

Effects of Cannabis

There are many factors that impact the effect of cannabis on an individual, from the amount used to the patient's environment and their diet. However, an important factor in how an individual reacts to using medical cannabis is dependent on the strain they use. The strains are used to differentiate between the different types of cannabis plant, the most common of which are indica, sativa, and hybrids, which are a combination of indica and sativa.

Indica

Indica strains focus their efforts on the body, producing feelings of relaxation and sedation. Patients often enjoy these more at nighttime. Indica strains tend to have higher CBD to THC ratios.

NOTED THERAPEUTIC EFFECTS:

- » Provides relaxation and reduces feelings of stress
- » Relaxes muscles and relieves muscle spasms
- » Offers relief from pain, inflammation, headaches, migraines, and other acute pain
- » Helps with insomnia and lack of sleep
- » Reduces anxiety
- » Reduces nausea
- » Restores lost appetite
- » Reduces intra-ocular pressure and provides relief of glaucoma symptoms
- » Reduces seizure frequency and acts as an anti-convulsant
- » Provides assistance for those suffering from PTSD

Hybrid

Hybrids are a combination of indica and sativa strains, with one of the two usually more dominant. Hybrids are usually used to treat a variety of illnesses by using certain characteristics of the two strains.

NOTED THERAPEUTIC EFFECTS:

- » Offers relief from headaches, migraines, and other acute pain
- » Provides relaxation and reduces feelings of stress
- » Manages depression and elevates mood
- » Reduces anxiety
- » Restores lost appetite
- » Helps with insomnia and lack of sleep

As hybrid strains are a combination of sativa and indica strains, they tend to fall somewhere in the spectrum depending on the dominant parent strain. Because of this, the therapeutic effects are dependent on which way it leans.

Sativa

Sativa strains primarily affect thoughts and feelings. As these strains tend to produce uplifted, energetic feelings, these are more commonly used in daytime. Sativa strains tend to have higher THC to CBD ratios.

NOTED THERAPEUTIC EFFECTS:

- » Mentally and physically stimulates and energizes
- » Increases sense of well-being, focus, and creativity
- » Manages depression and elevates mood
- » Offers relief from headaches, nausea, migraines, and other types of chronic pain
- » Restores lost appetite
- » Helps with insomnia and lack of sleep

Phylos Certified

Additionally, all strains at Trulieve are Phylos Certified. Phylos is a public and verified genetic ID based on world-class DNA

