

# Cannabis 101

*cannabis quick guide*

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# Endocannabinoid System

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The endocannabinoid system is responsible for modulating 'homeostasis' in the body. 'Homeostasis' means to have balance.

When the body is out of balance, the ECS is activated to precisely regulate what is necessary to keep the body in its optimal state.

Without proper cannabinoid supplementation, our body may not regulate itself properly.

# Endocannabinoid System

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**Through those receptors, the ECS helps regulate a lot of important functions, such as:**

- Appetite
- Digestion
- Immune function
- Inflammation, including neuroinflammation
- Mood
- Sleep
- Reproduction/fertility
- Motor control
- Temperature regulation
- Memory
- Pain
- Pleasure/reward

# THC & CBD

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**THC — or delta-9-tetrahydrocannabinol** — is the main active ingredient in cannabis plant. It is responsible for the deeply relaxing and euphoric sensations associated with getting high.

**CBD—or cannabidiol** — has been mentioned in numerous studies for its ability to reduce anxiety and help individuals manage stress. Moreover, some researchers claim that CBD can also support healthy sleep cycles. In addition, CBD can also protect cells in the brain against oxidative damage and prevent degeneration.

# Anandamide

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Anandamide is a natural cannabinoid. Anandamide means bliss or happiness and of Sanskrit origin. This molecule is extremely powerful while being produced in small quantities.

THC mimics Anandamide in your body which makes it easy for it to bind to the same receptors. CBD carries important enzymes which are used to break down Anandamide; making Anandamide more available; thus, why CBD can produce feelings of serenity, well-being and happiness without leading to a high.

# Anandamide

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The production of Oxytocin when you are in love stimulates anandamide production. A couple of ways to boost Oxytocin production and the most straightforward methods are the physical ones that entail having sex or getting a soothing massage.

It is important to note that naturally produced Anandamide cannot make you high even though it causes feelings of euphoria, bliss, and elation. Anandamide also plays a role in homeostasis, which is a process that enables the body to maintain its regular functions.

# Sativa & Indica

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**Cannabis Sativa** is great if you want to improve your focus and creativity as it gives you a cognitive or “head high.” Because of its mood-lifting effects, this type of strain is often used by people dealing with exhaustion and depression and can also relieve those experiencing symptoms of ADHD and mood disorders.

**Cannabis Indica** has a more relaxing and sedative effect, making it a more laid-back choice. Because of this, people often consume Indica if they’re looking for a “body high” and want more restful nights. People with insomnia often lean towards this strain since it helps relieve insomnia and pain symptoms because of the higher levels of THC it contains.



# Sativa & Indica

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**Hybrid** - The names “hybrid”, “indica”, and “sativa” are part of the folk taxonomy of cannabis, and they predate modern chemical quantification of the plant.

The terms are often not the whole picture, but continue to be useful both to breeders, growers and consumers of marijuana. Hybrids come from breeding indica and sativa plants together.

Most strains today are a mix of both Indica and Sativa. It will be difficult to find pure sativa or pure indica as most strains today have genetics which have a both.

Since hybrids are a mix of sativa and indica, they can provide both mind and body effects. Most strains are hybrids. There are very few pure indicas and sativas due to global breeding programs.

# Entourage Effect

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It refers to the beneficial effect of all these compounds working together as opposed to just one or two of these compounds working in isolation.

**Simply put:** the Entourage Effect is the benefit you get from ingesting multiple components of the cannabis plant together instead of ingesting one component at-a-time.

The cannabis genus of plants contains approximately 600 molecules.

This includes about 100 phytocannabinoids (THC and CBD are phytocannabinoids, cannabinoids that occur naturally in plants).

Other significant compounds found in cannabis plants are terpenoids, flavonoids, and fatty acids.

# Terpenes

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Terpenes are natural essential oils secreted by all plants. They are responsible for the smell and flavor in all plants and fruit.

Similar to the way aromatherapy can affect stress or anxiety levels, THC and terpenes can work synergistically to relax or stimulate your senses.

