

PLANTS



INDICA

INDICA IS A STRAIN OF CANNABIS THAT IS KNOWN FOR ITS SHORT STATURE AND WIDE LEAVES. THE WORD INDICA REFERS TO THE PLANT'S CLASSIFICATION AND GEOGRAPHIC ORIGIN OF THE STRAIN. THE INDICA PLANT IS SMALLER IN SIZE (HEIGHT AND WEIGHT) THAN THE SATIVA PLANT. TYPICALLY, INDICA CULTIVAR'S (STRAINS) HAVE A SEDATIVE EFFECT. IT IS EASY TO REMEMBER THE EFFECTS OF INDICA THROUGH THE LINE 'IN-DA-COUCH'.



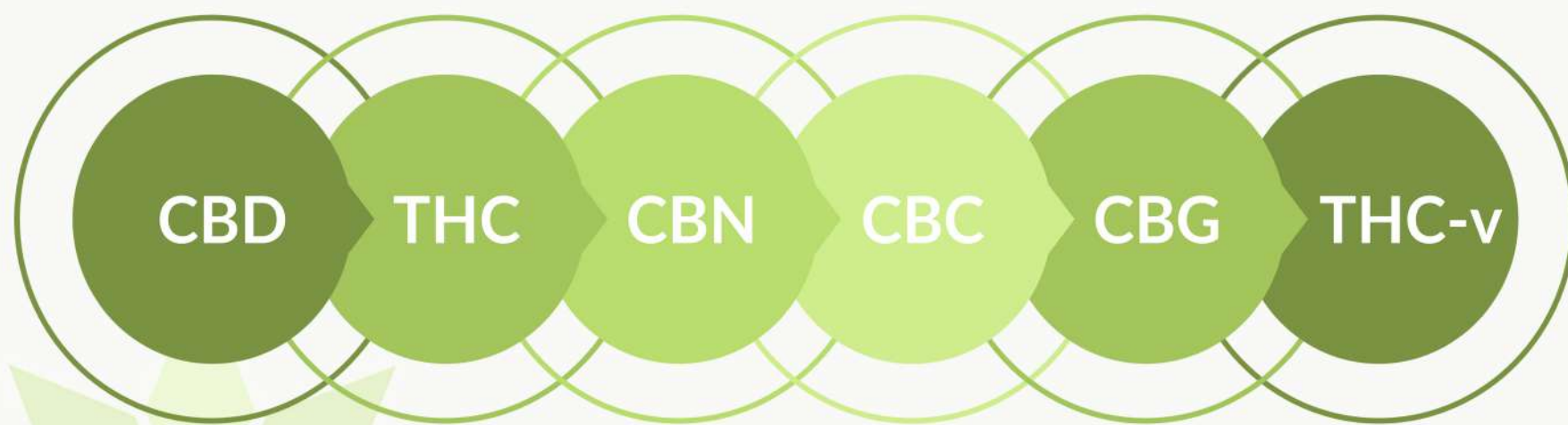
SATIVA

SATIVA IS A CLASSIFICATION OF STRAINS THAT ARE TALLER AND THINNER THAN THE INDICA PLANT. THE EFFECTS OF THE SATIVA STRAINS ARE OFTEN NOTED TO BE UPLIFTING. YOU CAN REFER TO THE EFFECTS OF SATIVA THROUGH THE PHRASE 'SATIV-URDAY NIGHT OUT'.



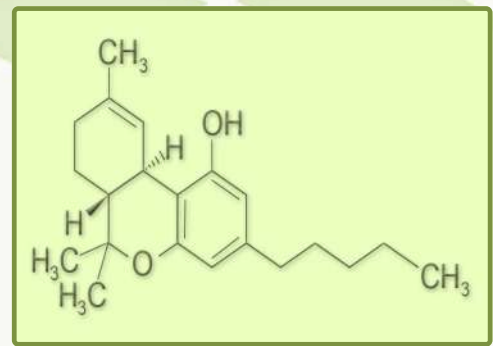
HYBRID

HYBRID PLANTS VARY BETWEEN DIFFERENT VARIETIES, RANGING IN A MULTITUDE OF INDICA AND SATIVA COMBINATION STRAINS. HYBRID PLANTS ARE BRED TO INCLUDE VARIOUS CHARACTERISTICS FROM BOTH INDICA AND SATIVA STRAINS.

