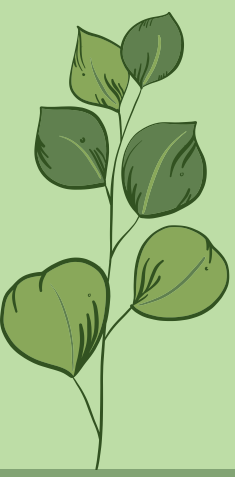


TYPES OF CANNABIS PLANTS



- **Indica** - Its effects are usually described as potentially calming, relaxing or sleep-inducing.
- **Sativa** - Its effects are usually described as potentially energizing, uplifting or mentally stimulating.
- **Hybrid** - Its effects are usually described as potentially being a mix of Indica and Sativa effects.



IDENTIFY A CANNABIS STRAIN BY SHAPE AND SIZE

- **Indica** Strains typically produce heavy and tightly packed buds. They look short and chunky.
- **Sativa** Strains produce long and narrow flowers, which aren't as densely packed as Indica strains.



INDICA



SATIVA

IDENTIFY A CANNABIS STRAIN BY SMELL AND TASTE

- There're over 700 different cannabis strains. However, they are often named after characteristic flavours.
- **Earthy** - They are likely to have a certain amount of Kush in them, for example, Afghan Kush and Hindu Kush.
- **Skunky** - They are often sativa-dominant hybrids.
- **Citrusy** - They could be Lemon Kush, Tangerine Man, Tangie, Grapefruit or Lemon OG.
- **Diesel** - Diesel strains could produce a chemical smell, for example, Blue Diesel.



WHAT'S IT ALL ABOUT CANNABIS



- **Tetrahydrocannabinol (THC)**
- Main psychoactive compound in cannabis.
- It causes most of the psychotropic and physical effects sought by users, including a feeling of euphoria.
- The higher the percentage of THC, the more strongly the effects will be felt.
- 0-10% moderate, > 10% - 20% medium, > 20% strong.
- **Cannabidiol (CBD)**
- CBD has no or few psychotropic effects.
- In higher concentrations, it may have medicinal uses.
- It may also reduce THC's unpleasant psychotropic effects (paranoia, anxiety, etc.)



- The term “**ratio**” typically refers to the ratio of CBD to THC. These types of ratios can be expressed as **CBD:THC** (the amount of CBD versus THC).
- **8:1 ratio** - This is a good place to start for novice users. Rarely psychoactive.
- **2:1 ratio** - This could produce some overt psychoactivity depending on tolerance level.
- **1:1 ratio** - This is better suited for a person with a higher tolerance to THC.



METHODS OF CONSUMPTION

- **Inhaling** (flower, ground, pre-rolled, hashish): smoking & vaporizing (not the same as vaping)
- **Ingesting**: sublingual & oral (beverage, cooking oil, tincture, decarb, capsule)
- Different first appearance of effects, peak, duration. e.g. inhaled is faster but last for shorter period of time.

