

AUGUST MONTHLY NEWSLETTER

2026

Many people associate cannabis with "the munchies," but appetite regulation is much more complex. Depending on the cannabinoid, dose, and patient, medical cannabis may increase appetite, reduce nausea, or have little effect at all. This month, we explore what the evidence really shows.

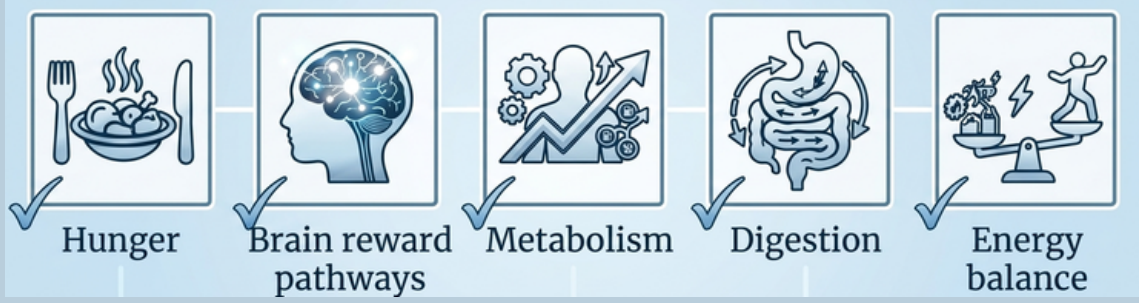


Understanding Appetite & the Endocannabinoid System



Meet Your Metabolic Master Regulator.

The Endocannabinoid System (ECS) helps the brain, digestive tract, and other organs communicate to regulate appetite, metabolism, and energy balance.

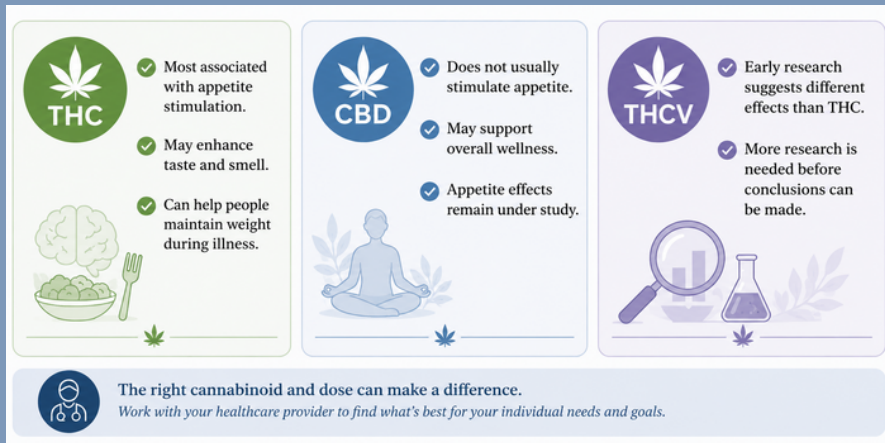


- **Hunger:** Helps regulate appetite and food cravings.
- **Brain Reward:** Influences dopamine and food satisfaction.
- **Metabolism:** Helps regulate how the body stores and uses energy.
- **Digestion:** Supports gut function and digestive movement.
- **Energy Balance:** Helps coordinate calories consumed with calories burned.

Supporting your ECS through targeted nutrition and healthy lifestyle choices is a powerful baseline for optimizing your long-term metabolic health.

Different Cannabinoids, Different Effects

Depending on the cannabinoid and the individual, appetite effects can vary considerably.



Study Review: Cannabinoid Therapy for Appetite Loss



Clinical Trial Review: Cannabinoid Therapy

A randomized, double-blind, placebo-controlled trial evaluating oral medical cannabis oil for illness-associated appetite loss demonstrated:

- Improved eating satisfaction & caloric intake
- Greater meal completion
- Enhanced quality-of-life scores
- Reduced inflammatory markers

[Learn More](#)

Read the full Placebo-Controlled Clinical Trial on PubMed

DID YOU KNOW?



- ✓ Appetite is regulated by the brain, hormones, and the ECS.
- ✓ Increased hunger isn't experienced by every patient.
- ✓ Treatment is individualized—not everyone receives products that stimulate appetite.
- ✓ Appetite support may benefit people with chronic illness, cancer treatment, HIV, and aging.

Nutritional Support: Nutrient-Dense Smoothie

For patients experiencing nausea or severe appetite loss, liquid nutrition reduces digestive workload while maintaining daily caloric intake.

Ingredients:

- 1 cup organic spinach
- 1/2 ripe banana
- 1/2 avocado
- 1 cup almond milk
- 1 tbsp hemp seeds

Directions:

Blend until completely smooth.
Consume slowly.



*Consult your healthcare provider regarding personalized dietary modifications or cannabinoid regimens.

Is Appetite or Weight Loss Affecting Your Quality of Life?

Our healthcare providers can discuss whether medical cannabinoid therapy may be appropriate based on your medical history and treatment goals.

Find out if medical cannabis is a safe option.
[Complete the TCN Intake HERE.](#)



Civic Holiday

TCN will be closed Monday, August 3rd for the Civic Holiday.

Reference(s):

<https://www.sciencedirect.com/science/article/pii/S0924977X24007508>

[pmc.ncbi.nlm.nih.gov/articles/PMC12553150/](https://pubmed.ncbi.nlm.nih.gov/articles/PMC12553150/)

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The use of medical cannabis for the condition(s) discussed here may not be universally supported by clinical evidence and may not be suitable for everyone. The content provided is for informational purposes only. Pharmacy professionals must evaluate the information available when determining appropriate recommendations for patients.