



UNDERSTANDING

Terpenes

& HOW THEY WORK
WITH YOUR BODY

Lucy's 





MEET YOUR NEW FRIENDS

Terpenes

Strains come and go, but terpenes are forever. Knowing your terpenes is almost as important as knowing your favorite strain. When you learn your terpenes and how they work with your body, it is like a secret code is unlocked and you're able to read through the fancy, almost comical strain names growers give their plants. You can look past the fluff and find what actually works for you without as much guesswork.

Terpenes are not just found in cannabis; they are responsible for the aroma of plants, fruits, flowers, and even a few insects! The more we learn about terpenes, the more we realize how aroma works together with cannabinoids to provide us with relief.

The use of terpenes and understanding the power of your nose can be dated back as far as the Egyptians. They believed your sense of smell was the strongest sense you had and could control all your other senses--even sight! Now we know that your sense of smell is not as strong as the Egyptians believed it to be, but they were definitely onto something.

Have you ever pinched your nose while eating something and tasted nothing? That is because your sense of smell has a direct impact on your sense of taste. Have you ever dived into the world of diffusers and essential oils to help give you energy in the morning or fall asleep at night? That is because their products are derived from terpenes that are blended to provide you the best aromatic relief based on your situation. Have you noticed the lavender trend in baby products?



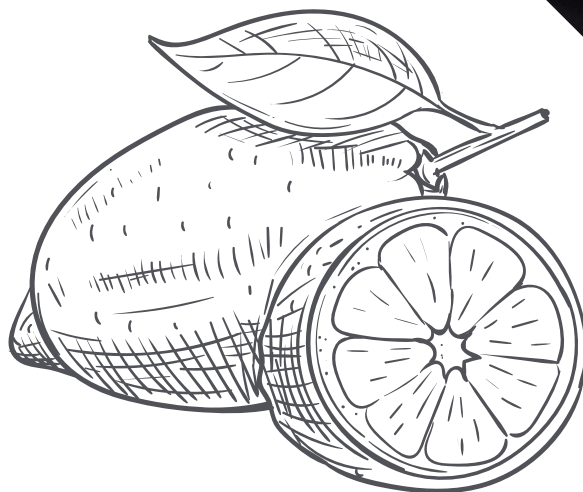
That is also not a coincidence. Lavender's main terpene is linalool, which is a natural sedative that can help you, and crying babies, relax. When used in the right quantities, it can even help you fall asleep.

Now, let's see how the magic of terpenes works to provide you consistent relief. Let's say you use a strain that is high in linalool to relieve your insomnia, but when you come back for a refill they are completely out of that strain. By now you have learned that not all indicas are created equal, so when the "budtender" tries to sell you a myrcene-rich indica that will "knock you out", you can say thanks but no thanks. The budtender may have recommended his favorite indica, but it is filled with a different terpene that you know does not have the same effect on you.

Take a moment to familiarize yourself with the following seven terpenes to unlock your potential and take control of your healing.

Limonene

It's Saturday morning, the sun is shining and you are cleaning your house with citrus-based products. Sure, everyone knows that citrus is great for disinfecting, but did you know that it's making you happy enough to whistle while you work, too? That citrus you smell is limonene and is a terpene known to elevate your mood, relieve stress, and combat depression. Strains high in limonene are great day-time strains and can help make the sun shine even on the cloudiest of days. Look for limonene in other natural elements like lemons, juniper, and peppermint.



