Nirvana
CANNABIS

EDUCATIONAL

THE ARIZONA
QUALIFIED PATIENT'S
GUIDE TO ADMINISTRATING MEDICAL
CANNABIS EFFECTIVELY

Loud Pax

CLEAN
CONCENTRATES

Pucks
Craft Made Edibles

Liquid Gold

NONE OF THE STATEMENTS HERE FORTH HAVE
BEEN EVALUATED BY THE U.S FOOD& DRUG ADMINISTRATION

Nirvana CANNABIS LOCATIONS

NIRVANA CENTER APACHE JUNCTION

11343 E APACHE TRAIL, APACHE JUNCTION, AZ 85120

RECREATIONAL LICENSE NUMBER:0000148ESTMY68096274

NIRVANA CENTER FLORENCE

105 S MAIN STREET, FLORENCE, AZ 85132

RECREATIONAL LICENSE NUMBER:0000160ESTDY36165846

NIRVANA CENTER PHOENIX

2 N 35TH AVE, PHOENIX, AZ 85009

MEDICAL LICENSE NUMBER:00000015DCGC00626237

RECREATIONAL LICENSE NUMBER:00000121ESBM38825533

NIRVANA CENTER WEST PHOENIX

2330 N 75TH AVE, PHOENIX, AZ 85035

MEDICAL LICENSE NUMBER:00000109DCIT00443532

RECREATIONAL LICENSE NUMBER:00000051ESYP04501588

NIRVANA CENTER DOWNTOWN PHOENIX

702 E BUCKEYE RD, PHOENIX, AZ 85034

MEDICAL LICENSE NUMBER:00000012DCJT00224887

RECREATIONAL LICENSE NUMBER:00000111ESTX14447382

NIRVANA CENTER PRESCOTT VALLEY

6287 E COPPER HILL DR, PRESCOTT VALLEY, AZ 86314

MEDICAL LICENSE NUMBER:00000009DCYP00763819

RECREATIONAL LICENSE NUMBER:00000110ESBL46708127

COOKIES TEMPE

2715 S HARDY DR., TEMPE, AZ 85282

RECREATIONAL LICENSE NUMBER:0000156ESTDP706972014

NIRVANA CENTER TUSCON

2209 S SIXTH AVE, TUCSON, AZ 85713

RECREATIONAL LICENSE NUMBER:0000170ESTVQ68678199

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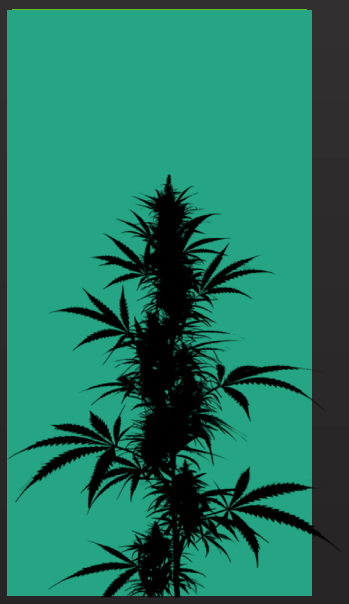
SATIVA, HYBRID & INDICA



WHAT'S THE DIFFERENCE BETWEEN CANNABIS TYPES?

WHEN VISITING A DISPENSARY, YOU MAY NOTICE THAT STRAINS ARE COMMONLY BROKEN UP INTO THREE DISTINCT GROUPS: INDICA, SATIVA, AND HYBRID. MOST CONSUMERS HAVE USED THESE THREE CANNABIS AS A TOUCHSTONE FOR PREDICTING EFFECTS?

-INDICA STRAINS ARE BELIEVED TO BE PHYSICALLY SEDATING, PERFECT FOR RELAXING WITH A MOVIE OR AS A NIGHTCAP BEFORE BED.?

-SATIVA STRAINS TEND TO PROVIDE MORE INVIGORATING, UPLIFTING CEREBRAL EFFECTS THAT PAIR WELL WITH PHYSICAL ACTIVITIES, SOCIAL GATHERINGS, AND CREATIVE PROJECTS.

-HYBRID ARE THOUGHT TO FALL SOMEWHERE IN BETWEEN THE INDICA-SATIVA SPECTRUM, DEPENDING ON THE TRAITS THEY INHERIT FROM THEIR PARENT STRAINS.

THIS BELIEF THAT INDICA, SATIVA, AND HYBRID STRAINS DELIVER DISTINCT EFFECTS IS SO DEEPLY ROOTED IN MAINSTREAM CANNABIS CULTURE THAT BUDTENDERS TYPICALLY BEGIN THEIR STRAIN RECOMMENDATIONS BY ASKING YOU WHICH OF THESE THREE TYPES YOU PREFER.
THIS THREE-TIER SYSTEM WE USE TO PREDICT CANNABIS EFFECTS IS NO DOUBT CONVENIENT, ESPECIALLY WHEN FIRST ENTERING THE VAST, OVERWHELMING WORLD OF CANNABIS. WITH SO MANY STRAINS AND PRODUCTS TO CHOOSE FROM, WHERE ELSE ARE WE TO BEGIN?
THE ANSWER IS CANNABINOIDS AND TERPENES..

