



CANNABIS

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EVERYTHING YOU NEED TO KNOW ABOUT SAFE
MARIJUANA USE

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If at any time you are unsure about your reaction to cannabis and its derivatives, stop use immediately and consult your doctor.

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THANK YOU, CANNABIS

FOR HELPING ME GET TO BED.

FOR GIVING ME THE MOTIVATION TO WRITE.

FOR INTRODUCING ME TO GREAT FRIENDS.

FOR KEEPING ME SANE WHEN MY LIFE FELL APART.

FOR INTRODUCING ME TO THE LOVE OF MY LIFE.

FOR ACCEPTING ME AND HELPING ME ACCEPT MYSELF.

FOR MAKING MY JOINTS AND BACK FEEL BETTER.

FOR FIXING MY INSOMNIA.

FOR HELPING ME DEAL WITH MY STOMACH ULCER PAIN.

FOR HELPING ME WITH MY ANGER ISSUES.

FOR HELPING ME WITH MY BI-POLAR DISORDER.

FOR GETTING RID OF MY ANOREXIA.

FOR HELPING ME KEEP A POSITIVE OUTLOOK.

FOR TREATING MY DEPRESSION AND ANXIETY.

FOR FIXING MY CHRONIC HEADACHES.

FOR FENDING OFF MY PANIC ATTACKS.

FOR MAKING MY IBS BEARABLE.

FOR OPENING MY MIND TO ART AND IMAGINATION.

FOR BEING THERE FOR ME WHEN NO ONE ELSE WAS.

THANK YOU.

-ANONYMOUS-

A BRIEF HISTORY OF WEED

WHERE DID IT COME FROM?

Cannabis, also known as weed, hemp, marijuana, and pot, originated from the Himalayas in Central Asia. It has long been used as a medicine, recreational drug, and fiber, while its seeds are full of nutrients. The oldest written record of cannabis was of Islamic Iranian tribes taking cannabis steam baths, with Greek historian Herodotus documenting that they threw the seeds on hot stones and shouted for joy when it gave off great clouds of vapor.

The use of cannabis spread through Eastern Europe and Northern Africa through the Islamic empire. In the 15th century, the Spaniards brought it to Chile to use for its fiber, after which its use spread through the Americas.

WHAT IS IT USED FOR?

Medical

Medical cannabis, also known as medical marijuana, refers to using cannabis as medical therapy to alleviate symptoms and treat various diseases. Cannabinoids are the chemical compounds that react with receptors in brain cells to slow the release of neurotransmitters, thus slowing your nerves and reaction times. Although cannabis contains over 400 different types of cannabinoids, the main two are tetrahydrocannabinol (THC) and cannabidiol (CBD).

Using the cannabis plant as medical therapy dates back thousands of years. The oldest known records of medical marijuana are of Chinese surgeon Hua Tuo mixing cannabis powder with wine as an anesthetic before surgery. The Chinese term "anesthesia" literally means "cannabis intoxication". Cannabis is one of the 50 fundamental herbs of Chinese medicine and is prescribed for a diversity of ailments.

Around 2000 BC, Egyptians were using medical cannabis to treat hemorrhoids and sore eyes while texts from ancient India show that they used it for headaches, insomnia, pain, and gastrointestinal disorders.

Ancient Greeks healed their horses by dressing their wounds and sores with cannabis. Humans used cannabis seeds for tapeworms and the leaves as treatment for nose bleeds, while Greek historian Herodotus recorded using cannabis in steam baths.

In the ancient Islamic world, cannabis was used as: an antipyretic (fever reducer), diuretic (promotes urine production), antiemetic (prevents vomiting and nausea), analgesic (pain relief), anti-epileptic (epilepsy treatment), and anti-inflammatory (reduce inflammation) medicine for ten centuries until the 1800s.

Medical interest in the West started in the 19th century, with cannabis as a "secret ingredient" in many medicines. Before the 1940s, there were already 280 manufacturers producing over 2,000 cannabis medicines. The invention of injectable medicines and syringes caused a decline in the use of cannabis as a therapeutic medicine.

Today, 23 states and the District of Columbia have a medical marijuana program in effect, with three more pending legislation. As of 2009, the Drug Enforcement Administration (DEA) no longer interferes with state marijuana programs, even though they are still illegal at a federal level.

Modern medical cannabis is used to treat a whole array of ailments and symptoms, thanks to advancements in technology. Different strains have different qualities to treat different illnesses. Indica strains are usually high in CBD while sativas usually have higher THC content. A third category, hybrids, combines various qualities of indicas with sativas to increase certain effects of each strain.

Arguably the most recognized strain of medical marijuana is known as "Charlotte's Web." It is very high in CBD, which does not induce the psychoactive high that THC produces. The strain was named after Charlotte Figi, who has become "the girl who is changing medical marijuana laws across America." Born in 2006, Charlotte took her first dose of medical marijuana concentrate when she was five years old. Until that day, she was having 300 violent seizures a week due to Dravet syndrome. Also known as severe myoclonic epilepsy of infancy, Charlotte was diagnosed with Dravet syndrome when she was two years old and her parents had already tried every option available before packing up and moving to Colorado.

After a regimen of Charlotte's Web concentrate, Charlotte's seizures went from 300 a week to only two or three per month. Since then, many families have moved to states with medical marijuana to diagnose their sick children with a natural remedy. As of 2013, Charlotte has an average of four seizures a month and is now able to lead a normal childhood.

Aside from epilepsy, medical marijuana can be an effective and safe method of treatment for glaucoma, pain, multiple sclerosis, AIDS, and cancer.

Hemp

Cannabis used for fiber is called hemp. It refers to the immense Cannabis plants and the products that come from it. Hemp is turned into fuel, pulp, paper, resin, wax, rope, hemp seed foods, and hemp oil.

Hemp is rich in nutrients and minerals. It is commonly eaten raw, used in baking, sprouted, prepared as tea, ground into a meal, and made into hemp milk. Fresh hemp leaves can be eaten as a salad while hemp cereals, waffles, ice cream, and tofu can be found in stores. Hempseed contains essential fatty acids, omega-3s, omega-6s, and protein. It is comparable to other protein sources such as soy, milk, eggs, and meat.