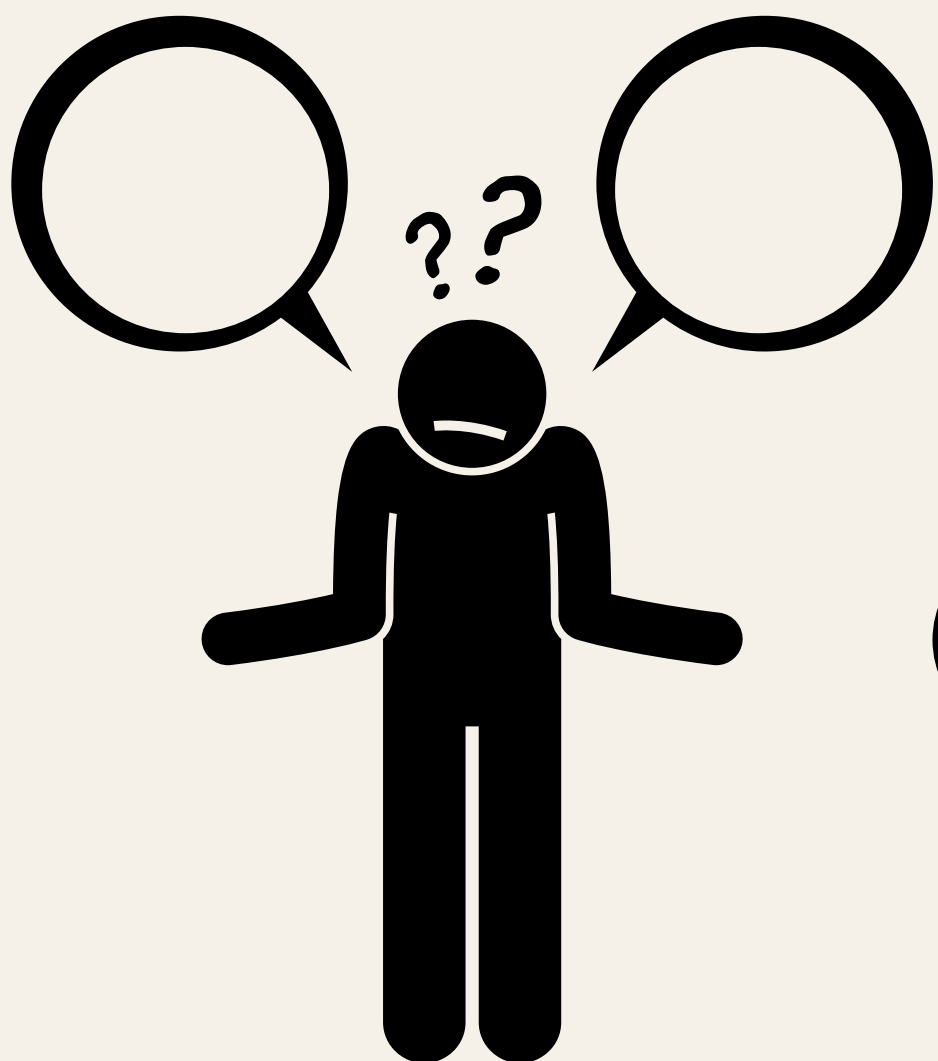


- **Synthetic cannabinoids** are molecules that can bind to the same receptors as THC, a main ingredient in cannabis plants. Hence they could mimic the psychoactive effects of THC.
- They're often marketed under common names like “**Synthetic marijuana**,” “**Spice**” and “**K2**.”
- The health effects from using synthetic cannabinoids can be **unpredictable** and potentially harmful since the chemical contents of synthetic cannabinoid products are unknown and untested. The inconsistency between and within brands makes it difficult to predict its toxicity.



MEDICINAL VS RECREATIONAL

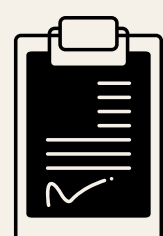
Compare & Contrast



Recreational cannabis usually have **more THC** component → the "high"



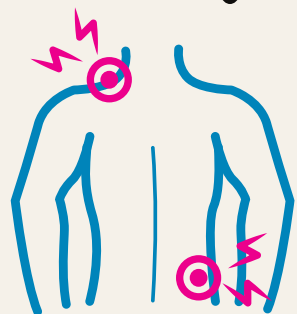
Medical cannabis contains **higher CBD** → low to none feelings of "high"



You need **prescription** to obtain medical cannabinoid



Common Medicinal Usage



Chronic pain control (eg. headache, multiple sclerosis pain/nerve pain)

Chemotherapy-induced nausea and vomiting



Increase appetite in anorexia patient

Post-traumatic stress disorder management



Gastrointestinal symptom management in irritable bowel syndrome (IBS), Crohn's disease, and celiac's disease



Cannabinoid &

Gastrointestinal Health

There are cannabinoid receptors all over the GI tract that is responsible for functions such as motility, acid secretion and epithelial barrier function (protecting gut health)

Benefits



Appetite stimulation



Normalizing gut motility



Regulating gastric secretion and ion transport

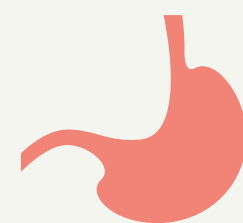


Suppression of nausea and vomiting



Symptom management in irritable bowel syndrome, Crohn's disease and celiac's disease

