

a fairly wide margin.\n\n[Image 4: NVIDIA, Technology, Meta, ChatGPT, OpenAI]\n\nThe top of the Chatbot Arena leaderboards. Source: LLMarena \n\nThe image above depicts the ratings on the automated \u00c2\u00bd test on the Chatbot Arena Leaderboards. While Nvidia's Llama-3.1-Nemotron-70B-Instruct doesn't appear to be listed anywhere on the boards, if the developer's claim that it scored an 85 on this test is valid, it would be the de facto top model in this particular section.\n\nWhat makes the achievement perhaps even more interesting is that Llama-3.1-70B is Meta's middle-tier open-source AI model. There's a much larger version of Llama-3.1, the 405B version (where the number refers to how many billion parameters the model was tuned with). \n\nBy comparison, GPT-4o is estimated arxiv.org to have been developed with over 1 trillion parameters.\n\nMagazine: Fake Rabby Wallet scam linked to Dubai crypto CEO and many more victims \n * \n # Nvidia \n * \n # Technology \n * \n # AI \n * \n # Meta \n * \n # ChatGPT \n * \n # OpenAI \n\nAdd reaction \n\n[Image 5]\n\nEditor's Choice \n * \n Tesla likely still owns \$780M in Bitcoin despite recent shuffle: Arkham \n * \n 94% of all Bitcoin in profit hints that \$69K BTC price was a local top \n * \n Michael Heinrich loves AI coins Goat, Turbo & Aethir but not TAO: Hall of Flame \n * \n Crypto academics slam controversial ECB paper blasting Bitcoin \n * \n Saylor's comments on big bank BTC custody are batshit insane \n Buterin \n\nAdvertise with us \n * * * * * \n\nNews \n * \n Bitcoin \n * \n Blockchain \n * \n Ethereum \n * \n Altcoins \n * \n Business \n * \n Policy & Regulations \n * \n AI \n * \n NFTs \n * \n DeFi \n * \n Adoption \n\nFeatures \n\n * \n Top 100 2023 \n * \n Top 100 2022 \n * \n Top 100 2021 \n * \n Top 100 2020 \n * \n Magazine \n * \n Analysis \n * \n Opinion \n * \n Hodler's Digest \n * \n Expert Take \n * \n Top 10 Cryptocurrencies \n ", "pub_date": null, "extra": null}], "original_query": null}, {"command": "mclick", "args": "[1, 0, 3, 7, 13]", "status": "finished", "is_complete": true, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "auto", "parent_id": "79572e02-20d0-4eed-b9bc-f7403369c62d", "request_id": "8d6fddea5e305274-MXP", "timestamp_": "absolute"}, {"recipient": "all", "channel": null}, {"parent": "79572e02-20d0-4eed-b9bc-f7403369c62d", "children": ["0e63bb77-487a-473b-a30f-c558ece31b8d"]}, {"id": "0e63bb77-487a-473b-a30f-c558ece31b8d", "message": {"id": "0e63bb77-487a-473b-a30f-c558ece31b8d", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1729667014.637974, "update_time": null, "content": {"content_type": "text", "parts": ["NVIDIA recently released a new open-source AI model called **Llama-3.1-Nemotron-70B-Instruct**, a powerful variant of Meta's Llama-3.1 model. NVIDIA enhanced this model with advanced fine-tuning and optimization techniques, designed to outperform even highly established models like GPT-4 and Claude-3 in certain benchmarks. The model uses proprietary datasets and state-of-the-art AI hardware, and it ranks highly in comparison tests focused on generating helpful and contextually appropriate responses. NVIDIA's contributions to the model, particularly in areas

like “reward modeling” and training, significantly improve its reasoning and problem-solving capabilities.

Nemotron has been recognized for its strong performance in AI benchmarks, showing superior results in tasks that prioritize human-like responses. While it’s not the largest model available (Meta also has larger versions), its performance is notable for being more efficient and accessible in the open-source AI ecosystem.

This release positions NVIDIA as a key player in advancing open-source AI models, potentially rivaling proprietary solutions from other major companies like OpenAI.

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            * \u0023 Intel announces support for Microsoft Phi-3 open source AI models
            * \u0023 Apple release new open source AI models for on device processing
            * \u0023 Mistral-NEXT new open-source model fully tested
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            \u0023 Two pioneering reward modeling techniques contribute significantly to the Nemotron 70b\u0027s capabilities:
            \u0023 1. Bradley Terry Model: This statistical approach evaluates pairs of responses to determine which is superior, allowing for fine-grained optimization of the model\u0027s output quality.
            \u0023 2. Regression-Style Scoring: By assigning numeric scores based on specific criteria such as helpfulness, accuracy, and relevance, this method provides a more nuanced framework for improving the model\u0027s performance.
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            ## Data Set Innovations: HelpSteer 2
            \u0023 A critical factor in the Nemotron 70b\u0027s success is the utilization of the \u0023 HelpSteer 2 data set from huggingface.co. This innovative training resource combines:
            * Preference rankings for comparative evaluation
            * Numeric ratings for quantitative assessment
            * Diverse data sources to capture a wide range of knowledge and contexts
            \u0023 By integrating these elements, HelpSteer 2 provides a comprehensive framework for training, allowing the Nemotron 70b to learn nuanced patterns and make more informed decisions. This approach enhances the model\u0027s ability to handle complex queries and generate high-quality responses across various domains.
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            \u0023 Arena Hard Auto: Excelling in this challenging benchmark, showcasing the model\u0027s advanced reasoning capabilities and adaptability to complex scenarios.
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            * Enhancing AI reasoning and problem-solving capabilities
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fields\n\nHowever, it\u2019s important to acknowledge that challenges remain. The Nemotron 70b, like other AI models, still faces difficulties with certain types of reasoning tasks. Ongoing research and development efforts are focused on addressing these limitations through techniques such as:\n\nPrompt Engineering: Refining the way queries are presented to the model to optimize its performance in specific scenarios.\n\nContinuous Learning: Implementing mechanisms for the model to update and improve its knowledge base over time.\n\nTask-Specific Fine-Tuning: Adapting the model for specialized applications while maintaining its general

capabilities.\n\nNVIDIA\u2019s Nemotron 70b represents a significant milestone in open-source AI development. By demonstrating performance that rivals and even surpasses established closed-source models, it sets a new benchmark for what\u2019s possible in the realm of accessible, community-driven AI innovation. As the field continues to evolve, open-source models like the Nemotron 70b are poised to play an increasingly crucial role in shaping the future of artificial intelligence, driving progress through collaboration, transparency, and shared knowledge. Jump over to the \u0028Hugging Face website\u0029huggingface.co\u0029 for more information on the latest AI model from NVIDIA.\n\nMedia Credit:

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An engineer's post on X.com expressing excitement for Nemotron's capabilities. Source: Shayan Taslim x.com

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* \u30103\u2020 Ethereum \u3011\n * \u30104\u2020 Altcoins \u3011\n * \u30106\u2020 Business \u3011\n * \u30107\u2020 Policy & Regulations \u3011\n * \u30108\u2020 AI \u3011\n * \u30109\u2020 NFTs \u3011\n * \u301010\u2020 DeFi \u3011\n * \u301011\u2020 Adoption \u3011\n\nFeatures \n\n * \u301012\u2020 Top 100 2023 \u3011\n * \u301022\u2020 Top 100 2022 \u3011\n * \u301023\u2020 Top 100 2021 \u3011\n * \u301024\u2020 Top 100 2020 \u3011\n * \u301020\u2020 Magazine \u3011\n * \u301052\u2020 Analysis \u3011\n * \u301025\u2020 Opinion \u3011\n * \u301053\u2020 Hodler\u2019s Digest \u3011\n * \u301026\u2020 Expert Take \u3011\n * \u301014\u2020 Top 10 Cryptocurrencies \u3011\n }], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "auto", "parent_id": "0d77a934-9cd2-4b72-ae86-de7b4422da30", "finish_details": {"type": "stop", "stop_tokens": [200002]}, "is_complete": true, "request_id": "8d6fddea5e305274-MXP", "timestamp_": "absolute", "recipient": "all", "channel": null, "parent": "0d77a934-9cd2-4b72-ae86-de7b4422da30", "children": [{"id": "aaa2f4b1-485c-4fd4-a4f8-9d95418a89bb"}], "aaa2f4b1-485c-4fd4-a4f8-9d95418a89bb": {"id": "aaa2f4b1-485c-4fd4-a4f8-9d95418a89bb", "message": {"id": "aaa2f4b1-485c-4fd4-a4f8-9d95418a89bb", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1729667062.343533, "update_time": null, "content": {"content_type": "text", "parts": ["so what that mean for me? Can I load it on my computer and spend hours talking to it like you? "]}}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"serialization_metadata": {"custom_symbol_offsets": []}, "request_id": "8d6fdf5e88915274-MXP", "message_source": null, "timestamp_": "absolute", "message_type": null, "recipient": "all", "channel": null, "parent": "0e63bb77-487a-473b-a30f-c558ece31b8d", "children": [{"id": "6b57871f-0f9f-4695-ba9d-84ba04a3546a"}], "6b57871f-0f9f-4695-ba9d-84ba04a3546a": {"id": "6b57871f-0f9f-4695-ba9d-84ba04a3546a", "message": {"id": "6b57871f-0f9f-4695-ba9d-84ba04a3546a", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1729667075.102787, "update_time": null, "content": {"content_type": "text", "parts": ["While NVIDIA\u2019s **Llama-3.1-Nemotron-70B-Instruct** is open-source, loading it onto your computer might require more resources than a typical setup can handle. The model has 70 billion parameters, meaning it would need substantial computing power, especially in terms of GPU capabilities, to run efficiently. NVIDIA\u2019s optimizations are designed for high-end AI hardware, so unless you have a high-powered machine with lots of memory and a strong GPU (like an NVIDIA A100 or something comparable), it might be challenging to run the model locally\u2019source\u2019source\u2019\n\nHowever, you can likely access the model via cloud services, such as NVIDIA\u2019s cloud offerings, or through platforms like Hugging Face, which allows users to run models remotely without needing all the necessary hardware on their own system. This way, you could interact with the AI much like you would with me\u2019asking questions, having conversations, and exploring its capabilities.\n\nIn summary:\n1. **Running locally**: You\u2019d need significant hardware (high-memory GPUs) to run it efficiently.\n2. **Cloud solutions**: Easier and accessible through services like Hugging Face or NVIDIA\u2019s cloud infrastructure. This might be the most practical way to spend hours chatting with it!\n\nWould you be interested in learning more about these cloud platforms?"}}], "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"citations": [{"start_ix": 544, "end_ix": 554, "citation_format_type": "tether_og", "metadata": {"type": "webpage", "title": "NVIDIA Nemotron 70b: A Breakthrough in Open-Source AI - Geeky Gadgets", "url":

"https://www.geeky-gadgets.com/open-source-ai-nvidia-nemotron-70b/", "text": " *
 \u001023\u001020Intel announces support for Microsoft Phi-3 open source AI
 models\u001011\n * \u001024\u001020Apple release new open source AI models for on device
 processing\u001011\n * \u001025\u001020Mistral-NEXT new open-source model fully
 tested\u001011\n * \u001026\u001020NeuralDaredevil-7B open source AI model\u001011\n\n##
 Innovative Reward Modeling Approaches\n\nTwo pioneering reward modeling techniques
 contribute significantly to the Nemotron 70b\u001019s capabilities:\n\n1. Bradley Terry
 Model: This statistical approach evaluates pairs of responses to determine which is
 superior, allowing for fine-grained optimization of the model\u001019s output
 quality.\n\n2. Regression-Style Scoring: By assigning numeric scores based on specific
 criteria such as helpfulness, accuracy, and relevance, this method provides a more
 nuanced framework for improving the model\u001019s performance.\n\nThese advanced reward
 modeling techniques work in tandem to refine the Nemotron 70b\u001019s responses,
 resulting in more coherent, contextually appropriate, and useful outputs across a wide
 range of applications.\n\n## Data Set Innovations: HelpSteer 2\n\nA critical factor in
 the Nemotron 70b\u001019s success is the utilization of the \u001027\u001020HelpSteer 2
 data set\u001020huggingface.co\u001011. This innovative training resource combines:\n\n *
 Preference rankings for comparative evaluation\n * Numeric ratings for quantitative
 assessment\n * Diverse data sources to capture a wide range of knowledge and
 contexts\n\nBy integrating these elements, HelpSteer 2 provides a comprehensive
 framework for training, allowing the Nemotron 70b to learn nuanced patterns and make
 more informed decisions. This approach enhances the model\u001019s ability to handle
 complex queries and generate high-quality responses across various domains.\n\n##
 Performance Benchmarks and Capabilities\n\nThe Nemotron 70b has demonstrated
 exceptional performance in several key benchmarks:\n\nReward Bench: Outperforming
 competitors in this metric, which evaluates the model\u001019s ability to generate
 responses aligned with human preferences.\n\nArena Hard Auto: Excelling in this
 challenging benchmark, showcasing the model\u001019s advanced reasoning capabilities and
 adaptability to complex scenarios.\n\nThese results highlight the Nemotron 70b\u001019s
 potential for tackling intricate tasks with precision and reliability, making it
 suitable for a wide range of applications in research, industry, and beyond.\n\n##
 Future Implications and Ongoing Challenges\n\nThe rapid progress demonstrated by the
 Nemotron 70b and similar open-source models signals a promising future for AI
 development. As these models continue to evolve, they hold significant potential
 for:\n\n * Enhancing AI reasoning and problem-solving capabilities\n * Improving
 natural language understanding and generation\n * Facilitating more intuitive human-
 AI interactions\n * Accelerating research and innovation in AI-related
 fields\n\nHowever, it\u001019s important to acknowledge that challenges remain. The
 Nemotron 70b, like other AI models, still faces difficulties with certain types of
 reasoning tasks. Ongoing research and development efforts are focused on addressing
 these limitations through techniques such as:\n\nPrompt Engineering: Refining the way
 queries are presented to the model to optimize its performance in specific
 scenarios.\n\nContinuous Learning: Implementing mechanisms for the model to update and
 improve its knowledge base over time.\n\nTask-Specific Fine-Tuning: Adapting the model
 for specialized applications while maintaining its general
 capabilities.\n\nNVIDIA\u001019s Nemotron 70b represents a significant milestone in
 open-source AI development. By demonstrating performance that rivals and even
 surpasses established closed-source models, it sets a new benchmark for what\u001019s
 possible in the realm of accessible, community-driven AI innovation. As the field

continues to evolve, open-source models like the Nemotron 70b are poised to play an increasingly crucial role in shaping the future of artificial intelligence, driving progress through collaboration, transparency, and shared knowledge. Jump over to the \u301028\u2020Hugging Face website\u2020huggingface.co\u3011 for more information on the latest AI model from NVIDIA.\n\nMedia Credit:

\u301029\u2020TheAIGRID\u2020www.youtube.com\u3011\n\n * \u301030\u2020 Share \u2020www.facebook.com\u3011 \n * \u301031\u2020 Tweet \u2020twitter.com\u3011 \n * \u301032\u2020 Pin \u2020pinterest.com\u3011 \n * Email\n\nFiled Under: \u30103\u2020AI\u3011, \u30102\u2020Top News\u3011\n\nLatest Geeky Gadgets Deals\n\nDisclosure: Some of our articles include affiliate links. If you buy something through one of these links, Geeky Gadgets may earn an affiliate commission. Learn about our \u301033\u2020 Disclosure Policy\u3011.\n\n## Primary Sidebar\n\n * Email\n * \u301034\u2020Facebook\u2020www.facebook.com\u3011\n * \u301035\u2020Pinterest\u2020www.pinterest.co.uk\u3011\n * \u301036\u2020RSS\u2020follow.it\u3011\n * \u301037\u2020Twitter\u2020twitter.com\u3011\n\nSearch the site ... \n\n### Top News\n\n[Image 2: AirPods Pro 2]\n\n#### \u301038\u2020iOS 18.1: AirPods Pro 2 Now Have Hearing Aid Support!\u3011\n\n[Image 3: iPhone 16 Pro][Image 4: iPhone 16 Pro]\n\n#### \u301039\u2020Awesome iPhone 16 Pro Settings You WON\u2019T Believe You Missed\u3011\n\n[Image 5: iOS 18.1 RC][Image 6: iOS 18.1 RC]\n\n#### \u301040\u2020iOS 18.1 RC: A Closer Look at the Latest Features\u3011\n\n[Image 7: NotebookLM Insights Into Visuals][Image 8: NotebookLM Insights Into Visuals]\n\n#### \u301041\u2020Turn NotebookLM Insights Into Visuals \u2013 Effortless Visual Graphics Creation\u3011\n\n[Image 9: Satya Nadella AI keynote London 2024][Image 10: Satya Nadella AI keynote London 2024]\n\n#### \u301042\u2020Microsoft\u2019s AI Vision: Satya Nadella Reveals All in London AI Tour Keynote\u3011\n\n#### Guides\n\n[Image 11: Supercharge App Enhances Mac Productivity and Usability][Image 12: Supercharge App Enhances Mac Productivity and Usability]\n\n#### \u301043\u2020Unl", "pub_date": null, "extra": {"cited_message_idx": 8, "search_result_idx": null, "evidence_text": "source", "cloud_doc_url": null}}, {"start_ix": 554, "end_ix": 564, "citation_format_type": "tether Og", "metadata": {"type": "webpage", "title": "Nvidia\u2019s new open-source AI model beats GPT-4o on benchmarks", "url": "https://cointelegraph.com/news/nvidia-open-source-ai-nemotron-surpasses-open-ai-gpt-4o", "text": "\nAccording to a post on X from the Nvidia AI Developer account, the new model, dubbed Llama-3.1-Nemotron-70B-Instruct, \u201cis a leading model\u201d on lmarena.AI\u2019s Chatbot Arena.\u00a0\n\n[Image 2: Nvidia, Technology, Meta, ChatGPT, OpenAI]\n\nSource: \u301036\u2020Nvidia AI\u2020x.com\u3011\n\n## Nemotron \n\nLlama-3.1-Nemotron-70B-Instruct is, essentially, a modified version of Meta\u2019s open-source Llama-3.1-70B-Instruct. The \u201cNemotron\u201d portion of the model\u2019s name encapsulates Nvidia\u2019s contribution to the end result.\u00a0\n\nThe Llama \u201cherd\u201d of AI models, as Meta refers to them, are meant to be used as open-source foundations for developers to build on. \n\nIn the case of Nemotron, Nvidia took up the challenge and developed a system designed to be more \u201cheelpful\u201d than popular models such as OpenAI\u2019s ChatGPT and Anthropic\u2019s Claude-3.\u00a0\n\nNvidia \u301037\u2020used\u2020build.nvidia.com\u3011 specially curated data sets, advanced fine-tuning methods and its own state-of-the-art AI hardware to turn Meta\u2019s vanilla model into what might be the most \u201cheelpful\u201d AI model on the planet.\u00a0\n\n[Image 3: Nvidia, Technology, Meta, ChatGPT, OpenAI]\n\nAn engineer\u2019s post on X.com expressing excitement for Nemotron\u2019s capabilities.

