

## **420**

Code for all things cannabis-related, allegedly started in the late '70s by a group of students in San Rafael, Calif. One student's dad was a local police officer and another's was a real estate agent for a member of the Grateful Dead. The local police code for "marijuana smoking in progress" was "420" and became the group's secret cue to meet up and smoke at 4:20 p.m. every day in their designated spot. The Grateful Dead community popularized the term.

## **Anandamide** (aka N-arachidonylethanolamine or AEA)

A cannabinoid that is a fatty acid neurotransmitter. Its effects take place in the central and peripheral nervous system in relation to pain, memory, depression, fertility, and appetite. The name has roots in the Sanskrit word ananda, meaning joy, bliss, and delight.

## **Bioavailability**

The portion of a substance that actually enters circulation after being administered and is able to have an effect on the system.

## **Bong**

Water pipe used for smoking cannabis. Smoke travels through the water before being inhaled, creating a buffer for the heat and trapping some heavier particles, providing a smooth hit.

## **Bowl**

The rounded part of the pipe that holds the cannabis flower for smoking. Consuming cannabis using a pipe is often referred to as "smoking a bowl."

## **Cannabichromene** (CBC)

Cannabinoid that is often overlooked but partners well with THC, enhancing its pain-fighting abilities. CBC has been reported to stimulate bone growth and fight cancer.

## **Cannabidiol** (CBD)

Cannabinoid widely recognized for its non-psychoactive, anti-inflammatory, anti-anxiety, and overall wellness effects.

## **Cannabigerol** (CBG)

Cannabinoid more commonly found in the non-psychoactive hemp plant. CBG has shown significant ability to counteract and prevent tumor development.

## **Cannabinol** (CBN)

Cannabinoid responsible for the sedative effects of cannabis. As THC ages, it transforms to CBN; aged cannabis is an excellent sleep aid.

# Modern Cannabis Glossary

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## **Cannabinoids**

Chemical compounds that interact with the body's own cannabinoid receptors (CB1 and CB2) found on cell membranes in the brain and throughout the body. They affect neurotransmitter release in the human brain, returning you to a state of balance and homeostasis. Of the more than 113 cannabinoids in cannabis, the most well-known are THC, CBD, CBN, CBC, CBG, THCa, and THCV.

## **Canna Curious**

Posing questions and seeking answers to contemporary cannabis culture.

## **Casually Baked**

The art of enjoying a functional high through mindfulness and microdosing; a state of being.

## **CB1 Receptor** (aka cannabinoid receptor type 1)

Part of the body's natural endocannabinoid system, responsible for mediating the effects of cannabinoid binding in the brain. Most densely located in the central and peripheral nervous systems. Also present in cells of the connective tissues, genitals, glands, and organs. Plays a role in regulating pain, mood, appetite, sleep, and memory.

## **CB2 Receptor** (aka cannabinoid receptor type 2)

Part of the body's natural endocannabinoid system. Closely related to CB1, CB2 is primarily located in the brain, gastrointestinal system, and immune system. Largely responsible for the efficacy of cannabis' anti-inflammatory effects.

## **Concentrates**

Cannabis extracts with increased strength or proportion of cannabinoids such as THC or CBD. Examples include: kief, hash, hash oil, CO2 oil, CBD oil, tinctures, shatter, wax, crumble, honeycomb, budder, and pull-and-snap.

## **Dabs**

Slang, catch-all term for cannabis concentrates.

## **Dabbing**

Form of consumption where a touch of cannabis concentrate is heated on a hot surface and the smoke produced is inhaled using a dab rig. Dabbing results in a powerful, intense high, which is not suitable for all.

## **Decarboxylation**

Removal of the carboxyl side group in cannabis (e.g., non-psychoactive THCa) to release cannabinoids (e.g., psychoactive THC) through heat.

## **Decriminalization**

Lessening of criminal penalties, sometimes retroactively, in relation to certain acts, though regulated permits or fines may still apply. Reflects a change of social and moral values.

## **Dispensary**

Retail establishment where you purchase cannabis products. Google this word to find the ones in your neighborhood.

## **Dosage**

Amount and frequency of ingestion.