Hemp has also been used for fiber extensively throughout history. Production of hemp reached its peak shortly after being introduced to the New World and was comparable to the likes of tobacco, corn, and wheat. Everything from fabrics, to industrial materials, to rope were made from hemp. The word "canvas" actually derives from "cannabis," as sail canvases were made from cannabis hemp. The texture of pure hemp is similar to linen and is often used to make clothing.

As a building material, hemp and lime blocks make excellent insulation, but are not strong enough to be used for structural support; they are often reinforced with steel, wood, or brick. Hemp fibers however, are very durable and strong, often used as a replacement for wood in a variety of jobs. Hemp plaster, fiberboard, and blocks are all excellent insulators.

Since 2002, car makers such as Lotus, Honda, BMW, and Mercedes use a mixture of flax, hemp fiber, kenaf, and fiberglass to make composite panels for their vehicles. The Mercedes C-Class contains up to 45 pounds of hemp in each car! Composite and plastic materials made from hemp are known as "bioplastics," meaning that they are made from

renewable resources and are usually fully biodegradable. In the case of hemp, it is 100% renewable, recyclable, and biodegradable.

Hemp paper dates as far back as the Western Han Dynasty, approximately 2,200 years ago. The Chinese recycled fishing nets, rags, and clothing to use for making paper. Scientists from the U.S. Department of Agriculture determined that the paper they made from hemp was "favorable in comparison with those used from wood pulp." Lignin must be removed from hemp and wood to make paper, and since hemp contains one-third of the lignin that wood does, it requires less chemicals to remove the lignin.

Whereas 100% of wood is used to make products, only 25% of the hemp stem can be used to make paper, which makes it expensive to process. Last decade, approximately 25,000-30,000 tons of hemp pulp were produced annually, 80% of which was used for specialty papers, mostly cigarette papers.

Hemp rope used on sailing ships was coated in tar to prevent rotting. Since the process was so difficult, hemp rope started to phase out when Manila became available. Although sometimes called Manila hemp, Manila is actually a species of banana.

Biodiesel made from hemp, sometimes called "hempoline," can be made from hemp stalks and seeds. Alcohol fuel is made from fermenting the cannabis plant as a whole. Only Diesel engines are able to use filtered hemp oil directly, with a majority of biodiesel being made from products like palm seeds, cereals, and coconuts.

Recreational

The United Nations classified Cannabis as the most commonly used illegal recreational drug in the world. Only tobacco and alcohol, both of which are legal, have more users. The main psychoactive ingredient in marijuana is THC, although CBD and other compounds have some minimal effects as well.

Most users experience an increase in appetite, heightened mood or euphoria, and relaxation. Some negative effects include forgetfulness, dry mouth, red eyes, impaired motor skills and sometimes anxiety or paranoia.

Although cannabis' medical value is disputed, there is no question that it affects your body by reacting with the compounds your body already produces naturally. Both your body and cannabis contain cannabinoids that cause the effects associated with the marijuana high. THC mimics anandamide, a neurotransmitter that your brain produces that plays a role in feeding behavior, pleasure, and motivation. Studies have shown

anandamide to inhibit cancer cell multiplication and impair working memory in rats. Researches also discovered anandamide in chocolate, so it gives you the same

Cannabis is the least dangerous drug available, with no deaths every associated with the plant. THC has very low toxicity and the amount needed to kill a human being is incomprehensible. It is not possible for a person to smoke the amount needed to kill them. Overdoses are very rare and are usually caused from a very high dosage of hashish oil. An overdose of cannabis means that you will feel very tired or even pass out but the effects last only as long as the THC is in your body.

An obvious risk associated with smoking cannabis is the smoking factor itself. Cannabis smoke contains chemical compounds and the tar produced from the smoke has tar and over fifty known carcinogens. The risks are the same as smoking a cigarette. Modern users avoid this by using water filtration or vaporizing the herb to keep the carcinogens out of the smoke.

So far, two U.S. states have legalized recreational cannabis. Both Washington and Colorado have marijuana publicly available to adults over the age of 21. With cannabis flower has come a whole variety of edibles and beverages, including cookies, ice cream, lollipops, and even beer!

WHY IS IT ILLEGAL?

Cannabis was outlawed as a medicine as part of the 1970s Controlled Substances Act, which classified it as a Schedule I drug. Schedule I drugs have a high potential for abuse, are not safe to use without medical supervision, and carry no medical value. This classification was a result of propaganda portraying marijuana as a dangerous drug. Until the 1970s, the only marijuana laws in existence were ordering all farmers to grow "Indian hempseed."

There was no good reason to ban marijuana but there were plenty of bad reasons that were given to the public without proper scientific evidence or truth. First of all, cannabis was classified as a Schedule I drug, portraying it as highly addictive. That means that even if you tried it once, you would become hooked and be a "pothead", with cannabis dominating your life. Although that is true in some cases, the same thing happens with alcohol, which is perfectly legal.

Being a Schedule I drug also means that it has no accepted medical value. That is not the case at all. As explained previously, cannabis has been used to cure ailments since

ancient times and the same trend continues today. States with medical marijuana treat everything from glaucoma to cancer as new research continues to find new uses for the drug.

The category of Schedule I associates marijuana with drugs that are much more dangerous: opium and its derivatives, including morphine and heroine. These are known as narcotics. Although marijuana is not a narcotic, it has been classified as such since early drug laws went into effect, along with cocaine.

Since then, these classifications have stuck. Americans have general knowledge of two recreational drugs: "Normal" recreational drugs include alcohol, sugar, and caffeine while "abnormal" recreational drugs have been cocaine, heroin, and methamphetamine. Marijuana has always been associated with the second category, which is why it's known as a "gateway drug," although it belongs in the first with the likes of alcohol and caffeine.

Marijuana has always portrayed an unfashionable lifestyle. Only hippies and losers were known to partake but that is not the case anymore. Many successful individuals have admitted to indulging in cannabis, including actors, musicians, athletes, politicians, and even the President of the United States!