DEFINITIONS:

CANNABIS

NOUN \'KA-NA-BAS\

A TALL PLANT WITH A STIFF UPRIGHT STEM, DIVIDED SERRATED LEAVE, AND GLANDULAR HAIRS. IT IS USED TO PRODUCE HEMP FIBER AND AS A PSYCHOTROPIC DRUG

CANNABINOID

NOUN /'KANABA,NOID,KA'NOBA-/

ANY OF A GROUP CLOSELY RELATED COMPOUNDS THAT INCLUDE CNANNABINOL AND THE ACTIVE CONSTITUENTS OF CANNABIS

TERPENE

NOUN /'TERPEN/

ARE A LARGE AND DIVERSE CLASS OF ORGANIC COMPOUNDS, PRODUCED BY AVARIETY OF PLANTS, PARTICULARLY CONIFERS. TERPENES ARE THE MAJOR COMPONENTS OF ROSIN AND OF TURPENTINE PRODUCED FROM RESIN. TERPENES AND TERPENOIDS ARE THE PRIMARY CONSTITUENTS OF THE ESSENTIAL OILS OF MANY TYPES OF MEDICICINAL PLANTS AND FLOWERS

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TERPENES, AROMAS, STRAINS:

PINENE:
PINE AROMA.
EXAMPLES: PURPLE KUSH, BAY DREAM & AK – 47

MYRCENE:
CLOVE, EARTHY, HERBAL AROMA EXAMPLES: GRANDDADDY PURPLE, AMNESIA & TRAINWRECK

LIMONENE:
CITRUS AROMA.
EXAMPLES: HINDU KUSH, LEMON G & STRAWBERRY BANANA K

CARYOPYLLENE:
PEPPER, SPICY, WOODY, & CLOVE AROMAS. EXAMPLES: FIRE OG, GG4 & G.S.C.

LINANOOL:
FLORAL AROMA
EXAMPLES: KOSHER KUSH, ROMULAN & SOUR KUSH

HUMULENE:
WOODY & EARTHY AROMAS.
EXAMPLE: BLACK CHERRY OG, DEATH STAR & G.S.C.

OCIMENE:
SWEET, HERBAL, & WOODY AROMA.
EXAMPLES: SENSI STAR, DURBAN POISON & SILVER BUBBLE.

TERPINOLENE:
PINE, FLORAL, & HERBAL AROMAS.
EXAMPLES: GHOST TRAIN HAZE, AGENT ORANGE & DUTCH TREAT.

WHAT ARE CANNABOIDS?:

THE CANNABIS PLANT IS COMPRISED OF HUNDREDS OF CHEMICAL COMPOUNDS THAT CREATE A UNIQUE HARMONY OF EFFECTS, WHICH ARE PRIMARILY LED BY CANNABINOIDS AND TERPENES. CANNABINOIDS LIKE THC AND CBD (THE TWO MOST COMMON) ARE THE MAIN DRIVERS OF CANNABIS' THERAPEUTIC AND RECREATIONAL EFFECTS.

THC (Δ9-TETRAHYDROCANNABINOL) MAKES US FEEL HUNGRY AND HIGH AND RELIEVES SYMPTOMS LIKE PAIN AND NAUSEA. CBD (CANNABIDIOL) IS A NON-INTOXICATING COMPOUND KNOWN TO ALLEVIATE ANXIETY, PAIN, INFLAMMATION, AND MANY OTHER MEDICAL AILMENTS..

CANNABIS CONTAINS OVER A HUNDRED DIFFERENT TYPES OF CANNABINOIDS BUT START BY FAMILIARIZING YOURSELF WITH THESE TWO FIRST..

WHAT ARE TERPENES?:

IF YOU'VE EVER USED AROMATHERAPY TO RELAX OR INVIGORATE YOUR MIND AND BODY, YOU UNDERSTAND THE BASICS OF TERPENES. TERPENES ARE AROMATIC COMPOUNDS COMMONLY PRODUCED BY PLANTS AND FRUIT. THEY CAN BE FOUND IN LAVENDER FLOWERS, ORANGES, HOPS, PEPPER, AND OF COURSE, CANNABIS. SECRETED BY THE SAME GLANDS THAT OOZE THC AND CBD, TERPENES ARE WHAT MAKE CANNABIS SMELL LIKE BERRIES, CITRUS, PINE, FUEL, ETC..

LIKE ESSENTIAL OILS VAPORIZED IN A DIFFUSER, CANNABIS TERPENES CAN MAKE US FEEL STIMULATED OR SEDATED, DEPENDING ON WHICH ONES ARE PRODUCED. LIMONENE FOR EXAMPLE, IS AN UPLIFTING TERPENE WHILE LINALOOL HAS RELAXING PROPERTIES. THERE ARE MANY TYPES OF TERPENES IN CANNABIS, AND IT'S WORTH FAMILIARIZING YOURSELF WITH AT THE MOST COMMON

IF YOU CAN, SMELL THE STRAINS YOU'RE CONSIDERING FOR PURCHASE. FIND THE AROMAS THAT STAND OUT TO YOU AND GIVE THEM A TRY. IN TIME, YOUR INTUITION AND KNOWLEDGE OF CANNABINOIDS AND TERPENES WILL GUIDE YOU TO YOUR FAVORITE STRAINS AND PRODUCTSN

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HOW TO ADMINISTRATE MEDICAL MARIJUANA

ADMINISTRATING MEDICAL MARIJUANA SHOULD BE DONE IN A WAY THAT HELPS REDUCES SIDE EFFECTS AND NEUTRALIZES IMPACT ON YOUR BODY. ALTHOUGH VAPORIZERS MAYHAVE A HIGHER UPFRONT COST, THEY MAY REDUCE THE RISK OF LUNG DAMAGE. THIS IS BECAUSE THE VAPOR IS CARCINOGEN-FREE AND DOES NOT CONTAIN HARMFUL BY-PRODUCTS

VAPORIZING:

WE HIGHLY RECOMMEND THIS METHOD OF CONSUMPTION TO ALL PATIENTS. GOOD VAPORIZERS ALLOW PATIENTS QUICK-ONSET RELIEF AND ORAL SATISFACTION SIMILAR TO SMOKING WITHOUT THE HEALTH RISKS ASSOCIATED WITH SMOKE. THEY DO THIS BY DELICATELY HEATING THE CANNABIS TO THE POINT THAT THC AND OTHER THERAPEUTIC SUBSTANCES CHANGE PHYSICAL FORM, BECOMING GASEOUS. THE GAS, OR VAPOR, IS THEN INHALED. THE PROCESS CAN LEAVE BEHIND DRY, SLIGHTLY BROWNED BUDS THAT, RATHER THAN HAVING COMBUSTED, SIMPLY LACK RICHNESS IN MEDICINAL COMPOUNDS. STUDIES SHOW VAPORIZERS SIGNIFICANTLY REDUCE CARCINOGENS (CANCER-CAUSING AGENTS), CARBON MONOXIDE (LINKED TO CARDIOVASCULAR DISEASE), AND TAR.