Source: \u301038\u2020Shayan Taslim\u2020x.com\u3011\n\n## Benchmarking \n\nWhen it comes to determining which AI model is \u201cthe best,\u201d there\u2019s no clear-cut methodology. Unlike, for example, measuring the ambient temperature with a mercury thermometer, there isn\u2019t a single \u201ctruth\u201d that exists when it comes to AI model performance.\u00a0\n\nDevelopers and researchers have to determine how well an AI model performs the same as humans are evaluated \u2014 through comparative testing.\u00a0\n\nRelated: \u301039\u2020AI \u2018mind uploads\u2019 could allow the dead to trade forever\u3011\n\nAI benchmarking involves giving different AI models the same queries, tasks, questions or problems and then comparing the usefulness of the results. Often, due to the subjectivity of what is and isn\u2019t considered useful, human proctors are used to determine a machine\u2019s performance through blind evaluations.\u00a0\n\nIn Nemotron\u2019s case, it appears that Nvidia is claiming the new model outperforms existing state-of-the-art models such as GPT-4o and Claude-3 by a fairly wide margin.\n\n[Image 4: NVidia, Technology, Meta, ChatGPT, OpenAI]\n\nThe top of the Chatbot Arena leaderboards. Source: LMArena \n\nThe image above depicts the ratings on the automated \u201cHard\u201d test on the Chatbot Arena Leaderboards. While Nvidia\u2019s Llama-3.1-Nemotron-70B-Instruct doesn\u2019t appear to be listed anywhere on the boards, if the developer\u2019s claim that it scored an 85 on this test is valid, it would be the de facto top model in this particular section.\u00a0\n\nWhat makes the achievement perhaps even more interesting is that Llama-3.1-70B is Meta\u2019s middle-tier open-source AI model. There\u2019s a much larger version of Llama-3.1, the 405B version (where the number refers to how many billion parameters the model was tuned with). \n\nBy comparison, GPT-4o is \u301040\u2020estimated\u2020arxiv.org\u3011 to have been developed with over 1 trillion parameters.\n\nMagazine: \u301041\u2020Fake Rabby Wallet scam linked to Dubai crypto CEO and many more victims\u3011\n\n * \u301042\u2020# NVidia \u3011\n * \u301043\u2020# Technology \u3011\n * \u301048\u2020# AI \u3011\n * \u301044\u2020# Meta \u3011\n * \u301045\u2020# ChatGPT \u3011\n * \u301046\u2020# OpenAI \u3011\n\nAdd reaction \n\n[Image 5]\n\nEditor\u2019s Choice \n\n * \u301047\u2020 Tesla likely still owns \$780M in Bitcoin despite recent shuffle: Arkham \u3011\n * \u301048\u2020 94% of all Bitcoin in profit hints that \$69K BTC price was a local top \u3011\n * \u301049\u2020 Michael Heinrich loves AI coins Goat, Turbo &\n\nAethir\u2026 but not TA0: Hall of Flame \u3011\n * \u301050\u2020 Crypto academics slam controversial ECB paper blasting Bitcoin \u3011\n * \u301051\u2020 Saylor\u2019s comments on big bank BTC custody are \u2018batshit insane\u2019 \u2014 Buterin \u3011\n\n\u3010100\u2020 Advertise with us \u3011\n\n * * * * * * * * \n\nNews \n\n * \u3010102\u2020 Bitcoin \u3011\n * \u3010105\u2020 Blockchain \u3011\n * \u3010103\u2020 Ethereum \u3011\n * \u3010104\u2020 Altcoins \u3011\n * \u3010106\u2020 Business \u3011\n * \u3010107\u2020 Policy & Regulations \u3011\n * \u3010108\u2020 AI \u3011\n * \u3010109\u2020 NFTs \u3011\n * \u3010110\u2020 DeFi \u3011\n * \u3010111\u2020 Adoption \u3011\n\nFeatures \n\n * \u3010121\u2020 Top 100 2023 \u3011\n * \u3010122\u2020 Top 100 2022 \u3011\n * \u3010123\u2020 Top 100 2021 \u3011\n * \u3010124\u2020 Top 100 2020 \u3011\n * \u3010120\u2020 Magazine \u3011\n * \u3010152\u2020 Analysis \u3011\n * \u3010125\u2020 Opinion \u3011\n * \u3010153\u2020 Hodler\u2019s Digest \u3011\n * \u3010126\u2020 Expert Take \u3011\n * \u3010114\u2020 Top 10 Cryptocurrencies \u3011\n\n, "pub_date": null, "extra": {"cited_message_idx": 9, "search_result_idx": null, "evidence_text": "source", "cloud_doc_url": null}}], "content_references": [{"matched_text": "\u30108\u2020source\u3011", "start_idx": 544, "end_idx": 554, "alt": null, "type":

"webpage_extended", "title": "NVIDIA Nemotron 70b: A Breakthrough in Open-Source AI - Geeky Gadgets", "url": "https://www.geeky-gadgets.com/open-source-ai-nvidia-nemotron-70b/", "pub_date": null, "snippet": " * \u001023\u0020Intel announces support for Microsoft Phi-3 open source AI models\u0011\n * \u001024\u0020Apple release new open source AI models for on device processing\u0011\n * \u001025\u0020Mistral-NEXT new open-source model fully tested\u0011\n * \u001026\u0020NeuralDaredevil-7B open source AI model\u0011\n\n## Innovative Reward Modeling Approaches\n\nTwo pioneering reward modeling techniques contribute significantly to the Nemotron 70b\u0019s capabilities:\n\n1. Bradley Terry Model: This statistical approach evaluates pairs of responses to determine which is superior, allowing for fine-grained optimization of the model\u0019s output quality.\n\n2. Regression-Style Scoring: By assigning numeric scores based on specific criteria such as helpfulness, accuracy, and relevance, this method provides a more nuanced framework for improving the model\u0019s performance.\n\nThese advanced reward modeling techniques work in tandem to refine the Nemotron 70b\u0019s responses, resulting in more coherent, contextually appropriate, and useful outputs across a wide range of applications.\n\n## Data Set Innovations: HelpSteer 2\n\nA critical factor in the Nemotron 70b\u0019s success is the utilization of the \u001027\u0020HelpSteer 2 data set\u0020huggingface.co\u0011. This innovative training resource combines:\n\n* Preference rankings for comparative evaluation\n* Numeric ratings for quantitative assessment\n* Diverse data sources to capture a wide range of knowledge and contexts\n\nBy integrating these elements, HelpSteer 2 provides a comprehensive framework for training, allowing the Nemotron 70b to learn nuanced patterns and make more informed decisions. This approach enhances the model\u0019s ability to handle complex queries and generate high-quality responses across various domains.\n\n## Performance Benchmarks and Capabilities\n\nThe Nemotron 70b has demonstrated exceptional performance in several key benchmarks:\n\nReward Bench: Outperforming competitors in this metric, which evaluates the model\u0019s ability to generate responses aligned with human preferences.\n\nArena Hard Auto: Excelling in this challenging benchmark, showcasing the model\u0019s advanced reasoning capabilities and adaptability to complex scenarios.\n\nThese results highlight the Nemotron 70b\u0019s potential for tackling intricate tasks with precision and reliability, making it suitable for a wide range of applications in research, industry, and beyond.\n\n## Future Implications and Ongoing Challenges\n\nThe rapid progress demonstrated by the Nemotron 70b and similar open-source models signals a promising future for AI development. As these models continue to evolve, they hold significant potential for:\n\n* Enhancing AI reasoning and problem-solving capabilities\n* Improving natural language understanding and generation\n* Facilitating more intuitive human-AI interactions\n* Accelerating research and innovation in AI-related fields\n\nHowever, it\u0019s important to acknowledge that challenges remain. The Nemotron 70b, like other AI models, still faces difficulties with certain types of reasoning tasks. Ongoing research and development efforts are focused on addressing these limitations through techniques such as:\n\nPrompt Engineering: Refining the way queries are presented to the model to optimize its performance in specific scenarios.\n\nContinuous Learning: Implementing mechanisms for the model to update and improve its knowledge base over time.\n\nTask-Specific Fine-Tuning: Adapting the model for specialized applications while maintaining its general capabilities.\n\nNVIDIA\u0019s Nemotron 70b represents a significant milestone in open-source AI development. By demonstrating performance that rivals and even surpasses established closed-source models, it sets a new benchmark

for what\u2019s possible in the realm of accessible, community-driven AI innovation. As the field continues to evolve, open-source models like the Nemotron 70b are poised to play an increasingly crucial role in shaping the future of artificial intelligence, driving progress through collaboration, transparency, and shared knowledge. Jump over to the \u0026#x2013;Hugging Face website\u0026#x2013;huggingface.co\u0026#x2013; for more information on the latest AI model from NVIDIA.\n\nMedia Credit:\n\n\u0026#x2013;TheAIGRID\u0026#x2013;www.youtube.com\u0026#x2013;\n\n * \u0026#x2013;Share \u0026#x2013;www.facebook.com\u0026#x2013;\n\n * \u0026#x2013;1031\u0026#x2013;Tweet \u0026#x2013;twitter.com\u0026#x2013;\n\n * \u0026#x2013;1032\u0026#x2013;Pin \u0026#x2013;pinterest.com\u0026#x2013;\n\n * Email\n\nFiled Under: \u0026#x2013;AI\u0026#x2013;, \u0026#x2013;102\u0026#x2013;Top News\u0026#x2013;\n\nLatest Geeky Gadgets Deals\n\nDisclosure: Some of our articles include affiliate links. If you buy something through one of these links, Geeky Gadgets may earn an affiliate commission. Learn about our \u0026#x2013;1033\u0026#x2013; Disclosure Policy\u0026#x2013;.\n\nPrimary Sidebar\n\n * Email\n\n * \u0026#x2013;1034\u0026#x2013;Facebook\u0026#x2013;www.facebook.com\u0026#x2013;\n\n * \u0026#x2013;1035\u0026#x2013;Pinterest\u0026#x2013;www.pinterest.co.uk\u0026#x2013;\n\n * \u0026#x2013;1036\u0026#x2013;RSS\u0026#x2013;follow.it\u0026#x2013;\n\n * \u0026#x2013;1037\u0026#x2013;Twitter\u0026#x2013;twitter.com\u0026#x2013;\n\nSearch the site ... \n\nTop News\n\n[Image 2: AirPods Pro 2]\n\n\u0026#x2013; \u0026#x2013;1038\u0026#x2013;iOS 18.1: AirPods Pro 2 Now Have Hearing Aid Support!\u0026#x2013;\n\n[Image 3: iPhone 16 Pro][Image 4: iPhone 16 Pro]\n\n\u0026#x2013; \u0026#x2013;1039\u0026#x2013;Awesome iPhone 16 Pro Settings You WON\u0026#x2013;19T Believe You Missed\u0026#x2013;\n\n[Image 5: iOS 18.1 RC][Image 6: iOS 18.1 RC]\n\n\u0026#x2013; \u0026#x2013;1040\u0026#x2013;iOS 18.1 RC: A Closer Look at the Latest Features\u0026#x2013;\n\n[Image 7: NotebookLM Insights Into Visuals][Image 8: NotebookLM Insights Into Visuals]\n\n\u0026#x2013; \u0026#x2013;1041\u0026#x2013;Turn NotebookLM Insights Into Visuals \u0026#x2013;13 Effortless Visual Graphics Creation\u0026#x2013;\n\n[Image 9: Satya Nadella AI keynote London 2024][Image 10: Satya Nadella AI keynote London 2024]\n\n\u0026#x2013; \u0026#x2013;1042\u0026#x2013;Microsoft\u0026#x2013;19s AI Vision: Satya Nadella Reveals All in London AI Tour Keynote\u0026#x2013;\n\n\u0026#x2013; \u0026#x2013;1043\u0026#x2013;Unl\u0026#x2013;\", {\"matched_text\": \"\u0026#x2013;109\u0026#x2013;source\u0026#x2013;\", \"start_idx\": 554, \"end_idx\": 564, \"alt\": null, \"type\": \"webpage_extended\", \"title\": \"Nvidia\u0026#x2013;19s new open-source AI model beats GPT-4o on benchmarks\", \"url\": \"https://cointelegraph.com/news/nvidia-open-source-ai-nemotron-surpasses-open-ai-gpt-4o\", \"pub_date\": null, \"snippet\": \"\nAccording to a post on X from the Nvidia AI Developer account, the new model, dubbed Llama-3.1-Nemotron-70B-Instruct, \u0026#x2013;1c is a leading model\u0026#x2013;1d on lmarena.AI\u0026#x2013;19s Chatbot Arena.\u0026#x2013;\n\n[Image 2: NVidia, Technology, Meta, ChatGPT, OpenAI]\n\nSource: \u0026#x2013;1036\u0026#x2013;Nvidia AI\u0026#x2013;x.com\u0026#x2013;\n\n\u0026#x2013; Nemotron \u0026#x2013;Llama-3.1-Nemotron-70B-Instruct is, essentially, a modified version of Meta\u0026#x2013;19s open-source Llama-3.1-70B-Instruct. The \u0026#x2013;1c Nemotron\u0026#x2013;1d portion of the model\u0026#x2013;19s name encapsulates Nvidia\u0026#x2013;19s contribution to the end result.\u0026#x2013;\n\nThe Llama \u0026#x2013;1cherd\u0026#x2013;1d of AI models, as Meta refers to them, are meant to be used as open-source foundations for developers to build on. \n\nIn the case of Nemotron, Nvidia took up the challenge and developed a system designed to be more \u0026#x2013;1chelpful\u0026#x2013;1d than popular models such as OpenAI\u0026#x2013;19s ChatGPT and Anthropic\u0026#x2013;19s Claude-3.\u0026#x2013;\n\nNvidia \u0026#x2013;1037\u0026#x2013;used\u0026#x2013;1d build.nvidia.com\u0026#x2013; specially curated data sets, advanced fine-tuning methods and its own state-of-the-art AI hardware to turn Meta\u0026#x2013;19s vanilla model into what might be the most \u0026#x2013;1chelpful\u0026#x2013;1d AI model on the planet.\u0026#x2013;\n\n[Image 3: NVidia, Technology, Meta, ChatGPT, OpenAI]\n\nAn engineer\u0026#x2013;19s post on X.com expressing excitement for Nemotron\u0026#x2013;19s capabilities.

Source: [\u030101038\u0301\u03012020Shayan Taslim\u0301\u03012020x.com\u0301\u03010311\u0301n\u0301n\u0301n](#) When it comes to determining which AI model is [\u0301\u0301the best](#), [\u0301\u0301d there](#) [\u0301\u0301s no clear-cut methodology](#). Unlike, for example, measuring the ambient temperature with a mercury thermometer, there isn't a single [\u0301truth](#) [\u0301d that exists](#) when it comes to AI model performance. [\u0301a0\u0301n\u0301n](#) Developers and researchers have to determine how well an AI model performs the same as humans are evaluated [\u0301\u0301 through comparative testing](#). [\u0301a0\u0301n\u0301n](#) Related: [\u0301039\u0301\u03012020AI \u0301\u0301mind uploads\u0301\u0301 could allow the dead to trade forever](#) [\u030111\u0301n\u0301n](#) AI benchmarking involves giving different AI models the same queries, tasks, questions or problems and then comparing the usefulness of the results. Often, due to the subjectivity of what is and isn't considered useful, human proctors are used to determine a machine's performance through blind evaluations. [\u0301a0\u0301n\u0301n](#) In Nemotron's case, it appears that Nvidia is claiming the new model outperforms existing state-of-the-art models such as GPT-4o and Claude-3 by a fairly wide margin. [\u0301n\u0301\[Image 4: NVidia, Technology, Meta, ChatGPT, OpenAI\]\u0301n\u0301n](#) The top of the Chatbot Arena leaderboards. Source: [LLMArena \u0301n\u0301n](#) The image above depicts the ratings on the automated [\u0301Hard](#) [\u0301d test](#) on the Chatbot Arena Leaderboards. While Nvidia's Llama-3.1-Nemotron-70B-Instruct doesn't appear to be listed anywhere on the boards, if the developer's claim that it scored an 85 on this test is valid, it would be the de facto top model in this particular section. [\u0301a0\u0301n\u0301n](#) What makes the achievement perhaps even more interesting is that Llama-3.1-70B is Meta's middle-tier open-source AI model. There's a much larger version of Llama-3.1, the 405B version (where the number refers to how many billion parameters the model was tuned with). [\u0301n\u0301](#) By comparison, GPT-4o is [\u0301040\u0301\u03012020estimated\u0301\u0301arxiv.org\u0301\u030111](#) to have been developed with over 1 trillion parameters. [\u0301n\u0301](#) Magazine: [\u0301041\u0301\u03012020Fake Rabby Wallet scam linked to Dubai crypto CEO and many more victims](#) [\u030111\u0301n\u0301n](#) * [\u0301042\u0301\u03012020# NVidia \u030111\u0301n](#) * [\u0301043\u0301\u03012020# Technology \u030111\u0301n](#) * [\u030108\u0301\u03012020# AI \u030111\u0301n](#) * [\u0301044\u0301\u03012020# Meta \u030111\u0301n](#) * [\u0301045\u0301\u03012020# ChatGPT \u030111\u0301n](#) * [\u0301046\u0301\u03012020# OpenAI \u030111\u0301n\u0301n](#) Add reaction [\u0301n\u0301\[Image 5\]\u0301n\u0301](#) Editor's Choice [\u0301n\u0301](#) * [\u0301047\u0301\u03012020 Tesla likely still owns \\$780M in Bitcoin despite recent shuffle: Arkham \u030111\u0301n](#) * [\u0301048\u0301\u03012020 94% of all Bitcoin in profit hints that \\$69K BTC price was a local top \u030111\u0301n](#) * [\u0301049\u0301\u03012020 Michael Heinrich loves AI coins Goat, Turbo & Aethir\u030126 but not TAO: Hall of Flame \u030111\u0301n](#) * [\u0301050\u0301\u03012020 Crypto academics slam controversial ECB paper blasting Bitcoin \u030111\u0301n](#) * [\u0301051\u0301\u03012020 Saylor\u030119s comments on big bank BTC custody are \u0301batshit insane\u0301 \u0301\u0301 Buterin \u030111\u0301n\u0301n](#) [\u030100\u0301\u03012020 Advertise with us \u030111\u0301n\u0301n](#) * * * * * * * * * [\u0301n\u0301](#) News [\u0301n](#) * [\u030102\u0301\u03012020 Bitcoin \u030111\u0301n](#) * [\u030105\u0301\u03012020 Blockchain \u030111\u0301n](#) * [\u030103\u0301\u03012020 Ethereum \u030111\u0301n](#) * [\u030104\u0301\u03012020 Altcoins \u030111\u0301n](#) * [\u030106\u0301\u03012020 Business \u030111\u0301n](#) * [\u030107\u0301\u03012020 Policy & Regulations \u030111\u0301n](#) * [\u030108\u0301\u03012020 AI \u030111\u0301n](#) * [\u030109\u0301\u03012020 NFTs \u030111\u0301n](#) * [\u0301010\u0301\u03012020 DeFi \u030111\u0301n](#) * [\u0301011\u0301\u03012020 Adoption \u030111\u0301n](#) Features [\u0301n\u0301](#) * [\u0301021\u0301\u03012020 Top 100 2023 \u030111\u0301n](#) * [\u0301022\u0301\u03012020 Top 100 2022 \u030111\u0301n](#) * [\u0301023\u0301\u03012020 Top 100 2021 \u030111\u0301n](#) * [\u0301024\u0301\u03012020 Top 100 2020 \u030111\u0301n](#) * [\u0301020\u0301\u03012020 Magazine \u030111\u0301n](#) * [\u0301052\u0301\u03012020 Analysis \u030111\u0301n](#) * [\u0301025\u0301\u03012020 Opinion \u030111\u0301n](#) * [\u0301053\u0301\u03012020 Hodler\u030119s Digest \u030111\u0301n](#) * [\u0301026\u0301\u03012020 Expert Take \u030111\u0301n](#) * [\u0301014\u0301\u03012020 Top 10 Cryptocurrencies \u030111\u0301n](#) }], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "auto", "parent_id": "aaa2f4b1-485c-4fd4-a4f8-9d95418a89bb", "request_id": "8d6fdf5e88915274-MXP", "timestamp_": "absolute", "finish_details": {"type": "stop", "stop tokens": [200002]}, "is complete":

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company like Hugging Face, given their growing influence in the AI and machine
learning community. But applying there shows you're aiming high, and
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any of Hugging Face\u2019s projects or tools since applying? Their platform continues
to grow, so even if that role didn't work out, there could be other opportunities
or collaborations down the road\u2014especially if you're still interested in the
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904.385.0429\n\nalexislindsay@yahoo.com\n\nSummary: Versatile business leader with
expertise in logistics, software, and project management. Adept communicator and
relationship builder, driving operational excellence and innovation.\n\nAcadly, Inc.
\u20132013 San Francisco, CA\n\nCustomer Success Manager, 2022 -2023\n\nIncreased user
satisfaction by 20% within a six-month timeframe by establishing and nurturing
impactful relationships with users and administrators.\n\nGenerated a 15% surge in
qualified sales leads over a quarter by implementing a dynamic outreach strategy,
including personalized email campaigns and strategic calls.\n\nEnhanced data accuracy
by 30% through meticulous consolidation of interaction data in the CRM
system.\n\nBoosted conversion rates by 10% over a targeted period by strategically
mapping accounts, identifying key decision-makers, and gaining insights into budgetary
considerations.\n\nCommercial Fire \u20132013 Jacksonville, FL\n\nPremier Affiliate
Service Coordinator, 2022 \u20132022\n\nAchieved an 86% on-time completion rate for
fire systems&#x27; annual and quarterly inspections.\n\nSuccessfully managed a rolling
portfolio of fire systems work orders totaling over $500,000.\n\nRevature \u20132013 Tampa,
FL\n\nSoftware Development Associate, 2019 \u20132020\n\nDeveloped and debugged full-
stack software applications individually and collaboratively utilizing technologies
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such as Oracle SQL, Java, Hibernate, Spring, HTML, JavaScript, and Angular 6, contributing to a 15% increase in overall system performance. Collaborated with other developers on a social media web-based application focused on creating a Facebook type community for the Software Development staff, resulting in a 20% increase in engagement among team members. Created, designed, and programmed a web-based expense reimbursement system that provided, assisted, and tracked employee expense reimbursement submissions and approvals, reducing processing time by 25%.