Cannabis was also used to oppress ethnic groups. In the 1930s, a vast anti-Mexican movement was going on in the United States. Back when there was a predominately Caucasian population, Marijuana was associated with Mexicans to keep Mexican-American subcultures from developing. Thanks to vast use by a variety of ethnic groups during the 1960s and 1970s, that association is no longer made. However, the groundwork for modern day drug laws was set in a time when cannabis was seen as a threat to the U.S. majority culture.

Keeping marijuana banned for a long time is also a very powerful public policy factor. If something is banned for only a short period of time, it seems like the ban was unstable. If you ban it for a long time, the ban usually goes on later as a part of the status quo. People tend to go with whatever society is doing and since marijuana has been banned and inaccessible, society did not question the laws that were made to supposedly protect them.

Take sodomy for example. Same-sex intercourse hasn't really been enforced since the 18th century but it was technically legal until *Lawrence V. Texas* in 2003. The same example can be applied to marijuana. Although it had been used since ancient times, marijuana wasn't banned until 1970. Soon after, states started to implement laws

allowing medical marijuana, starting with California in 1996. Users however continued to discreetly use cannabis as they seemed fit because they felt that the laws were unfair and were willing to take the risk.

To those who have never tried the drug, the explanation that advocates give can be very hard to digest. Unless you've experienced it firsthand, you don't believe that it can cure and treat diseases and their symptoms while promoting moral progression, open-mindedness, creativity and a closer relationship with the cosmos or God. The truth sounds hard to believe, especially when users are viewed as criminals who would risk arrest to get high. As society has the tendency to follow the status quo, it is now becoming aware to the true potential and value of cannabis as a medicine, recreational drug, and material.

RESPONSIBLE ADULT MARIJUANA USE

A responsible cannabis consumer may come from any background. Although there are a few bad apples in every group, most cannabis users are contributing members of society and are good people. Consumers can use marijuana at home to relax, as a medicine, or for spiritual purposes while still being able to function properly in social environments. Here are a few tips to dispel the myths and negative views attributed with marijuana and instead portray it with an accurate picture of people that use marijuana safely and responsibly, like you:

- I. Know how cannabis affects you personally. If you need to be alert and focused, do not use cannabis if it makes you tired and distracted. Saying that you are “too high” is not an excuse to put off things until later. If you use marijuana as an excuse not to get things done or reach your goals, assess your self-control and how you are using cannabis.
- II. Be aware of your surroundings! Make sure you know whether it is an appropriate place to use cannabis or not. Refrain from usage in front of minors or in areas that they usually inhabit.
- III. Unless you have a valid medical reason, do not use cannabis before work or school. As an employed member of society, your boss has the right to expect you not to be high or drunk on the job. Conform to the reasonable standards of your workplace and refrain from use until it is the proper time to do so. It is also easier to concentrate on schoolwork when you are sober so it’s best to hold off until your work is done.
- IV. Know the side effects of cannabis. All legally distributed marijuana comes with a warning label stating not to drive or operate heavy machinery while using cannabis. Cannabis will slow your reaction time while driving so make sure you are sober enough to be driving. A good sobriety test is to stand on one leg and

test your balance. If you can't stand straight, you won't be able to drive straight. Combining cannabis with alcohol is even more dangerous, never operate machinery when under the effects of both. Wait until the effects of marijuana wear off before getting behind the wheel.

- V. Know the effects of combining cannabis with other drugs. As mentioned before, alcohol and cannabis are a bad combination. Aside from alcohol, most prescription drugs will also have a synergistic effect with cannabis. Make sure you are aware of any contradictory drugs you are taking that will affect the effects of cannabis.
- VI. Do not smoke in designated non-smoking areas. Period.
- VII. Listen to the advice and criticisms of your friends and family. If you are exhibiting behaviors that are making them feel uncomfortable, reassess your cannabis usage and slow it down.
- VIII. Educate yourself about the consequences, laws, risks, and rights associated with marijuana. Most states still classify cannabis as a Schedule I drug and the penalties can be harsh. Know your local laws for different amounts so you avoid any unnecessary charges for large amounts or paraphernalia.

MODERN MEDICAL MARIJUANA

Now that you know a little bit about cannabis and how it got to its present regulated state, let's get into medical marijuana specifically. Cannabis is broken down into two main strains; sativa and Indica. Growers also commonly combine the two strains to create hybrids that combine the best of both worlds.

SATIVA

A sativa is best used during the day. It jump starts your creative process and provides a boost of energy. Users find that they experience a sense of well-being and are able to focus for long periods of time due to the high THC and low CBD contents. These effects make this the strain of choice for those fighting depression. Sativa cannabis plants are tall and thin with heights up to 25 feet tall. The buds are usually fluffier and lighter and produce a grassy and earthy odor. Some examples of sativa strains are Charlotte's Web, Jack Herer, and Purple Haze.

A sativa:

▸ reduces nausea
▸ promotes removal of mucus from the lungs
▸ stimulates the appetite
▸ relaxes muscles

▸ relieves pain
▸ fights depression
▸ promotes creativity
▸ positive, uplifting effect
▸ stimulates and energizes

INDICA

Indica plants are usually shorter and stockier, making them the ideal plant for indoor growers. The plant usually has a very strong sweet or sour odor and is the best cannabis for relaxation, with low THC and high CBD. Medically, the indica strain is used to manage

chronic pain and control seizures. Due to its description as 'couch potato weed' most users consume this strain to combat insomnia and relax in the evenings. Its immense effects on muscles makes it a highly effective choice for combating headaches and back pain. Indica strains include Afghan Kush, G13, and Obama Kush.

An indica:

▸ reduces pain
▸ relaxes your muscles
▸ relieves spasms
▸ reduces seizures
▸ helps you sleep
▸ reduces inflammation

▸ relieves headaches and migraines
▸ reduces nausea
▸ reduces intra-ocular pressure
▸ increases airflow to the lungs
▸ promotes removal of mucus from the lungs
▸ increases your appetite

HYBRIDS

Lastly, we're left with hybrids. A majority of medical cannabis users prefer hybrids because there are so many. For example, someone who suffers chronic pain but wishes to stay alert and active would want a strain that has strong components of an indica to alleviate their pain but minor elements of sativa to remain active. Medical dispensaries carefully pair strains with a patient's needs. AK-47, Fruity Pebbles, and White Widow are some popular Hybrids available in dispensaries. Hybrids combine effects from both sativa and indicas, so the effects vary from strain to strain.

