

The Endocannabinoid System and its Herbal Allies – April 25-26, 2026

Date and Time	Topic	Description	Location
Saturday, April 25 8:00-8:30	Breakfast		Breakfast Nook
8:30-9:00	Opening and Welcome		Classroom
9:00-10:00	History of Cannabis	This lecture will start with on the ancient history of <i>Cannabis spp.</i> It will then go into the USA history of the plant use and the legal issues surrounding its use in US history.	Classroom
10:00-10:30	Break		
10:30-12:00	Endocannabinoid System	The endocannabinoid system is the most vestigial endogenous system currently discovered in animals. It overarches all other systems, and influences wellbeing, the nervous system, the endocrine system, and more. It oversees protection (autonomic nervous system), cognition, eating behavior, and rest.	Classroom
12:00-1:30	Lunch		

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1:30-3:00	The Materia Medica of <i>Cannabis</i> : Part I	In this lecture, we will delve into the genus of <i>Cannabis</i> , and explain the species and varieties, the actions and indications, and the safety of the plant. We will also discuss hemp as a legal form of <i>Cannabis spp.</i>	Classroom
3:00-3:30	Break		
3:30-5:30	The Materia Medica of <i>Cannabis</i> : Part II	In this lecture, we will delve into the genus of <i>Cannabis</i> , and explain the species and varieties, the actions and indications, and the safety of the plant. We will also discuss hemp as a legal form of <i>Cannabis spp.</i>	Classroom
Sunday, April 26 8:00-8:30	Breakfast		
8:30-10:00	Alternative Herbs with Cannabinoids: Part I	There are many other herbs with phytochemicals that bind to endocannabinoid receptors. In this lecture, we will discuss some of these herbs and how each herb affects the endocannabinoid system. We will include other sources of the essential oils that are in cannabis. There will be an organoleptic component to this lecture.	Classroom
10:00-10:30	Break		

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10:30-12:00	Alternative Herbs with Cannabinoids: Part II	There are many other herbs with phytochemicals that bind to endocannabinoid receptors. In this lecture, we will discuss some of these herbs and how each herb affects the endocannabinoid system. We will include other sources of the essential oils that are in cannabis. There will be an organoleptic component to this lecture.	Classroom
12:00-1:30	Lunch		
1:30-4:00	Medicine-Making with <i>Cannabis</i>	<p>In this lab, we will be working with federally legal hemp to make products for our patients. It will include food precursors, oils and tinctures. We will also learn to decarboxylate, in order to activate certain phytochemicals.</p> <p>While medicine is being prepared, there will be a video presentation.</p>	Kitchen Classroom
4:00	Closing	Final Questions and Comments	Kitchen Classroom