

active ingredients

The following information reflects the current knowledge, based on limited research:

Each strain of cannabis contains different ratios of **cannabinoids**, natural chemical components, which work synergistically to provide therapeutic effects. Below are some of the most studied:

The main active compound in marijuana is **delta-9-tetrahydrocannabinol (THC)**. **THC** has euphoric, stimulant, muscle-relaxing, anti-epileptic, anti-emetic, anti-inflammatory, appetite stimulating, bronchiodilating, hypotensive, antidepressant & analgesic effects.

High potency cannabis contains at least 15% THC. **Cannabidiol (CBD)** lessens the psychoactive effects of THC and has sedative and analgesic effects. **Cannabichromene (CBC)** promotes the analgesic effects of THC and has sedative effects.

Cannabigerol (CBG) has sedative effects and antimicrobial properties, as well as lowering intra-ocular pressure. It is the biogenetic precursor of the other cannabinoids.

Cannabinol (CBN) is a mildly psychoactive degradation of THC; its primary effects are anti-epileptic and can lower intra-ocular pressure.

(in part from: *Marijuana Medicine*, Christian Ratsch, 2001)

Effective Use of Medicinal Cannabis



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cannabis
sativa



The effects of *sativas* are primarily on the mind and emotions. In this regard they tend to be more **stimulating, uplifting, energizing and creativity enhancing**.

some benefits:

- Reduces depression
- Relieves headaches and migraines
- Energizes and stimulates
- Reduces awareness of pain
- Increases focus and creativity
- Reduces nausea
- Stimulates appetite
- Supports immune system
- Expectorant



cannabis
indica



The effects of *indicas* are predominantly physical although the relief of certain physical symptoms can have an emotional result as well. These effects can be characterized as **relaxing, sedating, and pain-reducing**. Best used later in the day and before bed.

some benefits:

- Reduces pain
- Relaxes muscles
- Relieves spasms
- Aids sleep
- Expectorant
- Anti-convulsant
- Relieves headaches and migraines
- Reduces seizure frequency
- Reduces inflammation
- Reduces anxiety and stress
- Reduces nausea
- Stimulates appetite
- Reduces intra-ocular pressure

strain

crosses

indica x sativa ~ sativa x indica

Hybrids are the result of cross-pollination of various strains and the characteristics/effects of one strain will normally be dominant. Indica dominant crosses will be more sedative and effective for pain relief, while Sativa dominant crosses will be effective for appetite generation and energy uptake. A well balanced cross should induce equal characteristics of both strains, even crosses can be good for stimulating appetite, while helping to reduce body pain and increase relaxation at the same time.

While there are physical differences between Indica & Sativa strains, at a genetic level there is little to no difference between the two species. A more comprehensive distinction between these varieties would be dependent upon the distinct cannabinoid profile of the plant itself i.e. THC/CBD quotients. Even under optimal conditions, testing for THC & CBD profiles remains inaccurate, inconsistent and as of yet not standardized. Margins of difference can range from +/- 15-20 percentage points between testing laboratories.

For the sake of simplicity, sharing the vicarious experiences between Indica & Sativa of past & present members functions as a guideline for our New Members; and for the BCCCS, the cost of testing for safe and clean medicine outweighs the benefit of testing cannabinoid profiles for our membership at this time.

modes of ingestion

- Self-dosing is easiest with **smoking** cannabis. It takes effect within 30-60 seconds and is fully developed within 5-15 minutes. These effects may last from 30 minutes to 3 hours. Take 1-2 puffs and wait 15 minutes in order to find the right dosage.
- The effects of **ingested** cannabis may be felt within the first 30 minutes to 2 hours (wait longer on a full stomach) and may last for 2-8 hours. Effects from edibles vary depending on strain & preparation, and are generally more sedative and considerably more psychoactive. Due to strength, cannabis preparations should be eaten by starting with a small bite, waiting an hour and increasing the dose gradually through out the day as needed.
- For regular strength tinctures, 10-15 drops (one quarter of a full eye dropper) held under the tongue and/or swished around the mouth for 30 seconds before swallowing any excess.
- For extra strength tinctures, 3-5 drops administered in the same manner as the regular strength tinctures.
- It should take effect in 20-30 minutes (allow 45 minutes to pass before taking another dosage in case of a delayed reaction to the first dose); effective duration of the dosage is estimated at 2-3 hours.
- High concentration Cannabis oils such as the High CBD oil and the Compassion Oil are designed for sub-lingual ingestion rather than smoking or vaporizing. This is accomplished by putting a small amount of the oil, a globule the size of a half to a full grain of rice, on the end of a toothpick, swizzle stick, or piece of raw spaghetti and then holding the oil in the mouth until it dissolves. The effects from the oil should start to be felt 45 minutes to an hour after administration and the duration of these effects can last upwards of 4-6 hours.
- Other Cannabis concentrates such as our Honey Oil, Waxes, Budders, Shatters and Rosins are best administered via smoking with a special-