Different strains have proven to be helpful in relieving symptoms and ease the pain associated with thousands of conditions such as:

▸ Arthritis and bursitis
▸ Insomnia and other sleep disorders
▸ Migraines
▸ Paraplegia and quadriplegia
▸ Multiple sclerosis
▸ Psoriasis and other skin diseases
▸ Hepatitis C
▸ Glaucoma and other intra-ocular disorders

▸ Fibromyalgia
▸ Asthma and emphysema
▸ Nausea and loss of appetite
▸ Epilepsy
▸ Parkinson's disease
▸ HIV/AIDS
▸ Muscular dystrophy
▸ Cancer and chemotherapy
▸ Crohn's disease

EDIBLES

Marijuana foods, also known as edibles, have become increasingly popular in cannabis culture. They include space cakes and hash brownies and are made from putting cannabis in herbal or concentrate form into food. This is a preferred method of delivering the cannabinoids from marijuana to a user that does not want to smoke or vaporize the cannabis. The names of edibles differ with the food that they are prepared with but different prefixes are added to the name to indicate that they contain marijuana. Terms such as special, hash, magic, special, spiked, and medicated are added, for example "special brownies" or "magic cookies." Most users prefer to consume edibles in a sweet form such as cakes or cookies to mask the flavor of the cannabis.

Just as with smoking or vaporizing cannabis, the main active ingredient in edibles is THC. THC is a hydrophobic oil, meaning that it is insoluble in water and must be extracted with oil, fat, or alcohol. Users prefer to use oil, with olive oil being the main choice because it is the healthiest. During extraction, the cannabis must be decarboxylated to activate the THC in the edibles by heating it to about 250 degrees Fahrenheit for about 20-25 minutes in oil, fat, or alcohol. This activates the THC extraction process and transfers the cannabinoids from the flower to whatever you are using to extract it. After extraction, the oil, fat, or alcohol contains the THC and the herbal residue is essentially useless. Then you simply mix the soluble liquid into whatever you are cooking and, voila, you have edibles.

This process of extracting cannabinoids and making edibles dates back to ancient India, when recipes called for cannabis to be sautéed in "ghee" (Indian clarified butter) before mixing it with other ingredients. This extract was usually mixed with milk and other spices into "bhang", a traditional Indian cannabis beverage. The Sanskrit Indians were the first ones to realize that boiling cannabis in water was a highly inefficient way to extract the cannabinoids, and instead opted for ghee and milk.

Edibles are a better way to administer a proper and controlled dosage to a patient. Medicated edibles come with dosage labels indicating their potency so that users will know how much they need to consume to get the desired effects. Different edibles made from different strains cause various effects depending on whether it is made from an indica, sativa, or hybrid. Although the effects of smoking cannabis can be felt in a few seconds to a few minutes, edibles can take up to two hours for the full effects to kick in.

CANNABUTTER

Aside from extracting the cannabinoids from marijuana in oil, users also prefer to make butter out of it, known as "cannabutter" or "magical butter." The butter-based solution is infused with cannabinoids by heating the cannabis with the butter and allow the fat to extract the cannabinoids. The temperature varies with the amount of cannabis being used, from 194 degrees Fahrenheit for large amounts to no more than 212 degrees Fahrenheit for amounts as small as 0.8 grams. An amount that small only needs to be heated for 15-20 minutes but larger amounts take longer; it would take about 24 hours at 194 degrees Fahrenheit to extract all the THC from 30 grams of cannabis.

GREEN DRAGON (LIQUEURS)

As THC is also soluble in alcohol, many users like to consume cannabis by cooking brandy or rum with cannabis in it. This is a great way to use stems and leaves, as they have lower THC than the buds when smoking. Green Dragon is a common term for THC infused Everclear, although it can be made with any high-proof grain alcohol. Crème de Gras is a favorite addition to coffee and other beverages as a cannabis-infused liquor.

HASH COOKIES

Hash cookies are essentially the same as marijuana cookies, but they have hash added to the recipe in careful steps so that they are much more potent than cannabis cookies. The high from hash cookies, or space cakes as they are commonly called, is much more powerful and long lasting than special cookies.

Since it is very difficult to tell the difference between special foods and regular food, edibles are a preferred choice for places that you cannot smoke or want to administer your dose discreetly, such as at a cafe or party. Muffins, cookies, and cakes baked with marijuana are sometimes called space cakes in Amsterdam. It was common practice to frost these baked goods with a psychedelic mushroom frosting until psilocybin mushrooms were banned in 2008.

The main benefit with hash cookies, as with all edibles, is that they do not affect the respiratory system the same way that smoking it does. There are no carcinogens being smoked and the effect is a much more pleasant cerebral "head high."

Examples of foods that are made into edibles include:

▸ butterscotch pecan cookies
▸ chocolate chip brownies
▸ gummies
▸ honey

▸ mixed nuts
▸ peanut brittle
▸ beef jerky
▸ marshmallow rice cake

Some marijuana beverages include:

▸ agave nectar
▸ hot cocoa
▸ tea

▸ carbonated beverages
▸ fruit juices

DIFFERENCES BETWEEN EDIBLES AND SMOKING

Although both edibles and smoking get you high, you have to know that edibles are a ferocious wolf compared to smoking, which is a little pup. These critical differences between the two types should be known by veterans and novices alike.