WE BELIEVE THAT VAPORIZATION IS THE BEST METHOD TO "SMOKE" MEDICAL CANNABIS; HOWEVER, THERE ARE MAN VAPORIZERS AVAILABLE IN THE MARKET. IN AN EFFORT TO HELP OUR PATIENTS WE WILL ALWAYS KEEP TRACK OF ANY NEW PRODUCTS OFFERED IN THIS AREA

:ORAL ADMINITSTRATION

NOT JUST BROWNIES! IN THEORY, CANNABIS FOOD CAN BE ANYTHING THAT CONTAINS SUBSTANTIAL BUTTER, OIL, MILK, OR ALCOHOL. CANNABINOIDS ARE OIL, FAT-SOLUBLE AND THUS BIND TO THESE INGREDIENTS.

EATING FOODS ENRICHED WITH CANNABIS OFFERS PATIENTS SEVERAL ADVANTAGES: NO RISK OF DAMAGE TO THE RESPIRATORY SYSTEM AND CAN HAVE LONGER-LASTING RELIEF (UP TO 10 HOURS).
EATING CANNABIS-LADEN FOODS ALSO HAS DISTINCT DISADVANTAGES FOR SOME PATIENTS: SLOWER ONSET OF EFFECTS (15MINUTES – 3HOURS). PROPER DOSAGE IS DIFFICULT TO GAUGE WITH MANY VARIABLES AT PLAY. COOKING THC ALSO MAKES IT SLIGHTLY MORE PSYCHOACTIVE.

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SMOKING

JOINT:

CONVENIENCE OF JOINTS IS KEY, AS JOINTS BURN FOR MULTIPLE PUFFS WORTH OF CANNABIS AFTER ONLY BEING LIT ONCE AND ARE EASILY TRANSPORTABLE. JOINTS ALSO TASTE PLEASANT TO SOME PATIENTS, AND THEY DON'T
REQUIRE BREAKABLE, EXPENSIVE, OR CONSPICUOUS EQUIPMENT. A HUGE ADVANTAGE IS EFFICIENT DELIVERY OF CANNABINOIDS. THIS IS PERHAPS DUE TO A JOINT'S LACK OF A FILTER OF LONG PIPING BEFORE THE MOUTH,
TO WHICH STICKY CANNABINOIDS
ADHERE EASILY, REDUCING THE AMOUNT OF MEDICINE THAT ACTUALLY REACHES THE PATIENT'S BODY

PIPES

PIPES ARE AN EASY WAY TO SMOKE CANNABIS AND CAN BE BROKEN DOWN INTO TWO BASIC CATEGORIES: DRY "HAND" PIPES AND WATER PIPESY

HAND PIPE:

THESE COME IN A VARIETY OF SHAPES, SIZES, AND MATERIALS BUT THE BASIC MECHANICS ARE UNIVERSAL.Y

WATER PIPE(BONG):

MECHANICALLY, THESE ARE NEARLY IDENTICAL TO HAND PIPES, BUT USE A CHAMBER OF WATER TO FILTER AND COOL THE SMOKE BEFORE IT IS INHALED. THERE ARE TWO MAIN TYPES: BONGS & BUBBLERS. CLASSIFIED BY EITHER A LARGE OR SMALL CHAMBER, INTO WHICH THE SMOKE COLLECTS. THE MAIN PROVEN ADVANTAGE OVER DRY PIPES OR JOINTS IS COMFORT; SMOKE IS COLLECTED AND FREE OF HOT ASHES AND PARTICLES.

BEWARE: ADMINISTRATING LARGE "HITS" OF SMOKE MAY CAUSE LIGHTHEADEDNESS AND MAY CAUSE SOME TO BLACK OUT. ALSO, WATER PIPES MAY CAUSE ACCIDENTALLY INHALING TOO MUCH AT ONE TIME FOR A PATIENT NEW TO USING THIS METHOD OF MEDICATING

WATER PIPES ARE SUPPOSED BY MANY SMOKERS TO BE A SAFER ALTERNATIVE TO DRY PIPES OR JOINTS BECAUSE THE WATER FILTERS TAR OUT OF THE SMOKE. UNFORTUNATELY, AS ONE TEST POINTS OUT, WATER FILTRATION REMOVES THC AND OTHER DESIRABLE ACTIVE COMPOUNDS MORE THAN TAR. THIS MEANS IN ORDER TO OBTAIN THE SAME EFFECTIVE DOSE OF THC, A SMOKER WOULD END UP TAKING IN AT LEAST 30% MORE TARS FROM A WATER PIPE THAN FROM AN UNFILTERED JOINT. HOWEVER, WATER FILTRATION MAY REMOVE WATER-SOLUBLE TOXIC GASES SUCH AS CARBON MONOXIDE, WHICH IS LINKED TO HEART DISEASE AND ALDEHYDES,
WHICH PROMOTE CANCER. MORE RESEARCH IS REQUIRED TO DETERMINE WHETHER WATER PIPES ARE BENEFICIAL OR
COUNTERPRODUCTIVE.

