

# SMOKELESS SEPTEMBER



SEPTEMBER 2025

As the seasons change, it's the perfect time to pause and reflect on our routines — including how we use cannabis.

September offers a chance to step back, check in with your goals, and explore new ways of supporting your endocannabinoid system (ECS). You may even consider joining our [\*\*#SmokelessSeptember\*\*](#) by taking a break from inhalation and focusing on non-intoxicating, THC-free options.



## #SmokelessSeptember

While inhaling cannabis may be the fastest way to feel relief, it's not without its risks.

- Lung irritation and chronic cough
- Shorter duration of effect → more frequent use
- Higher risk of dependence
- Increased tolerance
- More exposure to harmful byproducts when smoked

Reduce your risks (and improve your tolerance) by giving your lungs a break this month.



### GOOD NEWS!

You don't have to smoke (or get high) to experience the potential benefits of cannabis!

Alongside THC, cannabis also contains non-intoxicating cannabinoids (CBD, CBG, CBC + CBN) that have their own potential benefits - and Recovercann has the products to support you as you go smokeless!

### DON'T STOP COLD TURKEY!

To prevent withdrawal symptoms, slowly reduce your THC consumption and take extra steps to nourish your Endocannabinoid System (ECS - eat whole foods, try some breathing exercises, get a massage).

Start by incorporating oral dosing of non-intoxicating cannabinoids and try balanced THC:CBD products to ease the transition.

### NON-INTOXICATING CANNABINOID

- CBD: may be calming, support stress, inflammation + anxiety
- CBG: may improve focus, mood + anxiety
- CBC: may support mood, inflammation + protect the nervous system
- CBN: may be helpful for sleep, pain + anxiety (may cause euphoria).