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Packaged Edibles: Making Informed Decisions



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Overview of Edible Use

- Timing of ingestion
- Appropriate situations for edibles
- Safe use of edibles





Start Low, Go Slow

- Edibles are a *commitment*
- Begin with one very low dose
- Take notes after consuming to track body response
- Sativa is cerebral-dominant pain reliever
- Indica is body-dominant pain reliever





Types of Extraction

- Butane, CO₂, ethanol (alcohol-based)
- All cold extractions
- Extraction method can influence body effect
- Cannabutter/Fat extraction





Making Infused Ingredients

- Making cannabutter – grind cannabis, heat for 24 hours, strain = green, flavorful butter
- Clarification removes milk solids – suitable for dairy-free food plans
- High-fat ingredients prolong edible effects





Timing Edibles Matters

- Digestive rate is different for everyone
- Edibles pass through the liver, slowing down the effect
- High sugar edibles will be absorbed more quickly
- Delta-9 THC converted to 11-Hydroxy THC, which is more available to body





Label Info When Buying Edibles

- Type of extraction used, which cultivar (strain), cannabinoid ratio
- Colorado requires labeling cannabinoid ratio
 - 10 mg THC + 1 mg CBD → 10:1 ratio label
- Activated THC – therapeutic constituents more readily available for the body





Individualizing Edible Use

- Daily small, frequent doses versus larger doses versus use as needed
- Consider other medications
- Consider current mindset + lifestyle
 - Happy, positive mood may be enhanced
 - Depressed, unhappy mood may be facilitated





Handling Edibles Successfully

- Store refrigerated or frozen
- Heat + light will degrade THC – store in cold, dark place
- After 6 months, may have little THC so check production date
- Lock safely to keep from children + pets





Timing Edible Peaks

- Allow at least a 4-hour window for edibles
- Some edibles may take up to 2 hours for onset
- High-fat edibles can provide 2 peak periods
 - At 1st hour in the stomach
 - At 2nd hour in the liver





Extending or Shortening Edible Duration

- Consuming high-fat or high-protein foods after edibles will extend effects
- High-sugar, CO₂ extracted edibles provide more short-term experience
- Do not use edibles immediately before bed
- Consume at least 4 hours prior to bedtime
- *Some healthcare professionals do recommend edibles just before bed under medical supervision for pain relief, insomnia + other health conditions.





Managing Panic Attacks

- Edibles may trigger anxiety + panic attacks in some patients
- Nervous, racing heart + palpitations
- Drink only water or unsweetened tea
- Do not consume food with any fat
- To avoid negative reactions, start low + go slow

