



DATE \_\_\_\_\_

# DO YOU HAVE A *Endocannabinoid Deficiency?*

The Endocannabinoid System (ECS) is responsible for maintaining homeostasis (balance) in the body. A deficiency in cannabinoid levels may be the underlying cause of numerous conditions that could be alleviated by cannabis. Cannabinoids found in cannabis interact with the ECS and will either up-regulate or down-regulate a variety of physiological and cognitive processes including pain, mood, appetite and sleep.

## MARK EACH THAT APPIES TO YOU WITH A VALUE OF 1:

- |  |   |
|--|---|
| <input type="checkbox"/> Diagnosed with Fibromyalgia     | <input type="checkbox"/> OCD tendencies                                   |
| <input type="checkbox"/> Experiences frequent migraines  | <input type="checkbox"/> Experiences Depression                           |
| <input type="checkbox"/> Experiences insomnia frequently | <input type="checkbox"/> Suffers from Dementia                            |
| <input type="checkbox"/> Trouble falling/staying asleep  | <input type="checkbox"/> Suffers from hormonal imbalances                 |
| <input type="checkbox"/> Suffers from chronic fatigue    | <input type="checkbox"/> Irregular energy levels                          |
| <input type="checkbox"/> Suffers from frequent anxiety   | <input type="checkbox"/> Suffers from IBS                                 |
| <input type="checkbox"/> Experiences Muscle Tremors      | <input type="checkbox"/> Does not handle medications/drugs well           |
| <input type="checkbox"/> Experiences Muscle Spasms       | <input type="checkbox"/> Suffers from daily pain                          |
| <input type="checkbox"/> Frequent body aches             | <input type="checkbox"/> Chronic inflammation                             |
| <input type="checkbox"/> Weakened Immunity               | <input type="checkbox"/> Suffers from difficult to treat skin condition/s |
| <input type="checkbox"/> Suffers from Seizures/Epilepsy  |   |
| <input type="checkbox"/> Irregular appetite              | <b>TOTAL SCORE:</b> _____   |
| <input type="checkbox"/> Frequent brain fog              |   |

## BODIES STATE OF ENDOCANNABINOID DEFICIENCY:

- 0 Score = Balanced ECS
- 1 - 5 Score = Slight Deficiency
- 6 - 10 = Moderate Deficiency
- 11 - 15 = Severe Deficiency
- 15+ = Extreme Deficiency

Have a deficiency? Your body might not be manufacturing enough cannabinoids. Supplementing with plant cannabinoids can help the ECS function optimally.

Disclaimer: This quiz is not intended to diagnose. Please consult a doctor or medical professional.

