

SMOKELESS SEPTEMBER

SEPTEMBER 2025



As the seasons change, it's the perfect time to pause and reflect on our routines — including how we use cannabis.

September offers a chance to step back, check in with your goals, and explore new ways of supporting your endocannabinoid system (ECS). You may even consider joining our [**#SmokelessSeptember**](#) by taking a break from inhalation and focusing on non-intoxicating, THC-free options.



#SmokelessSeptember

While inhaling cannabis may be the fastest way to feel relief, it's not without its risks.

- Lung irritation and chronic cough
- Shorter duration of effect → more frequent use
- Higher risk of dependence
- Increased tolerance
- More exposure to harmful byproducts when smoked

Reduce your risks (and improve your tolerance) by giving your lungs a break this month.



GOOD NEWS!

You don't have to smoke (or get high) to experience the potential benefits of cannabis! Alongside THC, cannabis also contains non-intoxicating cannabinoids (CBD, CBG, CBC + CBN) that have their own potential benefits - and Recovercann has the products to support you as you go smokeless!

DON'T STOP COLD TURKEY!

To prevent withdrawal symptoms, slowly reduce your THC consumption and take extra steps to nourish your Endocannabinoid System (ECS - eat whole foods, try some breathing exercises, get a massage).

Start by incorporating oral dosing of non-intoxicating cannabinoids and try balanced THC:CBD products to ease the transition.

NON-INTOXICATING CANNABINOID

- CBD: may be calming, support stress, inflammation + anxiety
- CBG: may improve focus, mood + anxiety
- CBC: may support mood, inflammation + protect the nervous system
- CBN: may be helpful for sleep, pain + anxiety (may cause euphoria).