- Edibles are much stronger than smoking or vaporizing cannabis because the THC is converted into 11-hydroxy-THC by metabolism in the liver, which gives off a much stronger high than being metabolized by the lungs through inhalation.
- Edibles contain mostly THC and lack other cannabinoids while smoking and vaporizing is usually the opposite, with high CBD and low THC. With a longer absorption time than smoke and vapor, edibles can last for several hours after taking about one-half to two hours to kick in.
- Inhaled cannabis allows the user to feel the effects instantaneously, allowing them to know that they've gotten a proper dose and continue to gradually dose. Once you've eaten an edible, you can only wait until the onset of effects due to the delay in eating it and feeling it. Even veteran smokers have eaten edibles that have left them too high for comfort.
- Make sure you know how potent your edibles are. Edibles are way more potent than smoking it because they usually contain a large amount of cannabinoids but vary in potency. Make sure you don't eat an entire waffle that is technically 28 doses! That's you taking 28 doses of medical cannabis at once, which is enough to make anyone way too high for comfort.
- Edibles are by far the healthiest alternative to smoking cannabis. Although vaporization is an option as well, the effects do not last anywhere near as long as with edibles. Most people that use edibles are concerned with the health factor of smoking cannabis while others simply do not enjoy smoking.

DABS: WHAT ARE THEY?

It's 7:10. If you dab, you know what that means. 710, when turned upside down, spells 'OIL' and is the unofficial time to dab. Unless you've been living under a rock or at the bottom of a lake, you've probably heard of "dabbing." Although cannabis concentrates have been around for over a decade, an advance in the methods of extraction has led to a flood of interest in the concentrate market.

So what exactly is a dab? The term usually refers to butane honey oil, or BHO, but has expanded to include wax, budder, shatter, and the slang term "errl." The THC content usually ranges from 50 to 75% but can be up to 90%. Although it is not certain how many of the other cannabis compounds such as terpenes and cannabinoids are extracted in the process, the high concentration of THC is what makes dabs so potent.

Concentrates are the most efficient and fastest ways to medicate. A dab is usually heated on a hot surface, such as a glass or titanium nail, and then inhaled. Although properly extracted concentrates are not harmful, the extraction process can be quite dangerous.

Concentrate is made by shooting pressurized butane gas through cannabis flower and then undergoing a "purging" process to extract the butane. A couple of ignorant users attempting the extraction technique without proper knowledge have blown their houses up, causing cannabis to be talked about on the same terms as meth. They are nothing alike.

Aside from having a dangerous extraction method, the process of dabbing can look quite scary to new users. It has been compared to the "crack" of pot because of the glass pipes and substances with strange names being heated with blow torches. Even though it has no similarity to any harsher drugs, lighting anything except crème brulee with a torch doesn't look very appetizing. The ugly process of taking dabs has certainly affected the legalization movement of cannabis and tarnished the healthy and natural image of existing legalized marijuana.

With such high concentrations of THC, for the first time it seems possible to overdose on cannabis. Although dabs are not lethal, taking more than you can tolerate will lead to uncomfortable highs and, in severe cases, passing out. Although the effects are temporary, caution should be exercised when dabbing.

Another problem with trying the extraction process at home is un- clean concentrates. The butane used in the process is filtered and clean but the equipment used in the extraction process may be adding contaminants to the product. As with growing cannabis, it is best to leave the extraction process to qualified professionals that know what they're doing.

With all of the negative attributes of dabs described previously, there are far more benefits to cannabis concentrates, the main of which is that it can give a strong dose of medicine to those that need it. Patients that have extreme nausea or severe pain experience effective and immediate relief after dabbing. The immense amount of herb that they would need to get the same effect is un- feasible for most patients who need an immediate dosage.

Although there are safety issues associated with extracting the concentrate, professional extractors favor closed extraction over dangerous "open" extraction methods. Closed extractions are safer and require more sophisticated equipment. Recently, using ice-water or CO2 has become popular because it diminishes the possibility of explosive reactions.

Since the concentrate industry is expanding so rapidly, methods of extraction are regularly being upgraded and improved. As more places legally supply concentrates, home chemist disasters will hopefully remain an anomaly. Aside from the extraction method, advances in technology have also led to an improvement in vaporizers. New products do not require a torch to heat the oil, making it the most effective route for concentrates to publicly go.

Although dabbing may be going through an awkward phase, concentrates have a lot to offer to cannabis users and patients. It is one of many ways cannabis can be used to alleviate or cure a number of conditions.

DABS: HOW DO I STAY SAFE?

So now that you know the good and bad parts of dabbing, let's get into the useful information. How do you know the difference between good oil and bad oil? What can you mix oil with? How do you dab?

To dab you need concentrate, a specially crafted water pipe or "rig", a pick, a nail, and a blowtorch. You twirl a small dab onto the end of the pick and, using the blowtorch, heat the nail up until it gets red hot. When you touch the pick with the dab on it onto the nail, it instantly vaporizes and the user sucks up the vapor.

If you do not get concentrate from a legal dispensary, you are at risk of smoking dangerous chemicals in the oil from improper extraction. Oil is usually golden to light brown in color and should be relatively clear. Any bubbles or a dark tar-colored substances should be avoided; they are signs of impure properties in the concentrate.

The general rule for honey oil is that it should be sticky like honey and will string when you dab it. It is usually used in vaporizer pens and is very common among users, especially with the rise in popularity of CO2 honey oil. It does not contain any of the lingering solvents that might come from butane honey oil.

Aside from honey oil, wax is another form of cannabis concentrate. It is commonly called "earwax" and made by whipping the hash oil during the extraction process. It has the same THC content as oil but is easier to handle.

Shatter is most potent form of oil. THC content can be up to 90% in shatter and is usually a semi-transparent amber or yellow cake that 'shatters' when you break it, hence the name. Shatter is a more advanced version of butane honey oil, usually utilizing a pressure vacuum to extract all of the solvents and plant matter.

Now that you know about dabs and the different types of oil, let's move onto a subject that even experienced cannabis users have never heard of: reclaim.

There are many different methods to reclaim your oil. Reclaim refers to the excess oil that builds up inside of the oil rig when you smoke it. In a way, it is the same as the resin that accumulates in a water pipe from smoking flower but is safe to reuse since it is vaporized and then filtered through water. Although users prefer not to use it to dab, it

is very common to use reclaim in edibles. Since the reclaim has been filtered and is as pure as possible, reclaim edibles can be four times as potent as regular oil edibles.