Linalool

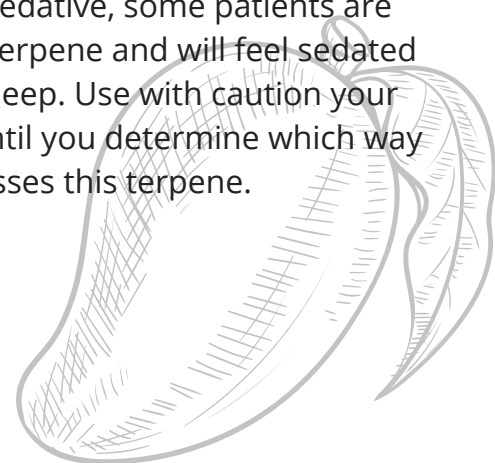
It's been a long day and you're hoping it won't be a longer night. You've added lavender to your sheets, to your diffuser, to your skincare routine all in the hopes of getting a good night's rest. But the secret isn't in the lavender, it's in its terpene linalool. Strains high in this terpene are known to produce a calming, almost sedative effect and is popular for those having trouble falling asleep. While high levels of linalool can bring about dreamland, low levels have been used to treat stress, depression, anxiety, pain and convulsions. Where else can you find linalool? Laurel and Rosewood.



Myrcene

When you think of biting into a mango, your mouth tastes sweetness but your nose might be telling a different, muskier tale. What about thyme? Does that bring back memories of Thanksgiving turkey? It might seem like you're comparing apples and zucchinis, but these two have one solid thing in common: myrcene. Resembling a musky, earthy tone, myrcene can help relax even the most stressed out of patients and has also been known to accentuate the effects of THC. If your local dispensary doesn't have any myrcene-based strains,

pick up a mango or some turkey cooked with thyme and eat it after your session. The myrcene will help strengthen the effects of the THC and help relax you. One thing to keep in mind is that while most patients don't find this terpene to be a sedative, some patients are sensitive to this terpene and will feel sedated enough to fall asleep. Use with caution your first few times until you determine which way your body processes this terpene.





Humulene

Raise your hand if you've fallen victim to the Munchie Monster. Yes, we all have. One way to get ahead of the curve? Choose a strain that is high in humulene. Not many labs test for this terpene because it comes in such small quantities, so you will have to train your nose to look for a warmer, spicy and nutty aroma. This terpene is known to suppress appetite and can also provide pain relief. You can practice with other plants that will help give you a sense of what to smell for such as hops and coriander.



Caryophyllene

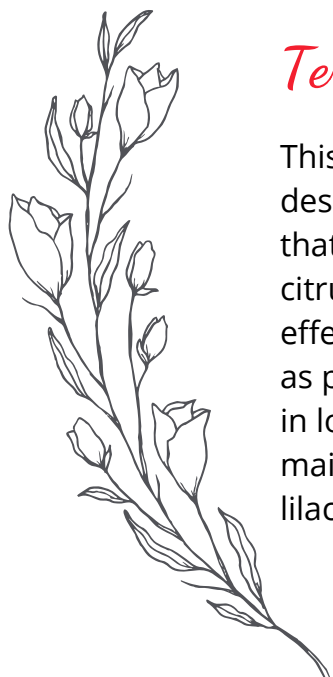
Close your eyes and think of peppercorns, cloves and basil. That peppery smell comes from the terpene caryophyllene (also referred to as Beta-Caryophyllene). Think about how it makes you feel to smell that spice that can relieve stress and calm you. Not only does caryophyllene help with stress, pain, and muscle spasms, it also can help with insomnia in the right quantities. This terpene is particularly special because it interacts with our bodies in a way that is unlike the others. This unique terpene binds to your body like a cannabinoid to relieve inflammation and gives your body an extra tool to help heal itself.





