

Sativa vs. Indica

The efficacy of cannabis is directly related to strain selection, therefore we recommend care be taken in selecting appropriate strains to meet your needs. We are beginning to identify particular varieties that are effective for sleep, pain, appetite, and energy; as well as for specific conditions.

Cannabis potency varies with strains. In terms of medicinal dosage, the idea is to smoke as little as possible in order to reduce respiratory irritations from excessive inhalation of burnt plant matter. Patients are highly encouraged to use vaporizers, or ingest cannabis medicine to reduce any potential risks from smoking. Patients need less high potency cannabis to reach desired effects. Any patients who find they need increasingly larger doses to reach desired effects should reduce, or stop intake for a time, or change the variety of cannabis normally used. This helps patients return to a minimized effective dosage level.

Generally, the sativa plant is the taller and lankier variety, reaching heights of over 5-6 meters. It is characterized by narrow serrated leaves and loose spear-like flower clusters that can be extremely resinous. Primarily, the effects of sativas are on the mind and emotions. In this regard, they tend to be more stimulating, uplifting, energizing, and creativity enhancing. These benefits can be particularly helpful for the psychological component of many illnesses. Sativas are generally better for daytime use.

Indica plants are normally shorter and stockier plants, reaching 1-2 meters in height with wide, deeply serrated leaves and compact and dense flower cluster. The effects of indicas are predominantly physical, although the relief of certain physical symptoms can have emotional results as well. These effects can be characterized as relaxing, sedating, and pain reducing. Indicas are generally best for later in the day and before bed.

Strain crosses, or hybrids, are the result of cross-pollination of various strains. The characteristics, and hence the effects, of one strain will usually be dominant. For example, indica-dominant crosses are good for pain relief, with the sativa component helping with energy, and activity levels. Sativa-dominant crosses are good for stimulating appetite, with the indica component helping to reduce body pain and increase relaxation.

<u>Sativa</u>	<u>Indica</u>
Reduces depression Relieves headaches and migraines Energizes and stimulates Reduces awareness of pain Increases focus and creativity Reduces nausea Stimulates appetite Supports immune system	Reduces pain Relaxes muscle spasms Stimulates appetite Reduces inflammation Aids sleep Relieves headaches and migraines Reduces intra-ocular pressure Anti-convulsant