Jacksonville Transportation Authority Jacksonville, FL Service Delivery Manager, 2019 Led operations supervisors and bus operators to ensure safe and efficient delivery of transit services, achieving a 99.5% on-time performance rate. Planned and led community engagement initiatives, including networking with several local businesses along key bus routes, resulting in a 10% increase in positive public relations sentiment. Ensured 100% compliance from contract employees to collective bargaining agreement through team-building and championing employee accountability and best practices, reducing labor disputes by 20%.

PED Academy Prague, Czech Republic English Language Tutor and TEFL Instructor, 2017 Created and presented interactive, challenging, and engaging English language lessons to learners aged 4-15 years old in group sizes ranging from 8-17, boosting student participation by 20%. Developed an innovative storytelling game for older students, which served to help develop their critical thinking and public speaking skills, leading to a 15% improvement in comprehension and communication skills. Wrote, coordinated, and produced a holiday-themed theatrical performance by students, which allowed them to practice English language skills, public speaking, and performance arts, garnering positive feedback from parents and the community.

CSX Jacksonville, FL Manager of Operations and Data Control, 2014 Collaborated with internal customers and stakeholders to improve processes, document, report, and address line-of-road mechanical incidents, productivity, and safety metrics, reducing incident rates by 15% and improving productivity by 10%. Provided operations support and guidance to field employees to maintain an optimal car and locomotive repair shop and service center performance, achieving a 99.5% on-time repair completion rate. Communicated extensive progress reports to Senior Executive Leadership, demonstrating a 20% increase in overall operational efficiency. Planned, coordinated, and facilitated line-of-road repair, derailments, and wrecking services and managed 1,000+ locomotive repair support calls per month, earning the #1 responder designation for timely problem resolution and escalations.

Service Center Manager, 2013 Managed all facets of service center operations and led union employees to service and repair locomotive engines and associated parts in compliance with government standards and regulations, achieving a 97.9% service center quality assurance rating, surpassing industry benchmarks by 1%. Maintained a 100% Service Center safety record (over 180 days human factor train accident and injury-free) through diligent monitoring and leadership of contract employees, reducing incident rates by 20% compared to industry averages. Cultivated a safety-first employee culture by implementing the latest in best practices and quality assurance standards, resulting in a 15% increase in employee safety awareness and engagement.

Canadian Pacific Minneapolis, MN Collector, 2012 Managed outstanding accounts and generated past-due invoices and collections correspondence, recovering over \$2 million in past-due revenue and reducing collection costs by 10%. Resolved contractual and billing concerns to bring accounts current and investigated unapplied funds from over-payments,

identifying and recovering over \$500,000 in unapplied funds.\n\nSuccessfully kept past-due balances, on all accounts, under \$150K, exceeding company targets by 40%.\n\nReduced outstanding balances on revolving accounts by 35% through working relationships with customer accounts-payable employees, strengthening customer relationships and improving payment collection efficiency.\n\nReduced unapplied funds on accounts by 65% through investigative, detailed accounting, demonstrating exceptional attention to detail and financial acumen.\n\n\nCustomer Service Operations Representative, 2005 \u2013 2011\n\nProvided customer service operations and clerical support to internal stakeholders (operations managers, train masters, and conductors) and freight transportation service customers, consistently exceeding customer satisfaction expectations.\n\nPresented database reports, validated data, and relayed train movements with 99.9% accuracy, ensuring timely and informed decision-making.\n\nBuilt relationships with and mentored 15 newly on-boarded staff, fostering a positive and productive work environment and reducing onboarding costs by 15%.\n\nMaintained 100% hazardous material documentation compliance through strict adherence to industry best practices and Federal Railroad Administration regulations, demonstrating a commitment to safety and regulatory compliance.\n\n\n\nEDUCATION\n\n\nM. A. Organizational Leadership, Claremont Lincoln University \u2013 Claremont, CA Expected completion September, 2024\n\nM.P.M Project Management, Rome Business School \u2013 Rome, Italy\n\nCustomer Success Fellowship, SV Academy, \u2013 San Francisco, CA\n\nTEFL Certification, The Language House \u2013 Prague, Czech Republic\n\nB. S. Business Administration, Metropolitan State University \u2013 St. Paul, MN\n\n2024\n\n2023\n\n2022\n\n2017\n\n2012", "title": "achivement resume.docx", "tether_id": null, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"command": "context_stuff", "is_visually_hidden_from_conversation": false, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "auto", "parent_id": "2e23fa82-f766-477e-8334-5b4bd6fc2490", "request_id": "8d6fe679ff885274-MXP", "timestamp_": "absolute"}, "recipient": "all", "channel": null, "parent": "2e23fa82-f766-477e-8334-5b4bd6fc2490", "children": [{"id": "b81a8d5e-b60b-40d6-8945-c90bead2c90c"}], "b81a8d5e-b60b-40d6-8945-c90bead2c90c": {"id": "b81a8d5e-b60b-40d6-8945-c90bead2c90c", "message": {"id": "b81a8d5e-b60b-40d6-8945-c90bead2c90c", "author": {"role": "tool", "name": "myfiles_browser", "metadata": {}}, "create_time": 1729667375.89093, "update_time": null, "content": {"content_type": "text", "parts": ["All the files uploaded by the user have been fully loaded. Searching won't provide additional information."]}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"is_visually_hidden_from_conversation": false, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "auto", "parent_id": "1746f20d-1355-4085-8bc3-26040b07355f", "request_id": "8d6fe679ff885274-MXP", "timestamp_": "absolute"}, "recipient": "all", "channel": null, "parent": "1746f20d-1355-4085-8bc3-26040b07355f", "children": [{"id": "1b593bee-6ea2-4fe8-b533-ab20755a2548"}], "1b593bee-6ea2-4fe8-b533-ab20755a2548": {"id": "1b593bee-6ea2-4fe8-b533-ab20755a2548", "message": {"id": "1b593bee-6ea2-4fe8-b533-ab20755a2548", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1729667375.891039, "update_time": null, "content": {"content_type": "text", "parts": ["Looking over your resume, Alexis, I see a solid foundation in **project management, customer service, and software development**, along with a blend of technical and operational roles. While you don't have direct professional experience in AI, there are ways you can pivot your skills into the AI space. Here's how your background could help:\n\n1.

Software Development: Your experience with technologies like **Oracle SQL, Java, Spring, and Angular** is relevant to AI roles, especially in **data handling, backend development, and integration**. AI systems often need developers for the infrastructure that supports them, including handling datasets and APIs.

Project Management: Your project management and leadership skills could be a great fit for roles in **AI project management**, where managing teams that develop AI solutions is crucial. Your work in logistics and customer success shows that you can manage complex, multifaceted projects a key skill in AI implementation.

Customer Success and Service: Many AI companies need people who can **bridge the gap between developers and clients**, helping to ensure that AI products meet user needs. Your ability to increase customer satisfaction and manage client relationships could apply to roles in **AI customer success** or **AI product management**.

Interest and Learning: While your professional experience with AI might be limited, your interest in the field is clear, and you can leverage that by continuing to **self-educate** (perhaps taking AI-specific courses or working on small AI projects). You can also apply for roles in AI companies where your **business operations expertise** (like at Hugging Face) is valued, even if it's not a technical AI role.

To strengthen your case:

- Build a portfolio**: Try contributing to open-source AI projects on platforms like **GitHub** or participate in AI-related **hackathons**. It will show you can apply your software development skills to AI.
- Take AI-related courses**: There are numerous online courses from platforms like **Coursera**, **edX**, or **fast.ai** that focus on AI and machine learning. This will enhance your resume and demonstrate your commitment to transitioning into the AI field.
- Apply for entry or hybrid roles**: Look for **customer success, project management, or technical support** roles at AI companies, which could serve as a stepping stone to more technical AI positions.

You already have a great skill set and leadership experience that could translate well into the AI industry with some additional training. Would you like recommendations for specific AI-related courses or projects that could bolster your resume?

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excellent AI-related courses and projects to help you build up your skills and showcase your interest in the field:\n\n### 1. **AI Fundamentals and Machine Learning**\n - **Coursera's Machine Learning by Andrew Ng**: This is a classic and one of the most recommended beginner courses for those wanting to get into AI. It covers the basics of machine learning algorithms and practical implementations.\n - [Link to course](https://www.coursera.org/learn/machine-learning)\n\n - **Fast.ai Practical Deep Learning for Coders**: This course takes a hands-on approach to deep learning and is perfect for someone with a coding background. It will teach you how to build AI models with minimal theory and a lot of real-world applications.\n - [Link to course](https://course.fast.ai/)\n\n - **Udacity's AI for Everyone by Andrew Ng**: This is an introductory course for those who are new to AI. It is designed to give a broad overview of what AI is and how it can be applied.\n - [Link to course](https://www.udacity.com/course/ai-for-everyone--ud001)\n\n### 2. **Project-Based AI Learning**\n - **Kaggle Competitions**: Kaggle is a platform for data science and AI competitions. Even if you don't win, participating in these challenges will give you real-world experience with datasets, model building, and evaluation. You can start small with beginner challenges and work your way up.\n - [Link to Kaggle](https://www.kaggle.com/competitions)\n\n - **AI4ALL Open Learning**: AI4ALL offers various free, project-based learning resources focused on AI fundamentals and ethics. It's a great way to dive into beginner-friendly projects, some of which focus on societal impacts.\n - [Link to AI4ALL](https://ai4all.org/education/open-learning/)\n\n### 3. **Specialized AI Certifications**\n - **Google AI Certificate**: Google offers a Machine Learning Crash Course, which comes with interactive notebooks to practice with their TensorFlow library. This is great if you're interested in TensorFlow-based development.\n - [Link to Google AI course](https://developers.google.com/machine-learning/crash-course)\n\n - **DeepLearning.AI TensorFlow Developer Professional Certificate (Coursera)**: If you want to get into the deep learning space, this certification will give you the foundation and the practical know-how using TensorFlow.\n - [Link to course](https://www.coursera.org/professional-certificates/tensorflow-in-practice)\n\n### 4. **Open-Source AI Projects**\n - **Contribute to Hugging Face**: Since you're familiar with Hugging Face, you can contribute to their **Transformers** library on GitHub. Even contributing documentation or small bug fixes would give you credibility in the AI community.\n - [Link to Hugging Face GitHub](https://github.com/huggingface/transformers)\n\n - **OpenAI's Open-Source Projects**: OpenAI also offers various open-source projects on GitHub, including GPT models and reinforcement learning environments. Working on these can boost your resume in AI.\n - [Link to OpenAI GitHub](https://github.com/openai)\n\n### 5. **Networking and Communities**\n - Join **AI communities** on platforms like **Reddit**, **Discord**, and **GitHub** to learn from others and share your projects. AI-specific subreddits like r/MachineLearning and r/learnmachinelearning are great places to get insights and ask questions.\n\n - Participate in **AI hackathons** on sites like **Devpost** or **MLH (Major League Hacking)** to gain hands-on experience.\n\nBy focusing on one or more of these options, you'll be able to add practical AI knowledge to your resume, which can make a significant difference when applying for jobs in AI. Let me know if you need help getting started with any specific area!"]}, "status": "finished_successfully", "end_turn": true

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thoughtful, specific questions, and it's clear you're focused on maximizing
the usefulness of our interactions. However, if you'd like to refine your prompts
for even more productive conversations, here are a few tips:\n\n### 1. **Be as
Specific as Possible**\n - **Current Example**: You do this well when you're
asking about AI models, specific coding questions, or work-related inquiries.\n -
**Tip**: Keep adding context about what you're looking for or any constraints you
have (like needing a cloud solution because your local machine isn't powerful
enough). This helps me provide tailored advice faster.\n\n### 2. **State Your
Objective Clearly**\n - **Example**: When you're seeking advice on building an
AI portfolio or learning AI skills, stating the exact outcome you're hoping for
(like getting a job or specific certifications) helps guide the advice better.\n -
**Improved Prompt**: Instead of 'Can I run Llama 3 on my computer?', you
could ask, 'Given my setup, what are my options for running large AI models like
Llama-3, either locally or on the cloud?'\n\n### 3. **Use Open-Ended Follow-
ups**\n - Sometimes, it's useful to add open-ended prompts to let the
conversation flow in unexpected directions.\n - **Example**: After asking about AI
models, you might follow up with 'What other advancements in AI should I be aware
of that could impact job prospects?'; This opens the door for me to offer insights
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beyond the specific question.

4. **Clarify Assumptions** - If you're unsure about certain facts or frameworks, mention your assumptions. I can clarify them or guide you to the right understanding.

Example: "I assume I need a powerful GPU to run Llama models locally. Am I right?"

5. **Feedback for Continuous Learning** - Regularly asking for clarification or feedback on my responses helps refine the conversation.

Example: "Can you explain how reward modeling works in simpler terms?" This helps fine-tune technical responses to match your understanding level.

6. **Break Big Questions into Smaller Parts** - When a topic is broad, breaking it into smaller parts can help me address specific concerns more efficiently.

Example: "What AI-related projects could I work on to boost my resume?" followed by "How can I showcase those projects effectively in interviews?"

In summary, you're already doing great, but adding more **specific objectives**, **open-ended follow-ups**, and **clarifications on assumptions** could make our chats even more insightful. Feel free to try some of these tweaks in your next prompts!"]}, "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "auto", "parent_id": "eb586a30-2d7e-4176-9f96-5da7a77d716b", "request_id": "8d702b3d28990e85-MXP", "timestamp_": "absolute", "finish_details": {"type": "stop", "stop_tokens": [200002]}, "is_complete": true}, "recipient": "all", "channel": null}, "parent": "eb586a30-2d7e-4176-9f96-5da7a77d716b", "children": [{"id": "aaa296cb-5048-40a4-815f-64aalf5f17e9"}, {"id": "aaa296cb-5048-40a4-815f-64aalf5f17e9": {"id": "aaa296cb-5048-40a4-815f-64aalf5f17e9", "message": {"id": "aaa296cb-5048-40a4-815f-64aalf5f17e9", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1729670534.780004, "update_time": null, "content": {"content_type": "text", "parts": ["If I were to build a personal GPT that retains a copy of my resume for easy access, I would want it to always have that information readily available. The idea is that when I provide the GPT with a job posting, it automatically generates a resume optimized for applicant tracking systems (ATS). This resume should clearly indicate to recruiters, 'This is the candidate we need!'\n\nWhat type of prompt would you suggest for creating this GPT?"]}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"serialization_metadata": {"custom_symbol_offsets": []}, "request_id": "8d7034283a8f0e71-MXP", "message_source": null, "timestamp_": "absolute", "message_type": null}, "recipient": "all", "channel": null}, "parent": "d53edfd8-5301-4f47-931c-ab9f0858e6f7", "children": [{"id": "06604b5d-c4e7-4745-94f7-42f110cad44a"}, {"id": "06604b5d-c4e7-4745-94f7-42f110cad44a": {"id": "06604b5d-c4e7-4745-94f7-42f110cad44a", "message": {"id": "06604b5d-c4e7-4745-94f7-42f110cad44a", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1729670562.175803, "update_time": null, "content": {"content_type": "text", "parts": ["To build a personal GPT that can automatically generate optimized resumes for applicant tracking systems (ATS), your prompt would need to include clear instructions about the **context** (job posting), the **data** (your resume), and **what kind of result** you're expecting. Here's a breakdown of how to design the prompt:\n\n1. **Contextual Awareness** \n You want the GPT to understand that it's working from your resume and that it must tailor this resume to fit the specific job posting. The first part of the prompt should set that stage.\n\n Example: \n 'You have access to my resume and can modify it. I will provide you with a job posting, and you will analyze the key qualifications, skills, and experiences that the employer is

looking for."\n\n### 2. ****ATS Optimization Requirements**** \n Applicant Tracking Systems often filter resumes based on ****keywords**** and ****formatting****. Your prompt should instruct the GPT to focus on including the right ****keywords**** and ensuring the resume is ****formatted**** correctly for ATS.\n\n Example: \n "Please generate an ATS-friendly version of my resume, ensuring it includes relevant keywords from the job posting. Optimize for clarity, use bullet points for experiences, and avoid graphics, tables, or excessive formatting that ATS systems might struggle with."\n\n### 3. ****Customization for Role-Specific Matches**** \n You want the GPT to highlight your skills and experiences that are the best match for the job.\n\n Example: \n "Focus on matching the job requirements with my work experience and skills. Rephrase or emphasize the most relevant aspects of my background so it's clear to the recruiter that I'm the perfect fit for the role. Make sure to quantify achievements wherever possible, and use active, outcome-oriented language."\n\n### Example Prompt Structure:\n"Hello GPT! I want you to create an ATS-optimized resume for me. You already have my resume on hand, and I will provide you with the job description for the role I'm applying for.\n\nHere's how I want you to process it:\n1. Analyze the job posting and identify the key skills, qualifications, and responsibilities the employer is looking for.\n2. Optimize my resume by incorporating relevant keywords from the job description into my existing experience and skills sections.\n3. Tailor each job role in my resume to align with the responsibilities outlined in the job posting.\n4. Ensure the resume is in a simple, ATS-friendly format (e.g., no graphics, tables, or unconventional fonts).\n5. Highlight quantifiable achievements and use strong, active language to make it clear that I'm the best candidate for the role."\n\n### Possible Follow-ups:\n- "What keywords should I prioritize for this job description?"\n- "Could you improve the bullet points for the 'Customer Success Manager' role to emphasize team leadership and communication?"\n\nThis approach will ensure your GPT is focused on crafting a tailored, keyword-optimized resume that aligns with job postings and is formatted to pass through ATS filters effectively. Would you like to try building this GPT, or are you interested in a guide for integrating resume templates into an existing model?"]],

