



SHOPPING LISTS

- Raw Cannabis Flowers—for inhalation and raw consumption
 - ◇ Choose 2-4 strains from the following categories and purchase 1 gram each. Make your final selection by choosing the bud that has the most appealing aroma to you (1)
 - ◇ Daytime strain (energizing)
 - ◇ Nighttime strain (promotes sleep)
 - ◇ Condition specific strain (most popular with other people who have your same condition)
 - ◇ Non-psychoactive strain (CBD-dominant)[2]
 - Inhalation Device:
 - ◇ Vaporizers: tabletop, AC-powered models are often less expensive, easier to use and clean, and longer lasting. Purchase a portable, battery-operated model only if you're sure you want the convenience. Your vaporizer should have a variable temperature gauge so you can control the smoke content. Avoid products that expose plastic to high temperatures so you don't have to inhale plastic fumes.
 - ◇ Smoking: use a glass or stone pipe with a long stem and without water filtration. Purchase a hemp/beeswax wick so you can avoid inhaling lighter fumes.
- [1] The compounds in cannabis that create the aroma, known as terpenes, are physiologically active and can modify the medicinal effect.
- [2] The psychoactivity of a strain is mostly based on the ratio of CBD:THC. At 1: 1 the psychoactivity begins to diminish, and at 4:1 or higher most users will not experience a psychoactive effect.

WHAT'S INDICA, SATIVA, AND HYBRID?

These terms describe three categories of cannabis strains that may have distinct characteristics. Indica strains may be better for pain relief and more sedating. Sativa strains may be more energizing, mentally stimulating and mood lifting. Hybrid strains may offer the best of both worlds. In reality, these classifications are often not an effective way to guide consumer choice. Use the guidelines above to find the best products instead of choosing indica vs sativa.

WHAT ABOUT STRAIN NAMES?

While some strains are named for their medicinal qualities, many have names that are not descriptive, and some not at all appropriate for a healing herb. Two products with the same strain name, from different producers or different harvests, may in fact have very different medicinal effects. The best way to distinguish between strains is to look closely and observe the aroma.