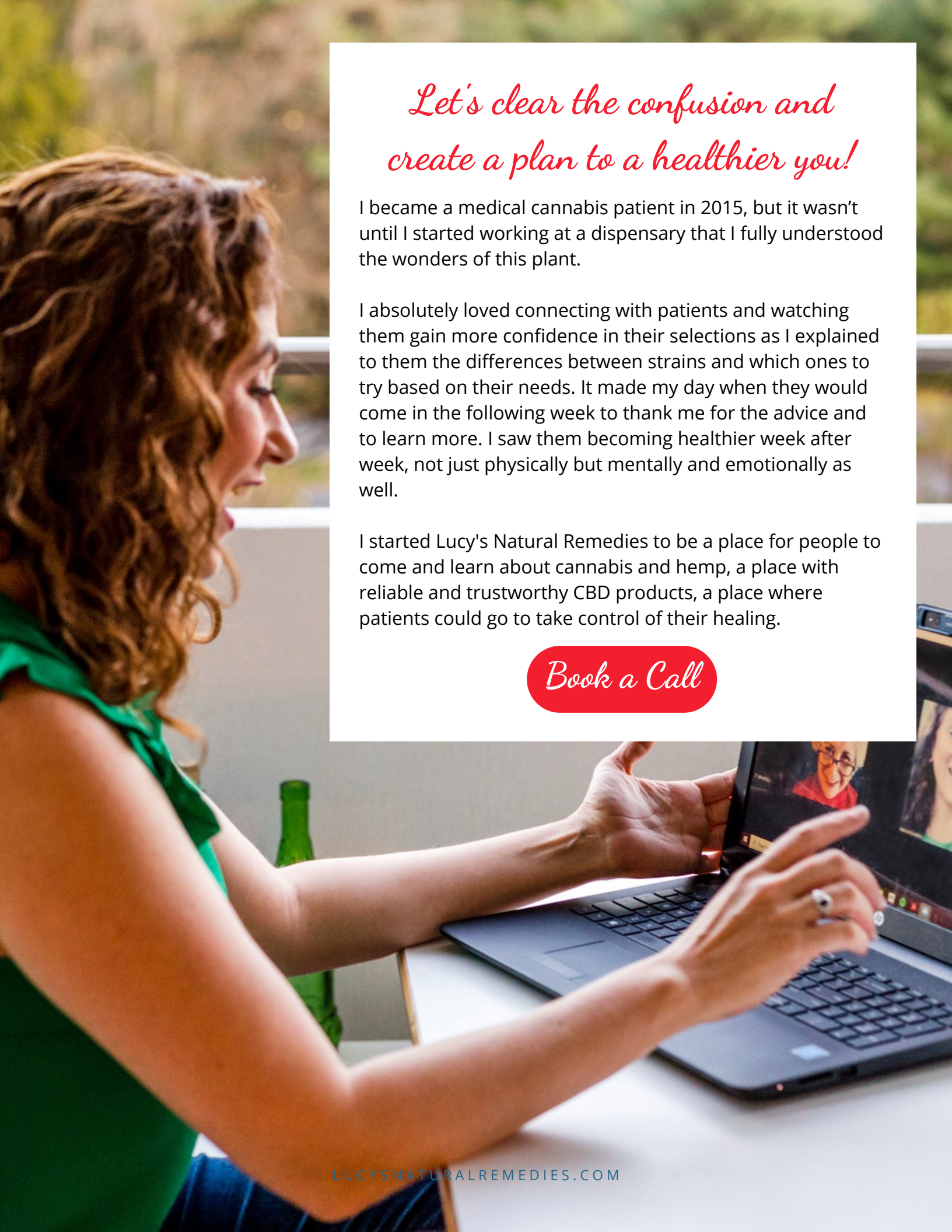
Pinene

What do you feel when you walk into a giant forest and take a giant breath of that fresh air? Energized, right? There is just something about that fresh piney scent--even soaps use it to wake you up in the shower. That is just one of the feelings you will experience when you use this terpene. Studies have shown pinene can help increase alertness, reduce asthma symptoms by reducing inflammation, and even improves memory retention. Stoner short-term memory loss? Not with this terpene in your pocket. Pinene can be found in other conifers such as juniper, firs, cypresses and redwoods.



Terpinolene

This terpene has one of the more complex aromas and can best be described with the word fresh. It is often used in soaps and perfumes for that very reason. Many have described it as piney, floral, herby and even citrusy. When used in heavy doses, it can create an overpowering sedating effect. But terpinolene isn't found in large quantities in cannabis; think of it as part of a cast of supporting characters rather than the lead. When used in low doses, it acts like a chorus in a cannabis musical supporting the main character, THC. You can train your nose to find terpinolene with lilacs, nutmeg, cumin, and tea tree.



*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.

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