**Title**

The Human Endocannabinoid System and How to Prescribe Medicinal Cannabis

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**Background**

When a healthy mother breastfeeds her child, she expresses a cannabinoid called 2-AG.

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Why is this? Because our bodies own cannabinoids regulate our physical and mental health, bone growth, healing, digestion, pain modulation and more.

Endocannabinoids are essential messengers of health regulation. If we don't make enough of them, we get sick. So we should understand and support our ECS.

The use of medicinal cannabis is on the rise worldwide. Evidence for use for a variety of symptoms and conditions is mounting. The US Governments Department of Health has a patent for cannabinoids as neuroprotectants, and specifically mentions **non-psychoactive Cannabidiol** (CBD) as an excellent therapeutic agent.

Around 10% of the population will use cannabis each year, with half stating it is for medicinal use. Both these populations deserve the understanding of their clinicians, and harm minimization at very least.

Understanding the ECS is key to understanding some disease processes and states, and also to involvement with medicinal cannabis users or **medicinal cannabis prescribing**.

**Aims**

To educate doctors and health professionals on the ECS and medicinal cannabis prescribing.

**Method**

Oral presentation.

**Results**

Well received at all previous conferences and teachings. There is in general a current distinct lack of knowledge by doctors of the ECS and medicinal cannabis prescribing.

**Conclusion**

I welcome conference attendees to up skill their knowledge and learn how to prescribe medicinal cannabis.