

# **Medicine Man Solutions, LLC**

## **Handbook**

## Glossary

### **Aroma**

It describes the general smell and/or taste of a certain plant or flower. These descriptions are meant as a basic guideline.

### **Blunt**

A hollowed out cigar that is filled with cannabis. Blunt “wraps” come in a wide variety of sizes and flavors.

### **Bud**

Refers to the actual flower of the cannabis plant. These are the fluffy parts that are harvested. They are used for both recreational and medicinal purposes as they contain the highest concentrations of active cannabinoids.

### **Cannabis**

A plant genus that produces three species of flowering plants. Those species are Cannabis sativa, Cannabis indica, and cannabis ruderalis. Cannabis is native to Asia but it can grow almost anywhere and has long been cultivated for the production of hemp as well as various other uses.

### **Concentrates**

Refers to any wax, shatter, or oil that you vaporize or smoke. It also refers to any tincture that is applied sublingually under the tongue. Concentrates are a potent consolidation of cannabinoids that are made by dissolving marijuana in its plant form into a solvent. The resulting product has very high THC levels that are generally higher than flowers or hashish. It can produce various products, most typically oils and waxes.

### **Edibles**

Are cannabis-infused foods, beverages, or tinctures containing up to 10mg of THC per serving. Some edibles contain multiple servings and direct you to consume only a portion. They can take up to 2 hours to “kick in” and tend to deliver a longer lasting high than smoking or vaping cannabis. We recommend you to start slow with 5mg to see how it affects you.

### **Flower**

Often the “pretty” part of a plant. While cannabis flowers do not have traditional petals, they are still the reproductive organ of the female plants. Cannabis flowers are hairy, sticky, crystal-covered bits that are harvested and dried to be used and consumed. When male plants fertilize them, these flowers produce cannabis seed. If not, they will continue to produce the resin that contains their active cannabinoids until they are harvested or begin to die.

### **Hybrid**

Refers to a plant that is a genetic cross between one or more separate strains of cannabis. Hybrids can happen unintentionally, but they are usually bred specifically to combine desired traits of the original plants. Most marijuana on the market today is some form of hybrid.

## **Indica**

The less scientific name for the Cannabis Indica species of cannabis. Generally, these plants originated in the Middle East and Asia. They include both the famous Kush and Afghan lineages. Compared to their sativa counterparts, the plants are shorter, bushier, and have more compact flower growth.

## **Joint**

Is a cannabis cigarette pre-rolled using non-tobacco papers. If you are new to cannabis, we recommend starting with pre-rolls.

## **OG**

Is a term that is now used to describe many strains, though the term originated to describe Southern California's Ocean Grown Kush, which was quickly shortened to OG Kush. OG Kush grew quickly in fame and reputation. Most OGs are different variations of the original OG Kush genetics or are also ocean grown on the West Coast.

## **Pre-roll**

A commonly used term that refers to a pre-rolled marijuana cigarette, commonly known as a joint. If you want to smoke flower in the convenience of a joint, but your rolling game is weak, a pre-roll is a great option for convenience and portability.

## **Sativa**

Sativa is the less scientific name for the cannabis sativa species of cannabis plant. In general, these plants originated outside of the Middle East and Asia including strains that are from areas such as South America, the Caribbean, Africa, and Thailand. These strains tend to grow taller as plants (usually over 5 feet), are lighter in color, and take longer to flower. You may have heard that sativa strains are uplifting and energizing, however, as we learn more about this amazing plant, we've discovered that there isn't much difference in the way that sativas and indicas make us feel, it is the unique mix of cannabinoids and terpenoids in each strain that dictates its effects.

## **Strain**

Is a specific variety of a plant species. Strains are developed to produce distinct desired traits in the plant and are usually named by their breeders (or by creative consumers). Strain names often reflect the plant's appearance, its promised buzz, or its place of origin. They can also be named for their aroma or flavor.

## **THC**

Is an abbreviation of tetrahydrocannabinol and is one of the most abundant cannabinoids in marijuana. We believe that THC is responsible for weed's psychoactive, "high" effects. However, it is all of the cannabinoids, terpenes working together that create the full effect you feel when consuming cannabis.