

# Find Your “Just Right” Dose

This information refers to oral plant-based treatments only, including edibles, tincture oils, or sublingual forms. Find other helpful guides and information at [KindlyMD.com/guides](https://www.kindlymd.com/guides).



KindlyMD™

“Just right” dosing is the single most important factor in treating any condition with “herbal medicine.” We designed this simple guide to help patients learn how to find the maximum benefit at the lowest dose.

Every person responds differently to plant-based treatment. Additionally, oral, inhaled, and sublingual methods each come with different onsets and durations. Experimentation can be helpful. Sometimes a lower dose can give better relief, while other times the opposite is true. Take your time, I promise it’s worth it.

-Tim Pickett PA-C, Founder

## 5-Day Introduction

**DAY 1**     **1-3mg**  
Begin to feel the effects of “herbal medicine.” Listen to your body.

---

**DAY 2**     **2-5mg**  
If you felt nothing on Day 1, increase dose by 50%. If you felt effects, use the same dose.

---

**DAY 3**     **3-10mg**  
Increase sensitivity. If you needed 2 or more doses on Day 2, increase your dose by 50%.

---

**DAY 4**     **3-10mg**  
Increase understanding. If you needed 2 or more doses on Day 3, increase your dose by 50%.

---

**DAYS 5+**     **Your “just right” dose.**  
Build confidence and feel better.

### How do I know when I find my dose?

- You feel enough symptom relief that you are no longer limited by the condition.
- You feel better within 60-75 minutes.

## Dosing Notes:



Start dosing early enough in the day to feel effects without sleeping through your therapy, but late enough to not ruin your day if you over medicate. We recommend around 3:00 pm. Keep a trusted friend or family member nearby while you discover how you react to plant-based treatment.

At each dose, be mindful of how you feel using a scale of 1, 2, or 3 (1 = bad, 3 = good). Recording how you feel before, during, and after your dose is very important for long-term success.

We recommend keeping a journal.

- **Breath:** How relaxed is your breathing?
- **Body:** Are you aware of pain or discomfort?
- **Mood:** Are you content?

After 60-90 minutes, if you feel NO effect, try eating a healthy snack, wait 30 minutes, take 1 additional dose, and rate your response again.

Limit yourself to 1-3 doses per session, up to 3 sessions per day, following your provider's recommendation.

Increase the dose by 1-5mg as you find what works and as your tolerance increases. Many patients find 10-20mg to be just right.

If you take an oral dose and feel better within 30 minutes, it means you've exceeded your "just right" dose. Don't worry, it's an important part of the learning process. This is your new maximum "herbal medicine" dose.



## Prevent negative side effects.

Patients using correct dosing tend to be more clear-headed, less agitated, and have more energy to get through the day. Overuse can cause the opposite.



## CBD is your friend.

"Herbal medicine" can cause anxiety and a feeling of being too high. 10-50mg of CBD twice daily may help.

“Herbal medicine” is an intoxicating substance at moderate-to-high doses – treat with caution.

**SIDE EFFECTS ARE COMMON.**

Commonly reported side effects include dizziness, sleepiness, increased anxiety, dry mouth, dry eyes, poor balance, short-term memory issues, and reduced motor skills.