



# Introduction to Cannabinoids

Are you falling in love with cannabis and hemp and want to improve your experience? Learn about these cannabinoids to help take control of your healing.

## What are cannabinoids?

Cannabinoids are what makes cannabis cannabis! They are the chemicals naturally found in the plant that work with our body to help with different ailments. You're probably most familiar with THC and CBD, but scientists have discovered and named over 100 different cannabinoids.

That's a lot! Don't worry, you don't need to know all of them. Here are the top seven cannabinoids that will help guide you on your journey:

01

### **THC**

*Tetrahydrocannabinol*

Probably the most well-known cannabinoid, THC is responsible for giving you a euphoric or high feeling. But you can't just grab some cannabis, eat it raw and expect to get high. It must be "activated" with heat, alcohol or great pressure in order to turn from THCA to THC.

02

### **THCA**

*Tetrahydrocannabinol Acid*

Are you sure you're spelling THC right? Yes! This is what THC is in its natural, raw form before it becomes "active" or "decarboxylated". It is non-intoxicating and can help relieve pain and inflammation.

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### **THCV**

*Tetrahydrocannabivarin*

Another THC-based cannabinoid? Yes! But this cannabinoid is not as intoxicating as THC. Its most notable use is to suppress appetite, but it has also been known to help suppress panic attacks.

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### **CBD**

#### *Cannabidiol*

The new poster child for hemp, CBD is becoming just as popular as THC. It is a non-intoxicating cannabinoid that helps relieve pain, inflammation, reduce epileptic seizures, and is starting to be used in the treatment of anxiety and depression.

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### **CBG**

#### *Cannabigerol*

Most people haven't heard of CBG, but it is one of the most important cannabinoids because it is a building block for THC and CBD. It is not often found in cannabis and so growers cultivate specific strains to get this sought after cannabinoid. Why is it so popular? Not only does it reduce inflammation, but studies show this cannabinoid is a champion when it comes to stopping tumor and cancer cells from growing. It has also shown to promote bone growth!

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### **CBN**

#### *Cannabinol*

This cannabinoid can be found naturally in the plant or you could even make it at home. How? It is just "old" cannabis. When THC is exposed to the air and sunlight, it breaks down and turns into CBN. Have you ever found some old weed and tried it? Did you get super hungry and then fall asleep? That is because CBN is a great appetite stimulant that can also help with insomnia. When combined with THC, it becomes a powerful tool to fight pain.

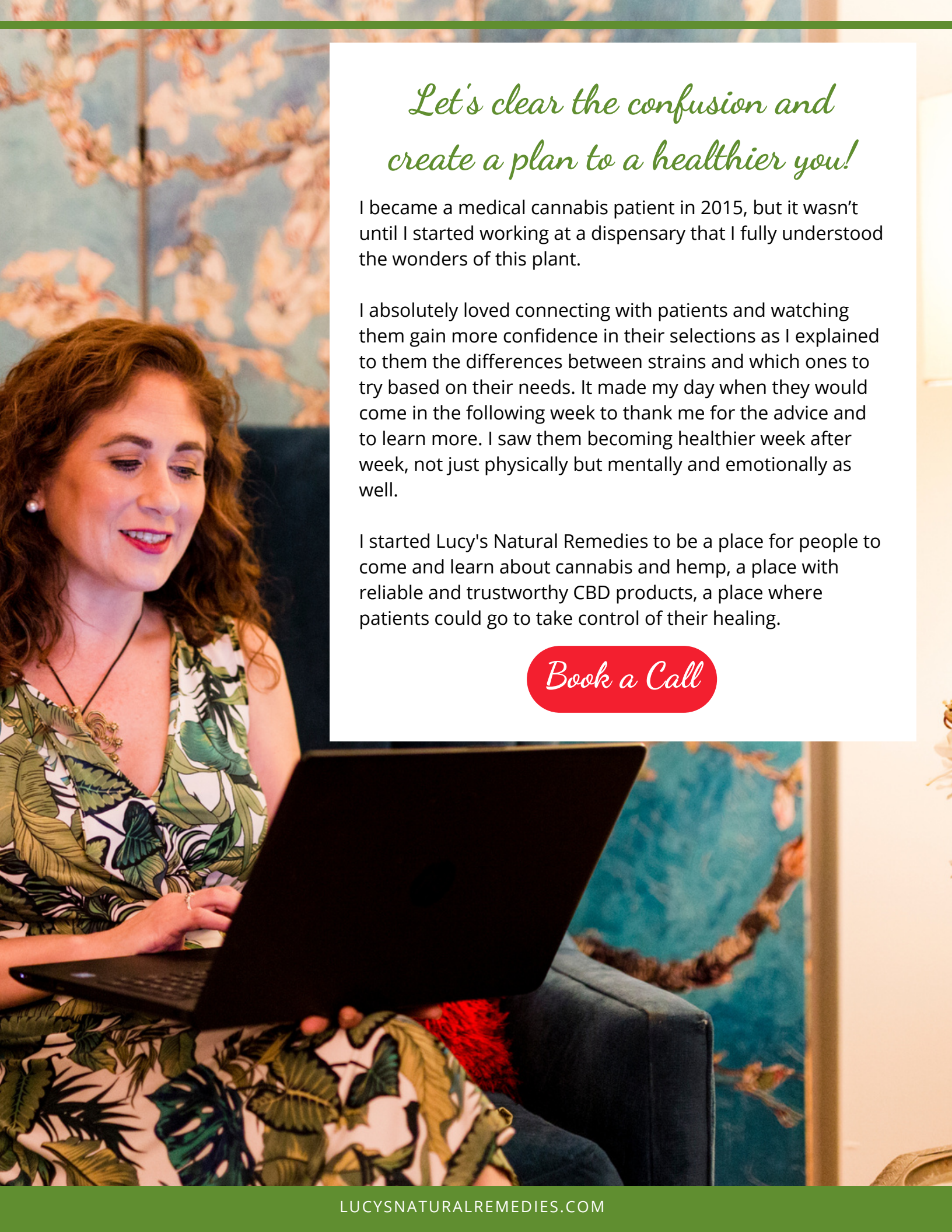
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### **CBC**

#### *Cannabichromene*

This cannabinoid is quickly becoming popular thanks to recent studies that have shown its great medicinal properties. Even though it is not widely known, CBC is the third most commonly found cannabinoid after THC and CBD. Studies have shown that this non-intoxicating cannabinoid can promote new cell growth and inhibit cell growth in tumors.





## *Let's clear the confusion and create a plan to a healthier you!*

I became a medical cannabis patient in 2015, but it wasn't until I started working at a dispensary that I fully understood the wonders of this plant.

I absolutely loved connecting with patients and watching them gain more confidence in their selections as I explained to them the differences between strains and which ones to try based on their needs. It made my day when they would come in the following week to thank me for the advice and to learn more. I saw them becoming healthier week after week, not just physically but mentally and emotionally as well.

I started Lucy's Natural Remedies to be a place for people to come and learn about cannabis and hemp, a place with reliable and trustworthy CBD products, a place where patients could go to take control of their healing.

*Book a Call*