

Top 10 Reasons to Try THC Gummies in 2023

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In this new year, it's about time you start trying new things. Of course, new year's resolutions are packed to the brim with promises of exercising more and eating healthier, but what's a little work without a little play? In 2023, treat yourself to the delicious range of benefits of [THC gummies](#). From stress relief to pain management, these tiny treats offer one big buzz, but that's not all they're about. Discover how THC gummies can make you a better you this new year!

TOP 10 REASONS TO TRY THC GUMMIES

THC gummies have been all the buzz since the Farm Bill of 2018 legalized hemp and hemp derivatives. Already, millions of people around the country love and swear by these delicious and long-lasting gummies over any other cannabinoid product. If you're a little late to the party, though, don't worry! There's still plenty of gummies left for you to enjoy, and plenty of reasons for you to enjoy them. Here are ten of the best reasons to try THC gummies today!



Stress Less

You're probably already familiar with THC's abilities to chill its users out. Although you probably won't end up as relaxed as Cheech or Chong, taking a THC edible can certainly calm your stress, reduce your anxiety, and relieve your nerves. In fact, THC has been [known](#) to help users ward off anxiety, relieve panic attacks, and improve

relaxation. This is because the endocannabinoid system plays an important role in signaling the brain and body to determine levels of stress, fear, and anxiety.

Now, granted, if you go overboard and take more gummies than you can handle, you might end up with a little anxiety. But if you dose your THC gummies moderately, you'll be left in the most relaxing state ever!

Say Goodbye to Pain & Inflammation

Just like its responsibility to regulate stress and anxiety, the endocannabinoid system is also in charge of regulating pain and inflammation. Taking THC gummies can help relieve chronic pain as well as reduce swelling after a hard workout at the gym!

Whether your pain is from overworking your muscles or a side effect of a preexisting condition, THC gummies can help you manage that pain and inflammation.



Say Hello to Better Sleep

THC has been used by humans as a natural sleep aid for centuries. The compound eases your mind from worries and stresses and relieves your body of pains and discomforts. With this complete and total relaxation of the brain and body, you'll experience the best sleep of your entire life by popping a THC gummy or two a few hours before bed, especially if your gummies also contain melatonin!



Get Creative!

Of course, one of the main and most popular effects of cannabis is that it gets your creative juices flowing. If you've ever seen weed represented on screen—or if you've experienced a little something like this yourself—you know that THC greases the wheels of the creative process. Your THC high can take you anywhere, from a hyperdetailed conspiracy theory about the swimming pool industry to a loose and innovative plan to tackle your entire to-do list in a day.

THC has been known to help creativity strike. It's influenced artists and musicians for decades, and you'd be surprised to know how many of the creatives at your job use it to keep their ideas fresh and flowing. The point is: everything in life could benefit from a little creativity, and you could definitely benefit from a little THC!



They're Longer Lasting & Much More Potent Than Other Ingestion Methods

If you've ever dabbled in THC edibles, you already know they last longer and feel more potent than smoking or vaping THC. You also know, however, that the effects of THC edibles aren't as immediate to kick in. But why is this?

THC gummies, like all THC edibles, need to be digested before reaching the bloodstream and therefore the brain. When you eat a gummy, it must make its way down the esophagus and into the stomach, where it is then broken down into individual compounds. From there, the THC travels to the liver, where it is

metabolized as [11-hydroxy-THC](#), a metabolite much more potent than regular delta 9. The 11-hydroxy-THC is then absorbed into the bloodstream and reaches the brain, where it binds to cannabinoid receptors much more frequently and firmly than regular THC. This makes its effects feel more intense and last for longer than other methods of ingestion—usually, the effects of THC gummies last for upwards of 8 hours!



Easy & Consistent Dosing

THC gummies aren't only a favorite among cannabis users, but also among manufacturers. Because gummies are made using molds, it's much easier for cannabinoid companies to achieve accurate and exact dosages in every individual gummy. They're all made with the exact same amount of THC and are considered among the most precisely dosed cannabinoid products on the market today.

Obviously, it's much easier to gage how much THC is in one gummy than how much THC is in one puff of a vape, making gummies simpler and more accurate than any smokable products off the bat. Even when compared to other types of edibles, however, gummies still come on top. If you've ever tried making pot brownies at home, you already know the dosage is a little broader. Sure, you know you added a set amount of THC in your cannabutter, but there's no way to tell definitively exactly how much THC is in each piece of brownie—much less in every bite. Thus, compared to other methods of ingestion and even other types of edibles, THC gummies are the most consistent and easiest to dose!



They're Better for Your Throat & Lungs

Although cannabis isn't as detrimental to your lungs and throat as other smokable plants like tobacco, it can still be harmful. Sure, cannabis is one of the safest plants in the world, but anytime you inhale anything, you're introducing toxins to your throats and lungs. Cannabis smoke specifically is smoked differently than tobacco smoke, as

users tend to inhale more deeply and hold their breath for longer to achieve a stronger high. Although it may deliver fun results, this actually leads to a greater exposure to tar. Smoking marijuana may cause bronchitis, chronic coughing, wheezing, and phlegm production.

THC gummies, on the other hand, pose no risk to your throat or lungs. With edibles, you still get the same desirable effects of THC—and even ones that are more amplified and intense—without the need to worry about how your lungs and throat are going to react to it. Overall, eating THC is much cleaner and healthier than smoking or vaping it.

No Odors, No Worries

One of the main hurdles to overcome when smoking cannabis is the smell. If you've been smoking for a while, you've likely spent much more than you'd care to admit on air fresheners, candles, and incense sticks throughout your lifetime. You may be no stranger to shoving a towel under your door or taping a dryer sheet to one end of a used toilet paper roll. If you live with people who aren't smoke friendly, you're probably tired of standing outside in the cold while finishing your joint or blunt.

Although vaping is a better alternative to smoking when it comes to the odors it produces, it still produces a smell that lingers for a couple minutes before completely going away. Here's where THC gummies come in. THC gummies produce absolutely no odors, meaning you can forget about needing to open your windows during a blizzard or spraying every nook and cranny of your room with cheap perfume. Simply pop a gummy or two and catch the best buzz of your life with no additional hassle!



You Can Use Them Anywhere

Because gummies are odor-free, you can use them anywhere. They look just like any other gummy product, so you can pop one in virtually anywhere without having to worry about any external judgement. Whether you're on your way home on the bus or taking a little break from work at the office, you can catch a buzz anywhere and no one around you will be any wiser.

Pro Tip: If you're worried about getting in trouble for having THC gummies, take them out of their original packaging and put them in a plastic bag or label-free jar. If anyone asks, you bought a huge gummies container and wanted to bring some along with you!



They're Delicious!

While it's true that THC offers a great deal of benefits and positive effects, some people are put off by its taste depending on its method of ingestion. Some people don't like the smell or taste of cannabis smoke, while others are held back by the strange taste of THC tinctures or oils. With THC gummies, however, you get a delicious treat packed with the compound's amazing benefits. From sweet and sour gummies to tropical and fruity options, the THC gummies game is lightyears ahead of other methods of ingestion in the flavor area. These mouthwatering treats aren't just a pick-me-up in the sense that they provide positive effects, but also in the fact that they offer you a delicious little snack at any time of day.



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