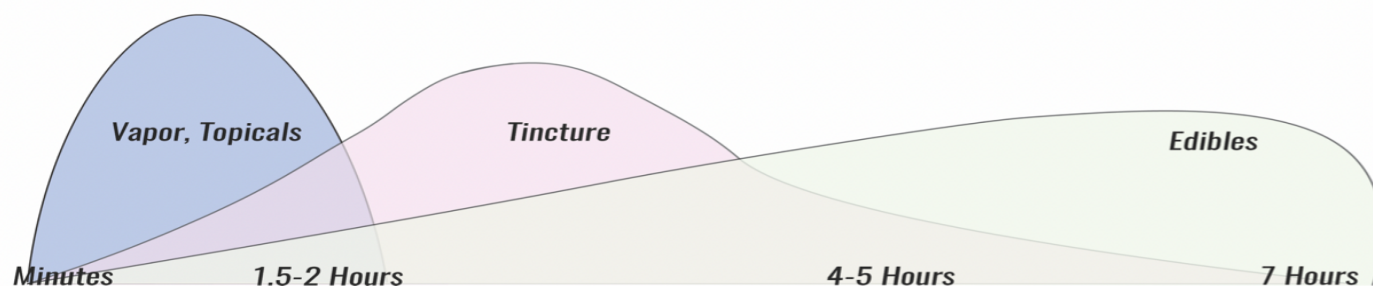


Edibles



Dosage, Sizes	Ingredients	Energy
<ul style="list-style-type: none"> • Low Dose Options (2mg, 3mg, 4mg, 5mg) • Medium Dosages: (10mg, 15mg, 20mg) • Large Doses (50mg, 100mg, >100mg) • Larger, divisible dosages (50mg candy in 10mg bites) 	<ul style="list-style-type: none"> • Oil/butter-based • Sugar • Honey • Water-soluble formulations • Pure Canna-oil (for cooking) • Gluten-free • Sugar-free • Tinctures • Capsules 	<ul style="list-style-type: none"> • <i>Indica</i> – Calming/Sedating/Night • <i>Hybrid</i> – Neutral day/night energy • <i>Sativa</i> – Energizing / Activating • CBD – Neutralizing (less euphoria) • 1:1 CBD:THC – (mild euphoria)

Use of Edibles:

1. The effects of edibles may begin 30-120 minutes after consumption
2. Gummies and sugar-based candies typically last about 4-7 hours
3. Chocolate-based products often have longer-lasting effect. Often lasts longer than a gummy
4. To dodge surprises, avoid having more than 1 edible within a 2-hour period
5. Set a timer for 1 hour from when you first swallow it
6. Begin with lower dosages (2 - 5mg) of THC and/or products that contain equal if not **more** CBD than THC.
7. No effect at all may be preferable to an uncomfortable result. If an effect is small and pleasant, continue using the same dosage, regularly. If no effect occurs, increase by 2mg per day taking the edible, until the realizing the desired effect. Over time, if positive effects wane, increase dosage incrementally.
8. Higher levels of CBD will help counteract psychoactive effects of THC. In case of unpleasant effects from cannabis, CBD may rescue from (or help prevent) an uncomfortable experience.
9. Combining edible cannabis with oil-based foods (butter, fat, oils) often extends their duration of effects
10. A full stomach prior to eating an edible can delay the effects from beginning considerably
11. Eating an edible on an empty stomach can increase the potency of effects

Applications of Edibles

- Long-lasting rescue effects: pain-relief, relaxation, stress-relief, lasting sleep
- Preventative effects: avoid pain, relax muscles, prevent anxiety, establish regular sleep depth
- CBD-dominant edibles will yield relief without influencing euphoria or impairing cognition

Topicals

Dispensary Topicals	CBD / Online Topicals	Homemade Topicals
<ul style="list-style-type: none"> • Variety of thickness options (thin, medium, thick) • Look for minimum 400mg of active cannabinoids • Ratio of CBD:THC has minimal effect 	<ul style="list-style-type: none"> • Look for multiple aromatic ingredients (not just pure CBD, such as lavender, lemon, mint) • Look for minimum 400mg of active cannabinoids 	<ul style="list-style-type: none"> • See CEDclinic.com/topical for recipes • See CEDclinic.com/skin for uses

Use of Topicals:

1. There are a variety of topical options (lotions, patches, bath bombs, deodorant-stick applicators, etc)
2. The effects of topicals may begin within 1-2 minutes of application, but often last only 1-2 hours.
3. There is no known maximum dose and Topicals are NOT associated with euphoria
4. Topicals can be used in combination with other methods of cannabis and with other topical medicines
5. Used for superficial and deeper-tissue regional illnesses, e.g., rashes, local pain, and muscle relaxation

Tinctures

Oil-based	Alcohol-based	Varieties
<ul style="list-style-type: none"> • MA dispensaries sell almost exclusively oil-based tincture (Alcohol-based tincture can be found in Rhode Island and Maine) • May work through the skin if applied topically • May be added to drinks, smoothies, foods, etc • Application under the tongue works faster than swallowed 	<ul style="list-style-type: none"> • May work more quickly under the tongue than oil • Can be used inside humidifiers, nebulizers (alcohol evaporates prior to inhalation) • May work through the skin if applied topically • Small amounts not associated with alcohol intoxication • Alcohol can cause a bite of pain under the tongue 	<ul style="list-style-type: none"> • Indica – Calming/Sedating/Night • Hybrid – Neutral day/night energy • Sativa – Energizing / Activating • CBD – Neutralizing (less euphoria) • 1:1 CBD:THC – (mild euphoria)

