain allergies, multiple sclerosis, schizophrenia, stroke, weak immune system, or other medical conditions or treatments. The combined use of cannabis and some sedative medications may cause prolonged sleepiness. Do not take with Warfarin unless consulted and approved by your doctor and Warfarin provider.



WHAT ARE MY OPTIONS FOR USING MEDICAL MARIJUANA? DO I HAVE TO SMOKE?

Traditionally, cannabis was consumed almost strictly through the combustion and inhalation of the dried flower. Today—through the persistent effort of cannabis professionals and enthusiasts—we can offer a wide range of consumption methods.

SMOKING

Smoking is the most rapid delivery system our bodies provide to get medicine into our bloodstream and begin working, occurring sometimes instantly, and sometimes within minutes of consumption.

- **Smoking:** using a smoking device such as a pipe, water pipe or bong, or joints and wraps; applying heat, and inhaling the smoke into your lungs.
- **Vaping:** using devices such as vape pens/dab pens; using cartridges and concentrates; oil rigs, both conventional and electronic; and desktop vaporizers such as The Volcano.

TOPICALS

Topicals are applied to the skin and are typically used to bring relief to joint and muscle pain and various other skin ailments and conditions. These salves and oils are often infused with various other homeopathic ingredients to more specifically benefit the user. Delivery time for effect is 3-30 minutes.

EDIBLES

Do not be too eager when trying edibles for the first time, make sure you know your dosage. Do not increase your dose until at least 2 hours after consuming your first dose.

Consuming cannabis orally takes many forms in today's medical market. Edibles include everything from pills, snacks such as various candies, and beverages. This method relies on digestion and can take between 45 minutes and 2 hours to take full effect.

SUBLINGUALS OR TINCTURES

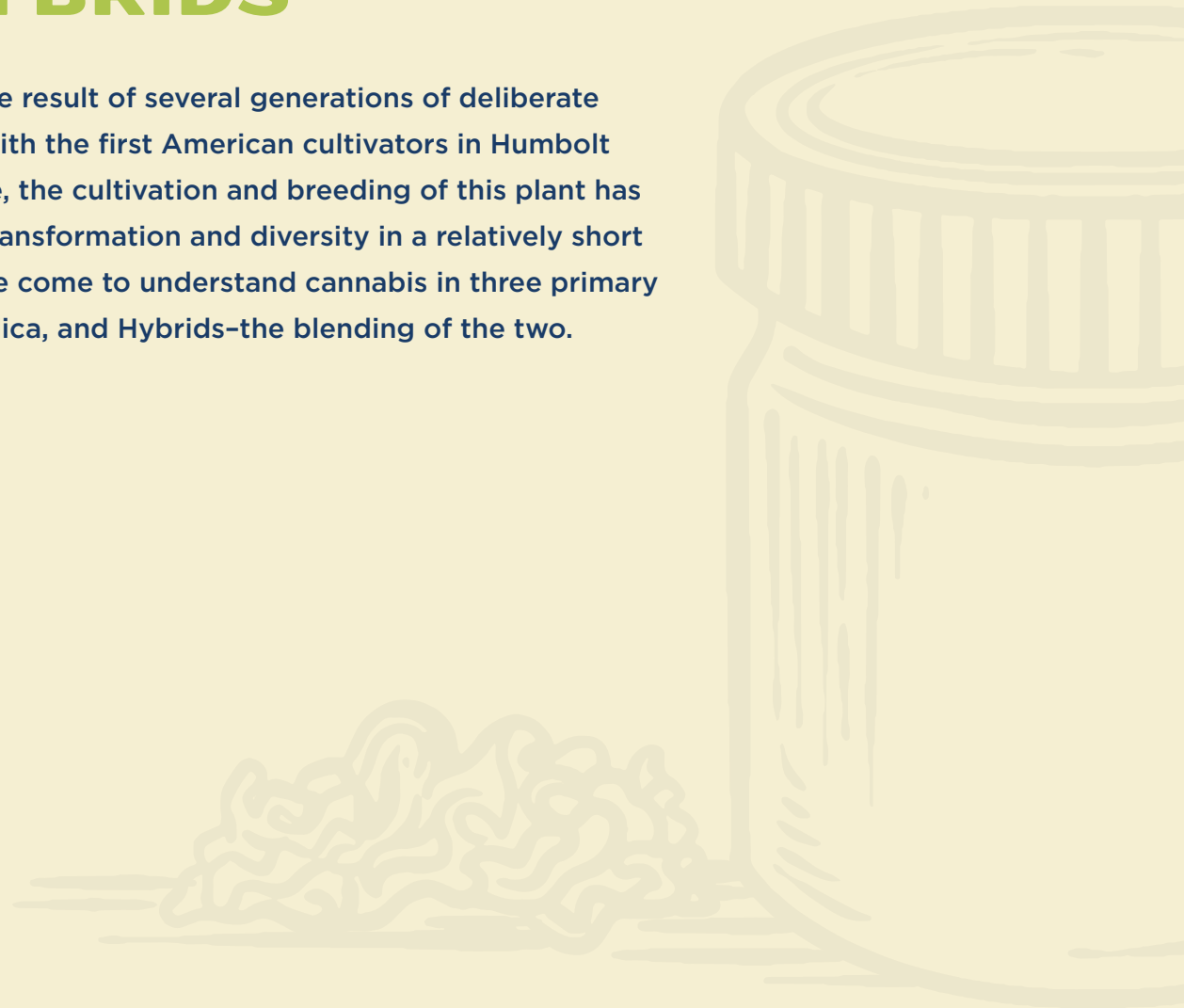
Sublinguals or tinctures are a lot like edibles in that they are consumed orally, but do not rely on digestion for delivery. Instead, sublingual cannabis is transferred through the lining of the mouth. It is recommended that they be placed under the tongue, hence the name.