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LOZENAGES:

LOZENGES ARE MADE IN SEVERAL WAYS. ONE WAY IS TO USE EDIBLE GUM SUCH TRAGACANTH OR ACACIA TO MAKE A BASIC MUCILAGE. YOU THEN MIX IN A DRIED FORM OF MEDICINAL MARIJUANA BUTTER SOLUTION, MILK SOLUTION, OIL SOLUTION OR ONE OF THE THREE TINCTURE SOLUTIONS INTO THE MUCILAGE TO MAKE A PASTE.

WHEN THE PASTE HAS COOLED SLIGHTLY, YOU CUT THE PASTE INTO VARIOUS SIZE LOZENGES DEPENDING ON DOSE. WHEN IT DRIES IT IS READY TO BE PACKAGED AND THEM STORED IN AN AIRTIGHT CONTAINER. YOU CAN MAKE SUGAR-FREE OR ABSORBED THROUGH THE MUCUS MEMBRANES OF THE MOUTH AND TAKE EFFECT IN FIVE TO TEN MINUTES.

DOSAGES:

CANNABIS CAN BE ADMINISTERED USING ORAL ADMINISTRATION, SMOKING, VAPORIZING, AND BY OTHER METHODS. THE EFFECT OF EACH METHOD AND THE RATE OF ONSET WHEN USING EACH METHOD VARIES. SMOKING AND VAPORIZATION PROVIDE THE FASTEST ONSET OF EFFECTS OF ANY METHOD OF ADMINISTERING CANNABIS. EFFECTS CAN BE FELT ALMOST INSTANTLY. TINCTURES ARE SLIGHTLY SLOWER TO TAKE EFFECT THAN INHALATION METHODS; THEY START TO TAKE EFFECT IN FIVE MINUTES OR LESS. EATING CANNABIS INFUSED FOODS OR CAPSULES IS THE SLOWEST METHOD OF MEDICATING WITH CANNABIS BUT IT PROVIDES LONGER LASTING EFFECTS THAN OTHER METHODS. THE EFFECTS OF INGESTED CANNABIS MAY TAKE FROM 30 MINUTES TO LONGER THAN AN HOUR TO BE NOTICEABLE AND MAY MAINTAIN PEAK INTENSITY FOR ONE TO TWO HOURS BEFORE GRADUALLY DIMINISHING OTHER SEVERAL HOURS. THE EFFECTS IMPARTED BY EATING CANNABIS ARE ALSO PHARMACOLOGICALLY DIFFERENT FROM THOSE PRODUCED BY OTHER INTAKE METHODS, BECAUSE THC IS CONVERTED TO 11-HYDROXYLTHC IN THE LIVER WHEN CANNABIS IS EATEN

WHEN USING ANY CANNABIS PREPARATION START WITH A SMALL QUANTITY, WAIT THE PROPER AMOUNT OF TIME FOR THE EFFECTS TO TAKE PLACE, AND THEN TAKE MORE IF NECESSARY. DOSAGE DETERMINATION IS MORE EASILY ACCOMPLISHED USING INHALATION AND TINCTURE METHODS. IT IS MORE DIFFICULT TO DETERMINE INGESTION DOSAGE THAN INHALATION OR TINCTURE DOSAGE, BECAUSE THE ONSET OF EFFECTS IS MUCH LESS RAPID WITH INGESTION. THE AMOUNT OF FOOD AND TYPE OF FOOD IN THE DIGESTIVE TRACT ALSO PLAY ROLES IN DETERMINING AFFECTIVE INGESTION DOSAGE, FURTHER COMPLICATING THE TASK. WHATEVER THE METHOD OF INTAKE, A LETHAL OVERDOSE OF CANNABIS CANNOT BE ACHIEVED. OVERDOSING ON CANNABIS MAY PRODUCE UNPLEASANT FEELINGS SUCH AS DROWSINESS OR ANXIETY, BUT USERS EXPERIENCING SUCH FEELINGS SHOULD STAY CALM AND WAIT FOR THE EFFECTS OF CANNABIS TO DIMINISH. USERS WHO FEAR THE POSSIBILITY OF UNPLEASANT FEELINGS FROM AN OVERDOSE MAY WISH TO AVOID CANNABIS EDIBLES, AS EATING CANNABIS IS THE MOST LIKELY INTAKE METHOD TO CAUSE AN OVERDOSE.

SIDE EFFECTS:

MEDICAL MARIJUANA MAY CAUSE SHORT- TERM MEMORY AND LEARNING PROBLEMS, DRY MOUTH IMPAIRED MOTOR SKILLS AND RED EYES.DEPENDING ON THE STRAIN, USAGE MAY INCREASE THE PATIENT'S HEART RATE. SOME PEOPLE MAY FEEL RELAXED AFTER USING MEDICAL MARIJUANA; OTHERS MAY DEVELOP ANXIETY AND PARANOIA. NOTIFY YOUR CERTIFYING PHYSICIAN IF UNDESIRED SIDE EFFECTS ARE AFFECTING YOUR ABILITY TO PERFORM YOUR DAILY DUTIES. MEDICAL MARIJUANA MUST NOT BE USED PRIOR TO OPERATING VEHICLE.

AS USE OF MEDICAL MARIJUANA MAY RESULT IN TEMPORARY IMPAIRMENT, YOU SHOULD NOT OPERATE A MOTOR VEHICLE OR HEAVY MACHINERY USING MEDICAL MARIJUANA. MEDICAL MARIJUANA USAGE MAY ALSO IMPACT YOUR SENSES AND RESPONSE TIME WHEN CARING FOR CHILDREN. YOUR JOB PERFORMANCE MAY BE AFFECTED, AS WELL.

