

CBD vs THC Edibles: What's the Difference?

Two of the most well-known cannabinoids are THC and CBD. The common belief is that the only difference between them is that one (THC) gets you high and the other is what provides the medicinal benefits.

While it's true THC can get you high, it also has a number of medicinal benefits, as does CBD and the estimated 98 cannabinoids present in cannabis. Some strains high in CBD and low in THC might be perfect on their own to relieve pain and inflammation, while strains high in both CBD and THC can address the same pain and inflammation, but also open up airway passages in the lungs, regulate serotonin levels and induce sleep.

As to how your body will respond to both cannabinoids, this can vary from person to person and what other cannabinoids are in a particular strain. In general, CBD can provide an all-over body high and even energize a consumer, while THC can do the same, plus the psychoactive effect, also known as "being stoned."

Be careful when consuming edibles because they are known to sneak up on you. If some is good, it doesn't mean more is always better.