

# Marijuana



## Marijuana Unwrapped

Marijuana is typically referred to as the leaves, seeds, stems and/or roots of a cannabis plant that are used as a drug that can be smoked or consumed for the purpose of creating a feeling of being euphoric or “high”. The technical term for marijuana is cannabis. Some terms like weed, herb, pot, grass, bud, ganja, Mary Jane, hemp and reefer refer to the substance itself. A higher potency form of marijuana is often called hashish or hash. Other words like joints, blunts, backwoods, buds, or bongos refer to the way that marijuana is smoked. Marijuana is also often smoked or now baked or mixed into all kinds of food and drinks.

- **Cannabis** is that actual flowering plant genus with at least three known species. Oils, THC, Hemp, CBD are all derived or extracted from Cannabis plant species.
- **THC** or delta-9-tetrahydrocannabinol is the main psychoactive (mind-altering) chemical in marijuana, responsible for most of the intoxicating effects that people seek. It is one of hundreds of chemicals found in the Cannabis plant.
- **CBD** or cannabidiol is a non-intoxicating component of the cannabis plant and has become highly revered as an alternative treatment for a variety of common ailments from anxiety to chronic pain.
- **Hemp** is the fiber of the cannabis plant, extracted from the stem and used to make rope, strong fabrics, fiberboard, and paper. It is one of the fastest growing plants making it a popular choice for industrial uses and by definition contains less than 0.3% THC content.
- **Medical marijuana**, also called marinol (Dronabinol), is a synthetic form of marijuana. It comes in 2.5 mg, 5 mg, and 10 mg capsules and carries many unwanted side effects.



## Extracts, Concentrates & THC Potency

Concentrates are cannabis-derived extracts that contain highly concentrated amounts of THC and other cannabinoids. The various forms of concentrated marijuana shown in the picture are not edible but designed to be smoked or vaporized (vaped). Their extreme concentration means that they are at least twice as potent as dried leaf marijuana. As a result, they can cause nearly instant highs, hallucinations, extreme changes to behavior, and even overdoses. Prior to widespread use of these concentrated forms of THC, marijuana has not been known for overdose



**CRUMBLE**  
Dried oil with a honey-comb consistency



**CRYSTALLINE/ SUGAR**  
Isolated cannabinoids in their pure crystal structure.



**DISTILLATE**  
Refined cannabinoid oil free of taste, smell and flavor.



**ROSIN**  
End product of cannabis being squeezed under heat and pressure.



**BUBBLE HASH**  
A process using ice and mesh screens pull out whole trichomes into a paste.



**SHATTER**  
A golden, translucent, and brittle concentrate made with solvents.



**BADDER/BUDDER**  
Whipped under heat, this concentrate has a cake batter-like texture.



**DRY SIFT/KIEF**  
Flower is ground and sifted, leaving behind complete trichome glands.

# Marijuana

Today's marijuana is very different



## Edibles

Edibles are exactly that, foods and drinks infused with THC. Almost any food or drink can now be infused with marijuana. The way foods, candies and drinks are being made and marketed, it's no wonder why teens are flocking to this method to discretely consume marijuana.

Edibles are dangerous for many reasons:

- THC is concentrated to as high as 98% in edibles (typical leaf marijuana is between 5% - 13%). Dosage is difficult to measure.
- Recommended "dose" can be 1/8<sup>th</sup> of a cookie. What kid is only going to eat 1/8<sup>th</sup> of anything?
- Ingested THC takes longer to feel the effects than inhaling, sometimes 1 to 2 hours. Kids often overdose as a result.
- The effects can take twice as long to metabolize through the body affecting the liver and other organs.



## Don't Believe the Hype

There is a lot of really bad information out there. Some of it is intentional (Marijuana industry wants you to believe everything is completely safe), some of it serves self-interest, and some is just dangerous. Here are some common mis-perceptions and what is actually known today:

***Marijuana is becoming legal so it's harmless?*** Studies are inconclusive in adults in moderation, however for kids and teens in any form, studies show loss of IQ points, increased risk of mental health issues, psychosis, bipolar, schizophrenia, addiction, depression and other serious risks. THC prevents receptors from connecting in developing brains

***It's organic!*** Nope. Since marijuana is still illegal at the federal level, there is no USDA certification of organic and most marijuana in the US is very unregulated.

***Everyone knows CBD is Safe!*** Not so fast, scientists are finding significant levels of liver toxicity in users of CBD oils, lotions, etc. CBD could be damaging our livers at a higher rate than alcohol and other drugs

***Marijuana is great for chronic pain!*** Long term studies are showing that marijuana use does not reduce Opioid use/addiction, in fact in many cases it increases tolerance and adds unwanted side effects

***I can control my intake with edibles!*** Labeling of edibles is still unregulated. Less than 17% of edibles studied were labeled correctly.

More resources outside of DFi for information and help:

[SmartColorado.org](http://SmartColorado.org)

[OxfordTreatment.com/marijuana](http://OxfordTreatment.com/marijuana)

[MedicineNet.com/Marijuana](http://MedicineNet.com/Marijuana)