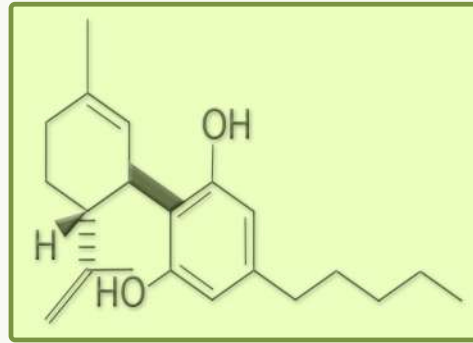


CANNABINOIDS

CANNABINOIDS ARE THE CHEMICAL COMPOUNDS FOUND WITHIN CANNABIS. CANNABINOIDS ARE THE ACTIVE INGREDIENTS IN MEDICAL CANNABIS THAT GIVE CANNABIS ITS MEDICINAL AND THERAPEUTIC BENEFITS. THE CANNABINOIDS ATTACH TO THE CANNABINOID RECEPTORS THAT EXIST WITHIN THE HUMAN BODY. THERE ARE MANY DIFFERENT CANNABINOIDS. IN FACT, THE MANY VARIANTS OF CANNABINOIDS HAVE DIFFERENT EFFECTS AND HELP AID DIFFERENT AILMENTS. THE TWO MOST COMMONLY KNOWN CANNABINOIDS ARE THC AND CBD.



DELTA-9-TETRAHYDROCANNABINOL (THC)
DELTA-9-TETRAHYDROCANNABINOL, ALSO KNOWN AS THC, IS A NEUTRAL CANNABINOID. THE THC CANNABINOID BECOMES POLARIZED BY ITS PSYCHOACTIVE EFFECTS. THC IS A MENTAL STIMULANT THAT HELPS AID SLEEP, INCREASES APPETITE, AND INCREASES MENTAL ACUITY.



CANNABIDIOL (CBD)

CANNABIDIOL, ALSO KNOWN AS CBD, IS A NON-PSYCHOACTIVE COMPOUND THAT CAN BE USED TO COUNTERACT THE EFFECTS OF THC. CBD IS CONSIDERED TO TREAT A WIDE ARRAY OF ILLNESSES AND DISEASES. CBD IS OFTEN NOTED TO SUPPORT SYMPTOM RELIEF, AND BECAUSE IT IS NON-PSYCHOACTIVE IT IS CONSIDERED TO BE SAFE TO USE DAILY.

TERPENES

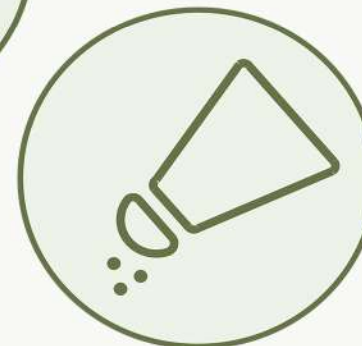
TERPENES ARE THE FLAVOURS AND AROMAS OF MEDICINAL CANNABIS. TERPENES ARE ORGANIC COMPOUNDS THAT ARE FOUND IN CANNABIS THAT CAUSE THE DIFFERENT STRAINS TO HAVE UNIQUE FLAVOUR PROFILES. MUCH RESEARCH IS CURRENTLY FOCUSED ON PINPOINTING THE WAY IN WHICH TERPENES COMPLIMENT THE CANNABINOIDS TO PRODUCE ADDITIONAL MEDICINAL BENEFITS. THERE ARE OVER 100 DIFFERENT TERPENES WITHIN CANNABIS STRAINS, AND RESEARCH IS CONTINUING TO DISCOVER MORE. BELOW ARE THE MOST POPULAR CANNABIS TERPENES:



LIMONENE
DID SOMEONE SAY LEMONADE?? LIMONENE IS A TERPENE THAT CAN ALSO BE FOUND IN LEMONS, LIMES, AND ORANGES.



TERPINOLENE
THE SMELL OF THE EARTH. TERPINOLENE IS A TERPENE THAT CAN ALSO BE FOUND IN ALLSPICE, CONIFERS, AND CINNAMON.



CARYOPHYLLENE
FOR THOSE WHO ARE A LITTLE SPICY! CARYOPHYLLENE IS A TERPENE THAT CAN ALSO BE FOUND IN BLACK PEPPER, CLOVES, AND OREGANO.



