

A collage of cannabis-related items on a textured, pinkish-orange background with large, abstract, darker pink and orange shapes. In the upper left, a green lighter with an orange flame is on a piece of green and white marbled paper. To its right, a clear glass bowl contains a rolled cannabis cigarette. Below the bowl, a green cannabis leaf is positioned diagonally. In the lower right, a piece of green and white marbled paper is shaped into a cone. At the bottom center, a hand with orange-painted fingers is visible.

Cannabis 101

The world of cannabis is fascinating but can also be perplexing. Canna Curious has put together this Cannabis 101 guide, designed to provide you with a foundational understanding of the subject.

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Cannabis 101

Terminology

Cannabinoids: There are over 100 chemical compounds found in the cannabis plant. The most well-known are CBD and THC.

Terpenes: Aromatic compounds that contribute to its distinctive scent, flavor, and effects.

Endocannabinoid System: a complex regulatory network within the human body that plays a crucial role in maintaining balance, or homeostasis, across various physiological functions.

Entourage Effect: The synergistic interaction between cannabinoids and terpenes when consumed together.

Strains

Cannabis strains represent distinct variations of the plant, each with its unique flavor, potency, and effects on the brain. Scientifically, a strain signifies a specific plant's chemical makeup and physical characteristics. There are 700–800 recognized strains globally.

Indica

associated with calming effects, pain relief, reduce stress, and improved sleep

Sativa

known for their energizing and uplifting effects and associated with creativity, focus, and euphoria

Hybrid

a fusion of both indica and sativa cannabis varieties, offering a combination of effects



Consumption Methods

Absorbed into the bloodstream through the lungs.

Smoking

Heating flower or sepecific type of oil to create a vapor

Vaporizing

Absorbed through the GI tract. Great for long lasting effects.

Edibles

Balms, lotions, lotions great for localized relief.

Topicals

Dual absorption: sublingual and through the GI tract.

Tinctures

Made with high-fat oils to aid in absorption. Great for target relief.

