

Cannabis 101

Understanding the Basics

The Plant and the ECS

Cannabis contains cannabinoids, terpenes, and other compounds that interact with the body's endocannabinoid system (ECS).

The ECS influences mood, pain perception, sleep, appetite, inflammation, and stress response.

Key Cannabinoids

THC is psychoactive and can support relaxation and pain relief but may cause intoxication or anxiety at higher doses.

CBD is non-intoxicating and often used for perceived calming and modulation of THC's intensity.

Other cannabinoids such as CBG, CBN, CBC, and THCV are being studied for roles in mood, sleep, inflammation, and metabolism.

Terpenes and Effect Direction

Terpenes like myrcene, limonene, linalool, pinene, and caryophyllene shape the character of the experience.

Different terpene patterns can feel calming, uplifting, focusing, or grounding.

Formats and Onset

Capsules and other ingestibles have slower onset and longer duration.

Sprays and sublingual formats act more quickly and allow finer dose control.

Inhalation has the fastest onset but requires particular care to avoid overuse.

Key Takeaway

Cannabis is a powerful tool that can be aligned with wellness goals when used intentionally, with modest dosing and careful tracking.

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