LINALOOL
SUGAR AND SPICE AND EVERYTHING NICE! THAT'S WHAT LINALOOL MAKES UP! LINALOOL IS A TERPENE THAT CAN ALSO BE FOUND IN CINNAMON, CORIANDER, AND LAVENDER.



PINENE
FOR THE NATURE LOVERS! PINENE IS A TERPENE THAT CAN ALSO BE FOUND IN BASIL, PINE NEEDLES, AND ROSEMARY.



MYRCENE
JUST LIKE AN ISLAND GET AWAY! MYRCENE IS A TERPENE THAT CAN ALSO BE FOUND IN HOPS, LEMONGRASS, AND MANGOES.



VAPORIZING

VAPORIZATION IS ONE OF THE MOST POPULAR FORMS OF CONSUMING CANNABIS FOR THOSE WHO ENJOY THE 'SMOKING' SENSATION. VAPORIZERS ARE DESIGNED TO HEAT UP BUT MAINTAIN

A TEMPERATURE THAT IS RIGHT BELOW THE POINT OF COMBUSTION. UNLIKE SMOKING, THE VAPORIZERS TURN THE CANNABINOID AND TERPENES INTO VAPOR, NOT SMOKE. BY CHOOSING TO VAPORIZE, THE PATIENT IS EASIER ON THEIR LUNGS BY LIMITING THE NUMBER OF CHEMICAL BY-PRODUCTS THAT ENTERS THE BODY, WASTES LESS PRODUCT, AND ALSO EXPERIENCES IMMEDIATE EFFECTS.

HOW TO CONSUME YOUR CANNABIS



EDIBLES & TOPICAL CREAMS

THE EFFECTS OF EDIBLES AND TOPICAL CREAMS CAN BE BENEFICIAL FOR SPECIFIC PATIENTS. EDIBLES & TOPICAL CREAMS ARE LEGALLY NOT PERMITTED TO BE SOLD UNDER THE ACMPR (THE CURRENT ACT IN CANADA THAT REGULATES MEDICAL CANNABIS USE). HOWEVER, IT IS LEGAL TO MAKE YOUR OWN. THE INTERNET IS A GREAT RESOURCE TO FIND RECIPES. PATIENTS CAN USE CANNABIS OIL OR DRY WEED (OFTEN BY DECARBING) TO MAKE EDIBLES, AND OTHER PROCESSES TO MAKE TOPICALS.



COMBUSTING

COMBUSTION IS ALSO KNOWN AS SMOKING, THIS IS THE OLD SCHOOL WAY OF CONSUMING CANNABIS. SMOKING IS A POPULAR METHOD OF CONSUMPTION BECAUSE IT IS FAST-ACTING. SMOKING HAS AN IMMEDIATE EFFECT BECAUSE THE CANNABIS DIRECTLY ENTERS INTO THE LUNGS AND ATTACHES TO THE CANNABINOID RECEPTORS. HOWEVER, WE DO NOT RECOMMEND SMOKING BECAUSE IT IS HARSH ON THE LUNGS. SMOKING ALSO WASTES A LOT OF THE PRODUCT BECAUSE THE PRODUCT IS BEING BURNED. IN ADDITION TO THIS, THE BURNING OF THE CANNABIS ALSO MASKS SOME OF THE TERPENE PROFILES OF THE CANNABIS STRAINS.



CANNABIS OILS

CANNABIS OILS ARE MEANT TO BE INGESTED SUBLINGUALLY (UNDER THE TONGUE), WITH FOOD, OR MIXED INTO A BEVERAGE. BY CONSUMING CANNABIS, PATIENTS EXPERIENCE THE EFFECTS OF CANNABIS OILS MUCH LATER THAN THEY WOULD IF THEY INHALED IT. IT CAN TAKE ANYWHERE FROM 30 MINUTES TO 2 HOURS FOR A PATIENT TO EXPERIENCE THE PROPERTIES OF CANNABIS OILS. HOWEVER, THE RANGE IS DETERMINATE ON A NUMBER OF FACTORS, INCLUDING HOW THE PATIENT DIGESTS FOOD, THE AILMENT OR AREA BEING TREATED, STRENGTH PERCENTAGE, AND MORE. THE EFFECTS OF CONSUMING CANNABIS OILS CAN LAST MUCH LONGER THAN ALTERNATIVE METHODS, LIKE INHALATION, HAVING A TIMELINE OF UP TO 8 HOURS.