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ALTERNATIVE MEDICAL OPTIONS

THERE ARE SEVERAL OTHER LEGAL OPTIONS FOR DIFFERENT CONDITIONS AVAILABLE TO PATIENTS::

PAIN CONTROL:

OVER-THE-COUNTER MEDICATIONS SUCH AS ACETAMINOPHEN OR IBUPROFEN AND PRESCRIPTION MEDICATIONS SUCH AS CODEINE CAN SERVE AS SAFE, EFFECTIVE ALTERNATIVES TO MEDICAL MARIJUANA. A REPORT PUBLISHED IN THE "BRITISH MEDICAL JOURNAL" THAT REVIEWED NINE TRIALS THAT COMPARED MARIJUANA WITH OTHER PAIN MEDICATIONS SOUND THAT MARIJUANA WAS NO MORE EFFECTIVE THAN CODEINE IN CONTROLLING ACUTE, CHRONIC, OR CANCER PAIN.S

ANTI-NAUSEA:

ZOFRAN IS A PRESCRIPTION DRUG THAT IS AN ALTERNATIVE FOR PATIENTS SUFFERING FROM NAUSEA. HOWEVER, BECAUSE ZOFRAN CAN CAUSE SIDE EFFECTS SUCH AS ANXIETY AND CAN INTERACT WITH OTHER MEDICATIONS, THEIR USE SHOULD BE DISCUSSED WITH A DOCTOR

OTHER OPTIONS:

TRADITIONAL ALTERNATIVE MEDICINE MAY INCLUDE: ACUPUNCTURE, AYURVEDA, HOMEOPATHY, NATUROPATHY AND CHINESE OR ORIENTAL MEDICINE. SOME PATIENTS ALSO CHOSE TO GET INVOLVED WITH COMPLEMENTARY TREATMENTS OR THERAPIES THAT INCLUDE: YOGA, EXERCISE, MAGNET THERAPY, SUPPLEMENTS, ETC. ALWAYS CONSULT YOUR DOCTOR BEFORE CHANGING YOUR ROUTINE.

DRUG ABUSE & ADDICTION

COMMON SIGNS AND SYMPTOMS OF DRUG ABUSE:

- YOU'RE NEGLECTING YOUR RESPONSIBILITIES AT SCHOOL, WORK, OR HOME
- YOU'RE TAKING RISKS SUCH AS DRIVING WHEN MEDICATED
- YOUR DRUG USE IS GETTING YOU INTO LEGAL TROUBLE SUCH AS DRIVING UNDER THE INFLUENCE
- YOUR DRUG USE IS CAUSING PROBLEMS IN YOUR RELATIONSHIP, SUCH AS FIGHTS WITH YOUR PARTNER OR FAMILY MEMBERS, AN UNHAPPY BOSS, OR THE LOSS OF OLD FRIENDS..

COMMON SIGNS AND SYMPTOMS OF DRUG ADDICTION OR WITHDRAWAL:

- YOU'VE BUILT UP A DRUG TOLERANCE
- YOU TAKE DRUGS TO AVOID OR RELIEVE WITHDRAWAL SYMPTOMS. IF YOU GO TOO LONG WITHOUT DRUGS, YOU EXPERIENCE SYMPTOMS SUCH AS NAUSEA, RESTLESSNESS, INSOMNIA, DEPRESSION, SWEATING, SHAKING AND ANXIETY.
- YOU'VE LOST CONTROL OVER YOUR DRUG USE. YOU OFTEN DO DRUGS OR USE MORE THAN YOU PLANNED, EVEN THOUGH YOU TOLD YOURSELF YOU WOULDN'T. YOU MAY WANT TO STOP USING, BUT YOUR FEEL POWERLESS.
- YOUR LIFE REVOLVES AROUND DRUG USE. YOU SPEND A LOT OF TIME USING AND THINKING ABOUT DRUGS, FIGURING OUT HOW TO GET THEM, AND RECOVERING FROM THE DRUG'S EFFECTS.
- YOU'VE ABANDONED ACTIVITIES YOU USED TO ENJOY, SUCH AS HOBBIES, SPORTS, AND SOCIALIZING, BECAUSE OF YOUR DRUG USE.

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DIFFERENT TYPES OF MARIJUANA

DIFFERENT FORMS OF MEDICAL MARIJUANA COME IN A VARIETY OF STRENGTHS. ALL PRODUCTS ORIGINATE AS FLOWER, AND FLOWER CAN BE TESTED TO HAVE A RANGE OF THC OR CBD LEVELS, ALONG WITH A VARIETY OF OTHER CANNABINOIDS. CONCENTRATED PRODUCTS, SUCH AS WAX OR OIL, WILL HAVE A HIGHER LEVEL OF THESE CANNABINOIDS, AND THEREFORE YOUR DOSAGE WILL BE LOWER. EDIBLE PRODUCTS CAN AFFECT THE BODY DIFFERENTLY= BASED ON WHAT YOU HAVE HAD TO EAT THAT DAY. BEST RULE OF THUMB IS TO START WITH A LOW DOSAGE, WAIT AN HOUR AND SEE HOW YOU FEE:

KIEF:

ALSO KNOWN AS DRY SIFT OR POLLEN. KIEF IS MADE UP OF THE RESIN GLANDS FOUND ON THE TRICHOMES OF CANNABIS FLOWERS. THESE GLANDS CONTAIN THE TERPENES AND CANNABINOIDS THAT BRING A DIVERSITY OF FLAVORS AND EFFECTS TO VARIOUS CANNABIS STRAINS. KIEF IS COMMONLY USED TO MAKE HASH OR CAN BE COLLECTED IN A GRINDER AND BE SPRINKLED ONTO GROUND CANNABIS FOR MORE POTENT CONSUMPTION.