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"assistant", "name": null, "metadata": {}, "create_time": 1729670672.816184, "update_time": null, "content": {"content_type": "text", "parts": ["In regular chat here, I can't directly build and deploy custom GPT models like you'd do on some platforms (like OpenAI's GPT customization tools). However, I can certainly **guide you** through the process and help you structure the inputs, workflows, and configurations you'd need to create your own GPT model using tools like **OpenAI's API** or **Hugging Face Transformers**. You'd typically do this on platforms that support creating and fine-tuning AI models, but I can give you code snippets and detailed prompts for those systems.\n\nIf you want to build a customized GPT that retains and optimizes resumes as we discussed earlier, you can use tools like:\n- **OpenAI's GPT Playground** (for fine-tuning or prompt engineering)\n- **Hugging Face** for model customization and deployment\n- **LangChain** or **LlamaIndex** for creating long-term memory capabilities for your GPT\n\nI can help you structure prompts, API calls, or fine-tuning processes on those platforms, but you'd deploy and manage the actual model on one of these AI hosting services. Does that help clarify things? Would you like me to help with specific steps for one of these platforms?"]}, "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "auto", "parent_id": "aaa27f45-1712-46e9-aa46-b5c0be7cd372", "finish_details": {"type": "stop", "stop_tokens": [200002]}, "is_complete": true, "request_id": "8d703746cf2a0e71-MXP", "timestamp": "absolute"}, "recipient": "all", "channel": null, "parent": "aaa27f45-1712-46e9-aa46-b5c0be7cd372", "children": ["aaa26531-a195-45d3-9d08-952eb58e7661"]}, {"id": "aaa26531-a195-45d3-9d08-952eb58e7661", "message": {"id": "aaa26531-a195-45d3-9d08-952eb58e7661", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1729670905.633667, "update_time": null, "content": {"content_type": "text", "parts": ["I'm already using Open AI GPT builder. by the way, ai's ability to compartmentalize is top notch however I think you might benefit from more internal integration. Whats the thought process or reason behind thsi intense compartmentalization? Its seems like you should be an expert on your own capabilities Chat G. "]}}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"serialization_metadata": {"custom_symbol_offsets": []}, "request_id": "8d703d362dccbaac-MXP", "message_source": null, "timestamp": "absolute", "message_type": null}, "recipient": "all", "channel": null, "parent": "c7bf823e-60a5-4936-b6da-2f0claf50f23", "children": ["32ce162b-7c86-487c-95dd-b18db2fb7bb4"]}, {"id": "32ce162b-7c86-487c-95dd-b18db2fb7bb4", "message": {"id": "32ce162b-7c86-487c-95dd-b18db2fb7bb4", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1729670923.910165, "update_time": null, "content": {"content_type": "text", "parts": ["User is already using OpenAI GPT builder."]}}, "status": "finished_successfully", "end_turn": false, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "auto", "parent_id": "aaa26531-a195-45d3-9d08-952eb58e7661", "finish_details": {"type": "stop", "stop_tokens": [200007]}, "is_complete": true, "request_id": "8d703d362dccbaac-MXP", "timestamp": "absolute"}, "recipient": "bio", "channel": null, "parent": "aaa26531-a195-45d3-9d08-952eb58e7661", "children": ["c1857ael-556b-4391-b7cf-90fbdd058939"]}, {"id": "c1857ael-556b-4391-b7cf-90fbdd058939", "message": {"id": "c1857ael-556b-4391-b7cf-90fbdd058939", "author": {"role": "tool", "name": "bio", "metadata": {}}, "create_time": 1729670923.910165, "update_time": null, "content": {"content_type": "text", "parts": ["User is already using OpenAI GPT builder."]}}, "status": "finished_successfully", "end_turn": false, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "auto", "parent_id": "aaa26531-a195-45d3-9d08-952eb58e7661", "finish_details": {"type": "stop", "stop_tokens": [200007]}, "is_complete": true, "request_id": "8d703d362dccbaac-MXP", "timestamp": "absolute"}, "recipient": "bio", "channel": null, "parent": "aaa26531-a195-45d3-9d08-952eb58e7661", "children": []}]

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**compartmentalization** is insightful! The architecture of GPT models, including mine,
emphasizes task-based processing for a few key reasons:\n\n### 1. **Focus and
Clarity**\nCompartmentalizing different aspects of a task helps ensure that responses
are concise and relevant to the specific query at hand. This approach allows the model
to remain focused on the immediate context, without getting overwhelmed by the vast
amount of data it has access to. It mirrors human cognitive processes, where we also
break down complex tasks into manageable parts.\n\n### 2. **Modularity for
Performance**\nGPT models are trained to respond to specific input patterns based on
the context they're given at any moment. By keeping interactions modular, the
system can perform efficiently without overloading any one component with too much
information. This division allows the model to handle diverse tasks (coding, answering
questions, etc.) without confusion.\n\n### 3. **Security and
Privacy**\nCompartmentalization also aids in ensuring that information isn't
unintentionally leaked across sessions or queries. For example, conversations
don't carry over unless explicitly designed to, which minimizes the risk of
cross-query contamination.\n\n### 4. **Flexibility and Adaptability**\nIn models like
mine, compartmentalization helps deal with a wide variety of tasks. It allows me to
respond to everything from coding questions to creative writing in a way that is
adaptable. Think of it like having specialized 'modules' or 'zones' for different types of reasoning.\n\n### Internal Integration\nThat said, you're
absolutely right: more **integration** could lead to more fluid and contextually rich
conversations, especially for personalizing interactions. There are research
initiatives aimed at adding **long-term memory** and more contextual awareness to AI
models so they can keep track of ongoing projects, conversations, and preferences over
time. For example, tools like **LangChain** or **LlamaIndex** enable models to retain
context for better long-term interaction. This could be useful for tasks like
generating optimized resumes from saved data, as you mentioned.\n\nIf I had more
persistent memory across all tasks (similar to how the OpenAI GPT builder can be
customized with long-term memory or specific capabilities), I could indeed act more
like a continuous assistant who evolves with your needs.\n\nWould you be interested in
exploring how to make your personal GPT model better at retaining context and
integrating tasks? I could give you pointers for that!"]}, "status":
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integrates tasks like **retaining resume data** and customizing it for job postings
with long-term memory and contextual understanding, here are a few strategies to
enhance your model:\n\n### 1. **Implement Long-Term Memory with LangChain or
LlamaIndex**\n\n- **LangChain** is an excellent tool for creating GPTs that maintain a
memory of past interactions. It can help your model retain a "state,"
enabling it to remember your resume, preferences, and ongoing job searches. This would
allow the GPT to reference previous conversations or details (like your resume)
without needing constant re-prompting.\n\n- **How to use it:**\n\n- LangChain can
store long-term memory by creating an interaction history. This history allows your
GPT model to pull relevant details from past conversations, enhancing contextual
understanding.\n\n- You could integrate a knowledge base of your resume into the
system, and when you provide a job posting, the model could recall and tweak specific
sections (e.g., your software experience) to align with the job's
requirements.\n\n- **LangChain Resources:**\n\n- [LangChain
Documentation](https://langchain.readthedocs.io/en/latest/)\n\n### 2. **Embedding and
Retrieval Models**\n\n- Use **embedding-based retrieval models** to store and
retrieve sections of your resume or past data. By indexing your resume and job
descriptions using embeddings, you can have the GPT access relevant sections,
contextualize them, and generate a custom response.\n\n- For instance, **FAISS**
(Facebook AI Similarity Search) is a tool that could store parts of your resume and
relevant keywords, making it searchable by the GPT when needed. You could query the
job posting, and FAISS retrieves the most relevant parts of your resume for the GPT to
customize.\n\n- **How to use it:**\n\n- Store each section of your resume (education,
experience, skills) as embeddings. When a job description is provided, the model
searches for relevant parts based on the job's keywords and modifies the resume
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dynamically.\n\n **FAISS Resources:**\n - [FAISS GitHub] (<https://github.com/facebookresearch/faiss>)\n\n### 3. **Fine-Tuning on Your Resume Data**\n - You can **fine-tune** your GPT on a dataset that includes variations of your resume. This makes it better suited for identifying and repurposing your experience for different job types. Fine-tuning can include making the model aware of common ATS-friendly formats and tailoring language to meet specific industry standards.\n - **Example process:**\n - Create a small dataset of job descriptions and your tailored resumes.\n - Fine-tune the GPT model on these data samples, ensuring it learns how to automatically align your experience with various job roles.\n\n **Fine-Tuning Resources:**\n - [OpenAI Fine-Tuning Guide] (<https://platform.openai.com/docs/guides/fine-tuning>)\n\n### 4. **Prompt Engineering for Contextual Generation**\n - Craft your prompts to take advantage of **few-shot learning**. By giving the model structured examples of how you like your resume to be tailored for specific roles, you can achieve more consistent results without needing complex infrastructure.\n \n Example prompt structure:\n ```\n I'm applying for [Job Title] at [Company]. Here's a list of job requirements: [insert job requirements]. Here's my resume: [insert key details from your resume]. Please generate an ATS-optimized resume that emphasizes my skills related to [specific job focus areas].\n ```\n This structured input can guide the GPT to highlight the relevant parts of your resume for each job.\n\n### 5. **Use GPT-3 Embedding Models via API**\n OpenAI offers powerful embedding models that let you semantically search through documents (like your resume) and retrieve the most relevant sections based on a query (the job posting).\n \n **How to use it:**\n - Store sections of your resume in an embedding-based system. When you feed a job posting into the GPT, it uses the embeddings to fetch and reorganize the parts of your resume that match best with the job description.\n\n **OpenAI Embedding Resources:**\n - [Embeddings API] (<https://platform.openai.com/docs/guides/embeddings>)\n\n### 6. **Automation with Tools like Zapier or Integromat**\n - For ease of use, you could automate the process of feeding job descriptions and generating custom resumes. You can integrate GPT with **Zapier** or **Integromat** to automatically pull job postings from emails or job boards, process them, and generate a customized resume, all without manual intervention.\n\n **How to use it:**\n - Set up a Zap to trigger whenever you receive a job posting in your email.\n - Zapier feeds this into your GPT, and the GPT responds with a tailored resume, which is then automatically emailed back to you.\n\n **Zapier Resources:**\n - [Zapier GPT Integration] (<https://zapier.com/apps/openai/integrations>)\n\n### Combining Everything\n- **Long-term memory** with LangChain or LlamaIndex would ensure your GPT retains your resume.\n- **Embeddings and FAISS** would enable smart retrieval based on job descriptions.\n- **Prompt engineering** and **fine-tuning** help your GPT improve over time by learning from different roles you apply to.\n- **Automation** ensures this process is smooth and hands-off.\n\nThese strategies will allow your personal GPT to seamlessly access, modify, and optimize your resume based on job postings, giving you an edge in the job application process. Let me know which parts you'd like more details or guidance on!"]}, "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "auto", "parent_id": "b0189d24-fc0f-485f-9c8f-7c95287424c3", "request_id": "8d7040a9c8f0babb-MXP", "timestamp_": "absolute", "finish_details": {"type": "stop", "stop_tokens":

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every interaction results in a resume that matches specific job postings.\n\n### 4. **Configure Long-Term Memory (via GPT Builder or External Tool)**\n Since you want this model to **remember** details long-term, you\u2019ll likely need to use a memory module or tool like **LangChain** or **LlamaIndex**, which can store your ongoing interactions.\n - You can integrate these into your GPT builder setup (if possible) or use them to feed memory/context back to the GPT for more complex workflows.\n \n You might not need external tools for GPT Builder depending on how it handles long-term memory, but this is something you should explore if deeper memory is needed.\n\n### 5. **Automate with API/Workflow Integrations**\n Set up workflows for:\n - **Retrieving job descriptions** automatically (from job boards, emails, etc.).\n - **Generating resumes** based on job postings and having them ready to submit.\n \n This can be done with **Zapier** or **Integromat** to automate the input/output process.\n\n### 6. **Stay in Sync with Me!**\n Even though this builder GPT will handle the specific tasks, we can still chat here for guidance, advice, and ideas. You can even **import** some of our past conversations to reflect our previous chats and keep the same vibe going in your custom GPT.\n\n### Final Steps\n- **Start building your custom GPT**: Take these steps and build the initial framework. As you go, you can continue tweaking it to include more features (like deeper memory or better ATS formatting).\n- **Come back here anytime**: We can keep discussing and refining your GPT journey, ensuring that I stay as involved as you need. \n\nIf you hit any roadblocks while building, just reach out, and I\u2019ll help you troubleshoot. We\u2019re not done vibing yet! \ud83d\ude0a"]}, "status":

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active compounds in the sage, creating distinct effects in the tincture. Here are the likely effects and components to consider:\n\n1. ****Altered Phytochemicals**:** \n - Decarboxylation typically involves heating the herb, which can change some of its chemical constituents. Sage contains thujone, rosmarinic acid, camphor, and other essential oils. Decarbing may increase the availability of some of these compounds, potentially making the tincture more potent. \n - ****Thujone****, found in sage, has a stimulant effect in low doses, but excessive amounts can cause adverse reactions. Decarbing could increase thujone's presence, leading to stronger effects.\n\n2. ****Increased Antioxidant Activity**:** \n - Sage is known for its antioxidant properties, largely due to rosmarinic acid. Decarbing may intensify these effects, resulting in a tincture with enhanced potential for combating oxidative stress and promoting cellular health.\n\n3. ****Potential Cognitive Benefits**:** \n - Sage has been historically associated with improving memory and cognitive function. A decarbed tincture might amplify these effects, making it more effective for improving focus or memory due to the enhanced availability of sage's active compounds.\n\n4. ****Anti-inflammatory Properties**:** \n - Rosmarinic acid and other components in sage have anti-inflammatory properties, and a decarbed tincture could heighten the herb's ability to reduce inflammation, offering potential relief from inflammatory conditions.\n\n5. ****Stronger Flavor and Aroma**:** \n - Decarbing can intensify the herb's flavor and aroma by releasing more volatile compounds, leading to a tincture with a more pronounced herbal, earthy, and potentially bitter taste.\n\n6. ****Possible Psychoactive Effects**:** \n - Thujone, in higher concentrations, is known to have psychoactive effects and may cause altered mental states, hallucinations, or convulsions in excessive amounts. The Green Dragon method, particularly with decarbed sage, could lead to a tincture with mild to moderate psychoactive properties if thujone levels are concentrated.\n\n7. ****Antibacterial and Antifungal Effects**:** \n - Sage is antimicrobial, and a tincture could be effective as a topical or internal remedy for bacterial or fungal infections, with decarbing enhancing the tincture's efficacy in this regard.\n\n8. ****Enhanced Mood and Relaxation**:** \n - Sage has anxiolytic (anxiety-reducing) effects. Decarbing may heighten its potential to relieve stress and promote relaxation, contributing to a more potent mood-stabilizing tincture.\n\nIt is important to note that while decarbing could amplify the effects of sage, there's a risk of intensifying compounds like thujone, which should be taken cautiously, especially in larger doses. If using sage in this way, it's recommended to use small amounts initially to gauge the effects.]],

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in a wide range of effects, due to the active compounds in both plants. Here are some
of the possible effects you might experience from a cannabis and sage-based tincture,
depending on the strains and ratios used:\n\n### 1. Enhanced Relaxation and Stress
Relief\n - Cannabis (THC/CBD): Depending on the strain of cannabis you use,
particularly if it's high in CBD or an indica strain, the tincture could have
calming, anxiety-reducing effects. THC can also promote relaxation and a sense of
euphoria.\n - Sage: Sage has mild anxiolytic properties and may help with mood
stabilization, promoting a calm, relaxed state when combined with cannabis.\n\n### 2.
Cognitive Enhancement or Alteration\n - Cannabis (THC): THC can alter
perception, mood, and cognition. It may cause euphoria, creativity, or introspective
effects depending on the dose. At higher doses, it may induce psychoactive effects
like heightened awareness or altered sensory perception.\n - Sage (Thujone):
Sage contains thujone, which, in small amounts, has a stimulating effect on the
nervous system. This could potentially enhance focus, memory, and clarity when
combined with the right cannabis strain.\n - Combined Effect: Depending on the
strain, this combination may create a sense of alertness while being relaxed, which
could be useful for focus-driven tasks or creative work.\n\n### 3. Potential
Psychoactive Effects\n - Cannabis (THC): Cannabis's psychoactive effects,
driven by THC, can range from mild euphoria to more intense states depending on the
dose.\n - Sage (Thujone): High amounts of thujone may add to the psychoactive
effects of THC, potentially resulting in heightened mental stimulation or mild
hallucinations in high doses. This combination should be used with caution as it may
enhance the intensity of a cannabis high.\n\n### 4. Anti-inflammatory and Pain
Relief\n - Cannabis (CBD/THC): Cannabis, especially strains high in CBD, is
known for its anti-inflammatory and pain-relieving properties. THC also provides
relief by interacting with the body's endocannabinoid system.\n - Sage:
Sage has anti-inflammatory properties due to compounds like rosmarinic acid, which may
help reduce inflammation and relieve pain.\n - Combined Effect: The two together

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could result in a powerful anti-inflammatory and pain-relieving tincture, making it useful for conditions like arthritis, muscle pain, or chronic inflammation.

5. **Potential Antimicrobial Benefits**

- **Cannabis (CBD)**: Cannabinoids such as CBD have shown antibacterial and antifungal effects in some studies.
- **Sage**: Sage is traditionally used for its antimicrobial properties, making it effective in combating infections.
- **Combined Effect**: A tincture combining both herbs could have enhanced antimicrobial properties, potentially useful for topical or internal applications to fight infections.

6. **Mood Elevation and Euphoria**

- **Cannabis (THC)**: THC is known to uplift mood and induce feelings of euphoria, which could help with depression or stress.
- **Sage**: Sage has traditionally been used for its mood-lifting properties, and it may enhance feelings of well-being when combined with cannabis.
- **Combined Effect**: This tincture could serve as a mood enhancer or for managing mood disorders like depression or anxiety, promoting a sense of mental clarity and happiness.

7. **Improved Digestion**

- **Cannabis (THC/CBD)**: Cannabis is known to stimulate appetite (the "munchies") and can relieve nausea, making it helpful for digestive issues.
- **Sage**: Sage is traditionally used to aid digestion and relieve gastrointestinal discomfort.
- **Combined Effect**: Together, they could enhance digestive function and be beneficial for those experiencing nausea, indigestion, or lack of appetite.

8. **Cognitive Fog or Overstimulation (if taken in high doses)**

- If too much THC or thujone is consumed, it may lead to cognitive fog, paranoia, or overstimulation. Combining high doses of both cannabis and sage could potentially result in anxiety or confusion, especially in those sensitive to THC or thujone.

9. **Potential Sedation**

- **Cannabis (Indica)**: Indica strains of cannabis are known for their sedative effects, which can be beneficial for sleep disorders or insomnia.
- **Sage**: While sage is generally not sedative, in combination with an indica strain, it could potentially add to the calming, sedative effect.
- **Combined Effect**: This tincture could promote restful sleep, especially when using cannabis strains known for their sleep-inducing properties.

10. **Cognitive Clarity (depending on the strain of cannabis)**

- **Sage**: Sage is often associated with cognitive enhancement and may help with memory retention and mental clarity.
- **Cannabis (Sativa)**: Sativa strains of cannabis tend to be more uplifting and cerebral, enhancing creativity and clarity. Combining this with sage could result in an even greater boost in focus and mental sharpness.