Suppositories

Benefits

Improved Pain Perception

Anti-Inflammatory Effects

Nausea Relief

Appetite Regulation

Seizure Management

Improved Sleep

Neuroprotective Effects

PTSD Management
Menstrual Symptom Relief

Migraine Management

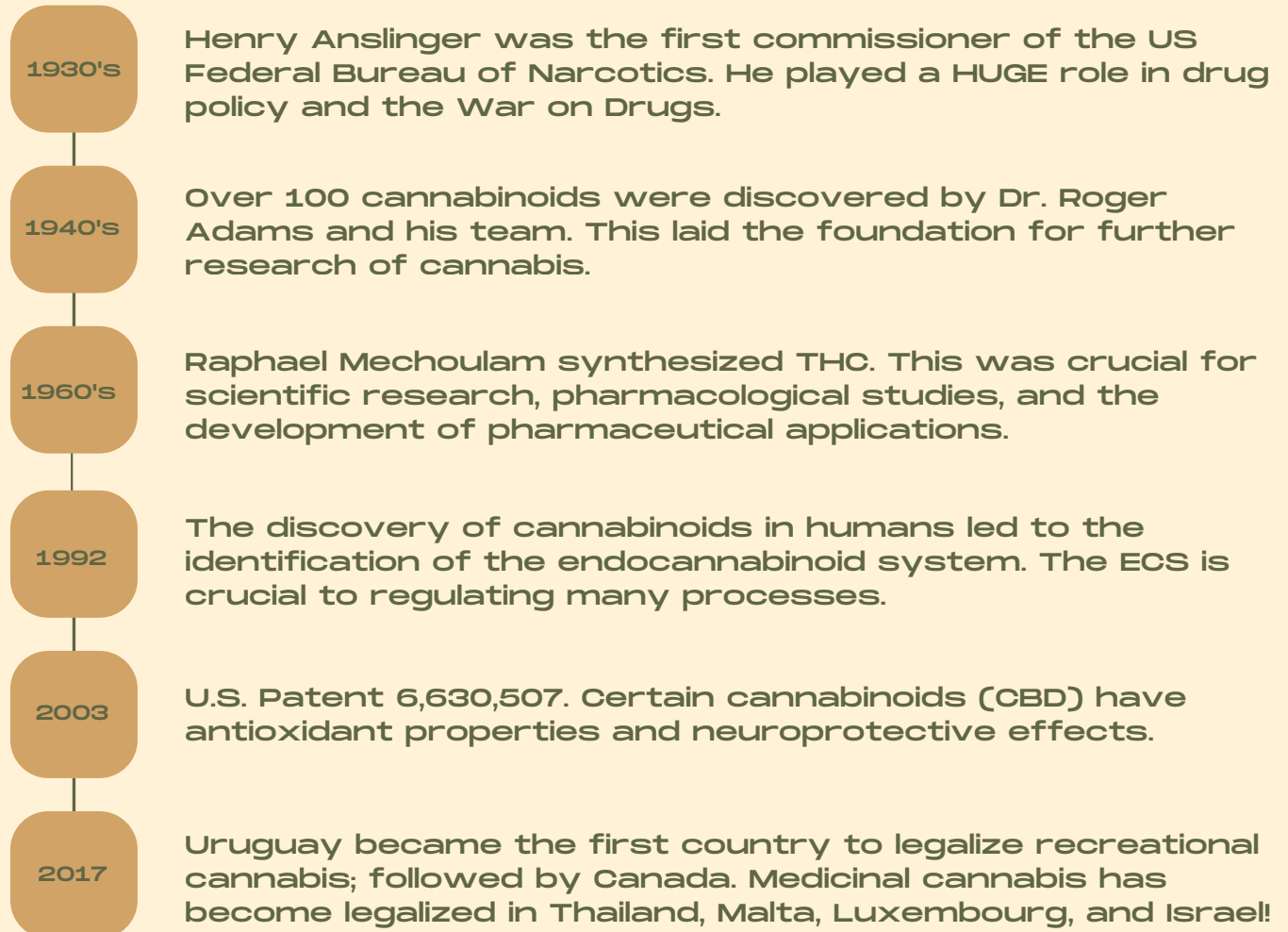
Mood Elevation

Cognitive Function

Muscle Relaxation

Overall Enhanced Wellbeing
Anxiety & Stress Reduction

History of Cannabis



The Difference Between CBD and THC

Characteristics	CBD (Cannabidiol)	THC (Tetrahydrocannabinol)
Chemical Structure	Non-intoxicating cannabinoid	Non-intoxicating cannabinoid
Psychoactive Effects	Does not produce a "high"	Psychoactive, produces a euphoric "high"
Medical Benefits	-Pain relief -Anti-anxiety -Anti-depressant -Anti-inflammatory -Anti-seizure -Neuroprotectant -Pain relief	-Muscle relaxation -Appetite stimulation -Nausea relief -Pain relief -Promotes good sleep
Legal Status (Aus)	Legal medicinally when derived from hemp plants containing less than .3% THC	Considered a controlled substance. Possession, use, and cultivation without proper authorization is generally illegal,
Potential Side Effects	Generally, well tolerated, mild side effects -dry mouth -fatigue -medications that are metabolized by the liver	Psychoactive side effects -short term memory impairment -altered perception -heightened senses -increased appetite -anxiety -dry mouth/red eyes



CBD Uses and Benefits

chronic pain relief
neuropathic pain
alleviation
arthritis
inflammatory pain
reduction
autoimmune support
anxiety relief
stress relief
treatment of seizure
disorders
neuroprotection

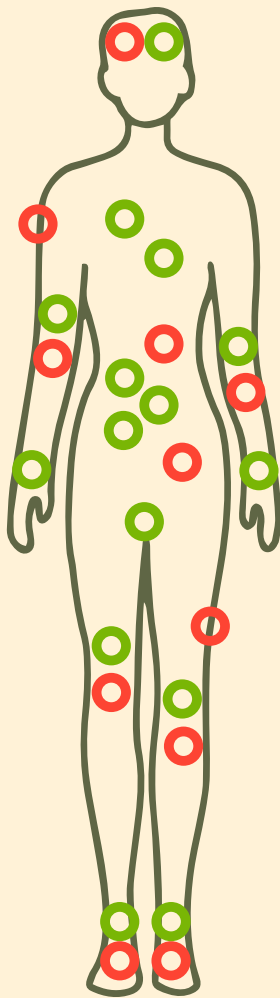
relief from nausea
mood improvement
depression
PTSD
muscle spasm relief
substance abuse
treatment
relief from skin
conditions
glaucoma
improved sleep

THC Uses and Benefits

pain management
muscle spasticity
inflammatory
conditions
arthritis
stress reduction
anxiety relief (depends
on dose)
reduction of seizures
neuroprotective
effects

insomnia
treatment for nausea
appetite stimulation
euphoria
mood enhancement
aiding cancer
treatment
reduction of seizures
neuroprotective
effects

The Endocannabinoid System



The endocannabinoid system (ECS) is a physiological system present in the human body that plays a crucial role in maintaining internal balance, or homeostasis. It consists of endocannabinoids, which are naturally occurring compounds similar to cannabinoids found in the cannabis plant, and their corresponding receptors, known as CB1 and CB2 receptors.

The ECS is involved in regulating various bodily functions, including mood, appetite, sleep, immune response, and pain sensation. When activated, the endocannabinoid system helps modulate these functions to promote overall well-being and ensure the body's internal stability.