The best way to get the reclaim out of your rig is to heat the glass gently with a torch and simply pour the hot oil out. Make sure not to apply too much heat to the glass because it will break from a drastic change in temperature. Never heat up cold glass quickly because it will break.

Another method of reclaiming your oil is to use isopropyl alcohol. Users fill their rig with warm alcohol and shake it around until the glass is clean and the alcohol is dark brown color. The alcohol is then poured onto a tray of Pyrex glass to let the alcohol evaporate. This method is not as safe as heating your glass because all of the alcohol may not evaporate and will taste horrible. This method should only be used for cooking and should not be dabbed. Dabbing reclaim in general will not result in a strong high and the high will be very short, no matter what the origin of the reclaim is.

Reclaim can be infused into almost any food. It is best to mix it with olive oil and then add to your food of choice. Baked goods are an excellent choice because they mask the flavor of the reclaim very well.

Now that you know what dabbing is and how to be safe doing it, go out there and get medicated! Don't get too 'budder-faced!'

EYE DROPS

If you're a cannabis user, one thing that you probably always have on you aside from a lighter is eye drops. One of the main side effects of cannabis is red eyes and can be a dead giveaway to others that you are high. Many patients argue whether Rotos eye drops are better than Visine and vice versa, but there is no one exceptionally good brand of eye drops. Users should know that eye drops are never recommended for long term use and can cause more problems through extended use.

These decongestant allergy eye drops, including Clear Eyes, Refresh, Visine, Rotos, and others, are great for reducing red eyes and quickly brightening the whites of your eyes. These medicines are also called vasoconstrictors, meaning that they work by narrowing the blood vessels in your eyes. This allows less blood into your eyes and relieves the bloodshot appearance of your eyes.

Most people do not know, however, that these eye drops are not recommended for long term use and should never be used by glaucoma patients. Over-the-counter (OTC) eye drops should never be used for more than two or three days consecutively, with long term use actually making your symptoms worse. If you are using anti-redness eye drops regularly, make sure to have regular checkups with an eye specialist to monitor your health. Prolonged eye drop use can increase your risk for glaucoma, eye infections, cataracts, and increased intraocular pressure.

To safely apply eye drops:

1. Wash your hands
2. Looking up, tilt your face slightly upwards
3. Gently pull your lower lash away from your eyeball with your pointer or middle finger
4. Allow the recommended number of drops to fall into your eye along the rim
5. Blink to spread the eye drops around your entire eye
6. Repeat for other eye.

CAUTION: Make sure not to touch the tip of the eye dropper with any surface, including your eyelashes and skin. There is a risk of transferring bacteria to your eyes!

Make sure to also check the expiration dates and storage conditions of your eye drops. They usually last a year and need to be stored in a cool, dry place. Storing your eye drops in hot or humid environments will cause them to lose their full effects. It is best to replace your eye drops yearly to make sure you get the proper and full effect from them. Eye drops should also never be applied with contact lenses in the eye, usually having to wait ten minutes before putting the drops in and then another ten minutes before putting the lenses back in.

If you use your eye drops as directed but are experiencing new symptoms of pain or irritation or your symptoms are getting worse, discontinue use immediately and call your eye specialist. Make sure to have your eye drops with you or make a note of the name for easier diagnosis. Using more eye drops than recommended is also highly discouraged, especially if you aren't experiencing any relief: this may be a sign of an underlying eye infection. The preservative in eye drops causes mild irritation, so you do not want to overuse any type of eye drops.

So the best thing to do with red eyes? If you absolutely must use eye drops, make sure not to do so every day. Go at least 3-4 days without using them before applying them again. If you do not need immediate relief, it's a great idea to just place a cold wet cloth over your eyes. This cools down the veins in and around the eyes and allows them to constrict without any OTC eye drops. But if you don't care about your red eyes, show them off! Is there an easier way that you can think of to immediately recognize a fellow smoker?

SMOKING METHODS: THE GOOD FROM THE BAD

There are many different apparatuses that users smoke marijuana out of. Most patients prefer vaporizers because they contain the least amount of carcinogens in the smoke as compared to a water pipe or joint.

VAPORIZER

A vaporizer is the healthiest way to smoke cannabis. It does not release many of the irritating toxins that are produced but allows all of the psychoactive ingredients that come with different strains of marijuana. What most people don't realize is that there is a great difference in smoke quality when it comes to smoking versus vaporizing. When one smokes a joint or a water pipe, also known as a bong, almost 90% of the smoke produced contains non-cannabinoids and these carcinogens pose potential health risks. That means that just over 10% of the smoke is actually getting you high.

Smoke from vaporizing on the other hand produces about 95% cannabinoids, the opposite of combusting the flower. That means that it poses minimal health risks and no carcinogens.

The cannabinoids in weed start to vaporize at 285 degrees Fahrenheit, with the sweet spot being 338 degrees. This is the optimum vaporization temperature and is safely below the combustion point of marijuana, which is 392 degrees. The flower in a joint or bong can burn at temperatures of up to 2012 degrees! At this stage, you are essentially incinerating the product and causing more harm than good to your body. With vaporization you get all of the flavor and effects without risks of lung cancer and other respiratory disorders from tar. Arguably the most popular and best vaporizer on the market is the Storz-Bickel Volcano vaporizer. It is a high-quality premium vaporizer that has stayed the same since it was first made due to its simple yet highly efficient design.

BONG (WATER PIPE)

If you choose not to vaporize, water filtration should be a necessary element of your smoking ritual. Bongs or water pipes usually have percolators in them to filter the smoke

through water and eliminate carcinogens from the smoke. The word "bong" comes from the Thai word "bong" which means a cylindrical tube used for smoking. It can be made from any air-tight and water-tight container by adding a stem and bowl. The stem, or slide, directs air and smoke downwards to below the water level. You burn the flower in the bowl, which fits into the slide. The smoke then travels through the water and up the apparatus, where the user inhales the smoke from an opening at the top.

