

About Edibles & How to Safely Consume Them



Officer Dick Downey's
Re-education Protocol

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What Are Cannabis Edibles?

Cannabis edibles are food products that have been infused with the active cannabinoids, terpenes and other compounds found in the cannabis plant. These 'edibles' are available in the marketplace in an ever-increasing variety, such as baked goods, snack foods, candies, gum, etc.



Source: md-herb.com

Why Are Edibles Such a Popular Delivery Method?

Probably the primary reason that the edibles market is booming is because these products provide a safer alternative to inhalation, as long as the product is of very high quality. There is no exposure to any toxins that can occur from combustion and smoking. Some patients also choose edibles because it is a discreet way to medicate and the effects are long-lasting.

How Do Edibles Work?

Edibles will have a different effect than smoking because of the way the cannabinoids are introduced and metabolized in your body. Unlike smoking cannabis, where the active cannabinoids (e.g., THC, CBD, etc.) are absorbed almost instantaneously into the bloodstream to provide a quick onset of effects, edibles work through 'gastrointestinal' uptake.

When you eat an edible, the cannabinoids are introduced into the body through the gastrointestinal tract and processed by the liver before entering the bloodstream. The liver metabolizes, or converts, the cannabinoid THC into a more potent version known as 11-Hydroxy-THC, which is the active metabolite of THC formed in the body after consuming an edible. Not only is 11-Hydroxy-THC more potent than THC; it also crosses the blood-brain barrier more easily. As a result, cannabis edibles are very potent and should be used with care. In contrast, because smoked cannabis is not digested, 11-Hydroxy-THC exists only in very small quantities in its smokable forms.

Note: 11-Hydroxy-THC is subsequently metabolized further to [11-nor-9-carboxy-THC](#), which is not psychoactive but might still play a role in the analgesic and anti-inflammatory effects of cannabis.

There is no doubt that edibles will affect you differently and typically much more powerfully than smoking cannabis. However, the exact effects and their potency depend on several variables, such as:

- The type and potency of the edible product
- Your tolerance
- Your body chemistry
- Whether you've consumed on an empty stomach or not

Edibles Safety: Rules to Go By

Whether you're an experienced cannabis user or a rookie, no one is immune to a bad experience with edibles. To avoid a bad experience, please follow these safety rules without exception.

Go Low & Slow. Conservative dosage is the key to a positive edibles experience. In Illinois, as with other states, 10mg is the recommended single dose. However, if you want to avoid any chance of overmedicating, you should take half that dose to start, and any time you're trying an unfamiliar product. Once you ingest the product, it is critical to have patience and wait for the onset of effects. Being impatient is the number one mistake. Unlike other delivery methods, edibles take time to metabolize and process in the body. Therefore, wait at least 2 hours and then assess the effects before deciding if you need to consume more. Take your time.

Don't Consume On an Empty Stomach. You should treat edibles in the same way as an RX painkiller. That is, Take With Food.

Don't Drive or Operate Heavy Machinery. Edibles provide one of the strongest and longest-lasting set of effects out there so don't consume them and then attempt to drive or decide to build anything.

Don't Panic If You Over-Medicate. If you're feeling anxiety and uncomfortable from ingesting too much, remind yourself that cannabis is safe and nothing bad is going to happen, focus on breathing normally and understand that the effects are temporary and you will return to normal. You should also let others around you know you've over-medicated so they can watch over you and assist, if needed.

Keep All Edibles Locked Up. The last thing you want is anyone other than the patient in possession of the edibles to mistakenly ingest an edible thinking that is a regular, non-cannabis food product. This is especially important to protect children from inadvertently eating. Please store edibles in a locked cabinet or container, away from children and anyone else who is not the patient.

Never Prank Anyone, Ever! There is nothing funny about giving unsuspecting people cannabis-infused food products without their knowledge. The results will be frightening and very unsettling to the victim. It's also currently illegal in Illinois to share or divert cannabis products to anyone.