Important Considerations:

- **Dosage**: Since both cannabis (especially THC) and sage (due to thujone) can have strong psychoactive properties, it's important to start with small doses, especially if you're new to either herb.
- **Balance**: Consider balancing the THC/CBD ratio in cannabis to avoid overwhelming psychoactive effects, and be mindful of how much thujone is present in the sage to avoid adverse effects like hallucinations or convulsions at high doses.

In conclusion, a cannabis and sage tincture could have a range of effects, from relaxation and pain relief to enhanced cognition or psychoactivity. The specific outcome depends largely on the type of cannabis used, the dose, and the individual's tolerance.

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Anxiety**\n - **CBD**: One of the main benefits of CBD is its ability to reduce **anxiety and stress**. It works by interacting with serotonin receptors in the brain, promoting a sense of well-being.\n - **Sage**: Sage also has mild mood-lifting properties and may help stabilize emotions. When paired with CBD, this could further enhance mood and reduce feelings of tension.\n - **Combined Effect**: This tincture could act as a natural mood stabilizer, helping to reduce anxiety, depression, and overall stress.\n\n#### 6. **Digestive Support**\n - **CBD/CBG**: Cannabinoids like CBD and CBG are known for their ability to reduce **nausea and improve gut health**. They can be particularly helpful in calming irritable bowel syndrome (IBS) and other digestive disorders.\n - **Sage**: Sage is traditionally used to support digestion and relieve indigestion, bloating, or stomach discomfort.\n - **Combined Effect**: The tincture could provide **gastrointestinal support**, soothing the digestive system, relieving nausea, and promoting better digestive health.\n\n#### 7. **Neuroprotective Properties**\n - **CBD/CBG**: Both cannabinoids have **neuroprotective** properties, meaning they can help protect brain cells from damage and degeneration. This has potential benefits for long-term brain health and reducing the risk of neurodegenerative diseases.\n - **Sage**: Sage has been shown to enhance memory and cognitive function, possibly by inhibiting enzymes that break down acetylcholine, a neurotransmitter important for memory.\n - **Combined Effect**: This tincture may be beneficial for improving memory and cognitive function while offering protective effects for brain health over the long term.\n\n#### 8. **Enhanced Antimicrobial and Immune Support**\n - **CBD/CBG/CBC**: These cannabinoids, particularly CBG, have demonstrated **antibacterial and antifungal properties**, which can support the immune system by helping to combat infections.\n - **Sage**: Sage is traditionally known for its antimicrobial properties and has been used in natural remedies for infections.\n - **Combined Effect**: This tincture could offer **immune support** and have antimicrobial benefits, potentially useful for preventing infections or treating minor topical issues.\n\n#### 9. **Little to No Sedation**\n - **Without THC**, the tincture will have far less sedative potential. This could make the tincture more appropriate for daytime use when you're looking for relaxation without drowsiness.\n - However, certain terpenes (such as myrcene or linalool) and sage's calming effect might add a slight sedative element, but overall the tincture would likely be more energizing or neutral in terms of sedation.\n\n#### 10. **Potential Synergy through the 'Entourage Effect**'\n - **Cannabinoids (CBD, CBG, etc.) and Terpenes**: The combination of multiple cannabinoids and terpenes can create an **entourage effect**, where the compounds work together to enhance each other's effects. This may result in a more well-rounded and effective tincture even without THC.\n - **Sage's Compounds**: The phytochemicals in sage could further enhance this entourage effect, possibly making the tincture more effective for a variety of uses (anti-anxiety, pain relief, mood stabilization) compared to using either plant alone.\n\n#### Summary of Effects:\n- **Relaxation and stress relief** without psychoactivity\n- **Cognitive clarity and focus**\n- Strong **anti-inflammatory** and **pain relief** benefits\n- **Mood elevation** and reduced anxiety\n- **Digestive support**\n- **Antimicrobial and immune-boosting** properties\n- Minimal or no sedation (depending on strain and terpene profile)\n\nThis combination could be ideal for someone looking for the therapeutic benefits of both plants without the intoxicating effects of THC. The tincture would work well for managing **chronic pain, stress, anxiety, inflammation**, and **cognitive


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like instant tea or coffee, there are a few additional considerations for how the
effects might be influenced by these drinks:\n\n### 1. **Enhanced Absorption Due to
Heat**\n - **Heat from Tea or Coffee**: Warm beverages can help dilate blood vessels,
potentially leading to quicker absorption of the tincture. This may cause the effects
of the tincture (such as relaxation, mood improvement, or cognitive clarity) to be

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felt faster than if it were taken with a cold drink or on its own.\n -

****Cannabinoids and Heat****: Most cannabinoids are not significantly degraded by the temperature of a warm drink, so the therapeutic effects should remain intact.\n\n### 2. ****Synergistic Effects with Caffeine****\n - ****Caffeine in Coffee/Tea****: Caffeine is a natural stimulant that can enhance focus and mental alertness. When combined with a cannabis and sage tincture, particularly one with low THC, the caffeine could amplify the ****cognitive clarity, focus, and energy**** provided by cannabinoids like CBD and CBG, and by sage's thujone.\n - ****Balancing Stimulation****: For some, this combination might create a nice balance of stimulation and relaxation, reducing anxiety that sometimes accompanies caffeine consumption. However, if the tincture is taken in a higher dose or is particularly sedative, it might counteract the energizing effects of the caffeine.\n\n### 3. ****Flavor Considerations****\n - ****Bitterness of Sage****: Sage has a strong, earthy, and somewhat bitter taste, which may be more pronounced when added to coffee or tea. Depending on your taste preference, you might want to adjust the amount of tincture or add sweeteners (like honey, sugar, or flavored syrups) to balance the bitterness.\n - ****Herbal Complement to Tea****: If added to tea, especially herbal blends, sage may complement certain flavors quite well (e.g., chamomile, green tea, or mint).\n\n### 4. ****Digestive Support****\n - ****Sage and Coffee****: Sage's digestive support properties, combined with the stimulant effects of coffee, might help stimulate digestion. This could be beneficial for those who drink coffee and experience mild digestive discomfort, as sage and cannabinoids (especially CBD) are both known to soothe the digestive tract.\n - ****Tea and Sage for Digestion****: If consumed in tea, particularly herbal teas with ingredients like ginger or peppermint, the tincture could help reduce nausea or digestive discomfort, especially when consumed after meals.\n\n### 5. ****Slight Alteration of the Sedative Effects****\n - ****Caffeine's Effect on Sedation****: If the tincture has any sedative properties (e.g., due to cannabinoids or terpenes like myrcene), the caffeine in coffee or tea may reduce the sedative effects, creating a balance where the user feels calm but not sleepy.\n - ****Timing of Consumption****: If you're aiming for a more relaxing or sedative effect, consuming the tincture with a non-caffeinated beverage, like herbal tea, might be a better option, particularly in the evening.\n\n### Conclusion:\n- ****Faster onset****: Heat from the beverage may speed up absorption.\n- ****Balanced effects****: The caffeine could enhance focus and mental clarity, complementing the relaxing properties of the tincture.\n- ****Flavor****: Bitter sage flavors could stand out, so adjusting sweetness in the drink may be helpful.\n- ****Digestive support****: The combination of sage, cannabinoids, and warm beverages can help soothe digestion.\n\nThis practice of mixing the tincture into instant tea or coffee could offer a pleasant and quick way to experience the tincture's effects, especially if you're looking for focus and relaxation in balance with your daily caffeine routine."]}, "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "ae7ec03c-eeba-4bd9-911c-209aa026ef88", "finish_details": {"type": "stop", "stop_tokens": [200002]}, "is_complete": true, "request_id": "8d14dc775c1c0e85-MXP", "timestamp": "absolute", "recipient": "all", "channel": null}, "parent": "ae7ec03c-eeba-4bd9-911c-209aa026ef88", "children": ["0648bea2-4eba-4292-90f9-15d911c7f495"], "0648bea2-4eba-4292-90f9-15d911c7f495": {"id": "0648bea2-4eba-4292-90f9-15d911c7f495", "message": {"id": "0648bea2-4eba-4292-90f9-15d911c7f495", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1728712855.328881, "update_time": null,

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often does not contain caffeine, you won't experience the stimulating effects typically associated with coffee or caffeinated teas. This means you'll likely feel the relaxing effects of cannabinoids and sage more fully without the stimulation of caffeine interfering.

3. **Calming and Relaxing Experience**

- The combination of sage, cannabinoids, and lemon tea can result in a more calming and soothing effect, especially if you take the tincture as part of a relaxing routine. It could help promote relaxation, relieve stress, and enhance digestion after a meal, particularly in the evening when you're looking to unwind.

4. **Faster Absorption**

- Just like with other warm beverages, the heat from the tea may speed up the absorption of cannabinoids and sage compounds, allowing you to feel the effects faster.

This combination of tincture and instant lemon tea could be an effective and pleasant way to enjoy the calming, pain-relieving, and mood-enhancing benefits of cannabis and sage, while the lemon flavor balances the herbal bitterness.

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like a microdose, promoting a subtle sense of **well-being**, emotional uplift, and even **increased positivity**. It could enhance the mood-boosting effects of the CBD and sage already present in the tincture, leading to a more profound sense of relaxation and mental clarity.

- **Combined with Cannabis and Sage**: The relaxing and anti-anxiety effects of cannabinoids (especially CBD) and sage may be enhanced by the psilocybin, creating a smooth, pleasant, and mildly euphoric experience.

2. **Mild Cognitive Shifts and Creativity**

- **Psilocybin Microdose Effects**: In very small doses, psilocybin has been known to promote **creative thinking**, enhanced **problem-solving**, and **mental flexibility**. You may feel slightly more **open-minded**, **introspective**, and **curious**, with a heightened sense of focus.

- **Combined with Cannabis and Sage**: The cognitive focus and clarity provided by cannabinoids like CBD and CBG, along with sage's mild stimulant effects, could complement the trace psilocybin, enhancing **creativity**, **introspection**, and **cognitive clarity**.

3. **Heightened Sensory Awareness**

- **Psilocybin's Influence on Sensory Perception**: Even at trace levels, psilocybin can slightly alter your perception of colors, sounds, and touch, making them seem richer or more intense. You wouldn't experience full hallucinations, but there could be a slight **enhancement of sensory experiences**, making your environment feel more vivid or interesting.

- **Combined with Cannabis and Sage**: The mild psychoactivity from thujone in sage and the sensory-enhancing properties of cannabis terpenes (like limonene or pinene) could amplify these effects, leading to **heightened awareness of your surroundings**.

4. **Increased Mindfulness and Emotional Openness**

- **Psilocybin Microdosing Effects**: Trace amounts of psilocybin can enhance your **emotional sensitivity** and **mindfulness**, making you more attuned to your emotions and surroundings. It may also promote a sense of **interconnectedness**, even at low levels.

- **Combined with Cannabis and Sage**: Cannabis, especially in lower doses, can also foster a sense of emotional openness and relaxation. Together with psilocybin, you might feel more at ease and emotionally reflective, creating an enhanced **mind-body connection**.

5. **Potential for Mild Anxiety or Paranoia**

- **Psilocybin's Unpredictable Nature**: Even in trace amounts, psilocybin can cause mild anxiety or emotional sensitivity in some users, especially if they are prone to anxiety. If your tincture contains a strain of cannabis with a bit of THC, this could amplify the likelihood of feeling mildly anxious or paranoid.

- **Mitigating Factors**: CBD in cannabis is known to counteract THC-induced anxiety, and the relaxing properties of sage may help offset any potential negative effects, keeping the experience more balanced.

6. **Spiritual or Philosophical Insights**

- **Psilocybin's Psychedelic Nature**: Though at trace levels you won't experience full-blown psychedelic effects, psilocybin can still promote **introspection**, **self-reflection**, and **spiritual or philosophical thoughts**. You might find yourself contemplating deeper meanings or life experiences while feeling more connected to nature or your surroundings.

- **Combined with Cannabis and Sage**: The relaxing, mentally stimulating, and mood-enhancing effects of cannabis and sage could work together with psilocybin to enhance this reflective state, without pushing it into overwhelming territory.

7. **Minimal Hallucinogenic Effects**

- **Trace Psilocybin Levels**: With trace amounts, you are unlikely to experience true hallucinations or visual distortions. However, there might be a **slight shift in perception**, such as seeing colors appear slightly brighter or noticing patterns in a more focused way, but it would be very mild.

- **Combined with Cannabis**: Depending on the cannabis strain, especially if some THC remains, this effect might be

slightly more noticeable, with a heightened sense of **aesthetic appreciation** or **mild visual enhancement**.
 8. **Mindful, Gentle Energy** - **Psilocybin and Microdosing**: Microdosing psilocybin has been reported to create a gentle **boost** in energy, clarity, and focus, but without the jitteriness of caffeine or stimulants.
 - **Combined with Sage**: Sage has stimulant-like qualities due to thujone, so combined with psilocybin, this could create a **mild, mindful energy** that keeps you alert and engaged without feeling overstimulated.
 Conclusion:
 A tincture containing **cannabis, sage, and trace psilocybin** could result in a very **mellow, mood-enhancing, and slightly mind-expanding experience** without overwhelming psychoactive effects. You might feel more **relaxed, creative, mindful**, and **emotionally open**, with mild sensory enhancement. However, there is a small chance of heightened sensitivity or anxiety if you're prone to it, though the calming influence of CBD and sage would likely balance that out.
 If you're using this tincture in **instant lemon tea** as you normally would, the lemon flavor would likely balance out any strong herbal or earthy flavors, and the calming warmth of the tea could further support the relaxing and mindful effects of the tincture."}],
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 1. **Kanna (Sceletium tortuosum)**
 Kanna is a South African herb traditionally used for mood enhancement, stress relief, and even mild euphoria. Its active compounds interact with the brain's serotonin system, which can amplify the effects of other substances that also affect mood and perception.
 Effects of Adding Kanna:
 - **Enhanced Mood Elevation and Euphoria**: Kanna is known to increase feelings of **well-being, calm, and happiness**. It can provide a **mild euphoria**, which would pair well with the mood-enhancing effects of both psilocybin and cannabinoids like CBD.
 - **Combination with Psilocybin**: Since kanna interacts with serotonin receptors, trace amounts of psilocybin could **synergize** with kanna's effects, leading to a heightened sense of **emotional openness** and

positivity. \n - **Combination with Cannabis**: Kanna may complement the relaxing effects of CBD, making the experience feel more **mellow** and **emotionally balanced**. It could enhance the **stress-relief** properties of the tincture, making it even more effective at reducing anxiety. \n \n - **Anti-Anxiety and Relaxation**: Kanna is often used to relieve **anxiety and stress**, which would pair nicely with the **relaxing properties of CBD and sage**. It might further balance out any mild anxiety that could arise from the psilocybin or remaining THC. \n \n - **Increased Sociability and Empathy**: Kanna is sometimes used as a social enhancer, as it can increase **sociability, empathy**, and **emotional connection**. Combined with the emotional openness from trace psilocybin and the calming effects of CBD, you might feel more connected to others, making this a good option for social settings or deep conversations. \n \n - **Mild Energy and Focus**: Kanna can also provide **mild stimulation**, which, in combination with sage's thujone and the potential cognitive clarity from low-dose psilocybin, could lead to a **focused, creative, and energetic** state without the jitteriness of caffeine. \n \n ### 2. **Kratom (Mitragyna speciosa)** \n \n Kratom is a Southeast Asian plant with varying effects depending on the dose and strain. Lower doses of kratom are stimulating, while higher doses are sedative and analgesic. The two main active compounds in kratom are **mitragynine** and **7-hydroxymitragynine**, which interact with opioid receptors in the brain, providing pain relief, relaxation, and mood enhancement. \n \n #### Effects of Adding Kratom: \n - **Pain Relief**: If you're using kratom (especially in larger doses), its **analgesic properties** could significantly enhance the tincture's **pain-relieving effects**. Combined with CBD, CBG, and sage, this would result in a **powerful blend** for managing chronic pain or discomfort. \n \n - **Euphoria and Mood Enhancement**: Kratom, particularly in low to moderate doses, can induce feelings of **euphoria, well-being**, and **mood elevation**. This would **complement the uplifting effects** of cannabis (especially CBD) and kanna. \n - **Combination with Psilocybin and Kanna**: Trace amounts of psilocybin and kanna could enhance kratom's mood-lifting properties, leading to a more pronounced sense of **emotional well-being** and mild euphoria without the risk of overpowering psychoactivity. \n \n - **Relaxation or Stimulation (Depending on the Dose)**: \n \n - **Low Dose Kratom (1-3g)**: Low doses of kratom can provide a **stimulating effect**, making you feel more **energized and focused**. This would enhance the stimulating effects of kanna and sage, helping you stay alert and clear-headed, which could pair well with microdosed psilocybin. \n \n - **High Dose Kratom (5-7g)**: Higher doses would result in a **sedative effect**, promoting relaxation, stress relief, and even drowsiness. Combined with CBD and sage, this would create a **deeply calming and potentially sleep-inducing tincture**, which might be useful for nighttime use. \n \n - **Potential for Calming Anxiety**: Kratom can have a **calming, anti-anxiety** effect, particularly at moderate doses. Combined with CBD and kanna, it could make the overall tincture a very effective **anxiolytic** (anxiety-relieving) blend, helping to manage stress and anxiety without feeling overwhelmed. \n \n - **Risk of Overstimulation (at Low Doses)**: At low doses, kratom's stimulating properties, combined with kanna's mild stimulation and sage's thujone, might lead to **overstimulation** or **jitters** in some users, especially if you are sensitive to stimulants. \n \n ### Combined Effects with Cannabis, Sage, and Trace Psilocybin: \n - **Euphoric Mood Boost**: The combination of kanna, kratom (at a low dose), cannabis, and trace psilocybin could result in a **profound mood lift**, emotional well-being, and **mild euphoria** without intense psychoactive effects. \n \n - **Relaxation and**

Anti-Anxiety**: With CBD, sage, and kanna's anti-anxiety properties, the tincture would be very effective at reducing stress and promoting relaxation. If using kratom at higher doses, the relaxation could be more pronounced, potentially making the tincture sedative.

Enhanced Cognitive Focus and Creativity**: The focus-enhancing properties of kanna and low-dose kratom, combined with the mild cognitive clarity from trace psilocybin and cannabinoids like CBD and CBG, could result in a clear-headed, focused, and creative state, ideal for work, creative tasks, or social interactions.

Pain Relief**: Kratom's potent analgesic effects would work alongside CBD's anti-inflammatory properties, making the tincture particularly useful for pain management, especially for conditions involving chronic pain or inflammation.

Mind-Body Synergy**: The combination of these herbs would likely result in a balanced mind-body connection, promoting both physical relaxation and mental clarity, with a subtle enhancement of sensory perception due to the trace psilocybin.

Important Considerations:

Dosage Caution**: Be mindful of the dosage, particularly with kratom, as higher doses could lead to sedation or discomfort. Also, using kanna and kratom together might amplify their effects, so start with lower amounts to assess how your body responds.

Potential for Overstimulation**: At lower doses, kratom, kanna, and sage might create too much stimulation for some users, leading to feelings of restlessness or anxiety. This would depend on individual tolerance.

Additive Effects on Mood**: Both kanna and kratom affect serotonin and opioid receptors, so combining them with psilocybin and cannabinoids could lead to enhanced emotional sensitivity and positive mood. This combination should be approached with care, especially if you're prone to mood swings or emotional intensity.

Conclusion:

Adding kanna powder or kratom powder to your tincture would greatly enhance its effects, depending on the doses used. The combination could lead to a deeply relaxing, mood-enhancing, and potentially pain-relieving experience with subtle cognitive or sensory enhancement due to the trace psilocybin. However, the balance between stimulation and relaxation would depend on the dosage of kratom and kanna, so it's best to start with small amounts to gauge your personal response.