To get the last of the smoke out of the bong, a small hole is kept covered while burning and then uncovered to allow air into the pipe. This hole can be referred to as a carb, choke, hole, and even "bink" or "shotty". Sophisticated bongs allow you to remove the bowl from the slider so that a hole is not required and all of the air travels through the stem. The water in the bong traps some of the heavier harmful particles and molecules that are soluble in water to prevent them from entering the smoker's airways.

JOINT/ SPLIFF

Another very common method of smoking is by use of a joint. A joint is most commonly referred to as cannabis wrapped in a smoking paper. Although there is usually no filtration involved, joints are better than bongs at delivering the most THC, only second to vaporizers. A study by the National Organization for the Reform of Marijuana Laws (NORML) in 2000 showed that the tar to cannabinoid ratio is significantly higher in bongs than joints or vaporizers. That means that you need to smoke more in order to get high since it has more tar than CBD. Vaporizers have very little tar in their smoke and a high amount of cannabinoids. Joints contain high amounts of tar but also produce a lot of CBD.

Modern papers used in joints can be made from flax, rice, and hemp, along with other specialty varieties including licorice. Joints vary in size from one-quarter gram to a couple grams, while joints up to two pounds have been rolled, although this is not a common practice. Tobacco is also sometimes rolled into a joint with cannabis, commonly referred to as a "spliff". Most users also insert a small rolled piece of cardboard or hard paper at the bottom to serve as a mouthpiece, or "filter". When the joint or spliff burns down the last little bit, it is called a "roach" and usually contains a substantial amount of THC from the resin that has accumulated in the roach. Usually joints are entirely cannabis and spliffs are mixed with tobacco but in some countries, such as Jamaica, the term spliff and joint is interchangeable, meaning an entirely cannabis rolled cigarette. Joints that are rolled with cigar paper or other brown rolling papers are usually called "blunts" or "Dutchie" in the United States due to its Dutch origins.

The word "joint" itself came from the French adjective meaning "joined". By 1877, it usually referred to the room attached to the dining room, also known as a joined room, but especially opium dens. The first use of the word for cannabis dates back to 1938. Those who choose not to use a vaporizer, bong, or joint to intake cannabis sometimes choose the quickest and most convenient way to smoke: through a pipe or "bowl"

BOWLS (PIPES)

Bowls can be made from glass, wood, metal, stone, ceramic, or any other heat resistant material except for aluminum. One-hitters, chillums, glass blunts, corn cob pipes, and bubblers all fall into this category. Although they vary on design and size depending on the piece, all bowls have a couple of common features. They have a receptacle to put and burn the product in, a stem that the smoke travels through, and ultimately the mouthpiece, through which the user inhales the smoke. Hand-blown pipes and bongs can masterpieces, with very intricate and appealing designs and features. Bowls can range in price from \$5 to \$5,000 while one-of-a-kind bongs have fetched over \$100,000 at auctions.

So just to go back over once and review: vaporizers are the preferred method of smoking because it contains low tar and carcinogens while allowing you to obtain the most THC and CBD. Joints are second since produce high amounts of tar and carcinogens but also contain high amounts of psychoactive ingredients. Bongs come in third because although some of the larger particles are trapped in the water, much of the THC and CBD gets trapped as well. That means middle-range tar and carcinogens but low amounts of THC and CBD. Bowls are going to go last since there is no filtration while THC and CBD levels are below par.

HASHISH

Hashish, also called hash, is another medicinal product available to medicinal marijuana users. Hash uses the purified resin of the cannabis plant, known as trichomes, to yield higher concentrations cannabinoids such as THC and CBD.

There are two ways to prepare hash and thus two different types of hash. Regular hash is usually a solid substance with a color ranging from light to dark brown and is made by pressing the trichomes together. The colors may vary towards yellow, black, and even red. "Bubble hash" is the second type and is made through a water purification process. It is usually a pasty substance with different degrees of firmness, ranging in the same color range as regular hash.

Pressed hash is made from the pollen of the cannabis plant, often referred to as "kief". Kief is extracting manually from the plant, usually by sieving it through a screen. The powder is then heat-pressed into blocks to make hashish.

Bubble hash is made by mixing the material in ice water. Since kief is thicker than water, it will sink to the bottom while plant matter and leaves rise to the top. Although water-filtration requires more materials and plant, the hashish extracted is very clean and does not contain any solvents from other methods.

DOSAGE

Cannabis is almost impossible to overdose on and no deaths have ever been reported with the use of the drug. That's because it's very easy to manage your doses. An easy and effective method to administer your dose and determine how much you need is to take one or two "hits" from a joint and wait 5-15 minutes for the effects to kick in. You may repeat as you desire. You can do the same process with either a bowl or water pipe, with an average hit containing only about 1/20 of a gram of marijuana. With the high potency of medical marijuana available today, 1-3 hits is usually enough for a normal user. Lower potency cannabis requires more doses to get the desired effects so more hits is not uncommon.

Everyone reacts differently to the same dose of cannabis so it is important to take caution when trying a new strain or introducing one to others. Even veteran smokers are surprised by the strength of high potency cannabis, with "one-hit quit" strains with which even one hit is enough. Pay attention to how your body reacts with different strains, smoking methods, and doses.

Cannabis Dosage Administered By Smoking	
Light Dose	0.05 grams
Average Dose	0.10 grams
Strong Dose	0.15 grams

The effects of potent cannabis kick in between five and 90 seconds after smoking depending on the strain. The effects will last anywhere between two and four hours, with aftereffects being reported up to eight hours after smoking. Of course if you smoke more than the recommended dose, the duration of the high will be longer as well.

Administering oral doses in the form of edibles or oils have the same effect as when you smoke them. However, they contain higher concentrations of THC so the doses are lower but just as effective. Taking THC orally takes anywhere from 20 minutes to two hours to feel the effects depending on potency and what you've had to eat. An empty stomach will absorb the cannabinoids much faster than a full one. The effects of a normal dose can last anywhere from three to nine hours with aftereffects lasting easily over 12 hours.

