

Adjust temperatures	
260° C (500° F)	Combustion starts
204° C (400° F)	Starting to boil irritants in the plant like chlorophyll
188° C - 199° C (370° F - 390° F)	Sweet spot
141° C (285° F)	Cannabinoids begin to combust

## Vaporizing

Vaporizing is a healthy way for patients to inhale cannabis into their lungs without the harshness of smoking cannabis. A vaporizer heats the cannabis to a certain temperature to release and activate the cannabinoids.

The benefits of vaporizing: 1 Zero carcinogens 2 Very little smell 3 Double the use

## Smoking

Smoking can be an effective way to inhale cannabis as long as you are taking extra steps to ensure you are smoking in the healthiest way possible. Remember that smoking cannabis often feels more potent than vaporizing, due to many reasons, including the inhalation of byproducts from the smoking process. One is most likely gaining a similar amount of cannabinoids from each process, they simply feel different.

The healthiest way to smoke is using a glass apparatus like a glass water bong - the water helps to filter and cool the smoke. Use a hemp wick or electric lighter to light the cannabis instead of a standard lighter so there is no butane contaminating the product. It's very important to keep your glass pieces as clean as possible. Cleaning glass is easy with Isopropanol and salt.

## Ingesting

One of the most efficient and best ways to get cannabinoids into your system is by eating it. You can purchase edible oil/drops from Licensed Producers that is prepared and ready to consume. Or create your own at home. The biggest difference between inhaling and ingesting is the timing. When you smoke or vaporize, you can feel the effects within a few minutes and they can last a few hours. When ingesting cannabis, it can take 30-90 minutes to take effect and can last 6 to 8 hours.

## Topicals

Not many people know, but cannabinoids can also be absorbed through the skin. Products designed for this functionality are known as cannabis topicals. The skin has a relatively complex absorption process and that makes applying topicals great for localized relief of pain, soreness and inflammation. Examples of topical products include creams, oils and balms.

While not widely studied, researchers have found that the topical application of cannabinoids has an onset of action within minutes locally, with duration of these effects lasting approximately one to two hours.

## Suppositories

While it may make you blush just a bit, rectal cannabis administration has many distinct benefits and it's gaining popularity among cannabis users everywhere.

A suppository is an ovular capsule that's meant to be inserted rectally. Capsules are typically about an inch long and are made from a mixture of coconut oil infused with cannabis or cannabis oil. Once inserted, the capsule dissolves and is absorbed into the bloodstream through the thin lining of the intestinal wall. Unlike some other forms of medical cannabis, rectal cannabis suppositories are incredibly easy for the body to use, and are very effective.