

take up to 15 minutes. This is a highly efficient intake method, and it comes without the smoke associated with inhalation, the waiting time of an edible, and is fairly easy to titrate. One of the great benefits of a transdermal patch is that some can be time released providing continuous relief for a longer period.

Relief Period: Up to 8–12 hours depending on one’s metabolism.

Inhalation for Instant Relief

Smoking, dabbing, and vaping are especially useful intake methods for people who need immediate relief from nausea, vomiting, spasticity, and pain. Many people get relief with as little as one puff; others require more. I’ve never understood why nausea medicine comes in a pill. Have you ever watched someone who is vomiting try to keep down a pill?

Smoking

Smoking is the most widely used and accepted form of consuming cannabis but also one of the least efficient. While many people enjoy the immediate effect of smoked cannabis, the smoke itself can be an irritant to the throat and lungs—

especially when smoking a paper rolled cigarette. Pipes create smoke but deliver a cleaner, cooler drag and are less irritating to some than smoking a joint. They waste less cannabis than joints. If you use a water bong, keep in mind that some of the cannabinoids will be lost in the water. Because of the design of the bong, the user has to hold their mouth in a way that allows for a deeper inhale. One hit is equivalent to several from a joint or pipe. I once asked someone, “How is a bong different from a

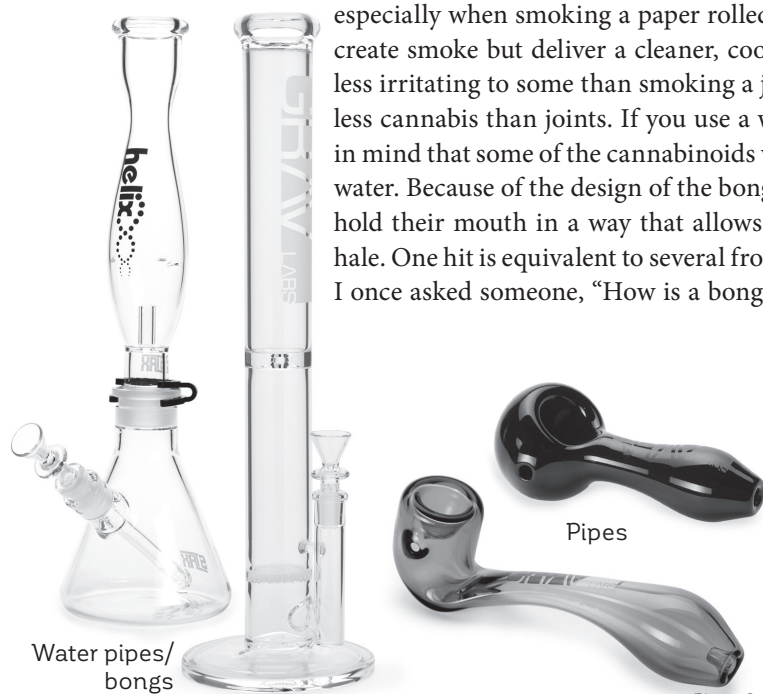


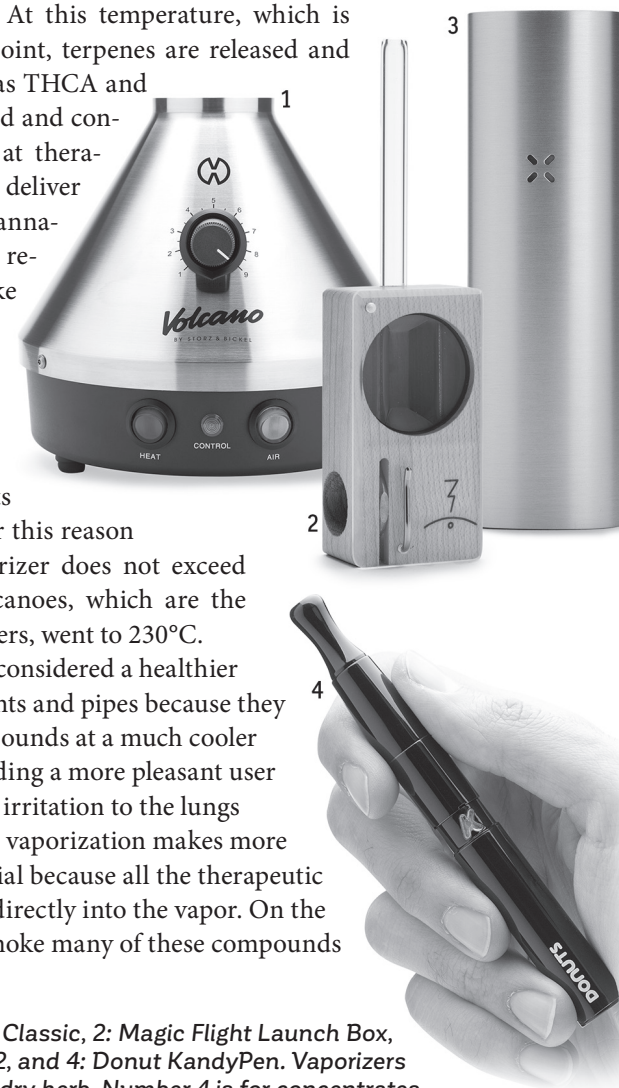
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joint?” He responded, “A joint is like drinking a beer while a bong is like taking a whiskey shot.” He was not exaggerating.

Vaporization

Vaporizers are an alternative to smoking that provides immediate relief with inhalation. They deliver therapeutic compounds in smoke-free air with comparable benefits to joints, pipes, and bongs. A vaporizer heats plant material without combusting it thus releasing the cannabinoids and terpene rich essential oils into a smoke-free vapor that is inhaled. Many experts believe the temperature sweet spot is 210°C or 410°F. At this temperature, which is below the combustion point, terpenes are released and cannabinoid acids such as THCA and CBDA are decarboxylated and converted to cannabinoids at therapeutic levels. Vaporizers deliver the same amount of cannabinoids but measurably reduce the pyrolytic smoke and other non-desirable compounds generated when cannabis is combusted. (Gieringer, St. Laurent and Goodrich, 2004) Cannabis combusts at 230°C (446°F). It is for this reason the VolcanoMedic vaporizer does not exceed 210°C. Previously, Volcanoes, which are the gold standard in vaporizers, went to 230°C.

Vaporizers are widely considered a healthier option than smoking joints and pipes because they deliver therapeutic compounds at a much cooler temperature while providing a more pleasant user experience and reducing irritation to the lungs and throat. Additionally, vaporization makes more efficient use of the material because all the therapeutic compounds released go directly into the vapor. On the other hand, when you smoke many of these compounds



1: Volcano Classic, 2: Magic Flight Launch Box, 3: Pax 2, and 4: Donut KandyPen. Vaporizers 1-3 are specifically for dry herb. Number 4 is for concentrates.

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