Cannabis Dosage Administered Orally

Regular Appetite Stimulant	0.005 g
Chemotherapy Appetite Stimulant	0.030 g

Chemotherapy patients in states that do not have a proper medical marijuana program in place are sometimes prescribed Marinol, a synthetic marijuana substitute that contains THC without any of the other cannabinoids produced by the plant. Since all the cannabinoids in cannabis work together and differently to render the desired effects, Marinol does not work as well as its origin plant, cannabis.

THC ANTIDOTES

With all of this talk of edibles, dabs, vaporizing, and potency, there is a very high chance that you will get...well, too high. Although it can be scary at sometimes, it does not cause any lasting effects or damage. The British Journal of Pharmacology has a couple of solutions for when you're flying too high.

- Cannabidiol (CBD) is the other psychoactive ingredient found in cannabis. Unlike THC, CBD is a downer that is useful for relaxation and sleep. So when you've had too much THC, it's a good idea to take a CBD pill as opposed to smoking more weed.
- Pinene is a chemical that helps to clear your mental state, with pistachios and pine nuts containing high amounts of it. Eat some nuts to help you calm down.
- For those of you that like pulp, orange, lemon, and grapefruit pulp contain massive amounts of powerful anxiolytic agents that combat the effects of THC. The pulp of the fruit is actually where these agents are so make sure you eat or drink the whole thing!
- If you don't want to eat or drink anything, Pine Essential Oil also contains pinene. However, it is bad for the kidneys so you should never drink it. Mix it with half water and rub it onto your skin. You can also inhale the fumes to intake the pinene.

SMOKING ETIQUETTE

Whenever you're smoking, you can always tell when there's that one newbie who doesn't know what they're doing: they don't ash the joint before passing it, they pass the pieces the wrong way, and they might even leave the ash in the bowl when they're finished with it. Below is a list of certain rules and etiquettes of smoking to follow to reduce the hassle of smoking with different people.

EVERYTHING IS PASSED TO YOUR RIGHT

Whether it's a joint, blunt, bowl, or vaporizer bag, everything is passed to your right. Many people have different rules for which way to pass things but stoners have a hard enough time remembering things. Make it simple and pass everything to your right. The exception is when you are in a circle with people you may not know. It is acceptable to pass it to your friend in the group and start the circle from there. After all, it's your own cannabis; you and your friends should smoke first.

CLEAR THE BOWL WHEN IT IS FINISHED

Many people have a very bad habit of leaving the ash in the bowl or slider after they take a hit. Nobody wants to smoke your ash and it's an inconvenience to others. After you take your hit, clear out the bowl so the next person doesn't have to. It's common courtesy and we can use more of it in the world.

WHEN PASSING A JOINT, ASH AND THEN EXPOSE THE FILTER TO THE NEXT PERSON

The worst part about smoking a joint is passing it. Ash will fall in your lap, it may go out, and you could even burn your fingers. Let's avoid all that and make sure we ash the joint before passing it to the next person. Also when passing, hold it closer to the burning end when removing it from your lips before passing it. This will expose the filter or end part of the joint to the next person so they don't risk grabbing the joint near the burning product.

WHEN GIVING OUT DABS OR HITS, TAKE YOURS LAST

The worst part of smoking is anything that ruins your high. A very simple and effective way to make the most of your session is to make sure everyone else is satisfied before indulging yourself. If they do not have their own product, give them a few hits or a dab before taking one yourself. That way, you do not feel pressured to smoke others up when you're high yourself. Give everyone else their dose and then take yours. You can wait a few minutes. You'll enjoy it more, rest assured.

GOLDEN RULES OF MARIJUANA

1. DO NOT SHARE WITH MINORS

Cannabis is only for adults. Unless there is a valid medical reason, cannabis should never be used by minors. If an adult is found to have given cannabis to minors, the legal ramifications can be serious.

2. DO NOT GROW

Unless you are in an area that allows growing for medical or recreational use, do not grow cannabis. The penalties for manufacturing the drug are very serious, even in legal states. They have strict legal limits and amounts that you can grow. Make sure to stay within these limits and keep your plant count as low as possible.

3. DO NOT SELL

Every person you sell to is a potential snitch or narcotics officer. If two people say that you sold marijuana to them, the police will come after you for distribution with very serious charges. Keep enough for yourself and do not share with people that you do not know and trust.

4. DO NOT SMUGGLE OR SHIP

Getting caught smuggling marijuana across international borders is something you never want to deal with. It causes more serious problems than it's worth and it's better to find it locally. Which brings us to the next topic of shipping. Even if you ship cannabis within the same state, it can still lead to federal drug trafficking charges. Stay away from shipping or smuggling cannabis at all costs.

5. DO NOT SMOKE IN YOUR VEHICLE

The number one way people get caught with cannabis is by smoking in their car. Do not keep your bowls or roaches in your car's ashtray. The smell of cannabis will

instantly give it away and you will get busted. Keep your cannabis in an air-tight, odor-proof container in your trunk, out of sight.

6. DO NOT BREAK MULTIPLE LAWS

If you are driving with cannabis in the car, make sure you are abiding by all other laws of the road. Make sure your lights are working and that your registration is updated. This will give them a reason to stop and search you. Also make sure you know how laws are combined. You have the legal right to carry a firearm but if “illegal drugs” are on your property, the charges are much more serious.

DRUG TESTING TIPS

Cannabis users need to be able to work and support their families and themselves. Drug testing determines a candidate by the content of their urine rather than their work performance. Pre-employment drug tests prevent countless hard-working cannabis users from contributing to the workforce. Although it is best to refuse a drug test as a matter of principle, there seems to be no other option for some people.

If you have an upcoming drug test, stop smoking. Heavy cannabis users need an average of 4-6 weeks for their systems to clear out while occasional users only need a week. Even then it is best to drink as much water or liquids as possible, along with elevating your heart rate by exercising. Sweating is also a great way to help clean out your body so working out and drinking water will help clear your body out. You can purchase an in-home drug test kit to check yourself.

Take a multi-vitamin or Vitamin B12 on the morning of your drug test and make sure to urinate at twice before you have to turn in your specimen. There are other products available to cleanse your body but then you run a risk of contaminating or diluting your urine, forcing you to redo your drug test or lose your chance for the job.