Use of Tincture:

1. Start with few drops and increase gradually day by day
2. Place drops under tongue for 90 seconds before swallowing
3. The effects of tinctures may begin start in 30-60 minutes, and often last for 4-5 hours
4. Consider dripping oil-tincture into empty capsules for ease of use
5. Home-made tinctures are simple to make. Cannabinoids will dissolve in heated oil. OR, cannabis products will dissolve in whole-grain alcohol (e.g., Everclear or high-proof alcohol)
6. For recommendations with improving unpleasant tincture taste, see CED clinic website
7. Use caution when using tincture at the same time as other methods of cannabis (additive effects)

Vaporization

Flower vaporization	Flower + concentrate	Pure concentrates
<i>Least potent</i>	<i>Variable potency (adjustable)</i>	<i>High potency</i>
<ul style="list-style-type: none"> • Heat in a vaporizer oven at specific temperatures • Effect is slow to begin, and ramps up gently with progressive inhalations • Inhale with frequent or continuous pulls 	<ul style="list-style-type: none"> • Also used with vaporizer oven • Sprinkle a dusting of kief onto flower for mild increase in potency • Add a thin strand of wax or shatter to flower for additional potency • Added concentrate may alter the overall effects of the mixture 	<ul style="list-style-type: none"> • Concentrates (kief, wax, shatter) may be inhaled in a vaporizer oven, a dabbing rig, or with other dedicated devices • Fast-acting, potent, minimal puffs required (1 puff + 5 min wait before next puff) • Increase frequency and/or size of inhalations (breath holding not advised)

Using vaporization:

1. Vaporization is a learned skill, takes time to understand subtle effects of different strains
2. Onset of effects begins much more slowly with vaporized flower than with concentrates
3. A vape pen, cartridge, shatter, wax, or other concentrate may require as little as 1 puff to achieve a goal effect, but it is also easy to vaporize too much at once
4. Vaporized flower can be inhaled continuously and stopped once a desired effect is achieved.
5. For concentrates, waiting 1 minute between puffs can help with recognition and regulation of effects
6. Some users “hold” an inhalation inside the lungs, others don’t. Meaningful differences in holding flower vaporization are not known. Holding of concentrate inhalation is discouraged.
7. Vapor pens: varying the amounts of CBD, THC, and terpene content alter its effects drastically.



General Advice

To minimize euphoric effects: Maximize the composition of CBD, CBG, THCA, CBDA, CBCA, CBC in a strain. Products with CBD ratios greater than 3:1 (CBD to THC) are minimally altering. The greater the ratio of CBD to THC (4:1, 6:1, 20:1), the less intoxicating. CBD can be added to dispensary products to minimize or cancel euphoric effects. Citrus fruits, black pepper, caffeine, water, sleep, exercise, and time also help cancel the intoxicating effects

To increase a desired effect: After beginning with small doses (2-5mg), advance slowly toward a minimum effective dose. To boost a pleasant effect: Advance low dosages either by increasing amount (2mg -> 4mg -> 5mg -> 10mg) or increasing the frequency (once daily -> twice -> three times daily.)

Avoid combustion. Anytime one uses flame on a product, you are risking the inhalation of toxins that are also found in tobacco cigarettes. The temperature of flame can be up to 2000°F, 10x hotter than what is required to consume cannabis. More, vaporized cannabis is far more cost-efficient. It can also be used over multiple sessions and previously-vaped material can later be used in cooking, or to make lotions

Consider Journaling: Journaling cannabis use will help future recall of the experience and the benefits of different methods, and any associated environmental factors. It is also easier to share knowledge and questions, if you record your experience as it happens. At any time, snap a picture of your journal and email questions to info@cedclinic.com for guidance

Trial and success: A checkered approach to healthcare, cannabis or otherwise, is often the wisest. The highest rates of success with cannabis use, in the long view, are when it is combined with multiple different types of other treatments or therapies (both within cannabis as a therapeutic and with respect to more traditional medical therapies.) Attacking a single problem from different angles is more likely to meet success.

So many options: Massachusetts dispensaries carry an impossibly wide variety of choices, including many different options of ways to consume cannabis and a dizzying array of plant names and qualities. Until technological advances support a better understanding of the patterns that underline the efficacy of one plant over another, a varied selection process of products is recommended.

The environment: beyond cannabis itself, the setting of use, sleep habits, recent exercise, hydration status, recent meals, emotional well-being, and attitude of approach to care (positive vs negative) can strongly impact the experience of cannabis. For instance, a hangover may occur if consuming cannabis while not adequately hydrated. An uncomfortable setting or ambiance during a cannabis session can spoil the experience. Some believe cannabis serves to enhance one's expectations and environment, and that cannabis brings out either good or bad, depending upon what the user brings to the experience.