

RANCH & COAST

SAN DIEGO'S LUXURY LIFESTYLE MAGAZINE

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LIVING IN LUXURY
THE HOME ISSUE

Something For Everyone

Smoke-free ways to utilize cannabis BY JACKIE BRYANT

FOR MANY PEOPLE, SMOKING cannabis flower is not ideal. There are health concerns to worry about, for starters. Similar to smoking cigarettes, smoking flower (whether it's in joint form or something else) produces tar and other carcinogens. It's also time-consuming. Some people don't like the high, and in California, that's a valid concern, owing to the high-quality, potent bud grown in the state. There is no way to really know what kind of a dose one is getting. There is also the issue of smell. If there is concern with discretion, smoking a joint is certainly not the method of choice.

The beautiful thing about the cannabis plant, though, is that it can be used and ingested in many different forms and for a variety of uses, from alleviating pain and inflammation to increasing or decreasing appetite or, simply, just to have a good time. There's also no need to get high, as several prominent cannabinoids — chemicals in the plant that, when activated, produce various effects like those just listed — are non-intoxicating, like CBD, a popular one that has recently entered the mainstream. Here are four ways to utilize cannabis that don't require any sparking up at all.

Topicals

Lotions and topical oils don't provide a body or head high. Rather, they produce localized relief, mainly for inflammation and pain without any kind of intoxication. Topical cannabis products are ideal for people with chronic pain and other pain-causing medical conditions, as well as athletes (it will show up positive on a drug test if that's an issue, but it doesn't cause a high).

Tinctures

Tinctures are concentrated cannabis products that can be ingested orally, usually in an alcohol or other fat-soluble liquid, like a vinegar or glycerol. These are ideal for those looking for fast-acting effects and dosage control. Usually, three or four drops, which are intended to be held under the tongue for 15 seconds or so, will do the trick.



Ingestible Oils

Something of a middle ground between edibles and concentrates, like the kind of oil used in vape cartridges, ingestible oils are intended to pack a punch while also producing body effects. These are good for therapeutic reasons, like treating anxiety and pain with CBD oils, or just for recreational use, as is the case with THC oils.

Edibles

Notorious in old stoner lore for turning an otherwise innocuous plate of brownies into a potentially mind-bending and/or terrifying trip, these days, edibles need not be as scary as they used to be in the unregulated market. Many producers keep their individual edible pieces to 5 milligrams — like the gourmet goodies from local edible maker Kaneh Co. — which is a good place to start for a beginner. Eating edibles produces a body-heavy high — at high doses, it can feel like using psychedelics — that is particularly good for alleviating pain or just relaxing. It can take up to two hours to take effect, depending on the person's metabolism. 

