NaturalHealth

MEDICAL CANNABIS

1 Indica Strain

Sedating and relaxing offering full-body effects:

1. Relaxation
2. Anti-anxiety
3. Appetite
4. Nausea Relief
5. Sleepiness
6. Body 'high'

2 Sativa Strain

Energizing and stimulating, preferred for daytime-use.

1. Mental focus
2. Creative
3. Head 'high'
4. Daytime use
5. Uplifting
6. Heightened sensations

3 Hybrid Strain

Hybrid cannabis strains provide the best of both worlds. Expert breeders select the top sativa and indica strains and combine them into super strains that maintain the best aspects from both parents. Hybrids can be sativa or indica dominant, and have the effects to match.

4 High CBD

The euphoric effects associated with high THC are milder in strains higher in CBD.

1. Muscle relaxation
2. Anti-inflammatory
3. Heightened sensations
4. Anti-spasm
5. Anti-nausea
6. Pain relief
7. Non-psychoactive
8. Daytime use

5 High THC

Strains high in THC are believed to be responsible for the psychoactive effects of cannabis.

1. Nausea relief
2. Nighttime use
3. Anti-spasm
4. Pain relief
5. Anticonvulsant
6. Anti-inflammatory

6 Balanced

Balanced strains are characterized as having a THC to CBD ratio close to 1:1. A balanced strain produces the effects associated with both THC and CBD. However, CBD does not cause a high like THC. The reason why CBD is non-psychoactive is due to its lack of affinity for CB1 Receptors. CB1 Receptors are found in high concentrations in the brain and are the pathways responsible for the psychoactive effects of THC. CBD tends to temper the psychoactive effects of the THC.

Glossary:

THC (Tetrahydrocannabinol): The primary active ingredient in cannabis, giving it its narcotic and psychoactive effects.

CBD (Cannabidiol): A secondary non-psychoactive ingredient in cannabis, attributed to a wide scope of medical applications.

CB1 Receptors are responsible for the psychoactive effects of cannabis. They are present in many areas of the brain and play a role in memory, mood, sleep, appetite and pain sensation. They react mostly with THC.

CB2 Receptors are responsible largely for the anti-inflammatory effects of cannabis. They are found in immune cells and throughout the rest of the body, and work to reduce inflammation. Inflammation is an immune response and is believed to be a factor in many diseases and conditions. They react mostly with CBD.