Harms



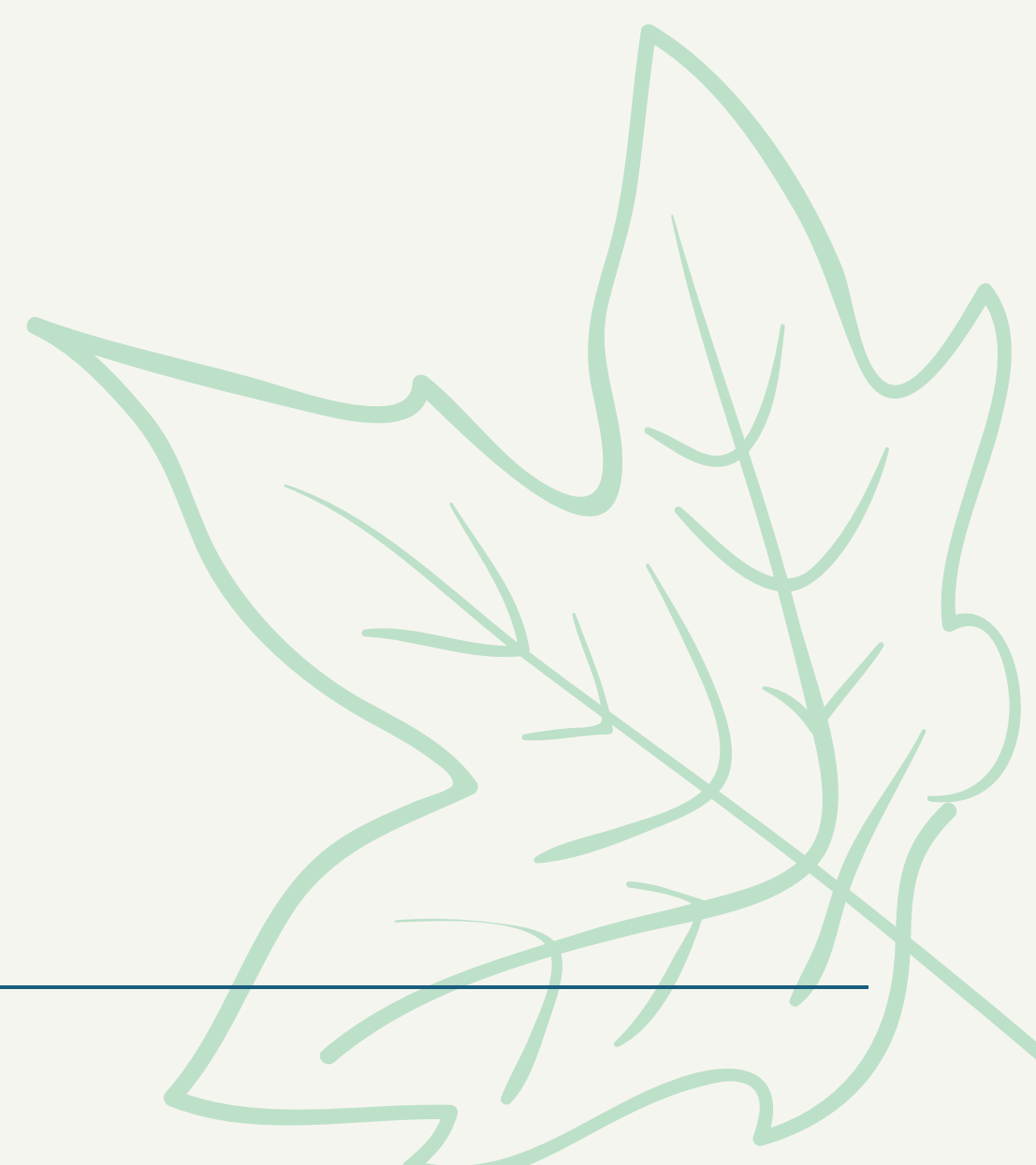
Indigestion



Cannabis induced acute pancreatitis



May also induce nausea and vomiting



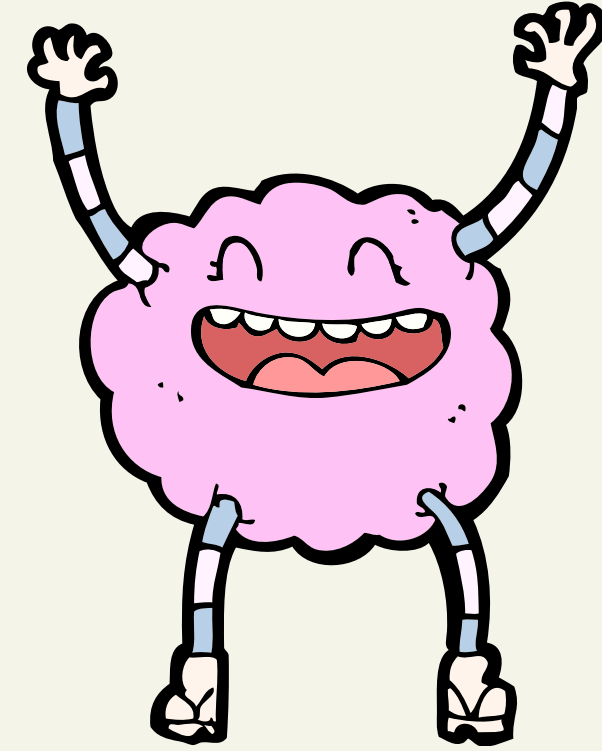
COMMON MISCONCEPTIONS

"Cannabis can kill you"



You **cannot** overdose on cannabis like you can on other drugs such as opioids

"All medicinal cannabis products get you high"



THC is the main psychoactive compound in cannabis. CBD doesn't produce a "high" sensation like THC can. Physicians can prescribe different ratios

"Cannabis causes psychosis"



Although there have been users who experienced psychosis, most of these users have been found to have a susceptibility to it, such as genetic makeup, history of child abuse, and head injuries

"Edibles are the least psychoactive product"



Edibles take **longer to have an effect** which can lead increase consumption. Having two strong doses of THC in the body can lead to sudden drop of blood pressure and panic attack

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