



■ Glossary of Cannabis Terms

Cannabis: A plant used for medical and recreational purposes. Contains active compounds that affect the body.

THC (Tetrahydrocannabinol): The compound in cannabis that causes a 'high.' It may also help with pain, nausea, and appetite.

CBD (Cannabidiol): A non-intoxicating compound that may reduce anxiety, inflammation, and seizures.

Endocannabinoid System (ECS): A natural system in the body that helps regulate mood, sleep, appetite, and pain. Cannabis interacts with this system.

Strain: A variety of cannabis, usually categorized as Sativa (energizing), Indica (relaxing), or Hybrid (a mix of both).

Terpenes: Natural compounds in cannabis (and other plants) that give it smell and flavor. Some may also affect how cannabis feels (e.g., relaxing, uplifting).

Edibles: Cannabis-infused foods or drinks (cookies, gummies, beverages) that provide long-lasting effects.

Tinctures/Oils: Liquid cannabis extracts taken under the tongue or mixed into food.

Topicals: Creams, lotions, or balms infused with cannabis, applied to the skin for local relief (non-intoxicating).

Microdosing: Taking very small doses of cannabis to get health benefits without feeling 'high.'