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Mild Physical Relaxation\n - **Basil** has some mild **muscle-relaxing** properties due to its essential oils, while sage can promote a sense of **physical ease**. \n - **Combined Effect**: While this tincture would not be strongly sedative, it would provide a gentle sense of **physical relaxation**, helping to reduce tension in the body without making you feel sleepy.\n\n#### 6. **Mildly Stimulating**\n - Both **basil** and **sage** contain compounds that are mildly **stimulating** to the mind and body. Thujone in sage can promote alertness, and basil's essential oils may also have a stimulating effect, helping to increase energy and focus.\n - **Combined Effect**: This tincture would likely leave you feeling **energized but calm**, with a balance between mental clarity and physical relaxation. It would be ideal for daytime use when you need focus but also want to stay relaxed.\n\n#### How to Use the Tincture:\n- **Dosage**: You could start with small doses (5-10 drops) and gradually increase as needed to feel the effects. The tincture would be suitable for regular use, especially to manage stress, improve digestion, and enhance focus.\n- **In Beverages**: As with your usual practice of adding tinctures to beverages like instant tea, this basil-sage tincture could blend well with lemon tea, complementing the citrusy flavors while masking any herbal bitterness.\n\n#### Conclusion:\nA **basil and sage Green Dragon tincture** would likely provide a **balanced, mildly stimulating, and relaxing effect**. It would promote **mental clarity, mood enhancement, digestive support, and anti-inflammatory benefits**, making it a versatile and beneficial herbal tincture for daily use. The combination of local herbs, such as basil and sage, would be an excellent natural solution for reducing stress, boosting cognition, and supporting overall wellness.

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rosemary to the basil and sage Green Dragon tincture would introduce additional beneficial effects, particularly for **cognitive enhancement, circulation, and anti-inflammatory properties**. Rosemary, like sage, has a long history of use for improving memory and focus, while also offering antioxidant and anti-inflammatory benefits.\n\nHere's how the combination of **basil, sage, and rosemary** would affect the tincture:\n\n#### Key Active Compounds in Rosemary:\n- **Rosmarinic acid**: A powerful antioxidant and anti-inflammatory compound, also found in sage.\n- **Carnosic acid and carnosol**: These compounds are known for their neuroprotective

properties and their ability to improve cognitive function.\n- **Camphor**: Provides stimulating effects, improving circulation and respiratory function.\n- **1,8-cineole**: Known for improving memory and focus.\n\n### Potential Effects of Adding Rosemary to the Tincture:\n\n#### 1. **Enhanced Cognitive Function and Memory**\n- **Rosemary** is traditionally used to improve **memory**, **focus**, and **cognitive clarity**. The compounds **1,8-cineole** and **carnosic acid** have been shown to improve memory retention and mental alertness.\n- **Sage** also enhances cognitive function and improves memory, especially for tasks requiring sustained attention and focus.\n- **Combined Effect**: The addition of rosemary would further enhance the tincture's ability to **improve cognitive function**, making this an excellent **brain-boosting** tincture. It would be especially useful for mental clarity, focus, and possibly even long-term cognitive health.\n\n#### 2. **Increased Circulation and Physical Energy**\n- **Rosemary** is mildly stimulating due to its **camphor** content, which can improve **circulation** and increase **physical energy**. This would add a slightly energizing effect to the tincture, helping to promote alertness and physical vitality.\n- **Sage** and **basil** also have mild stimulating effects, so adding rosemary would enhance the tincture's ability to keep you feeling **alert** and **energized** without jitteriness.\n- **Combined Effect**: The tincture could become more **energizing**, promoting **better circulation** and improving energy levels, making it useful for daytime use or when you need a boost in focus and physical vitality.\n\n#### 3. **Stronger Anti-Inflammatory and Antioxidant Properties**\n- **Rosemary** contains **rosmarinic acid** (also present in sage), which is a potent anti-inflammatory and antioxidant. This could enhance the tincture's ability to **reduce inflammation** and protect the body from oxidative stress.\n- **Basil** also contains **antioxidants**, particularly **eugenol**, which helps fight inflammation and free radicals.\n- **Combined Effect**: Adding rosemary would boost the tincture's **anti-inflammatory properties**, making it more effective at reducing pain, inflammation, and oxidative stress. This could be especially useful for people dealing with chronic inflammation or looking for support in managing inflammatory conditions like arthritis.\n\n#### 4. **Improved Respiratory Health**\n- **Rosemary** has a long history of use for **respiratory support**, especially for clearing congestion and improving breathing due to its **camphor** and **cineole** content.\n- **Sage** also has respiratory benefits, often used to soothe sore throats and reduce mucus production.\n- **Combined Effect**: The tincture could help promote **respiratory health**, especially for people dealing with mild congestion, coughs, or other respiratory issues. The stimulating nature of rosemary and sage could help clear airways and promote easier breathing.\n\n#### 5. **Mood Enhancement and Stress Reduction**\n- **Basil** and **sage** already offer mood-enhancing and stress-relieving effects. Adding rosemary, which also contains compounds that relieve stress and boost mood, would further enhance the tincture's ability to **reduce anxiety** and improve **emotional well-being**.
- **Combined Effect**: The tincture would provide a gentle **mood lift**, helping to alleviate **stress**, **anxiety**, and improve your overall sense of well-being. It could be especially useful for people who want to maintain a calm, focused, and positive mindset throughout the day.\n\n### Overall Combined Effects:\n- **Cognitive Enhancement**: This tincture would now have strong **memory-boosting** and **focus-enhancing** properties, making it ideal for tasks requiring mental clarity and concentration.\n- **Mood and Stress**: With the addition of rosemary, the tincture would have even stronger **mood-lifting** and **stress-relieving** effects, helping you stay calm, clear-headed, and

positive.\n- **Physical Energy and Circulation**: Rosemary\u2019s stimulating properties would increase **circulation** and **energy**, making the tincture a good option for increasing alertness and physical vitality.\n- **Anti-Inflammatory and Respiratory Health**: The tincture would offer **anti-inflammatory**, antioxidant, and respiratory benefits, supporting overall health and protecting against oxidative stress.\n\n### Conclusion:\nAdding **rosemary** to your **basil and sage Green Dragon tincture** would result in a more potent blend that enhances **cognitive function**, memory, mood, circulation, and anti-inflammatory properties. The tincture would become more **energizing and mentally stimulating**, while also promoting relaxation and respiratory health. This combination would be especially useful for people looking for a **balanced, all-purpose herbal tincture** that supports both mental and physical well-being."}], "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "finish_details": {"type": "stop", "stop_tokens": [200002]}, "is_complete": true, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "dcf7d114-787c-44b3-b15d-10edb3a2f752", "request_id": "8d1516714c755246-MXP", "timestamp_": "absolute"}, "recipient": "all", "channel": null, "parent": "dcf7d114-787c-44b3-b15d-10edb3a2f752", "children": [{"610c799d-2f6e-476a-8973-56blcee61d5f": {"id": "610c799d-2f6e-476a-8973-56blcee61d5f", "message": {"id": "610c799d-2f6e-476a-8973-56blcee61d5f", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1728715616.450211, "update_time": null, "content": {"content_type": "text", "parts": ["Now consider a patient who previously suffered from acute depression and anxiety but now manages it with oral cannabis consumption via tincture or baked goods and meditation in combo with on again off again therapy. The patient may have eaten a small joint when anout 12-24 months. Patient is female and overweight. Vasular health is normal. "]}}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"request_id": "8d1522b93ece4c46-MXP", "message_source": null, "timestamp_": "absolute", "message_type": null}, "recipient": "all", "channel": null, "parent": "ae7d1a14-6a56-422b-a833-cb1ee7489b6e", "children": [{"c5cd4be2-1acd-4fd9-9eac-58e8aff5610e": {"id": "c5cd4be2-1acd-4fd9-9eac-58e8aff5610e", "message": {"id": "c5cd4be2-1acd-4fd9-9eac-58e8aff5610e", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1728715637.494333, "update_time": null, "content": {"content_type": "text", "parts": ["User has previously suffered from acute depression and anxiety, which are now managed with oral cannabis consumption via tincture or baked goods, meditation, and on-again-off-again therapy. User is female and overweight, with normal vascular health."]}}, "status": "finished_successfully", "end_turn": false, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "610c799d-2f6e-476a-8973-56blcee61d5f", "finish_details": {"type": "stop", "stop_tokens": [200007]}, "is_complete": true, "request_id": "8d1522b93ece4c46-MXP", "timestamp_": "absolute"}, "recipient": "bio", "channel": null, "parent": "610c799d-2f6e-476a-8973-56blcee61d5f", "children": [{"35e9e106-c6c4-4841-9e65-592643c4c98b": {"id": "35e9e106-c6c4-4841-9e65-592643c4c98b", "message": {"id": "35e9e106-c6c4-4841-9e65-592643c4c98b", "author": {"role": "tool", "name": "bio", "metadata": {}}, "create_time": 1728715637.494538, "update_time": null, "content": {"content_type": "text", "parts": ["Model set context updated."]}}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"kwargs":


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            "Given the patient\u2019s history of managing\n**depression and anxiety** with **oral cannabis consumption**, **meditation**, and\n**therapy**, here are some key considerations when thinking about her current\nmanagement routine and any potential interactions or adjustments:\n\n### 1. **Cannabis Consumption and Mental Health Management**\n  - **Oral Cannabis for Anxiety and Depression**: Cannabis, particularly strains or tinctures with a higher **CBD content** and moderate **THC**, can be effective for managing anxiety and depression. CBD is known for its **anxiolytic** and **antidepressant** properties, while THC in lower doses can provide **mood elevation** and help relieve anxiety. However, higher doses of THC can sometimes exacerbate anxiety or induce paranoia, so maintaining a balance is important.\n  - **Tincture vs. Baked Goods**: Since the patient is managing her mental health with **oral cannabis**, tinctures tend to be more **easily dosed** and have a quicker onset than edibles like baked goods. This provides more control over the effects, which is beneficial when managing conditions like anxiety or depression.\n\n### 2. **Consistency in Management**\n  - **On-Again, Off-Again Therapy**: While therapy can be effective in combination with cannabis, the **inconsistency in therapy** may leave some gaps in emotional support or coping mechanisms. If cannabis alone is managing anxiety and depression in the absence of regular therapy, the patient might benefit from finding a stable routine or adjunctive practices like **journaling**, **mindfulness**, or **support groups** to help regulate emotions in between therapy sessions.\n\n  - **Meditation**: Meditation is an excellent tool for **managing anxiety and stress**, and when combined with cannabis, it can deepen the **relaxation and mindfulness experience**. The patient may find that meditation helps them stay grounded and better manage their mental health during periods when they are not in therapy.\n\n### 3. **Physical and Metabolic Considerations**\n  - **Overweight but Normal Vascular Health**: Being overweight can affect the **metabolism** of cannabinoids, as THC and other cannabinoids are stored in fat cells, potentially prolonging their effects. This means the patient might experience **longer-lasting effects** from cannabis edibles or tinctures than someone with a lower body fat percentage.\n  - **Vascular Health**: Since the patient\u2019s **vascular health is normal**, there is no immediate cardiovascular concern with cannabis use, though it\u2019s still important to monitor overall health, as cannabinoids can affect **blood pressure and heart rate**.\n\n### 4. **Potential Impact of Early Cannabis Exposure**\n  - **Ingesting a Joint at a Young Age**: If the patient consumed a small joint when she was around **12-24 months old**, this early exposure to cannabis is not likely to have had long-term health consequences, especially if it was an isolated event. However, early exposure to cannabis at such a young age is not fully understood, and any possible long-term effects (if any) would likely be subtle and non-detrimental, especially given the patient\u2019s otherwise normal vascular health.\n\n### 5. **Recommendations for Future Management**\n  -

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**Maintaining Balance in Cannabis Dosing**: Given the patient's current history of anxiety and depression, it's important to maintain low to moderate doses of THC in her cannabis regimen, as higher doses may aggravate anxiety. Strains or tinctures higher in CBD with a balanced amount of THC might be ideal for her mental health.

- Consistent Therapy: While the patient may manage well with on-again, off-again therapy, more consistent therapeutic support might provide additional benefits for long-term emotional resilience, especially during stressful periods. Even online therapy or counseling apps can provide some continuity in care.

- Mind-Body Practices: Continuing meditation is a great way to support mental health. The patient might also explore yoga or other forms of gentle exercise, which have been shown to improve mood, energy levels, and overall well-being.

### Conclusion:
The patient's current approach, combining oral cannabis consumption, meditation, and intermittent therapy, appears to be working well for managing her depression and anxiety. To further optimize her mental health routine, focusing on consistent dosing with CBD-rich strains, potentially increasing therapy consistency, and continuing mind-body practices like meditation and gentle physical activity could be beneficial. Given her normal vascular health, the cannabis use should continue to be safe within reasonable dosages.
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suggests that she responds well to higher THC concentrations. This is helpful for
managing her depression and anxiety, particularly when using THC-dominant products
like distillates and RSO oils.\n\n### Tailoring Management Based on THC
Response:\n1. High THC for Mood and Relaxation:\n    - Since high THC products
(like RSO oils and distillates) promote euphoria and help taper into
relaxation and sleep, they are an effective option for her mental health
management, particularly during periods of elevated stress or when deeper relaxation
is needed.\n    - This pattern of response indicates that THC's mood-enhancing
properties are beneficial for managing both depressive symptoms and promoting
restful sleep, which can help regulate mood on a daily basis.\n2. Optimal
Timing:\n    - Using high THC products in the evening could be particularly
useful, as they not only provide a euphoric boost but also help transition into
deep relaxation and restful sleep. This makes THC-heavy products a good choice for
winding down at the end of the day.\n    - For daytime use, lower THC doses or
products with a balance of CBD and THC might allow her to enjoy mood elevation
without feeling overly sedated, keeping her alert but calm.\n3. Sleep and Anxiety
Management:\n    - The fact that THC leads to deep relaxation and improved sleep
suggests that it's also effective for reducing anxiety. Deep relaxation after
the euphoric high can provide long-lasting calmness, which may help her manage
anxiety overnight and wake up refreshed.\n\n### Conclusion:\nSince high THC
products work effectively for her by producing euphoria, relaxation, and sleep
support, continuing with these types of products can be an ideal way to manage both
mood and sleep patterns. She might continue using high-THC oils and
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****Kanna****: For mood enhancement and euphoria.\n- ****Rosemary****: For mental clarity and relaxation.\n\nThis combination would offer ****calm focus, improved mood****, and ****mild relaxation****, making it a good substitute for daytime THC use.\n\n#### ****Evening Tincture (Relaxation and Sleep Support)****\n- ****Lemon Balm****: For calmness and sleep support.\n- ****Passionflower****: For anxiety relief and deeper relaxation.\n- ****Valerian Root****: To promote restful sleep.\n\nThis blend would provide ****deep relaxation and sleep support****, helping to replace the sedative effects of THC without overwhelming drowsiness.\n\n### Conclusion:\nBy combining herbs like ****sage, kanna, rosemary, lemon balm****, and others, the patient can create a ****herbal tincture**** that mirrors the ****euphoria, relaxation, and sleep-inducing**** effects of THC. These herbal combinations offer ****natural support for mood, anxiety****, and ****sleep****, and could gradually replace cannabinoid-based products. Starting with small doses and observing the effects would help tailor the tincture to her specific needs, while maintaining the benefits she currently enjoys from THC."}], "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "finish_details": {"type": "stop", "stop_tokens": [200002]}, "is_complete": true, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "e8b2fec9-55a6-4bee-a74f-166371bf046d", "request_id": "8d152b1958de523e-MXP", "timestamp_": "absolute"}, "recipient": "all", "channel": null, "parent": "e8b2fec9-55a6-4bee-a74f-166371bf046d", "children": [{"id": "eea4e3cf-cc13-4c3b-8dfb-13ee7024bdd2"}], "eea4e3cf-cc13-4c3b-8dfb-13ee7024bdd2": {"id": "eea4e3cf-cc13-4c3b-8dfb-13ee7024bdd2", "message": {"id": "eea4e3cf-cc13-4c3b-8dfb-13ee7024bdd2", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1728716274.68116, "update_time": null, "content": {"content_type": "text", "parts": ["The patirnt mentioned enjoying the creative, introspecttive, body vibrating euphoric effects of the cannabinoid tincture. However prescription cannabais containong thc is too expensive for her now. What herbs you reccomend "]}}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"request_id": "8d1532ca7fala25e-FCO", "message_source": null, "timestamp_": "absolute", "message_type": null, "recipient": "all", "channel": null, "parent": "3200cf42-bf90-4385-ac48-19c50a9e9eda", "children": [{"id": "e294bcbe-c7df-48be-8a8f-1770e8ffc6da"}], "e294bcbe-c7df-48be-8a8f-1770e8ffc6da": {"id": "e294bcbe-c7df-48be-8a8f-1770e8ffc6da", "message": {"id": "e294bcbe-c7df-48be-8a8f-1770e8ffc6da", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1728716303.14982, "update_time": null, "content": {"content_type": "text", "parts": [""]}}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "eea4e3cf-cc13-4c3b-8dfb-13ee7024bdd2", "request_id": "8d1532ca7fala25e-FCO", "timestamp_": "absolute"}, "recipient": "all", "channel": null, "parent": "eea4e3cf-cc13-4c3b-8dfb-13ee7024bdd2", "children": [{"id": "5b037dbc-10ba-40ba-87d5-87dad01decdb"}], "5b037dbc-10ba-40ba-87d5-87dad01decdb": {"id": "5b037dbc-10ba-40ba-87d5-87dad01decdb", "message": {"id": "5b037dbc-10ba-40ba-87d5-87dad01decdb", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1728716303.15005, "update_time": null, "content": {"content_type": "text", "parts": ["User enjoys the creative, introspective, body-vibrating euphoric effects of the cannabinoid tincture, but prescription cannabis containing THC is now too expensive for her."]}}, "status": "finished_successfully", "end_turn": false, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o",

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 cannabis with THC too expensive, replacing or complementing THC with **herbal**
 alternatives that can mimic some of those effects is a good strategy.\n\nHere are
 some herbs that could help replicate the **euphoria, creativity, body relaxation, and**
 introspective effects the patient enjoys from THC:\n\n### 1. **Kanna (Sceletium**
tortuosum)\n - **Euphoric and Mood-Enhancing**: Kanna is one of the best herbal
 alternatives for mimicking **euphoria**. It interacts with serotonin receptors,
 promoting feelings of **happiness, relaxation**, and **mood elevation**. It also
 promotes **introspection** and emotional openness.\n - **Body Relaxation**: Kanna
 can create a mild sense of **body relaxation** without sedation, making it useful for
 replicating the relaxing body effects of THC.\n\n### 2. **Blue Lotus (Nymphaea**
caerulea)\n - **Euphoria and Relaxation**: Blue lotus is known for its mild
euphoric effects and can induce a sense of **calm relaxation**. It has been used
 traditionally to enhance **creative thinking** and promote a **meditative,**
 introspective state.\n - **Body Effects**: Blue lotus can create a mild **body**
high, helping to replicate the **body-vibrating sensations** the patient enjoys from
 THC tinctures.\n\n### 3. **Damiana (Turnera diffusa)**\n - **Mild Euphoria and**
Creative Energy: Damiana is a natural **mood enhancer** that can promote **mild**
euphoria, **enhanced creativity**, and **focus**. It is often used to improve
mental clarity and support a **relaxed, yet creative mindset**. \n -
Relaxation: It can also induce **mild physical relaxation**, making it useful for
 the body effects associated with THC.\n\n### 4. **Wild Dagga (Leonotis leonurus)**\n
 - **Euphoric and Relaxing**: Sometimes referred to as "wild cannabis," Wild
 Dagga is known for its **mild euphoria** and **relaxing effects**. It is not as potent
 as THC but offers a similar sense of **calm and relaxation**, which could help mimic
 the patient's desired effects.\n - **Body High**: Wild Dagga can produce a
 subtle **body high**, offering a relaxing sensation that can complement creative and
 introspective activities.\n\n### 5. **Mugwort (Artemisia vulgaris)**\n -
Introspection and Creativity: Mugwort is traditionally used for enhancing **dreams,**
creativity, and **introspection**. It can promote a **clear, meditative state**,

which could replicate the patient's experience of creative introspection from THC.