SOLVENT EXTRACTION-HASH OIL):

SOLVENT HASH OIL, IS AN EXTREMELY POTENT CONCENTRATE POPULARLY CONSUMED FOR DABBING AND OTHER VAPORATION METHODS. CANNABINOIDS ARE DRAWN OUT OF THE PLANT THROUGH BUTANE EXTRACTIONS, WHICH LEAVE BEHIND AN EXTRACT THAT WILL EITHER MAINTAIN ITS STICKY CONSISTENCY OR HARDEN UP, RESULTING IN A CRUMBLY "HONEYCOMB" OR A GLASSLIKE "SHATTER." BECAUSE ITS THC CONTENT STRETCHES UP TO 90%, BHO IS A POPULAR REMEDY FOR CHRONIC PAIN AND OTHER INTRACTABLE SYMPTOMS

HASH:

ONE OF THE OLDEST PLAYERS IN THE CANNABIS GAME IS HASH. A CONCENTRATE MADE BY COMPRESSION OF THE PLANT'S RESIN. THE POWDERY KIEF THAT COATS YOUR CANNABIS FLOWER CAN BE COLLECTED AND PRESSED TOGETHER TO FORM HASH. SOLVENTS LIKE ICE WATER OR ETHANOL MAY BE USED TO MORE EFFECTIVELY STRIPS THE PLANT OF THEIR CANNABINOID-LOADED CRYSTALS. THOUGH NOT AS POTENT AS BHO AND OTHER CANNABIS CONCENTRATES, HASH REMAINS A STAPLE OF CANNABIS CULTURE AROUND THE WORLD.

CANNABIS OIL DISTILLATE:

CANNABIS OIL DISTILLATE IS PURE DECARBOXYLATED AND DISTILLED THC SAP. IN ORDER TO DISTILL THESE COMPOUNDS INTO THEIR PUREST FORM, ADDITIONAL LAYERS OF REFINEMENT MUST BE EXECUTED. THIS PROCESS IS KNOWN AS "FRACTIONAL" OR "SHORT PATH DISTILLATION," AND IT IS KNOWN TO PRODUCE SINGLE COMPOUND OILS THAT CAN REACH UPWARDS OF 99% PURITY. WITH UNMATCHED PURITY AND SHEER VERSATILITY, DISTILLATE OILS PROVIDE A CLEAN AND POTENT PRODUCT WITH LIMITLESS APPLICATION POTENTIAL. CANNABIS OIL DISTILLATES ARE ARGUABLY THE FUTURE OF CANNABIS CONCENTRATES..

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DIFFERENT TYPES OF MARIJUANA

HASH ROSIN:

HASH ROSIN IS A TYPE OF CANNABIS CONCENTRATE MADE USING A SPECIFIC METHOD THAT INVOLVES EXTRACTING CANNABINOIDS AND TERPENES FROM CANNABIS PLANT MATERIAL USING HEAT AND PRESSURE, WITHOUT THE USE OF SOLVENTS
HASH ROSIN IS HIGHLY VALUE D FOR ITS PURITY AND THE FACT THAT IT IS PRODUCED WITHOUT THE USE OF CHEMICAL SOLVENTS.
THIS MAKES IT A PREFERRED CHOICE FOR THOSE WHO WANT A CLEAN, POTENT CONCENTRATE WITH A HIGH TERPENE CONTENTS

CRC CONCENTRATES:

CRC CONCENTRATES ARE A TYPE OF CANNABIS CONCENTRATE THAT UNDERGOES A SPECIFIC POST-PROCESSING STEP KNOWN AS COLOR REMEDIATION COLUMN (CRC) TREATMENT. THIS PROCESS IS USED TO REFINE AND PURIFY THE CONCENTRATE, OFTEN RESULTING IN A PRODUCT WITH A LIGHTER COLOR AND A MORE DESIRABLE FLAVOR PROFILE.

COLOR: THE CRC PROCESS REMOVES MANY OF THE PIGMENTS AND PLANT
LIPIDS THAT CAN MAKE CONCENTRATES APPEAR DARKER. THIS RESULTS IN A LIGHTER, MORE VISUALLY APPEALING PRODUCT.
FLAVOR AND AROMA: BY REMOVING CERTAIN IMPURITIES AND CHLOROPHYLL, CRC CAN ENHANCE THE FLAVOR AND AROMA OF THE CONCENTRATE. THE PROCESS CAN HELP IN PRESERVING AND AMPLIFYING THE DESIRABLE TERPENES, LEADING TO A MORE ENJOYABLE SENSOR EXPERIENCE.
PURITY: CRC CAN IMPROVE THE PURITY OF THE CONCENTRATE BY FILTERING OUT UNWANTED SUBSTANCES THAT MIGHT AFFECT THE OVERALL QUALITY OF THE PRODUC.

RICK SIMPSON OIL (RSO):

BY SOAKING THE CANNABIS IN PURE NAPHTHA
OR ISOPROPYL ALCOHOL, THE THERAPEUTIC COMPOUNDS ARE DRAWN OUT OF THE PLANT, LEAVING BEHIND ATARLIKE LIQUID AFTER THE SOLVENT FULLY EVAPORATES ALSO KNOWN AS PHOENIX TEARS, RICK SIMPSON OIL (RSO) CAN BE ORALLY ADMINISTERED OR APPLIED DIRECTLY TO THE SKIN. MANY BUSINESSES NOW SELLTHEIR OWN RENDITION OF THE RSO,SOME OF WHICH ARE HIGH IN THC WHILE OTHERS CONTAIN ONLY NON-INTOXICATING COMPOUNDS LIKE CBD

EDIBLES:

COME IN MANY DIFFERENT TYPES OF OPTIONS NOW, SUCH AS CHOCOLATES, GUMMIES, COOKIES, BROWNIES, SODAS, SUCKERS, TAFFY AND SO MUCH MORE. EDIBLES ARE OFTEN MADE WITH CONCENTRATES
AND ARE A FANTASTIC WAY TO MEDICATE WITHOUT SMOKING. ALTHOUGH EDIBLES ARE A WONDERFUL OPTION, THEY ARE DIFFICULT TO DOSE AND TAKE LONGER FOR THE MEDICINAL EFFECTS TO TAKE PLACE. THE BEST OPTION FOR PATIENTS IS TO START OUT SMALL WITH 10- 20MG DOSAGE AND WAIT A MINIMUM OF 2 HOURS FOR THE FULL EFFECTS TO TAKE INTO EFFECT YOU BEFORE CONSUMING MORE..

