

Choosing The Right Cannabis Strain

There are two main varieties of the cannabis plant, indica and sativa. Due to many years of crossbreeding, pure strains are harder to come by and most are now considered “hybrids,” possessing a blend of characteristics. Furthermore, many hybrid strains will have a tendency, or dominance, in one direction. For example, a 60% sativa-dominant strain may have a stimulating and uplifted head effect paired with a relaxed body effect. The major differences between indica and sativa are outlined in the chart below.

	Indica	Sativa
Time of Day	Best suited for nighttime use	Best suited for daytime use
Body Effects	Heavy, relaxed, soothing	Stimulating, energized
Head Effects	Euphoric, calming, sedating	Activating, focused, energized, euphoric, creative
Most Common Medical Uses	Insomnia, chronic pain, stress, loss of appetite, muscle spasms, PTSD, Chemotherapy side effects	Stress, nausea, depression, migraines
Potential Unwanted Side Effects	Dry mouth, dry eyes, anxiety, fatigue, laziness, weight gain	Dry mouth, dry eyes, anxiety, dizziness, weight gain

Cannabinoids and Potency

The potency, or strength, of a marijuana strain is determined by the concentration of cannabinoids. Cannabinoids are chemical compounds found in the marijuana plant. When introduced into the human body, cannabinoids interact with receptors found in the brain and nervous system and help to regulate many important functions (Jikomes, 2016). There are over 100 cannabinoids contained within the marijuana plant at varying levels of concentration. The most abundant cannabinoid, which is responsible for most of the psychoactive effects of cannabis, is Tetrahydrocannabinol (THC) (Wikipedia, n.d.). Other commonly discussed cannabinoids include CBN, CBG, THCV, and CBD. All cannabinoids have a unique set of traits that join together to form the overall effects of a cannabis strain.

This information is not to be considered as medical or legal advice, and absolutely should not be relied on as such. **WARNING:** Marijuana has not been analyzed or approved by the FDA. There is limited information on the side effects of marijuana, and there may be health risks associated with its use. Marijuana and marijuana products should always be kept away from children. Driving is prohibited and machinery should not be operated when under the influence of marijuana.

CBD

CBD, or cannabidiol, is a non-psychoactive cannabinoid that has received much attention in recent years for its potential medicinal benefits. Although further research is needed, preliminary studies of CBD have shown that it may be beneficial in the treatment of a variety of medical conditions including epilepsy, chronic pain and movement disorders. With little to no psychoactive effects, strains higher in CBD and lower in THC make a great option for first time marijuana users, or consumers looking for less of an intoxicating effect. CBD-rich products allow the user to experiment with cannabis with less risk of unwanted side effects such as anxiety or paranoia.

References

Jikomes, N. (2016, 12 12). *Leafly*. Retrieved from Leafly: <https://www.leafly.com/news/science-tech/what-is-the-endocannabinoid-system>

Wikipedia. (n.d.). *Wikipedia*. Retrieved from <https://en.wikipedia.org/wiki/Cannabinoid>

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