



CANNABIS THERAPY GUIDE

What type of cannabis therapy is best for you?

Cannabis remedies are available in many forms and can be utilized in various ways. The most appropriate delivery system for therapeutic cannabis is one that provides an optimal dose for a desired duration with few unwanted side effects.



SMOKED CANNABIS

Cannabis can be smoked in a pipe, bong, or joint. When inhaled, CBD, THC, and other compounds are absorbed by the lungs, into the blood, and cross the blood-brain barrier. The first effects of inhaled cannabis usually occur within a few minutes, and gradually wear off after 2-3 hours. Smoking is often effective for treating acute symptoms that need to be addressed quickly, such as painful spasms, nausea, and vomiting. It is fairly easy to titrate the dose by inhaling. If the effect is insufficient after a few minutes, one can take another puff until the desired effect is achieved. But smoke contains noxious substances that may irritate the lungs.



TINCTURES

Tinctures are herbal remedies in which the active ingredients of cannabis are dissolved in alcohol or another solvent. Their effect, duration, and dosing are similar to that of edibles.



EDIBLES

Edibles are foods or snacks cooked with cannabis-infused oil, butter, or ghee. The effects of orally consumed cannabis can last 4 to 6 hours—considerably longer than inhaled cannabis. But the onset of effects is much slower than for inhaled cannabis or sublingual sprays. The slow onset and longer duration make edibles well suited for treating chronic conditions that require a steady dose of medicine throughout the day. The biggest risk with taking edibles is overconsumption. Proceed cautiously and wait at least an hour before deciding if more is needed.



VAPOURIZERS

Vapourizing with a vape pen or another device offers the same immediate benefits as smoking. But since a vaporizer heats the cannabis flower or oil without burning it, the active ingredients are inhaled as vapour and no smoke is involved. This makes it a healthier alternative to smoking.

The cannabis checklist:

- **CBD-rich products.** Choose products that include both CBD, a non-intoxicating compound, and THC, the main psychoactive component of cannabis. CBD and THC work best together, enhancing each other's therapeutic benefits.
- **Clear labels.** Look for product labels showing the quantity and ratio of CBD and THC per dose, a manufacturing date and batch number (for quality control).
- **Lab testing.** Look for products that are tested for consistency, and verified as free of mold, bacteria, pesticides, solvent residues, and other contaminants.
- **Quality ingredients.** Select products with quality ingredients. No corn syrup, GMOs, trans fats, or preservatives.
- **Safe extraction.** Avoid products extracted with toxic solvents like propane, hexane, or other hydrocarbons.