CANNABIS-A REVIEW
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USES OF CANNABIS:

There are many uses for cannabis.

Its stalks and seeds are used to make paper, rope, food, oils, fabrics and clothing.

The leaves and flowers of cannabis are commonly used for relief in the following forms:

- Medicinal
- Therapeutic
- Spiritual
The plant itself produces **Trichomes**, or gland heads that provide protection from insects by being intoxicating and sticky.

Highly sought after psychoactive and medicinal compounds in cannabis are located in the trichomes.

Trichomes contain oil and within the oil there are over 125 different terpenes and cannabinoids.

The cannabinoids and terpenes are responsible for the psychoactive effects, smell, and flavor of the cannabis.
Some of the most commonly discussed and studied cannabinoids are:

**THC**, or tetrahydrocannabinol, is the most widely talked about of all the cannabinoids.

\[ \text{\(\Delta-9\)-tetrahydrocannabinol (THC)} \]

THC can have a profound effect on behavior, including mood, appetite, sleep, and energy.

**Cannabidiol (CBD)** is non-psychoactive and has been found to provide relief from:

- Anxiety
- Inflammation
- Convulsions
- Nausea and vomiting
- Loss of appetite
More and more states are allowing the use of high CBD strains for medical purposes since it has little or no psychoactive effects on the user.

**Cannabinol** has some psychoactive effects although much less than THC.

Has been found to help people suffering from seizures.

Is commonly used to help patients with glaucoma since it can decrease intraocular pressure.

**Cannabichromene** has a calming effect and helps people who suffer from chronic pain.

**Cannabigerol (CBG)** helps lower intraocular pressure, provides a calming effect, and is mainly found in strains of cannabis with a low amount of THC.

CBG, along with CBD, is being widely studied currently for its ability to help counteract the spreading of cancerous tumors.

**Tetrahydrocannabivarin (THCV)** is currently being used in clinical trials for relief for those inflicted with Type 2 diabetes.
VARIETIES OF CANNABIS:

CANNABIS SATIVA-
Tall, long thin serrated leaves, widely spaced branches

CANNABIS INDICA-
Short, bushy, faster to finish growing than Sativa.
CANNABIS RUDERALIS-
Not as commonly found as Sativa and Indica.
Grows naturally outdoors in cold climates in many areas of the world.

HYBRIDS-
Hybrids are the most commonly found type of cannabis today in North America.
Hybrids are crosses between Indica and Sativa strains, and sometime ruderalis as well.
THERAPEUTIC EFFECTS OF CANNABIS STRAINS:

**Cannabis Sativas** are typically used for daytime use since they can cause energizing feelings.

They are also loved for their ability to increase one's mood, as well as help tap into the creative part of the brain.

Sativas also decrease depression, provide relief from headaches, ease feelings of nausea, and help those who are having trouble eating due to a decrease in appetite.

**Cannabis Indicas** are well known as relaxants, and therefore are commonly used at night as a sleep aid.

Indica strains also cause a decrease in anxiety, help handle and alleviate chronic pain and inflammation, and assist with relief from intraocular pressure for those with glaucoma.
CANNABIS-MALE VS. FEMALE

The vast majority of growers are looking for un-pollinated female marijuana plants as these produce the most potent buds.

By determining the sex of each plant as early as possible, it will help to remove any male plants that have the potential to pollinate the entire marijuana crop.

It is possible to start telling cannabis plant sex as early as pre-flowering, which takes place between the fourth and sixth week of vegetative growth.

Pre-flowers will develop at the area where the leaf stems join the main stem. These are known as “internodes”.

When trying to produce the un-pollinated female cannabis (sensimilla) buds for smoking, if there is a male plant in the grow room, it will pollinate the female plants, and the females will then start producing seeds instead of THC full buds.
Differences Between Male and Female or Hermaphrodite Cannabis

Female Cannabis Plants

(Look at the white pistils, this is a sign it is female)

The best way to identify a female marijuana plant is by carefully searching for a pear-shaped ball that grows where leaf stems join the main stem on the plant. Here the pear-shaped ball, better known as the “calyx”, will develop two white hairs known as “pistils” that will grow out in a “V” shape.

It can at times be difficult to figure out the sex until the plants are under 12 hours of light and 12 hours of darkness, so do not worry if you can’t determine the sex right away.
Male cannabis plants will start to develop what look like little balls can be told apart from females by the absence of the little white hairs or pistils.

In general, male cannabis plants tend to be taller than females, with a greater amount of branching and fewer leaves and internodes.

Keep in mind that only one male cannabis plant is all it takes to spread pollen in a garden.

Male cannabis plants are only spared when trying to breed seeds.
Hermaphrodite cannabis plants, also known as “Hermies”, are usually females that go on to develop male sex organs.

Hermaphrodites develop most often when a plant is stressed. A common cause is due to an interruption to the darkness period during flowering, such as light leaks.

Incorrect nutrient mixes and too much heat can also cause cannabis plants to turn into hermaphrodites.

Some growers find that feminized cannabis seeds are easy to accidentally turn into hermaphrodites.
Seeds can be purchased that say “feminized cannabis seeds” which means they are genetically predisposed to grow as females.

They do not come with a 100% guarantee, and also are easy to make mistakes with.

Hermaphrodites are best to discard. They pollinate themselves and the other females, and they tend to produce low-grade cannabis that is full of seeds.

The 100% way to guarantee that plants will be female is to begin with a clone from a female cannabis plant.

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