







## WHAT ARE THEY AND HOW DO I STAY SAFE?

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. ""Why is marijuana against the law? It grows naturally upon our planet. Doesn't the idea of making nature against the law seem to you a bit . . . unnatural?"

- Bill Hicks



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 unclean 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 unfeasible 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 icewater 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. "Federal and state laws (should) be changed to no longer make it a crime to possess marijuana for private use..."

- Richard M. Nixon



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 vape 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. "That is not a drug. It's a leaf..."

- Arnold Schwarzenegger



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!'

"... marijuana is one of the safest, therapeutically active substances known to man"

> - Judge Francis Young (DEA)