TINCTURES:

A TINCTURE IS A LIQUID EDIBLE PROCURED THROUGH ALCOHOL EXTRACTION WHICH PULLS OUT MANY OF THE PLANT'S BENEFICIAL CANNABINOIDS. A FEW DROPS UNDER THE TONGUE MAY BE SUFFICIENT DOSE BUT PATIENTS CAN SAFELY APPLY MORE AS NEEDED. TINCTURES, WHICH ARE NOW AVAILABLE IN A VARIETY OF FLAVORS,ARE A GREAT WAY FOR PATIENTS TOMEDICATE WITHOUT HAVING TO SMOKE.

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CANNABIS

WHAT IS CBD(CANNABIDIOL) & WHAT DOES IT DO?

THESE QUESTIONS AND MORE ARE AT THE HEART OF THIS COMPREHENSIVE GUIDE TO ONE OF THE MOST FASCINATING AND IMPORTANT COMPOUNDS OF THE CANNABIS PLANT. CANNABI PLANTS ARE CHEMICAL POWERHOUSES THAT PRODUCE MORE THAN 400 DIFFERENT COMPOUNDS. NOT ALL OF THOSE COMPOUNDSARE UNIQUE TO MARIJUANA AND APPEAR IN MANY OTHER SPECIES OF PLANTS. THAT'S WHY MARIJUANA CAN SMELL LIKE PINE TREES OR TASTE LIKE FRESH LEMONS. BUT OF THOSE 400 COMPOUNDS, MORE THAN 60 OF THEM ARE TOTALLY SPECIFIC TO THE PLANT GENUS CANNABIS. SCIENTISTS CALL THESE SPECIAL COMPOUNDS "CANNABINOIDS." HOWEVER, NOT ALL CANNABINOIDS ARE CREATED EQUAL. ONE OF THEM, CANNABIDIOL, OR CBD, HOLDS THE KEY TO THE WIDE VARIETY OF MEDICINAL AND THERAPEUTIC EFFECTS THAT MARIJUANA OFFERS.

THE MORE WE LEARN ABOUT CBD, THE MORE IT SEEMS POISED TO REVOLUTIONIZE MEDICINE AS WE KNOW IT.

CANNABIDIOL IS NOT PSYCHOACTIVE.

ONE OF THE MOST CRUCIALLY IMPORTANT QUALITIES OF CBD IS ITS LACK OF PSYCHO-ACTIVITY. IN SIMPLE TERMS, THIS MEANS THAT CANNABIDIOL WON'T GET YOU HIGH. UNLIKE THC, THE CANNABINOID WITH THE LEGENDARY POWER FOR PRODUCING EUPHORIC SENSATIONS, CANNABIDIOL IS INERT.

WHEN TAKEN ON ITS OWN, USERS EXPERIENCE NONE OF THE SENSATIONS OF BEING MEDICATED AND THIS IS THE SINGLE MOST IMPORTANT PROPERTY OF THE CANNABINOID FROM THE MEDICAL-AND-LEGAL PERSPECTIVE.

HOW DOES CANNABIDIOL INTERACT WITH THE BODY?.

ALL OF THE 60-PLUS CANNABINOIDS UNIQUE TO THE PLANT GENUS CANNABIS INTERACT WITH OUR BODIES THANKS TO A NETWORK OF NEURONS CALLED THE ENDOCANNABINOID SYSTEM. THE ENDOCANNABINOID SYSTEM RUNS THROUGHOUT OUR BODY, THIS SYSTEM IS LOADED WITH RECEPTORS THAT BIND TO THE CANNABINOIDS YOU INTRODUCE TO YOUR BLOODSTREAM WHEN YOU CONSUME CANNABIS. IT IS THOSE CHEMICAL INTERACTIONS OF THOSE BONDS THAT CREATE A WIDE AND LARGELY UNKNOWN SERIES OF RESPONSES IN YOUR BODY. ALTHOUGH CANNABIDIOL (CBD) HAS NO TOXICITY IN HUMANS – MEANING, IT DOESN'T MAKE YOU INTOXICATED (I.E. HIGH) – IT IS HIGHLY REACTIVE WITH THE ENDOCANNABINOID SYSTEM.

IT HAS EVEN BEEN SAID THAT CBD CAN STOP EPILEPTIC SEIZURES, TREAT SERIOUS NEUROLOGICAL DISEASES SUCH AS ALZHEIMER'S, MULTIPLE SCLEROSIS, AN PARKINSON'S. IT CAN RELIEVE PAIN, FIGHT CANCER, REDUCE INFLAMMATION AND EVEN TREAT MOOD DISORDERS. CBD COMES IN A WIDE VARIETY FOR PATIENTS. IT CAN BE VAPORIZED IN A CONCENTRATED FORM OR IN A HIGH CBD FLOWER (I.E. HARLEQUIN, ACDC, HARLE-TSU, PENNYWISE). CBD CAN ALSO BE IN TOPICAL OINTMENTS, TINCTURES AND EVEN EDIBLES. MORE MEDICAL RESEARCH IS NEEDED TO CONFIRM THESE STATEMENTS AS THEY ARE HYPOTHESIZED..

Nirvana
CANNABIS

MEDICAL DIRECTOR'S NOTE

ALCOHOL AVOIDANCE DURING MARIJUANA USE

WARNING: ABSOLUTELY AVOID THE FOLLOWING COMBINATION

WHAT IS THE EFFECT OF USING ALCOHOL AND CANNABIS TOGETHER?