There are over 30,000 terpene compounds, each having unique benefits:

- Anti-microbial
- Anti-cancer
- Anti-fungal
- Ant-viral
- Analgesic
- Anti-inflammatory
- Anti-hyperglycemic
- Anti-parasitic

# Terpenes

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## 6 most popular cannabis terpenes:

**Myrcene** - Highly relaxing, sedative, anti-carcinogenic, anti-inflammatory

**Linalool** - Sedative, arthritis symptom reduction, joint relief, mental well-being

**Limonene** - Stress relieving, mood enhancer, cancer-fighting, anti-inflammatory

**Caryophyllene** - Relieves depression, pain reliever, curcumin (anti-inflammatory)

**Eucalyptol** - Pain relieving, anti-bacterial, anti-fungal, promising effects on Alzheimer's

**Humulene** - Anti-proliferative, cancer-fighting, appetite suppressant, reduces inflammation, relieves pain, fights bacterial infections

# Cannabinoids

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Cannabis consists of about 600 different molecules, some 140 of which are called cannabinoids. Aside from CBD, a few others are listed below:

**CBD - cannabigerol** - treats inflammation, anxiety, cancer, infection, pain, antimicrobial

**THCV - tetrahydrocannabivarin** - can treat obesity and diabetes, lowering fasting insulin levels, facilitates weight loss and improves glycemic control

**CBN - cannabinol** - known to have greater sedation, can bring better rest and sleep

**CBGA - cannabigerolic acid** - considered the "mother cannabinoid"

and many many more

# Spectrum

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**Full Spectrum** - Derived from a whole-plant extraction of the hemp plant. CBD products of this sort contain all of the **cannabinoids**, **terpenes**, amino acids, and essential fatty acids that are naturally found in the hemp plant. Additionally, Full Spectrum products retain the naturally occurring 0.3% THC found in hemp. This 0.3% THC content is the federally-allowed limit for all industrial hemp-derived CBD products.

**Broad Spectrum CBD** - Similar to Full Spectrum, Broad Spectrum CBD comes from a whole-plant extraction of the hemp plant. It also contains all of the cannabinoids, terpenes, amino acids, and essential fatty acids naturally found in the plant, with one exception: the THC has been completely removed. Broad Spectrum CBD products are 100% THC-free, but are in all other ways similar to Full Spectrum products.

# Spectrum

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**CBD Isolates:** Unlike the other two categories, these are not a full plant extract. Instead, the CBD found within the hemp plant is isolated and extracted, bringing you a pure form of the CBD compound, with no other plant materials. CBD isolates are commonly found in the form of concentrates, which can be dabbed or infused with other CBD products. But CBD Isolates are also commonly used in virtually every form of CBD product, including oils, topicals, and edibles.

**Rick Simpson Oil** - RSO is a type of ultra-concentrated, “crude” cannabis oil. According to Phoenix Tears, Rick Simpson’s official website, RSO refers to “extremely potent decarboxylated extracts produced from strong sedative Indica strains, which have THC levels in the 90% range.”

# Hemp

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Hemp is a popular cash crop, versatile and easy to grow.

Common uses:

**Building Materials** - Hemp hurd can be transformed into eco-friendly building materials.

**Food** - Hemp seeds can ground into flour, protein powder, and granola. Oil can be pressed from the flowers containing healthy fatty acids. Hemp is a complete protein containing all of the essential amino acids.

**Fuel** - Hemp can be transformed into earth-friendly ethanol fuel, and uses less fertilizer than corn.

**Fibers** - Hemp has been used for centuries to create fibers that can used for everything from weaving clothing, rope, paper and even building houses.



# Side Effects

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For safe consumption, it always pays to know the different side effects and risks you may experience from taking cannabis. Although the benefits outweigh the cons, here are the possible unwanted side effects that you might experience:

Decreased blood pressure

Increased heart rate

Dry mouth

Dry eyes

Lethargy

Dizziness

Paranoia

Anxiety

**It's important to note that too high of THC without CBD can cause the side effects above, as well as improper growing and storage methods which can cause mold and other unwanted contaminants.**

# Cannabis Products

*quick guide to cannabis products*

# Flower

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Cannabis flower is one of the most popular ways of consuming cannabis. smoked in a bowl, joint, pipe or bong. Also known as bud or nug, it is the smokeable part of the cannabis plant after its been dried and cured.

