

# CANNABIS

## CONSUMPTION METHODS

The physical and mental benefits of cannabis greatly depend on how it's consumed, with each method providing a unique experience with different effects. There are three basic methods: inhalation, oral consumption, and topical application. Each method serves a different unique function and is appropriate for different occasions. Check it out – you might find a new favorite!

### SMOKING

Inhalation is a common form of consumption that consists of smoking the dry flowers of the cannabis plant. When cannabis is burned and inhaled, smoke enters the lungs and is absorbed into the bloodstream. The brain immediately responds to the cannabinoids entering the bloodstream. For this reason, a person can expect to feel the effects immediately when using this method.

There are many ways marijuana can be smoked. It is most commonly smoked in the form of a joint or blunt, or out of a glass pipe or water bong.



### VAPORIZING

How is vaporizing different than smoking? Vapor contains a higher percentage of cannabinoids and extracts the therapeutic ingredients of cannabis at a much lower temperature than burning. Many people also find that cannabis lasts longer when vaporized and lessens the adverse effects associated with smoking.

There are many different types of vaporizing devices on the market today. The most common are portable vaporizer pens that can be used to vape oil, flower, or both. There are also table-top vaporizers that use a very small amount of flower to produce vapor that is consumed via an inflated bag, or a tube with a mouth piece.



### BODY CARE

Cannabis body care products are becoming more common every day. Cannabis salves, balms, roller oils, lotions and creams are all considered topical forms of application. These products are applied directly to the skin and the THC or CBD is absorbed through your pores. Many people enjoy using cannabis topicals for sore muscles, spasms, arthritis, restless leg syndrome, and migraines.



Most cannabis body care products do not get you “high” and are non-psychoactive but, we do always recommend starting with small amounts as everyone is affected differently.

### ORAL

Oral application of cannabis consists of using a cannabis tincture that is applied under the tongue. Tinctures are a highly concentrated, cannabinoid filled product in liquid form and are immediately absorbed into the bloodstream unlike edibles or drinks. Tinctures sold with a dropper are commonly diluted into tea or water, or placed onto food.

Tinctures can also be swallowed and digested like an infused product, but often have the consistency of oil and are more effective when applied sublingually.



### DABBING

Dabbing is a popular form of consumption that combines elements smoking and vaporizing. Rather than a bowl with flower, dabbing requires a heated surface and cannabis oil. When a person places a ‘dab’ of cannabis extract, such as wax or hash oil, onto the heated surface, the concentrate is quickly melted and vaporized. Dabbing isn’t for everyone as it is highly concentrated and affects the body immediately.

People dealing with severe pain or extreme nausea report that dabbing can be one of the best ways to get immediate and effective relief.



### EDIBLES

Cannabis can be infused into butter or oil that is cooked into food, mixed into drinks, or used to make baked goods and candy. Eating or drinking cannabis provides significantly different effects from other delivery methods that immediately enter the bloodstream.

Cannabis edibles usually take longer to have a physical effect and provides a longer duration of the therapeutic effects of cannabis. Some edibles can take up to 90 minutes to take effect depending on the individual, so be careful and don't over do it when trying a new product.