WHEN CANNABIS AND ALCOHOL ARE CONSUMED AT THE SAME TIME THE USER MA EXPERIENCE NAUSEA OR VOMITING. IN SOME INDIVIDUALS IT CAN CAUSE PANIC, ANXIETY OR PARANOIA. IT CAN INDUCE PSYCHOTIC SYMPTOMS IN INDIVIDUALS SUSCEPTIBLE TO THAT CONDITION. THERE IS ALSO EVIDENCE TO SUGGEST THAT THEIR CONCURRENT USE CAUSES FASTER ABSORPTION OF THE (THC), WHICH IS THE PSYCHOACTIVE INGREDIENT IN CANNABIS CAUSING IT TO HAVE A MORE PRONOUNCED EFFECT, THIS EFFECT IS CALLED "GREENING OUT " AND IS UNPLEASANT, IT'S SYMPTOMS ARE ABNORMAL SWEATING, DIZZINESS, NAUSEA AND VOMITING. IT IS MOST LIKELY TO THE OCCUR WHEN THE ALCOHOL IS CONSUMED FIRST.

IS THE USE OF ALCOHOL AND CANNABIS TOGETHER DANGEROUS?

YES, ESPECIALLY WHEN WHAT YOU ARE DOING OR MIGHT BE REQUIRED TO DO REQUIRES ATTENTION AND FOCUS. ALCOHOL BY ITSELF IS A PROBLEM WHILE DRIVING THIS IS COMPOUNDED BY THE USE OF CANNABIS WHICH IS ALSO AFFECTS YOUR ABILITY TO CONCENTRATE AND REACT IN NORMAL DRIVING SITUATIONS. EVEN AT LOW DOSES WHEN THE MAJOR EFFECTS HAVE WORN OFF THERE IS STILL REFLEX IMPAIRMENT. THIS CAN PUT YOU, YOUR PASSENGERS, PEDESTRIANS AND OTHER DRIVERS AT RISK.

IT'S SIMPLE-DON'T DO IT!

IT CAN ALSO CREATE RISKS FOR YOUR PERSONAL SAFETY, THE EFFECTS OF ALCOHOL'S ABILITY TO COMPROMISE GOOD JUDGMENT ARE LEGENDARY, THE USE OF CANNABIS CAN FURTHER COMPROMISE YOUR JUDGEMENT WHEN IT COMES TO SEXUAL ENCOUNTERS OR UNFAMILIAR ENVIRONMENTS..

ALSO, BE WARY OF DRUG OVERLAP, THIS MEANS THAT YOU MAY BE USING ONE SUBSTANCE FOR A PARTICULAR EFFECT AND FIND THAT THE USE OF ANOTHER ENHANCES THAT EFFECT. FOR EXAMPLE, ALCOHOL CAN BE INITIALLY HELPFUL FOR SLEEP, WHEN YOU BEGIN TO USE CANNABIS THIS EFFECT MAY BE ENHANCED AND INCREASE THE LIKELIHOOD OF A GREATER DEPENDENCY ON BOTH..

Nirvana
CANNABIS

DRUG INTERACTIONS

MAJOR INTERACTIONS

DO NOT TAKE THESE COMBINATIONS

SEDATIVE MEDICATIONS (BARBITURATES & CNS DEPRESSANTS)

INTERACTS WITH MEDICAL MARIJUANA – MARIJUANA MIGHT CAUSE SLEEPINESS AND DROWSINESS. MEDICATIONS THAT CAUSE SLEEPINESS ARE CALLED SEDATIVES. TAKING MARIJUANA ALONG WITH SEDATIVE MEDICATIONS MIGHT CAUSE TOO MUCH SLEEPINESS.

THEOPHYLLINE

INTERACTS WITH MEDICAL MARIJUANA – TAKING MARIJUANA MIGHT DECREASE THE EFFECTS OF THEOPHYLLINE. BUT THERE ISN'T ENOUGH INFORMATION TO KNOW IF THIS IS A BIG CONCERN.

DO NOT MIX ALCOHOL & MARIJUANA

MODERATE INTERACTIONS

(BE CATIOUS WITH THIS COMBINATION)

DISULFIRAM (ANTABUSE)

DISULFIRAM (ANTABUSE) MIGHT INTERACT WITH MEDICAL MARIJUANA. TAKING MARIJUANA ALONG WITH DISULFIRAM CAN CAUSE AGITATION, TROUBLE SLEEPING AND IRRITABILITY..

FLUOXETINE (PROZAC)

FLUOXETINE (PROZAC) MIGHT INTERACT WITH MEDICAL MARIJUANA – TAKING FLUOXETINE (PROZAC) MIGHT CAUSE YOU TO FEEL IRRITATED, NERVOUS, JITTERY, AND EXCITED. DOCTORS CALL THIS HYPOMANIA..

MINOR INTERACTIONS

(BE WATCHFUL WITH THIS COMBINATION)

WARFARIN (COUMADIN)

USING MARIJUANA MIGHT INCREASE THE EFFECTS OF WARFARIN (COUMADIN). SMOKING MARIJUANA WHILE TAKING WARFARIN (COUMADIN) MIGHT INCREASE THE CHANCE OF BRUISING AND BLEEDING. .

MARIJUANA MAY INTERFERE WITH THE WAY THE BODY PROCESSES CERTAIN HERB OR SUPPLEMENTS. THERE ARE NO KNOWN INTERACTIONS WITH OVER-THE COUNTER VITAMINS. HOWEVER, CAUTION IS ADVISED WHEN TAKING HERBS AND SUPPLEMENTS, WHILE ALSO CONSUMING CANNABIS. MEDICAL MARIJUANA MAY ALSO HAVE POTENTIAL SIDE EFFECTS WITH NON-PRESCRIPTION DRUGS..