CB1

Mostly found in the brain and central nervous system.

Appetite
Immune Cells
Motor Activity
Motor Coordination
Pain Perception
Short Term Memory
Thinking

CB2

Mostly found in peripheral organs.

Cardiovascular System
Central Nervous System
Reproductive System
Respiratory Tract
Skeletal Muscle
Adipose Tissue
Immune System
Pancreas
Eyes
Gut
Bone
Kidneys
Liver
Skin

Cannabis Use for Perimenopause & Menopause



Perimenopause is the phase leading to menopause, typically in a woman's late 30s or early 40s. Hormonal changes during this time may cause irregular periods and various symptoms.



Menopause signifies the end of reproductive years, diagnosed after 12 months without periods. Occurring in the late 40s or early 50s, it involves reduced estrogen, leading to various symptoms.

Various Symptoms

irregular menstrual cycles	absence of menstrual cycle
cardiovascular changes	breast tenderness
memory changes	bone density loss
vaginal dryness	change in libido
skin changes	disturbed sleep
mood swings	hot flashes
weight gain	joint pain

How Cannabis Helps

anti-inflammatory effects
neuroprotective benefits
pain management
improved sleep
reduced stress
enhanced libido
hot flash relief
mood regulation
bone health

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Cannabis Use for Cancer

anti-tumor properties

research has suggested cannabis has the potential to inhibit the growth of cancer cells and induce apoptosis

sleep improvement

cancer treatment and pain can impact sleep; this is where cannabis comes in

immunodulation

The ECS plays a big part in immune system regulation. Cannabinoids can be beneficial in this response

quality of life

cannabis can also improve mood and stress response

Cannabis

pain management

pain relieving properties by cancer itself, surgery, or various treatments

appetite stimulation

THC stimulates appetite which can help with weight loss due to treatment

nausea

antiemetic properties that reduce nausea and vomiting

anti-inflammatory effects

CBD interacts with CB2 receptors that play a crucial role in the regulation of inflammation



Other Ailments Where Cannabis Can Help

neuropathic pain
arthritis
fibromyalgia
musculoskeletal pain
migraines
epilepsy
tourette syndrome
traumatic brain injury
multiple sclerosis
Parkinson's disease
Huntington's disease
amyotrophic lateral sclerosis
gastrointestinal disorders
crohn's disease
ulcerative colitis
anxiety disorder
depression
PTSD
insomnia
sleep apnea
perimenopause
menopause
endometriosis
adenomyosis
glaucoma
autoimmune conditions
lupis
HIV/AIDS
post-surgical pain
weight loss related to health condition

FAQ's

What are cannabinoids?

Cannabinoids are chemical compounds found in cannabis plants. The two most well-known cannabinoids are THC (tetrahydrocannabinol) and CBD (cannabidiol). Hundreds of cannabinoids interact with the endocannabinoid system in the human body, influencing various physiological processes.

What are terpenes?

Terpenes are aromatic compounds found in cannabis and other plants. They contribute to the distinctive flavors and aromas of different cannabis strains. Terpenes may also have therapeutic effects, influencing the overall experience and potential benefits of a particular cannabis product.

Does CBD make you feel high?

No, CBD (cannabidiol) does not produce a "high" sensation. Unlike THC (tetrahydrocannabinol), CBD is non-intoxicating. It interacts with the endocannabinoid system, influencing various processes in the body, but it does not cause the euphoria associated with THC.

How can cannabis be consumed?

- Smoking
- Vaporizing
- Edibles
- Tinctures
- Topicals
- Oils and capsules
- Suppositories

Can you overdose on cannabis?

Overdose from cannabis is extremely rare, consuming too much cannabis can lead to discomfort, anxiety, and other adverse effects. It's important to start with low doses, especially for beginners, and be mindful of individual tolerance levels.

Do you build up a tolerance to cannabis?

Yes, individuals can develop tolerance with regular cannabis use. This means that over time, higher doses may be needed to achieve the same effects. Taking breaks between cannabis use can help reduce tolerance and maintain sensitivity to its effects.

Research & Resources

Books

Cannabis is Medicine by Bonnie Goldstein

The Cannabis–Cancer Connection by Dr. Joe Goldstrich

A Woman's Guide to Cannabis by Nikki Furrer

Websites

[Cannigma](#)

[Project CBD](#)

[PubMed](#)

[Journal of Cannabis Research](#)

[Royal Queen Seeds Cannabis Blog](#)

Articles

[Driving in Australia and Cannabis](#)

[Cannabis and Cannabinoids](#)

[Cancer and Cannabis](#)

[Cannabis and Drug Interactions](#)

[Medical Marijuana and Chronic Pain](#)