-ized pipe or bong and/or the use of a vaporizer specifically designed to make use of these products. **These products should never be eaten.** The aforementioned products are all extremely potent and are ideally to be used by those individuals who have a demonstrated high tolerance to Cannabis and/or who are experiencing an immense amount of pain.

use cannabis safely

- Do not drive or operate heavy machinery if *impaired* by cannabis (*indicas* can be especially sedating).
- Cannabis mixed with alcohol may cause vomiting and nausea.
- Those receiving digitalis or other cardiac medications should use cannabis under careful supervision by a medical doctor.
- Heavy smoking with no harm reduction techniques (i.e. smoking small amounts of high potency organic cannabis) may lead to respiratory irritation.
- Hold shared joints and other shared smoking implements so as not to touch your lips to them.
- Cultivators should properly dry the cannabis to minimize molds and fungi. Stems should break easily making an audible snapping sound.
- It is still illegal in Canada to possess, grow, or distribute cannabis. Know your rights and take precautions to avoid the harmful effects of arrest, cannabis seizure, imprisonment and criminal record.
- Choose organic cannabis whenever possible to minimize exposure to radioactivity and chemicals. This is especially important for people with compromised immune systems.

NOTE: For more information on safe Cannabis use, drug interactions & adverse reactions ask Compassion Club staff .

strain selection & dosage

The efficiency of Cannabis is directly related to strain/product selection as well as the particulars of the individual making use of the medicine; body mass index, previous exposure to Cannabis, brain/body chemistry and use of certain pharmaceuticals can have a direct effect on how well the Cannabis works for the individual.

For those members with little to no experience with Cannabis, it is not abnormal for the medication to have only a slight if no effect at all upon first use of the medication. This occurrence may change to more deeply felt experience of the medication with consistent and continued use.

The BCCCS is committed to the safe and effective use of Cannabis and encourages our members to seek out and make use of our years of experience in and around the application of this medicine. Staff are happy and more than capable to assist our members in making sensible and effective strain and product selections.

side effects

There are some effects of cannabis that are not therapeutic and can be mitigated through awareness:

- Cannabis may cause dizziness upon standing due to lowered blood pressure.
- Initial increase in heart rate and/or blood pressure may be problematic for those with heart conditions or severe anxiety.
- Cannabis may cause a decrease in coordination and cognition, and short-term memory loss while medicated.
- There are no significant withdrawal effects when cannabis use is ceased or decreased. However, symptom relief will also be decreased. Other herbs or natural healing methods may be used for symptom relief. *See our Wellness Centre practitioners.*
- **Effects vary from person to person.**

using the whole plant

As we value and honour diversity we supply our membership with whole plant medicine, utilizing the full spectrum of therapeutic compounds available in cannabis.

There are hundreds of active ingredients beyond THC/CBD that are extractable into fat, alcohol & sugar. Our cannabis-infused oils, butters, alcohol and honey can be used for preparing edibles and tinctures to provide relief to those who are unable to smoke, or as a preference, complement, or alternative to smoking.

The whole cannabis plant may be efficiently utilized. The flower (“bud”) is the most potent part of the plant, therefore the bud is preferable for smoking. The leaves (“shake”) and stems are less potent and should not be smoked. However, the shake and stems are preferable for baking and tinctures since they are less costly and their potency is increased by these modes of ingestion.

options for smoking

- Cannabis may be ground or cut and then rolled into a “joint”. We recommend using hemp or rice-based rolling papers for both health reasons and to avoid using tree paper.
- Pipes can be used to avoid smoking paper and are useful when smoking small quantities. We recommend glass pipes.
- Water pipes can be used to cool the temperature of inhaled plant matter.
- Vaporizers can be used as a smokeless alternative and also provide a uniquely “clear” psychoactive effect.
- A blend of herbs that soothe the lungs can be smoked with cannabis.

NOTE: Hemp & rice rolling papers, glass pipes, water pipes, smoking blend, and vaporizers are available at the BCCCS.