

Cannabinoids Explained

Of the more than 100 cannabinoids found in the cannabis plant, the two most well-known ones are CBD and THC.

Each cannabinoid has several medicinal benefits, and when combined with other cannabinoids, provide other benefits. For example, a strain high in CBG, low in CBD and high in THC can address some ailments, while strains high in CBD, low in CBG, with minimal THC can address others.

We are taught that THC causes the high/psychoactive effect, and that CBD provides a body high, without the head high, which some consumers like to avoid. People often assume that CBD can address all that ails us, and strains high in CBD with low THC are as effective as strains high in THC with other cannabinoids, including CBD.

This isn't the case. It's estimated there are close to 1000 strains of cannabis, each with a unique combination of cannabinoids and terpenes. This means there's an infinite number of possibilities when it comes to how each person will respond.

Moreover, all of us have cannabinoids present in our own bodies that bind to cannabinoids in cannabis, so there's no way to predict how you'll respond to a strain compared to another person consuming the same strain.