



CANNABIS BASICS

A Beginner's Guide to Safe
& Intentional Use

HOW TO CONSUME

Inhalation



joint | bong | pipe | dry flower vape

Onset: 5-10 minutes

Duration: 2-4 hours

Ideal for fast relief (pain/mood) +
falling asleep

Oral



oils | capsules | edibles

Onset: 1-3 hours

Duration: 5-8 hours

Ideal for steady relief (pain/mood) +
staying asleep.

Sublingual



strips | spray

Onset: 5-10 minutes

Duration: 2-4 hours

Ideal for fast relief (pain/mood) +
falling asleep

Topical



creams | lotions | bath products

Onset: 20 minutes

Duration: 2-6 hours

Ideal for local pain + relaxation.
Non-intoxicating.

Suppositories



rectal | vaginal

Onset: 15-60 minutes

Duration: 4-8 hours

Ideal for pelvic/back pain,
menstrual cramps, or digestive
issues

CONTRAINDICATIONS

+ CAUTIONS

Cannabis isn't safe for everyone.

Before using cannabis, please talk to your
healthcare provider if:

- ❌ You have a history of psychosis, schizophrenia, or manic episodes
- ❌ You're pregnant or breastfeeding
- ❌ You're taking pharmaceutical medications (some may have interactions with cannabis)
- ❌ You've struggled with cannabis misuse in the past.

Knowledge and support are the safest first steps.

CONTACT US



Phone Number

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Email Address

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Patient Support Hours

Monday - Friday:

9:00 a.m. - 5:00 p.m. (EST)

Or outside business hours by
scheduled appointment.

RECOVER
CANN

MEET THE PLANT

Cannabis is made up of hundreds of compounds – including cannabinoids, terpenes, and flavonoids. These work together in the body in what researchers call the ‘entourage effect.’”



Cannabinoids

- CBD: non-intoxicating, may be calming, support stress, inflammation + anxiety
- THC: euphoric, pain-relieving, can cause intoxication + anxiety with higher doses
- CBN: may be helpful for sleep when combined with CBD + THC
- CBG: may improve focus, mood + anxiety
- CBC: may support mood, inflammation, + protect the nervous system



Terpenes

Terpenes are aromatic compounds found in all flowering plants, including cannabis.

- Linalool – calming (lavender)
- Pinene – focus + alertness (pine)
- Myrcene – relaxing + sedating (mango, eucalyptus)
- Limonene – mood boosting (citrus)

💡 “Indica vs. Sativa” isn’t the whole story – terpenes + cannabinoids matter more to the overall effect a strain may have!

THE ENDOCANNABINOID SYSTEM

The Endocannabinoid System (ECS) is a system of receptors + messengers that regulates sleep, pain, mood, digestion + more.

Your body makes its own cannabinoids - endocannabinoids - like anandamide (the “bliss molecule”), which help your body respond to stress, pain, and emotion in real time.

The choices we make every day can either nourish or dysregulate the ECS.

ECS Nourishing Habits

- ✓ Quality sleep
- ✓ Eat whole foods
- ✓ Care for your guts with probiotics + fermented foods
- ✓ Omega-3 fats (avocados, fish, flax/chia seeds, walnuts or supplements)
- ✓ Gentle exercise + breathwork
- ✓ Social connection
- ✓ Mindfulness + play
- ✓ Acupuncture + massage

ECS Dysregulating Habits

- ✗ Chronic stress
- ✗ Alcohol/caffeine overuse
- ✗ Poor sleep
- ✗ Inflammation
- ✗ Multiple prescription drugs
- ✗ Processed foods
- ✗ Smoking cigarettes

🌿 Cannabis is a tool to support your ECS – especially if it helps you rest, move, or reconnect with life so you can engage in other healthy activities.

CANNABIS SAFETY

Not all cannabis products are created equal - and higher THC is not more effective.

THC % GUIDE

- Low: 2-15% → good for beginners
- Medium: 15-22% → moderate experience
- High: 22%+ → use with caution

Consider using strains with equal CBD:THC.

FIRST TIME THC TIPS

- **START LOW AND GO SLOW!**
- Try in a safe, familiar setting
- Effects can start within minutes (inhaled) or hours (oral)
 - Wait at least 3 hrs before taking a second oral THC dose!
- Stay hydrated + eat healthy snacks
- Avoid mixing with alcohol
 - may intensify negative THC effects

IF YOU TAKE TOO MUCH

- Stay calm - you are safe.
- Hydrate + rest in a quiet, familiar space.
- Take some CBD + deep breaths.
- Distract yourself (watch a comfortable show, stretch, listen to calming music, or cuddle with a pet).
- Time is your friend - THC’s effects will wear off. Remind yourself: “I’m safe. This will pass.”

