

Types of Cannabis

Indica, Sativa, Hybrid & Autoflower



Indica

Indica Cannabis varieties are typically short structured with wide leaves, originating in areas between 30° to 50° degrees latitude. They generally have a shorter growth cycle to match their region of origin planting seasons.

Indica dominant varieties tend to give off earthy or musky aromas and have become popularly known for **they're physical relaxing, calming qualities.**



Sativa

Sativa Cannabis varieties are typically lanky with thin leaves, originating in areas between 0 to 30 degrees latitude.

They generally have a longer growth cycle to match the seasons of their originating region. Sativa dominant varieties tend to have a spicy or floral aroma and are popularly known for their uplifting effects.

Hybrid

Hybrid Cannabis varieties are a combination of Indica and Sativa. They have been developed by plant breeders using natural breeding techniques to enhance desired traits. Hybridization has created a growing plethora of varieties with traits from both Indica and Sativa. Hybrids may be more Sativa, Indica or a balance of both.



Autoflower

Autoflower's automatically switch from vegetative growth to flowering stage with age, as opposed to the ratio of light to dark. This is a result of breeding Indica/Sativa plant with Cannabis Ruderalis. Many autoflowers will be ready to harvest in less than 10 weeks from seed. Due to the easy grow cycle this is a perfect starter plant for new growers.

Cannabis Extracts

Dry sift, Hashish, Rosin, RSO, BHO, PHO, CO₂, Distillate & Terpenes.

Dry sift or kief is the result of a solvent free extraction that mechanically removes the resin glands from the cannabis plant by sieving them with screens.

Preferred Home Extraction

Hashish, or hash is a cannabis product made from the compressed resin glands found on the cannabis plant. Most popular methods of extraction are hand rubbing, sieving (pressed dry sift) and ice water extraction (bubble hash).

Preferred Home Extraction

Rosin refers to an extraction process that utilizes a combination of heat and pressure to extract cannabis resins. This device is call a rosin press.

Preferred Home Extraction

RSO otherwise known as Rick Simpson Oil is extracted by soaking cannabis in alcohol or naphtha. This process separates the plant material from the resin glands.

BHO better known as shatter is concentrated cannabis extract made by blasting butane through a frozen cannabis packed tube. The extracted product is then put into a vacuum oven for up to 72 hours to remove residual solvents.

PHO uses a similar process to BHO but propane is used rather than butane as the solvent.

Supercritical CO₂ oil is a similar extraction method to BHO or PHO **but CO₂ is currently Health Canada's preferred solvent used for extracting cannabis.**

Distillate is pure cannabis extract averaging 90% THC produced using short path steam distillation techniques.

Terpenes are responsible for the cannabis aroma. Cannabis terpenes can be extracted similar to other essential oils.

Alternative Cannabis Consumption Awareness

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Alternative Cannabis Consumption Awareness

Implementation via Education

Dispensaries and other unregulated illicit sources currently sell products ranging in quality. Until further regulation this is a public safety concern and should be consumed at own risk.

Vapour lounges are still unregulated but a necessity during the onset of legalization. Safe consumption sites will create public awareness and harm reduction.

Basic Facts

- Cannabis isn't physically addictive but may be mentally
- Mixing tobacco and cannabis can create a strong addictive need for both
- Not advised to mix alcohol and cannabis
- Dangerous physical reactions are rare but some have been reported
- No one has ever died directly from consuming cannabis

WARNING

- Cannabis affects your judgment, making it unsafe to drive or possibly walk.
- Cannabis consumption via smoke deposits tar into the lungs
- Causes a loss of short-term memory
- Use of cannabis may have significant impacts on brain development up to the age of 25

What to do if you over consume

- CannaRelief is the first CBD drink used to counteract the effects of overusing THC or cannabis.
- Cool yourself down! Drink lots of cold water and splash water on your face.



Cannabis Consumption

Smoking, Vaporizing & Edibles

Before consuming cannabis in any form ensure you're in a safe, comfortable environment with experienced users to help in case of emergency.

Slow and low is the way to go!

Until more familiar with personal tolerance and strength of cannabis products, start small and WAIT up to 1½ hours before consuming more. Remember everyone's tolerance is different and products may vary.

Smoking

Joints, Pipes & Water Bongos.

Although smoking cannabis is one of the most popular consumption methods, it is also considered one of the most harmful. Smoking can exceed temperatures of 1000°F which combusts plant material. Water will help cool smoke but high combustion temperatures may still cause irritation.

Edibles

Brownies, Candy, Tincture & Capsules

Edibles are considered one of the healthiest ways to consume cannabis but can also be uncomfortably potent. This is due to how your liver metabolizes THC. Always remember: **Slow & low is the way to go!**

Vaporizing

Herb & Extract Vaporizers

Having the ability to control the temperature you consume cannabis has MANY advantages.

1. Lower temperatures reduce combustion and carcinogens.
2. Perfect for beginners or cannabis consumers with a low tolerance.
3. Control your high!
 - Low Temp (150-165C) – Clear headed more functional cerebral high.
 - Mid Temp (165-185C) – Moderate euphoria & balanced high for a more functional relaxation.
 - High Temp (185-220C) – Intense relaxation, euphoria & sleep.