

# Cheltenham Communities That Care

## CBD VS THC

### If it comes from the cannabis plant, it's all the same, right? Wrong.

Not all forms of cannabis are alike. For instance, there are two types of cannabis plants: Cannabis Indica and Cannabis Sativa. Marijuana can originate from both of these plants, but only the Cannabis Sativa plant is capable of producing hemp.

Also found in cannabis plants are **THC (Tetrahydrocannabinol)** and **CBD (cannabidiol)**, which are both types of cannabinoids, chemicals that cause drug-like effects in areas of the body, such as the central nervous system and the immune system.

THC, obtained from marijuana, attaches to cannabinoid (CB1) receptors in the brain, which can cause people to get high and even to hallucinate, depending on the amount and strength of the THC inhaled or ingested.

Conversely, CBD is derived from either marijuana or hemp, but can also be manufactured in a lab. CBD that originates from hemp contains almost no THC, and will not cause a person to get high.

In fact, in order to be legally classified as hemp, THC levels in hemp may not exceed .3%. However, if the CBD is extracted from marijuana or created in a laboratory, it could contain levels of THC that could get a person high.



### What is the potency of THC?

The levels of THC in marijuana has risen dramatically over the years. From approximately the 1960s through the 1980s, marijuana flowers or leaves contained THC levels of approximately 2%, and rose to about 4% during the 1980s.

Between 1995 to 2017, there was a 212% increase in THC levels which rose to levels between 17-28%. A high THC level is considered anything above 15%.

Enhanced or laboratory-created marijuana has led to these vast increases, with the most drastic increases in THC levels occurring in 2019, when THC levels in marijuana products in the forms of dabs, oils, shatter, and edibles reached new heights ranging from 50% to 95% THC. Such high levels of THC have been shown to have no medical benefits, produce greater psychotic episodes, increase the possibility of addiction, and promote continued purchase.

High level products are not just sold on the street, but also at dispensaries. In states where recreational marijuana is legal, it can be purchased in various forms (dabs, oil, shatter, edibles, etc.) at stores, markets, and vendor stands at community events.

## Health Risks

THC in marijuana has been known to impact brain development and function. The brain is composed of many neurotransmitters which create connections and transmit instructions for everyday functioning such as memory, attention, learning, brain growth, sleep, impulses, and mood.

The problem is that THC can resemble these neurotransmitters and trick the brain by interfering with and disrupting normal functioning. Sometimes the effects are temporary, but other times the damage can be permanent, such as in lowering I.Q.

The amount of damage may be negatively impacted by the frequency of marijuana use, the potency level of the THC in the product, early exposure with continuous use, and other substances that are used at the same time.

## WHAT'S THE DIFFERENCE BETWEEN CBD VS. THC?

### CBD:

- Oils – used via tinctures
- Vape
- Medicine
- Food and drink – edibles, coffees and even beer
- Skin care – some acne treatments contain CBD
- Beauty products – bath balms, shampoo, and even makeup
- Dog treats and medicines

### THC:

- Syrups
- Oils – used via tinctures
- Drops
- Medicine
- Topicals – lotions and balms used for anti-inflammation

TheStreet

<https://www.thestreet.com/lifestyle/difference-between-cbd-vs-thc-14627877>

## Side Effects from THC

- Increased heart rate
- Tiredness
- Coordination problems
- Confusion
- Dry mouth
- Anxiety
- Memory loss
- Red eyes
- Slow reaction times
- Distress low blood pressure
- Seizures and seizure-like activity

## Side Effects from CBD

- Appetite changes
- Fatigue
- Weight loss
- Dizziness
- Diarrhea
- Drowsiness

### CBD Versus THC:

#### What Is the Difference

### CBD

- non-intoxicating
- available everywhere
- .3% THC or less
- Comes primarily from the hemp plant

### THC

- Intoxicating
- .3% THC or more
- Comes primarily from the marijuana plant



<https://leannaorganics.com/cbd-vs-thc/>

## References

- *CBD vs THC: What is the Difference?*, Mary Jo DiLonardo, WebMD, December 15, 2021
- CDC – Centers for Disease Control and Prevention, [cdc.org](https://www.cdc.org)
- [Trustedsource.org](https://www.trustedsource.org)
- Missouri Medicine, *The Journal of the Missouri State Medical Association*, 2018 Nov.-Dec.

## Community Resources

[Aldersgate](#)

Drug Enforcement Agency (DEA)  
[www.justthinktwice.com](https://www.justthinktwice.com)  
[www.getsmartaboutdrugs.com](https://www.getsmartaboutdrugs.com)

[Montgomery County Drug and Alcohol](#)

[Talk. They Hear You. Mobile App](#)