Sublinguals are a simple and effective method, ideal for measuring your dosage and getting the precise relief desired for any given moment.



SATIVA, INDICA, AND HYBRIDS

Today's cannabis is the result of several generations of deliberate cultivation. Starting with the first American cultivators in Humboldt County and elsewhere, the cultivation and breeding of this plant has caused tremendous transformation and diversity in a relatively short amount of time. We've come to understand cannabis in three primary categories: Sativa, Indica, and Hybrids—the blending of the two.





CANNABIS INDICA

Generally believed to derive from the Asian sub-continent, Indica is most commonly associated with producing a relaxing and calming result. An easy trick to remember this is, In-di-ca = In-da-couch.



CANNABIS SATIVA

Originates most likely from South and Central America, Sativa is the “upper” strain. Celebrated by campers and hikers, or daily users with busy lifestyles, Sativa strains are well paired with a long to-do list.



HYBRID STRAINS

By combining different strains in different ratios, cultivators can selectively breed strains specifically cultivated to address certain needs. These efforts are met with varying degrees of success, but there have certainly been many successful attempts.



BE CAREFUL AND CONSIDERATE

Although there have been tremendous strides to legalize cannabis and make it available to the people of Missouri (and many other states) there are still laws to consider and keep in mind. It is still illegal for any individual to consume medical marijuana in public.

A 'Public Place' is defined as any public or private property, or portion of public or private property, that is open to the general public, including but not limited to sidewalks, streets, bridges, parks, schools, and businesses.



LOCAL RESOURCES FOR RECOVERY FROM ADDICTION

At Easy Mountain, our first priority is the health and well-being of our community. If you are struggling with addiction, here are some resources available to help heal those wounds we can't see.

- Substance Abuse and Mental Health Services Administration, 1-800-662-HELP (4357)
- Cox Health Center for Addiction, 417-269-2273
- Mercy Addiction Recovery Center, 417-820-2990
- Division of Cannabis Regulation
 - Toll-Free Access Line: 866-219-0165
 - <https://health.mo.gov/safety/cannabis>



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CANNABIS COMPANY

WARNING: Vaping cannabis-derived products containing THC has been associated with cases of severe lung injury, leading to difficulty breathing, hospitalization, and even death.

Poison Control: 1-800-222-1222 or 1-800-366-8888, 1423 N Jefferson, Springfield, MO. Cannabis poisoning/overdose requires immediate medical attention, especially if experiencing chest pain, panic attacks, loss of contact with reality, or seizures.

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