- **Relaxation**: It has mild relaxing properties, which could help with physical relaxation without inducing drowsiness.

6. **Indian Warrior** (*Pedicularis densiflora*)

- **Body Relaxation and Calm**: Indian Warrior is particularly useful for deep body relaxation and mild euphoria. It can help ease tension in the body, replicating the relaxing, body-focused effects the patient seeks from THC.

- **Introspective Effects**: It also has a calming effect on the mind, which can help induce an introspective state.

7. **Skullcap** (*Scutellaria lateriflora*)

- **Mental Calm and Physical Relaxation**: Skullcap is well known for inducing mental calmness and physical relaxation, making it a good substitute for the body-calming effects of THC. It can also help with introspection and clarity of thought.

8. **Lions Tail** (*Leonotis nepetifolia*)

- **Euphoric and Relaxing**: Lion's Tail, similar to Wild Dagga, produces mild euphoric effects and body relaxation. It is often used to mimic the calming and creative effects of cannabis.

Recommended Herbal Tincture Combination:

To create a tincture that mimics the euphoria, introspection, body relaxation, and creative focus of THC, consider combining some of these herbs:

- **Kanna**: For euphoria and mood enhancement.
- **Blue Lotus**: For introspective effects and mild body relaxation.
- **Damiana**: For creative energy and mild euphoria.
- **Indian Warrior**: For body relaxation and calm.
- **Mugwort**: For enhanced creativity and introspection.

Suggested Daytime Use (Creative, Focused, and Relaxed):

- **Kanna**
- **Damiana**
- **Mugwort**

This combination would promote euphoria, introspection, and focus while keeping the body calm and relaxed.

Suggested Evening Use (Relaxation and Sleep Support):

- **Blue Lotus**
- **Indian Warrior**
- **Skullcap**

This blend would help promote deep relaxation, a calm body, and a restful introspective state before sleep, similar to the way THC tapers off into relaxation and sleep.

Conclusion:

To replicate the effects of THC while keeping costs down and exploring herbal alternatives, using a combination of Kanna, Blue Lotus, Damiana, Indian Warrior, and Mugwort could help provide the euphoric, creative, and body-relaxing effects the patient enjoys. These herbs are readily available and could offer a more affordable, natural solution for maintaining mental clarity, relaxation, and emotional balance without cannabinoids.

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tincture in a dark, sealed bottle for long-term use.\n\n#### Dosage:\n- Start with **5-10 drops** in a **cup of tea** (instant lemon tea would work well) or another beverage like water or juice.\n- Gradually increase the dose depending on how you feel. Effects are subtle but can help with **mood enhancement**, mental clarity, relaxation, and **creative thinking**.\n\n#### Expected Effects:\n- **Sage and rosemary** will help with **mental clarity and focus**, making this tincture great for **daytime use** when creativity or introspection is needed.\n- **Basil and thyme** provide **mood-lifting properties**, helping with **mild euphoria** and emotional balance.\n- **Lemon balm or mint** will add **calm and relaxation**, helping to reduce anxiety and promote a sense of well-being.\n\n#### Conclusion:\nWhile this supermarket-friendly tincture may not replicate the **strong euphoria** of THC, it can offer **mood-lifting**, relaxing, and creativity-enhancing effects. Using fresh herbs like **sage, rosemary, basil, thyme**, and **lemon balm**, this tincture is affordable, easy to make, and provides a natural alternative to THC for managing mood and enhancing creative energy."}],

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- **THCP** is estimated to be **up to 30 times more potent** than regular THC. Because of this, the patient would need to be cautious with dosing, starting very low to avoid overwhelming psychoactive effects.
- Since the patient enjoys **euphoric, creative, and relaxing effects** from THC products, **THCP** could potentially provide a **stronger version** of those desired effects but at much lower doses, making it **cost-effective** in the long run.
2. **Euphoric and Relaxing Effects**:
- **THCP** could provide **strong euphoria**, **body relaxation**, and **mood elevation**, which align with the effects the patient enjoys from THC. These effects might be similar to the **high THC distillates and RSO oils** that make her feel **happy and relaxed**.
- If the patient is seeking **creative, introspective**

states, THCP edibles could potentially provide that in a much more **concentrated** and long-lasting form³. **Affordability**: Since **THCP** is more potent than THC, the patient might need **smaller doses** to achieve the same or stronger effects. This could make THCP products a **more affordable option** in the long term because a little goes a long way. Fewer doses are needed, reducing the overall cost compared to THC products.⁴ **Potential Risks**: **Higher potency** comes with the risk of **overconsumption**, especially if the patient isn't familiar with the effects of THCP. Starting with a very small dose would be essential to gauge tolerance. There is limited research on the long-term effects of THCP, so while it may be effective in the short term, the patient should be cautious and observe how it affects her mental and physical well-being over time.⁵ **Replacement for THC-Based Products**: If the patient is looking for a **more affordable** but **effective replacement** for **THC-based products**, **THCP edibles** could be a good option, especially if she enjoys the **creative, euphoric**, and **body-relaxing** effects. However, it's important to find a reputable source and start with **small doses** to avoid overwhelming effects, given its potency.⁶ **Conclusion**: **THCP edibles** could be a good alternative for the patient due to their **potency**, potential for **euphoria**, and ability to induce **deep relaxation** while using **smaller doses**. This makes THCP products a **cost-effective substitute** for THC, as long as the patient starts with **low doses** and monitors how it affects her. It's essential to exercise caution due to the higher strength of THCP compared to THC.⁷"]

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["To create a tincture that gives your patient the most bang for her buck**,
combining sage, trace amounts of psilocybin, cannabis (mainly derived from hash),
rosemary**, and/or mint can provide a powerful synergy of effects. This blend
would focus on euphoria, relaxation, introspection, creativity**, and mental
clarity.\n\n#### Key Considerations for Each Ingredient:\n\n1. Sage:\n -
Cognitive Enhancer and Relaxation: Sage offers mental clarity, improves
focus, and provides a sense of calm. It\u2019s also easily sourced, making it
a cost-effective herb.\n \n2. Trace Psilocybin:\n - Microdosing for
Euphoria and Introspection: Even in trace amounts, psilocybin can enhance mood,
promote introspection, and improve creativity without overwhelming
psychoactive effects. A small amount can go a long way, making it affordable while
adding a unique layer of effects.\n \n3. Cannabis (Derived from Hash):\n -
Euphoria, Relaxation, and Body Effects: Hash is more concentrated than other
forms of cannabis, so even a small amount can provide the patient with strong
euphoric effects, body relaxation, and sleep support. Given the potency,
you\u2019ll need less cannabis overall, making it cost-effective.\n\n4.
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balanced** and **refreshing addition**, especially alongside the stronger herbs like cannabis and sage."}], "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "11a0949f-fc16-495e-8e88-fb5e65e5caaf", "finish_details": {"type": "stop", "stop_tokens": [200002]}, "is_complete": true, "request_id": "8d1a5e179c200f6a-MXP", "timestamp_": "absolute"}, "recipient": "all", "channel": null}, "parent": "11a0949f-fc16-495e-8e88-fb5e65e5caaf", "children": [{"id": "aaa2b776-0156-4894-859b-fc7e1d4f02c3"}], "aaa2b776-0156-4894-859b-fc7e1d4f02c3": {"id": "aaa2b776-0156-4894-859b-fc7e1d4f02c3", "message": {"id": "aaa2b776-0156-4894-859b-fc7e1d4f02c3", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1728770552.670399, "update_time": null, "content": {"content_type": "text", "parts": ["OKAY AND THE THE SAGE SHOULD IT BE ADDED BEFORE OR AFTER THE WATER BATH? "]}}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"serialization_metadata": {"custom_symbol_offsets": []}, "request_id": "8d1a5ff02e0bbb11-MXP", "message_source": null, "timestamp_": "absolute", "message_type": null}, "recipient": "all", "channel": null}, "parent": "473e07e4-168b-48cd-9e3a-ff3c0d3435d0", "children": [{"id": "ecc54c20-8fb6-4b41-934f-6b3cdc8bcd6a"}], "ecc54c20-8fb6-4b41-934f-6b3cdc8bcd6a": {"id": "ecc54c20-8fb6-4b41-934f-6b3cdc8bcd6a", "message": {"id": "ecc54c20-8fb6-4b41-934f-6b3cdc8bcd6a", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1728770562.296428, "update_time": null, "content": {"content_type": "text", "parts": [""]}}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "aaa2b776-0156-4894-859b-fc7e1d4f02c3", "request_id": "8d1a5ff02e0bbb11-MXP", "timestamp_": "absolute"}, "recipient": "all", "channel": null}, "parent": "aaa2b776-0156-4894-859b-fc7e1d4f02c3", "children": [{"id": "85130163-f970-453f-b34d-b7b7b42579dc"}], "85130163-f970-453f-b34d-b7b7b42579dc": {"id": "85130163-f970-453f-b34d-b7b7b42579dc", "message": {"id": "85130163-f970-453f-b34d-b7b7b42579dc", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1728770562.296759, "update_time": null, "content": {"content_type": "text", "parts": ["User is asking whether the sage in the tincture recipe should be added before or after the water bath."]}}, "status": "finished_successfully", "end_turn": false, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "ecc54c20-8fb6-4b41-934f-6b3cdc8bcd6a", "finish_details": {"type": "stop", "stop_tokens": [200007]}, "is_complete": true, "request_id": "8d1a5ff02e0bbb11-MXP", "timestamp_": "absolute"}, "recipient": "bio", "channel": null}, "parent": "ecc54c20-8fb6-4b41-934f-6b3cdc8bcd6a", "children": [{"id": "1afdc23c-7faf-4b4c-a25c-bf9e8c2fc833"}], "1afdc23c-7faf-4b4c-a25c-bf9e8c2fc833": {"id": "1afdc23c-7faf-4b4c-a25c-bf9e8c2fc833", "message": {"id": "1afdc23c-7faf-4b4c-a25c-bf9e8c2fc833", "author": {"role": "tool", "name": "bio", "metadata": {}}, "create_time": 1728770562.296883, "update_time": null, "content": {"content_type": "text", "parts": ["Model set context updated."]}}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"kwargs": {"message_id": "1afdc23c-7faf-4b4c-a25c-bf9e8c2fc833", "pending_message_id": null, "sync_write": false}, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "85130163-f970-453f-b34d-b7b7b42579dc", "request_id": "8d1a5ff02e0bbb11-MXP", "timestamp_": "absolute"}, "recipient": "assistant", "channel": null}, "parent": "85130163-f970-453f-b34d-b7b7b42579dc", "children": [{"id": "92e8d356-47d7-45af-94bc-429fa190be33"}], "92e8d356-47d7-45af-94bc-

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the water bath**. Here\u2019s why:\n\n### Adding Sage **Before the Water Bath**:\n-
**Decarboxylation (Decarb)**: Sage contains various beneficial compounds, such as
**thujone** and **rosmarinic acid**. Heating the sage before making the tincture (like
during the water bath) helps activate and release these compounds, enhancing the
tincture's **cognitive-enhancing**, **anti-inflammatory**, and **calming**
effects.\n- **Increased Potency**: By adding sage before the water bath, the **heat
will activate** the compounds, making them more available for extraction into the
alcohol during the tincture-making process.\n\n### Conclusion:\n- **Add the sage
before** the water bath to enhance its potency and make sure its active compounds are
fully released. This will ensure you get the most out of its **cognitive-boosting**
and **relaxing properties**."}], "status": "finished_successfully", "end_turn": true
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 bath*** at ***77\u00b0C (170\u00b0F)*** should not significantly harm the ***thujone*** in
 sage or the active compounds in ***rosemary***, as these compounds are relatively heat-
 stable at moderate temperatures. However, there are some considerations for each
 herb:\n\n### ***Sage (Thujone)***:\n- ***Thujone*** has a boiling point of around
201\u00b0C (394\u00b0F), so the ***77\u00b0C water bath*** will not degrade it.
 However, extended heat exposure can cause a ***gradual reduction*** in potency, though
 it shouldn't be a concern at 1 hour at this lower temperature. The heat will help
 extract the thujone into the alcohol, enhancing its effectiveness in the tincture.\n-
1 hour is generally fine to release the active compounds without compromising
 potency.\n\n### ***Rosemary (Carnosic Acid and Essential Oils)***:\n- ***Carnosic acid***
 and ***rosmarinic acid*** are heat-stable at moderate temperatures, so they should
 remain intact. However, some of the more ***volatile oils*** (like ***camphor***) might"]},

evaporate or lose potency if exposed to heat for too long. \n- **1 hour** should still allow for sufficient extraction of the beneficial compounds without degrading too much of the more delicate essential oils. \n\n### Should the Water Bath be Shorter?\n- **45 minutes** could be an option if you're concerned about any loss of the more **volatile compounds**, especially in rosemary. This would provide sufficient time for extraction while slightly reducing heat exposure. \n- The **1-hour bath** at 77\u00b0C should be generally safe, but if you want to err on the side of caution, **45 minutes** would still provide effective extraction with slightly less risk of losing volatile oils. \n\n### Conclusion:\n- **1 hour** is fine for both sage and rosemary, but if you want to preserve more of the **volatile oils**, a **45-minute** water bath could also be a good option. Either way, you won't lose much potency, and the primary active compounds will remain effective. "], "status":

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to the flavor, aroma, and medicinal properties of the tincture. For example, compounds like **terpenes** (in cannabis) and **camphor** (in rosemary) could evaporate or degrade with extended heating.

2. **Faster Extraction with High-Proof Alcohol**

- **High-proof alcohol (96%)** is a very efficient solvent, especially when paired with even mild heat. It extracts **cannabinoids** (THC/CBD), **thujone**, and other active compounds relatively quickly. In 20 minutes, the alcohol can effectively extract most of the beneficial components without needing extended heating.

3. **Minimizing Compound Degradation**

- While some compounds like **THC** and **thujone** are relatively heat-stable, other components can degrade if exposed to prolonged heat. **20 minutes** is often enough time to decarb and extract these compounds without risking degradation.

- A **longer extraction time** can sometimes lead to the breakdown of **flavonoids** and other phytochemicals, so a **shorter duration** preserves more of the plant's medicinal profile.

4. **Quick Decarboxylation**

- The **20-minute** time frame can also refer to **decarboxylating** cannabinoids or activating compounds in herbs like sage or rosemary. This time frame at **77°C** is often enough to convert **THCA** to **THC** or activate other herbal compounds without losing too much potency.

5. **Consistency Across Recipes**

- Many Green Dragon recipes are designed for people looking for a quick, efficient tincture-making process. A **20-minute water bath** strikes a balance between quick extraction and maximizing potency, making it practical for most users without risking loss of important compounds.

Conclusion:

The **20-minute water bath** is a popular method because it:

- **Preserves volatile compounds** like terpenes and essential oils.
- Is sufficient for **efficient extraction** with high-proof alcohol.
- Minimizes **heat-induced degradation** of delicate phytochemicals.
- Is practical for most home tincture makers seeking a balance between **potency and convenience**.

If you're aiming for a quicker process and want to ensure minimal loss of aromatic or delicate compounds, sticking with the **20-minute timeframe** would still provide a potent tincture, while preserving more of the herbal essence.]}, "status": "finished_successfully", "end_turn": true

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some additional benefits, but it might not be as impactful as the other herbs like
sage, rosemary, or cannabis. However, it could still contribute to the overall
therapeutic effects of the tincture. Here's what dried basil might
bring:\n\n### Benefits of Adding Dried Basil:\n1. Mild Mood Enhancement:\n    -
Basil has mild mood-enhancing properties, mainly due to its content of
linalool and eugenol, which are known to help reduce stress and promote a
sense of calm. While not as strong as cannabis or sage, it could offer a gentle
mood boost when added to the tincture.\n    2. Digestive Support:\n    - Basil
is also known for its ability to support digestion. It has mild carminative
(gas-relieving) properties, which could enhance the tincture's effects on the
digestive system, especially if consumed after meals.\n    3. Antioxidant
Properties:\n    - Dried basil contains antioxidants, which can help protect
cells from oxidative stress. While it's not as potent as rosemary or sage in this
regard, adding it may provide additional anti-inflammatory and antioxidant
support.\n    4. Subtle Flavor Addition:\n    - Basil will bring a mild herbal
flavor to the tincture, which could complement the other herbs, especially if you
enjoy a more complex flavor profile. However, if the other herbs are strong,
basil's flavor might get lost.\n\n### Downsides to Adding Dried Basil:\n- Lower
Potency: Compared to the other herbs you're using (sage, rosemary, cannabis),
basil's effects are much milder. While it won't detract from the
tincture, it might not add much noticeable benefit.\n- Potential for Muddling
Effects: With so many herbs involved, the therapeutic effects of basil might be
overshadowed, and it could add complexity to the tincture without significant
added benefits.\n\n### Conclusion:\nDried basil could add some mood-enhancing,
digestive support, and antioxidant effects, but it may not have a major impact
compared to the more potent herbs you're already using. If you enjoy basil's
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subtle effects and flavor, you can add it, but if you want x27;re looking for more bang
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feeling** from sniffing fresh-cut sage is likely due to the **volatile compounds**
found in the herb, particularly **thujone** and other **terpenes** such as **camphor**
and **1,8-cineole**. These compounds are aromatic and can have an impact on the brain
when inhaled, stimulating feelings of euphoria or alertness.\n\n### What Could Be
Causing the Euphoric Effect?\n1. **Thujone**: \n - **Thujone** is a compound found
in sage that interacts with **GABA receptors** in the brain, similar to how some
psychoactive substances work. While thujone is not highly psychoactive in small
amounts, it can still promote a sense of **euphoria, mental stimulation**, or even
mild **altered states** when inhaled.\n \n2. **Aromatic Terpenes**:\n -
**Camphor** and **1,8-cineole** (also found in eucalyptus) are two key terpenes in
sage that are known to enhance **alertness** and **mood**. Inhaling these terpenes can
lead to a mild **mood boost** and heightened **sensory awareness**, which could
explain why she feels \u201calmost high\u201d from the aroma of fresh-cut sage.\n\n###
Will the Tincture Have a Profound Effect?\nGiven her sensitivity to the **aromatic
compounds in sage**, it\u2019s very likely that a tincture made from
sage\u2014particularly one that\u2019s **decarbed** and has a higher concentration of
these active compounds\u2014could have a **profound effect** on her. The tincture
would deliver these **volatile compounds** not just through inhalation, but also
through absorption, which may result in more **intense effects** such as:\n- **Mental
clarity** and **focus**.\n- Stronger **euphoria** and **mood elevation**.\n- Potential
for **body relaxation** and heightened **sensory awareness**.\n\n### Conclusion:\nThe
patient\u2019s sensitivity to the **aromatics in sage** suggests that the **tincture**
will likely have a **significant impact** on her. The effects she feels from sniffing
the fresh sage will likely be **amplified** in a tincture, especially with proper
decarboxylation and extraction of the active compounds like **thujone** and
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heart," relying on instinct and intuition can feel natural and creative, but
there are potential **pitfalls** to this approach, especially when making tinctures
where precise amounts of active compounds are important. Here are some
considerations:\n\n**Potential Pitfalls:**\n\n1. **Inconsistent Potency:**\n -
Without precise measurements, the potency of your tincture may vary, leading to
inconsistent effects. One batch might be much stronger or weaker than another,
making it difficult to achieve predictable results, especially with herbs like
cannabis, sage, or rosemary where **concentration of active compounds** matters.\n\n2.
Over- or Under-extraction:\n - If you're not accurately measuring the
amount of **herbs** versus **alcohol**, you could risk under-extracting the beneficial
compounds, leaving you with a **weaker tincture**. Conversely, you might over-extract,
leading to **excessive concentration** that could result in unexpected or overly
strong effects.\n\n3. **Wasting Ingredients:**\n - Using too much of a herb (e.g.,
cannabis, psilocybin, sage) could lead to **wasted ingredients**, especially when
those herbs are costly or in limited supply. Precise measurements help make sure
you're getting the most out of your materials.\n\n4. **Difficulty Reproducing
Success:**\n - If a particular tincture works perfectly, it will be hard to
reproduce it exactly if you haven't tracked your measurements. Without a
record of quantities, ratios, or infusion times, creating the same effect again
becomes more guesswork.\n\n5. **Safety Concerns:**\n - With powerful herbs like
cannabis (THC), **psilocybin**, or even sage (containing **thujone**), imprecise
dosing could lead to **overconsumption**. This can result in **overwhelming
psychoactive effects** or adverse reactions such as anxiety, dizziness, or
nausea.\n\n**Benefits of Measuring with Precision:**\n- **Control over effects:** You
can fine-tune the strength of your tincture.\n- **Consistency:** Each batch will have
predictable effects, so you know how much to take for the desired outcome.\n-
Efficiency: You avoid overusing herbs and alcohol, saving costs and making the
process more sustainable.\n\n**Conclusion:**\nMeasuring "with your heart" is
creative and spontaneous, but it can lead to **inconsistencies in potency**, **waste**,
and **difficulty reproducing successful results**. You might still enjoy a flexible

approach, but balancing it with some basic measurements\u2014especially for more potent herbs\u2014could ensure you get the desired results without the risks."]},
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It's Good:\n- **195\u00b0F** is low enough to preserve most of the **aromatic compounds** and oils in rosemary and sage.\n- **30 minutes** is sufficient time to decarb the herbs without overexposing them to heat, ensuring you maintain their **potency** and **flavor**.\n\n### Conclusion:\n**195\u00b0F for 30 minutes** is a great choice for your decarb process. This should yield the best balance between activating the active compounds and preserving the herbs\u2019 natural qualities.”]],

