

The Difference Between Smoking and Eating



Metabolism

Smoking has it entering the body through the lungs

Effects more immediate (within 10-15 minutes)

Key chemicals in edibles must be digested and make their way to the liver

Edibles take ½ hour to 1 ½ hours



Smoking wears off much faster as well(30 minutes)

The effects of edibles can last 2-3 hours or longer depending on the person

The effect from edibles is felt more deeply (anxiety, inflammation)

Both cause dry mouth or cotton mouth and may be more pronounced with edibles.



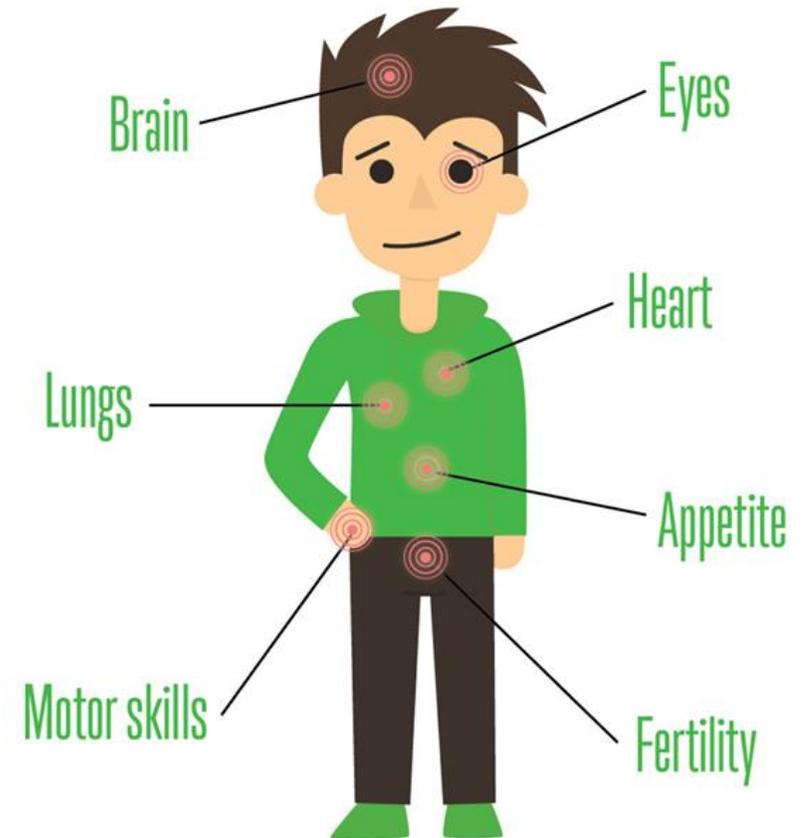
Edibles

Will not necessarily feel the same effect every time you eat it

- Depends on the time of day consumed
- How much food the person has had to eat
- How much marijuana the person has been consuming in general
- The health of their endocannabinoid system

All of these can effect on how strongly the person feels the edibles effect

It is not a big difference



Vaping

The cannabis is heated without burning.

The heat releases the active ingredients into a vapor

It's released as a mist into the air

Must use a vaporizer device.

There's no combustion so smoke is not created

Less toxins than smoking and less irritating to the lungs than smoking but still not good



The more cannabis that is used, the more likely to have side effects

Dry mouth, dizziness and increased appetite, body buzz (couch lock)