# Concentrates

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Cannabis concentrates are the product of distilling down the most desirable parts of the plant. Concentrates contain all the cannabinoids and terpenes of the cannabis flower and none of the excess plant material. Popular ways of consuming concentrates: dabbing, vapes, tinctures, topicals, edibles, and more.

# Tinctures

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Cannabis tinctures are alcohol-based cannabis extracts—essentially, cannabis-infused alcohol. In fact, **tinctures were the main form of cannabis medicine until the United States enacted cannabis prohibition.** They're a great entry point for both recreational and medical consumers looking to ease into smokeless consumption methods. A tincture can vary in effect depending on if it is used sublingually, orally or used to infuse just about any dish you want. Sublingual is usually the fastest acting but all tinctures are faster acting than your typical edible.

# Edibles

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Offering a tasty alternative to smoking or vaporizing cannabis, cannabis edibles are foods and beverages that contain marijuana and its active compounds. Using a number of techniques, cannabis flower can be infused into almost **any type of food or drink**.

Consumers who enjoy cannabis edibles typically prefer the extended and more intense effects that they offer compared to other types of marijuana products.

In general, cannabis edibles are made with canna-butter or canna-oil. Canna-butter and canna-oil can be used for baking foods, sauces, salads, sautéing, etc.

# Vapes

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Vaping cannabis involves inhaling heated oil through a vaporizing device, often referred to as an e-cigarette. Vaping cannabis can also refer to using a vaporizer, such as a Volcano, to produce vapor from dried plant material. Some people believe vaping is safer than smoking because it doesn't involve inhaling smoke. Vaping is considered a form of cannabis concentrates.

The safety of vapes is still somewhat unknown and is of a concern, primarily due to the quality of the ingredients of what is used in the vape itself. The higher the quality the ingredients, and more stringent testing, the better experience and outcomes will be expected with cannabis vapes.

# Topicals

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Topicals are cannabis-infused lotions, balms, and oils that are absorbed through the skin for localized relief of pain, soreness, and inflammation. Because they're non-intoxicating, topicals are often chosen by patients who want the therapeutic benefits of marijuana without the cerebral euphoria associated with other delivery methods. Other transdermal innovations are fast arriving in the cannabis market, including long-lasting patches and tingly lubricants for patients and recreational consumers alike.

Cannabis-infused lotions, salves, oils, sprays, and other transdermal methods of relief work by binding to cannabinoid receptors found throughout the body.

# Hash

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Hash is a cannabis extract, made when trichomes, the resinous glands that line the surface of cannabis plants, are removed and processed into a concentrated form. It is usually brown or dark green in color, and comes in a brick or ball.

Hash is a solventless extract, as trichome removal is done with physical manipulation and temperature changes, not with the use of solvents or chemicals. There are a few different types of hash, and processes to make it have been practiced for centuries.

With the rapid rise of cannabis legalization, new methods of hashmaking are taking the market by storm.



# Sprays

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Thanks to cannabis oral spray, you can try cannabis without ever having to inhale smoke. To use this product, all you need to do is simply spray the substance in your mouth and underneath your tongue. Then, enjoy all the health benefits that cannabis has to offer. This particular delivery method has unique benefits from other methods.

Cannabis spray is one of the most exciting ways to experience everything cannabis has to offer, whether you're interested in medicinal or recreational use. Learn all about how designers were able to put cannabis in a spray can, the different kinds available, including CBD spray, and more helpful information in this handy overview of cannabis oral spray.

# Suppository

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Cannabis suppositories are small, typically cone-shaped objects that you insert rectally or vaginally. The suppository then melts and dissolves, and the contents of the suppository are absorbed by the body — either through the large intestine into the bloodstream or through the vaginal epithelium.

They can produce a localized effect in the rectal and abdominal region, as well as in the vaginal area, without having to be broken down in the stomach first like with edibles. This potentially allows for a more direct treatment. In addition, because they don't have to be broken down in the stomach and liver, fewer of the active cannabinoids should be lost in metabolism.





**Be Happy**

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