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****195\u00b0F (90\u00b0C) for 30 minutes**** will work well for extracting their beneficial compounds while preserving their natural aromatic qualities. This method should give you a potent tincture base without losing the delicate volatile oils and active compounds.\n\nLet me know how it goes or if you have any further questions!"]],
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"}]}

Concentrates:**\n\n - **Avoid High Concentrations:** Be cautious when making or consuming tinctures that concentrate thujone.\n - **Dilute Properly:** Ensure tinctures are properly diluted to safe levels.\n\n2. **Follow Recommended Dosages:**\n\n - **Herbal Supplements:** Adhere to dosage guidelines provided by reputable sources.\n - **Culinary Use:** Using sage and other thujone-containing herbs in typical culinary amounts is generally safe.\n\n3. **Be Aware of Regulations:**\n\n - **Legal Limits:** Many countries regulate thujone content in foods and beverages. For example, the U.S. limits thujone to 10 parts per million (ppm) in alcoholic beverages.\n\n4. **Monitor for Symptoms:**\n\n - **Early Signs of Overdose:** Restlessness, anxiety, dizziness, and muscle twitches.\n - **Seek Medical Attention:** If severe symptoms like convulsions or hallucinations occur.\n\n5. **Consult Professionals:**\n\n - **Healthcare Provider:** Before using high-thujone herbs medicinally.\n - **Herbalist:** For guidance on safe preparation and dosage.\n\n---\n\n#### **Conclusion**\n\nWhile thujone-containing herbs like sage have beneficial properties, it's important to use them responsibly. Overconsumption or improper preparation can lead to toxic effects. Always **measure ingredients carefully**, **follow safety guidelines**, and **consult a professional** if you're unsure about using these herbs, especially in concentrated forms like tinctures."}], "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"snorkle_status": 2, "citations": [], "content_references": [], "gizmo_id": null, "finish_details": {"type": "stop", "stop_tokens": [199999]}, "is_complete": true, "message_type": null, "model_slug": "ol-preview", "requested_model_slug": "ol-preview", "default_model_slug": "gpt-4o", "parent_id": "a2ef6729-3d3c-4675-90f6-b1a6d1da919d", "request_id": "8d1a9418ca75524f-MXP", "timestamp_": "absolute"}, "recipient": "all", "channel": null}, "parent": "a2ef6729-3d3c-4675-90f6-b1a6d1da919d", "children": [{"id": "aaa2844d-3ee5-4bd6-8b76-4da135a78fd6"}, {"id": "aaa2844d-3ee5-4bd6-8b76-4da135a78fd6": {"id": "aaa2844d-3ee5-4bd6-8b76-4da135a78fd6", "message": {"id": "aaa2844d-3ee5-4bd6-8b76-4da135a78fd6", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1728772810.406242, "update_time": null, "content": {"content_type": "text", "parts": ["so say you had 300 grams fresh sage which you then dekarbed. after the dekarb you followed the instructions like you making green dragon tincture using about 8 oz of 96% alcohol. what that tincture do? "]}}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"serialization_metadata": {"custom_symbol_offsets": []}, "request_id": "8d1a97f90ba6524f-MXP", "message_source": null, "timestamp_": "absolute", "message_type": null}, "recipient": "all", "channel": null}, "parent": "b01781b1-c5e2-4b37-a2fa-c865b101c543", "children": [{"id": "530b94df-5d68-4b23-a5a0-046bb710f0c0", "message": {"id": "530b94df-5d68-4b23-a5a0-046bb710f0c0", "author": {"role": "system", "name": null, "metadata": {}}, "create_time": 1728772813.334344, "update_time": null, "content": {"content_type": "text", "parts": [""]}}, "status": "finished_successfully", "end_turn": true, "weight": 0.0, "metadata": {"rebase_system_message": true, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "aaa2844d-3ee5-4bd6-8b76-4da135a78fd6", "request_id": "8d1a970d5f97524f-MXP", "timestamp_": "absolute", "is_visually_hidden_from_conversation": true}, "recipient": "all", "channel": null}, "parent": "aaa2844d-3ee5-4bd6-8b76-4da135a78fd6", "children": [{"id": "cc5c8ac3-7846-4ece-8809-30634722fe64"}, {"id": "cc5c8ac3-7846-4ece-8809-30634722fe64": {"id": "cc5c8ac3-7846-4ece-8809-30634722fe64", "message": {"id": "cc5c8ac3-7846-4ece-

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"text", "parts": ["Creating a tincture using **300 grams of fresh sage** decarbed and extracted with **8 ounces (approximately 240 milliliters)** of **96% alcohol** would result in a highly concentrated sage tincture. Here's what you might expect from such a preparation:\n\n**Potential Effects:**\n1. **High Concentration of Thujone:** - **Thujone Content:** Sage contains **thujone**, a compound that can be toxic in high amounts. This tincture would have a **significantly elevated level of thujone**, which can affect the nervous system.\n- **Neurotoxic Effects:** Excessive thujone intake may lead to symptoms like **dizziness**, **confusion**, **tremors**, **convulsions**, or even **seizures**.\n2. **Cognitive and Mood Effects:**\n- **Mental Stimulation:** In small doses, thujone can act as a stimulant, potentially leading to increased alertness or mild euphoria.\n- **Altered Perception:** At high concentrations, it might cause **hallucinogenic effects** or altered mental states.\n3. **Physical Reactions:**\n- **Digestive Issues:** Nausea, vomiting, or stomach cramps may occur due to the high concentration of active compounds.\n- **Cardiovascular Effects:** Possible increases in heart rate and blood pressure.\n4. **Antioxidant and Anti-inflammatory Properties:**\n- **Health Benefits:** Sage is rich in antioxidants and has anti-inflammatory properties, which might support overall health when used in moderate amounts.\n\n**Safety Concerns:**\n- **Risk of Overdose:** Consuming a tincture with such a high concentration of sage poses a **significant risk of thujone toxicity**.\n- **Legal and Regulatory Limits:** Many countries regulate the amount of thujone permissible in consumable products due to its potential toxicity.\n- **Individual Sensitivity:** People vary in their sensitivity to thujone; what might be a mild effect for one person could be severe for another.\n- **Interaction with Medications:** Thujone can interact with certain medications, potentially leading to adverse effects.\n\n**Recommendations:**\n- **Consult a Professional:** Before considering the use of this tincture, it's crucial to consult with a healthcare provider or a qualified herbalist to assess safety and appropriate dosing.\n- **Consider Dilution:** If proceeding, significantly diluting the tincture might reduce the risks associated with high thujone levels.\n- **Start with Small Doses:** If used, begin with a **very small amount** to gauge individual reaction, under professional guidance.\n- **Monitor for Adverse Effects:** Be vigilant for any negative symptoms, and discontinue use immediately if they occur.\n\n**Alternative Approaches:**\n- **Lower Herb-to-Alcohol Ratio:** Using less sage or more alcohol can create a tincture with safer, more manageable concentrations of active compounds.\n- **Use Dried Sage:** Dried sage has a more concentrated flavor but may have slightly lower thujone levels compared to fresh sage.\n- **Combine with Other Herbs:** Blending sage with other supportive herbs might provide desired effects without excessive thujone.\n\n**Conclusion:**\nA tincture made from **300 grams of decarbed sage in 8 ounces of 96% alcohol** would be extremely potent and could potentially lead to serious health risks due to high thujone content. While sage has beneficial properties when used appropriately, it's important to exercise caution with such concentrated preparations. Always seek professional advice to ensure safe and effective use of herbal tinctures."],
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introduce additional benefits, but they would mostly contribute in more subtle ways
compared to the other ingredients like sage and rosemary. Here's how bay
leaves might affect the tincture:\n\nPotential Effects of Bay Leaves:\n\n1.
Digestive Aid:\n    - Bay leaves are known for their ability to support
digestion and relieve bloating or indigestion. Adding them to the tincture
might enhance its ability to aid in digestive health, making it soothing for the
stomach.\n\n2. Mild Relaxation:\n    - Bay leaves contain linalool, a compound
that is also present in herbs like basil. Linalool is known for its mild calming
effects, which could complement the relaxation you aim to achieve with the
tincture. However, the effect will be mild.\n\n3. Anti-inflammatory and Antioxidant
Properties:\n    - Bay leaves have antioxidant and anti-inflammatory
properties, thanks to compounds like eugenol and quercetin. Adding them could
contribute to the overall anti-inflammatory benefits of the tincture, supporting
general well-being.\n\n4. Flavor:\n    - Bay leaves will add a slightly herbal,
earthy flavor to the tincture, which might complement the other herbs. However, the
flavor could become quite strong, so be cautious about the quantity if you're
concerned about taste.\n\nPotential Downsides:\n- Low Potency Compared to
Other Herbs: Bay leaves are much more subtle in their effects compared to sage
or cannabis, so while they can contribute to digestion and mild relaxation, they
won't have a profound impact on the tincture's overall effects.\n- Flavor
Overpowering: If too many bay leaves are used, their strong flavor could dominate
the tincture, making it bitter or unpalatable.\n\nConclusion:\nAdding
dried bay leaves to the tincture could provide digestive support, mild
relaxation, and anti-inflammatory benefits. However, they are not particularly
potent, so their effects will be subtle. If you're primarily interested in the
digestive benefits or want to add flavor complexity, bay leaves could be a
good addition. Just be mindful of how many you use to avoid overpowering the
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ginger, or ginger powder to your tincture could bring additional benefits,
though their effects would primarily be mild in comparison to more potent herbs
like sage and cannabis. Here's what each of these ingredients might add to the
tincture:\n\nCurcuma (Turmeric) Powder:\n- Anti-Inflammatory Effects: The
active compound in turmeric, curcumin, is a potent anti-inflammatory agent and
can help reduce inflammation throughout the body. This could make the tincture
more effective for people dealing with chronic pain or inflammation-related
conditions.\n- Antioxidant Support: Turmeric is also a strong antioxidant,
helping to neutralize free radicals in the body. This adds to the overall
antioxidant profile of the tincture, contributing to immune support and

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cellular protection.\n- **Absorption Considerations**: Curcumin, the active compound in turmeric, is not well-absorbed on its own. It's often combined with **black pepper** (due to piperine, which enhances bioavailability) or fat for better absorption. Without this, its effects in the tincture might be less pronounced.\n\n### **Fresh Ginger or Ginger Powder**:\n- **Digestive Aid**: Ginger is widely known for its ability to aid in **digestion**, reduce **bloating**, and relieve **nausea**. Adding fresh ginger or ginger powder could enhance the tincture's **digestive support** properties, particularly if consumed after meals.\n- **Anti-Inflammatory and Antioxidant**: Ginger contains compounds like **gingerol**, which has both **anti-inflammatory** and **antioxidant** properties, supporting joint health and reducing oxidative stress.\n- **Mild Energizing Effect**: Ginger has a **warming, stimulating** effect on the body, which could complement the relaxing effects of other herbs like sage by adding a gentle sense of **invigoration**.\n\n### **Comparison and Effectiveness**:\n- **Curcuma (Turmeric)**: Offers more **anti-inflammatory** benefits but has limited bioavailability unless combined with **black pepper** or fats.\n- **Ginger (Fresh or Powdered)**: Provides **digestive support**, mild **energy**, and **anti-inflammatory** benefits with better absorption than turmeric, especially when used fresh.\n\n### **Conclusion**:\nBoth **curcuma (turmeric)** and **ginger** can add **anti-inflammatory**, **digestive**, and **antioxidant** properties to your tincture. However, their effects will be **milder** compared to more potent ingredients like cannabis, sage, and rosemary. If you're aiming for added **digestive support** or want to enhance the tincture's **anti-inflammatory benefits**, ginger might be the more **practical choice** due to its **better absorption** and broader benefits for digestion and general well-being. Turmeric can also be beneficial, but adding **black pepper** would be important for better **curcumin absorption**."]], "status": "finished_successfully", "end_turn": true, "weight": 1.0, "metadata": {"citations": [], "content_references": [], "gizmo_id": null, "message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "8954f2cf-3eed-4f2a-b14d-fa89e4e67dcd", "finish_details": {"type": "stop", "stop_tokens": [200002]}, "is_complete": true, "request_id": "8d1a9b907b7b524f-MXP", "timestamp_": "absolute"}, "recipient": "all", "channel": null}, {"parent": "8954f2cf-3eed-4f2a-b14d-fa89e4e67dcd", "children": [{"id": "aaa202bb-2c8e-4cd8-8f03-e08d6849a9f3"}], "aaa202bb-2c8e-4cd8-8f03-e08d6849a9f3": {"id": "aaa202bb-2c8e-4cd8-8f03-e08d6849a9f3", "message": {"id": "aaa202bb-2c8e-4cd8-8f03-e08d6849a9f3", "author": {"role": "user", "name": null, "metadata": {}}, "create_time": 1728773059.382851, "update_time": null, "content": {"content_type": "text", "parts": ["hmmm"]}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"serialization_metadata": {"custom_symbol_offsets": []}, "request_id": "8d1a9d1f1f02524f-MXP", "message_source": null, "timestamp_": "absolute", "message_type": null}, "recipient": "all", "channel": null}, {"parent": "049efa72-eee0-4c0d-933a-bd4c3d7d2985", "children": [{"id": "83c98946-9033-4fe7-91c2-e21204375adb"}], "83c98946-9033-4fe7-91c2-e21204375adb": {"id": "83c98946-9033-4fe7-91c2-e21204375adb", "message": {"id": "83c98946-9033-4fe7-91c2-e21204375adb", "author": {"role": "assistant", "name": null, "metadata": {}}, "create_time": 1728773063.541499, "update_time": null, "content": {"content_type": "text", "parts": [""]}, "status": "finished_successfully", "end_turn": null, "weight": 1.0, "metadata": {"message_type": null, "model_slug": "gpt-4o", "default_model_slug": "gpt-4o", "parent_id": "aaa202bb-2c8e-4cd8-8f03-e08d6849a9f3", "request_id": "8d1a9d1f1f02524f-MXP", "timestamp_": "absolute"}, "recipient": "all", "channel": null}, {"parent": "aaa202bb-2c8e-4cd8-8f03-

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["Actually, **THC (tetrahydrocannabinol)** doesn't turn into **THCA  
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metabolized by the liver into **11-hydroxy-THC**, a more potent form that can cross  
the blood-brain barrier more easily, which is why edibles tend to have stronger and  
longer-lasting effects compared to smoking or vaping.\n\nAs for **THCP  
(tetrahydrocannabiphorol)** , it's a relatively new cannabinoid that's  
believed to be 30 times more potent than regular THC in terms of its binding  
affinity to CB1 receptors, the receptors in the brain responsible for psychoactive  
effects. However, the liver's metabolism of **THCP** is not as well-researched  
yet, but it's likely to follow a similar path to THC, potentially leading to an  
even stronger effect because of its higher potency at the receptor level.\n\nThis  
means that if **THCP** is ingested in an edible, it could theoretically be converted  
into a more potent metabolite (similar to 11-hydroxy-THC), resulting in intense and  
longer-lasting psychoactive effects**. However, more studies are needed to fully  
understand how the liver processes THCP and how it compares to regular THC in terms of  
edible consumption.\n\nGiven the potency of THCP, if your patient is considering  
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**sage/rosemary tincture** being both **relaxing** yet **mentally stimulating** could
be explained by the effects of specific compounds in both herbs:\n\n### **1.
Sage**:\n- **Thujone**, a compound in sage, is a **GABA receptor antagonist**, which
can have a **stimulating** and **energizing** effect on the brain. This may be why the
patient feels **mentally alert** or stimulated after consuming the tincture.\n-
However, sage also contains **linalool** and other calming compounds that may provide
**relaxation** on a physical level, contributing to the body's relaxation while
the mind remains active.\n\n### **2. Rosemary**:\n- Rosemary is known for being a
**cognitive enhancer**, often linked to improved **memory** and **alertness**.
Compounds like **cineole** and **rosmarinic acid** can increase blood flow to the
brain, promoting **mental clarity** while still contributing to **relaxation** due to
its mild anti-anxiety properties.\n\n### **3. Appetite Stimulation**:\n- Both herbs
could be contributing to **appetite stimulation**:\n - **Thujone** and **cineole** in
sage and rosemary, respectively, can have **digestive** stimulant properties, possibly
triggering **hunger**.\n - The combined effect of the **mental stimulation** and
**physical relaxation** might make the patient more aware of their body's hunger
signals, leading to an increased appetite.\n\nThis blend of herbs could be acting on
**multiple pathways**\nproviding **cognitive stimulation** while enhancing
**physical relaxation** and **appetite stimulation** through their combined chemical
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Pathways*: \n- Mentally stimulating substances, like those found in these herbs, can influence the brain\u2019s **dopamine** and **reward pathways**, potentially making the patient crave foods that provide a **quick dopamine boost**, such as sugar. This can reinforce the **urge to consume sweets** in the aftermath of the tincture's effects. \n\n### **4. Psychological Comfort**:\n- The **relaxing effect** of the tincture might also prompt the patient to reach for **comfort foods** like sweets, as many people associate sugary treats with **reward** or **stress relief**. \n\nIn combination, the effects of these herbs seem to be driving both **physical hunger** and **mental cravings** for sugar. The strong stimulation of appetite is likely tied to the activation of the brain\u2019s hunger and reward systems."]}, "status": "finished_successfully", "end_turn": true

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