



Terpene

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Unless you've been living in space for the last several years, you'll have noticed that people are giving less attention to CBD and THC percentages and paying more lip service to the role Terpenes play in producing a certain effect. But, did you know that Terpenes are actually the secret puppet masters in the cannabis plant and have been controlling the effect this entire time?

Terpenes are the aromatic organic hydrocarbons found in the plants that give them their distinct essence/fragrance. A hydrocarbon is an organic chemical compound composed exclusively of hydrogen and carbon atoms. Hydrocarbons are naturally-occurring compounds and form the basis of crude oil.

Terpenes are found in all plants, not just cannabis - they help to repel certain bugs and predators, while at the same time attracting the right insects to help them pollinate successfully. Terpenes are secreted out of the same sticky resin glands as THC and CBD, as well as other cannabinoids. There are about 30,000 Terpenes found in the plant kingdom, and 200 or so of those appear in cannabis (Hemp and Marijuana) plants.

Many elements affect the mix of Terpenes a cannabis plant will have, and the same strain doesn't always produce the same aromatic oils. Factors such as soil, fertilizer, climate, and the age of the plant play a pivotal role in the combination of Terpenes your plant ends up with.

We already know that CBD and THC bind to our cannabinoid receptors in the brain to produce a certain effect, and just recently it has been shown that Terpenes play a crucial role in controlling how cannabinoids work.

Terpenes actually influence how cannabinoids interact with our body, by controlling how much THC and CBD enters our brains through the blood-brain barrier. So, while two plants may have similar levels of CBD and THC; they may produce entirely different effects depending on their dominant Terpenes.

With sativa plants, the dominant Terpenes are usually limonene, which is found in citrus fruits, and pinene (which is also present in conifers like pine trees), spruces and Cedars. These Terpenes create an energetic, euphoric high. Indica, on the other hand, is usu-

ally more dominant in linalool (a floral scent found in Lavender) and myrcene (which is found in hops and many herbs); and because of these dominant Terpenes creates a sedative and calming effect.

When it comes to hybrids that 'mix' of effects you're getting is more to do with the combination of Terpenes present in your strain, than the breeding of an Indica and a sativa plant. This unique cocktail of more elevating Terpenes along with more calming Terpenes are what gives each plant its unique effects throughout the entire plant kingdom.

When it comes to cannabis Terpenes are an important factor in choosing a strain for treating specific illnesses. Choosing a strain is difficult enough as it is, with the wide range of strains available. While linalool is more effective at stabilizing conditions like anxiety, insomnia, stress and depression, a terpene like humulene is best used as an anti-inflammatory and anti-bacterial aid for treating pain conditions. Other common Terpenes are caryophyllene, which is used to treat insomnia and muscle spasms, and eucalyptol (found in eucalyptus) which has been used to treat asthma.

Labs are now starting to provide terpene levels along with THC and CBD percentages, for the truly dedicated cannabis connoisseur. High levels of Terpenes are good indicator of a higher quality strain, and anything over 40% is too much - unless you like vaping or drinking clogne.

Would you like more information? Visit us at 6616 Laguna Blvd, Suite 124, Elk Grove, or call us at (916) 306-7487

TERPENES

WHAT ARE THEY & WHY SHOULD I CARE?

TERPENES are what give CANNABIS its SMELL, TASTE and UNIQUE EFFECTS

Without the variety of terpenes found in cannabis, each strain would smell, taste, and feel almost the same - it is the mixture of these essential oils (terpenes) which provide such a range of possible therapies from one plant.



EXAMPLES



TERPENE SOURCES

There are over 30,000 terpenes in nature, many of which are found in a number of plants; this is because terpenes are not unique to one species of plant. Whether these oils are found in lemons, cloves, roses, garlic, or cannabis, it makes little to no difference. They are biologically the same and have the same exact effect regardless of the plant source.

"The Entourage Effect"

A theory which states that terpenes and cannabinoids, found in cannabis and other plants, work better together than they do on their own.

It's like "United we Stand, Divided we Fall", but for plants.



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