This occurs with any method of ingestion

Edibles or supplements are the least harmful and can deliver longer benefit

But excessive use of any of these methods can have major side effects



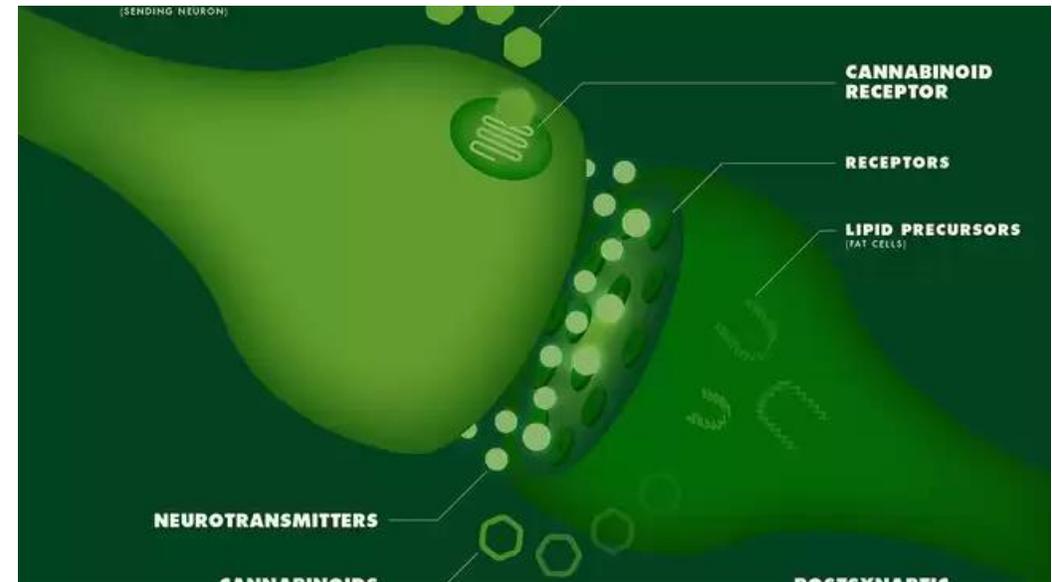
Dry Mouth

Cause is related to how the cannabinoids interact with the human endocannabinoid system

Affects saliva production

Cannabinoids receptors are found throughout the body and affect many bodily functions

Found in the saliva glands



Saliva

Part of the autonomic nervous system

Saliva production is stimulated

Anandamide is an endocannabinoid we make. Similar in structure to THC

Doesn't last long in our system – THC lasts much longer

Involved in maintaining homeostasis of the body

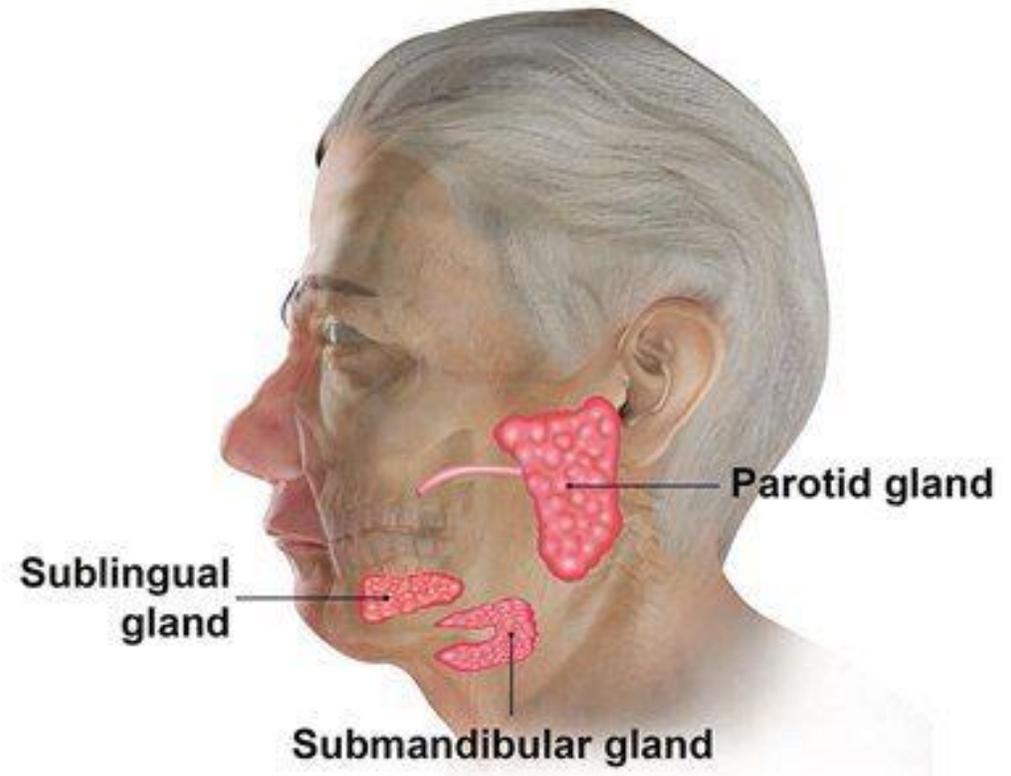


Submandibular saliva glands (under the mouth)

Produces the most saliva

Researchers have found cannabinoid receptors

It's believed that THC lock onto the receptor and block the signal to produce saliva



How To Counteract Dry mouth

Herbal teas

Not black or green as caffeine can dry our mouth more

Add lemon juice to the tea to stimulate more saliva

Avoid salty snacks, alcohol and tobacco

Chewing (preferably not sugary gum)

Fake chewing



Strains

They are many strains but most have been created from two main types:

Indica: Relaxing and calming. More likely to give a “body buzz”. Best for night use

Sativa: Energizing, good for creativity but can all cause a spacey feeling and hallucinations. Best for day use

It's important client use the right one for their issue

