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Cannabis Consumer Education

If you're brand new to cannabis, all the terms can seem like another language – and Google Translate doesn't really help. We want you to be as informed as possible before trying different products on your own. Here's a primer on cannabis for beginners:

What the heck is THC & CBD?

THC and CBD are the two main compounds – also called cannabinoids – found in cannabis. There are over 85 cannabinoids in cannabis, but THC and CBD are the most abundant and researched. AKA they're the popular kids.

THC is typically attributed to the plant's psychoactive effects. When you feel "high," that's the THC talking.

CBD is THC's more chill, less psychoactive cousin. CBD may relieve anxiety, reduce inflammation, promote better sleep, and more.

Why does cannabis produce different effects?

There are different strains and categories of cannabis that produce varying effects. The combination of strains and other compounds helps alter your experience when consuming. Although people experience cannabis differently, here's the breakdown:

- **Sativa** strains are generally cerebral in effect, with uplifting characteristics and are best used during the daytime. *Think: life of the party.*
- **Hybrid** strains are a balance between Sativa and Indica strains, and are known for relaxing, balanced, and blissful effects. *Kind of like that morning cup of coffee: you can ease into your day without bouncing off the walls.*
- **Indica** strains are known for relaxing and sedative effects, used at night for sleep-enhancing properties. *Goodnight moon-style.*

How much cannabis should I consume as a beginner?

When you're just starting out, you want to start low and go slow. Cannabis dosing varies considerably by consumer and can change based on factors like how much food is in your system.

In other words, what works for your friend may not work for you.

Rather than rushing into it or following someone else's guidelines, we recommend that consumers with limited cannabis experience should begin with products no more than **5mg of THC per serving**.

Here are some general consumption guidelines:

Vaporization or Smoking

- When you can expect the onset of effects: 90 seconds
- When you will feel the peak effects: 15-30 minutes
- How long you can expect to experience the effects: 2-3 hours

Edibles

- When you can expect the onset of effects: 90 minutes
- When you will feel the peak effects: 2-6 hours
- How long you can expect to experience the effects: 4-12 hours

Be sure to wait until you've reached "peak effect" before deciding whether or not to take more.

What cannabis laws and regulations should I be aware of?

No matter how much you love our products, you're not legally allowed to resell the cannabis you've purchased from Lucky Green Ladies to any other individual.

[For first-time offenders](#), possessing over one ounce of cannabis with the intent to manufacture, distribute, dispense, or cultivate is punishable by a fine of \$500 - \$5,000 and/or imprisonment of up to 2 years.

And trust us – we've been there, done that. We don't recommend it.

Here are some other laws and regulations that are worth reading up on:

Children and Pets

Always store all cannabis products in a locked area that's out of sight and reach of children and pets. Keep cannabis in the child-resistant packaging from the store.

- Never use cannabis around children
- When you're using cannabis, make sure an adult who can look after your children is nearby. Secondhand cannabis smoke contains THC and other chemicals that can affect the health of children.

If you think a child may have ingested cannabis, call the local Poison Control Center at 800-222-1222. If you think a child needs immediate medical help, call 911.

Driving and Operating Machinery

- Cannabis can impair your driving skills by slowing your reaction time, coordination, and concentration.
- Driving and operating machinery under the influence is illegal ([M.G.L. c. 90.24](#)) and may increase your risk of getting into a car crash.

Cannabis and Pregnancy

- Cannabis may be harmful to fetal development.
- Smoking cannabis or consuming cannabis products can expose your baby to potentially harmful substances.
- **If you're pregnant or breastfeeding, or plan to become pregnant soon, licensed medical professionals recommend that you do not use cannabis.**

Dependence and Abuse

- Although not common, dependence and abuse of cannabis (also known as cannabis use disorder) is possible, especially in people who start using cannabis during youth or adolescence and who use cannabis more frequently.
- Some people who've used cannabis long term and have attempted to quit report mild withdrawal symptoms. About 3 in 10 users may experience addiction or show signs and symptoms of drug abuse.

Signs and symptoms of substance abuse:

- Neglecting responsibilities at work, school, or home due to drug use
- Using drugs under dangerous conditions or taking risks while high
- Causing problems in relationships
- Taking drugs to avoid or relieve withdrawal symptoms
- Abandoning enjoyed activities
- Losing control over drug use; wanting to stop using but feeling powerless to do so

If you or someone you know needs help with substance abuse, help is available. Please visit www.helpline.org or see NIH Drug Facts Resources for more information.

To learn more, please visit:

<https://www.mass.gov/info-details/responsible-use-of-marijuana>

Tips for Cannabis Beginners

In addition to the legal restrictions around cannabis, there are tips and tricks you can keep in mind to make the best out of your experience.

Cannabis and Alcohol

Don't mix cannabis and alcohol – also known as crossfading – as a beginner cannabis user. Both substances have altering effects that may overwhelm your mind and body. So, steer clear of the crossfade when you're getting started.

Cannabis and Food

This is your excuse to eat up! Beginner or not, it's **not** recommended to consume cannabis or cannabis-infused products on an empty stomach. A full stomach helps lower the intensity of effects you may feel.

Know that it's also normal to experience sudden cravings or intense hunger (also known as the "munchies") after consuming cannabis.

Anxiety and Paranoia

The effects of being high vary from person to person. However, anxiety and paranoia are common symptoms of over-ingestion. If you're experiencing any feelings of anxiety or paranoia, stay calm and remain in a comfortable, safe environment. The effects will pass with time.

Stay hydrated and even try snacking on citrus (such as lemons, limes, oranges, and grapefruits) to help counteract the effects of the THC.