## **Endocannabinoid System (ECS)**

Thought to be the largest system in the body, regulates through a complex group of neuromodulatory lipids and their receptors. Mediates the psychoactive effects of cannabis and helps maintain a variety of physiological processes including appetite, pain-sensation, mood, and memory. Interacts with cannabinoids to maintain homeostasis.

## **Entourage Effect**

Synergistic relationship between all of the cannabinoids and terpenes of the cannabis plant. They work together to offer a wide range of therapeutic effects not present when they're individually isolated and administered.

## **Extraction**

Process consisting of the separation of a substance from a matrix.

In cannabis processing, this involves pulling essential oils, cannabinoids, and terpenes from the cannabis plant.

## **First-Pass Metabolism**

Typically occurs following oral ingestion before the drug reaches the blood. The gut wall and liver serve as the first filtration systems in the process.

## **Flower**

The modern cannabis term used in dispensaries to describe cannabis buds.

## **Grinder**

Device used to create a consistent texture of the flower. Grinding the cannabis means less waste, it also helps create even airflow and burn rate which means less lighting between puffs.

## **Hash**

Also known as hashish, the Arabic word for marijuana/grass. It is a cannabis concentrate created by heating and compressing the resin from the plant's trichomes. Before that process, the product is referred to as kief.

## **Hemp Wick**

Made from organic hemp and bees wax, hemp wick is a slow-burning and all-natural alternative to inhaling the butane, flint and sulfur from traditional lighters. Other advantages include, a smaller flame for precise lighting and a lower burning temperature for a less-harsh hit.

# *Modern Cannabis Glossary (cont.)*

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## **Highly Responsible**

Act of honoring body, mind, soul, and relationships in regards to personal cannabis consumption.

## **Hippy Speedball**

A morning pick-me-up routine consisting of three things in this order: exercise, coffee, cannabis.

## **Indica**

Cannabis strains known for strong analgesic effects and higher THC to CBD ratio, originating from countries known for their hash culture, such as Morocco, Afghanistan, Nepal and Turkey. Plants typically grow shorter and bushier compared to sativa strains.

## **Kief**

The tiny, sticky crystals that cover the cannabis flower. These resin glands, called trichomes, contain the highest concentration of cannabinoids and terpenes.

## **Microdose**

Dose as small as 1mg, intended to achieve maximum wellness benefits without undesirable side effects.

## **Nutraceutical**

Blending of the words “nutrition” and “pharmaceutical,” used to describe a pharmaceutical-grade, standardized nutrient.

## **Pharmaceutical Grade**

Classification for raw materials, denoting that they are 99% pure with no binders, fillers, excipients, dyes, or unknown substances.

## **Sativa**

Cannabis strains known for higher CBD to THC ratio, creating more cerebral, energetic effects than indica strains. Originated around the equator and popularized in countries such as Colombia, Mexico, Thailand, and Africa.

## **Shake**

Also referred to as trim, these are the smaller flowers, leaves and stems left over after trimming the cannabis plant. Used most often for preparing infused oils.

## **Shatter**

Cannabis concentrate with an amber, transparent, glassy appearance. Bears a reputation for purity, but not always the case.

## **Spliff**

Hand-rolled cigarette containing both tobacco and cannabis.

## **Sublingual**

Oral dosage delivered under the tongue.

## **Terpenes**

Essential oils of cannabis that provide strains their distinctive properties, aromas, and flavors. Each terpene affects mood and state of mind differently.

## **Tetrahydrocannabinol (THC)**

Cannabis' most well-known cannabinoid, responsible for its psychoactive effects and the euphoric "high."

## **Tetrahydrocannabinolic Acid (THCa)**

Non-psychoactive cannabinoid found in raw and live cannabis. As cannabis dries, THCa slowly converts to THC over time through decarboxylation; heat expedites this conversion.

## **Tetrahydrocannabivarin (THCv)**

Psychoactive (but not to the degree of THC) cannabinoid found most in African sativa strains. Energetic, appetite suppressant that regulates blood sugar levels, reduces insulin resistance, stimulates bone growth, and reduces panic attacks. Research has found that THCv has potential to reverse the effects of Alzheimer's.

## **Tincture**

A concentrated form of medical cannabis in an alcohol solution.

## **Topical**

Cannabis-infused salves, lotions, and oils applied directly to the skin that provide localized pain and inflammatory relief. Cannabinoids in most topicals don't breach the bloodstream, so there are rarely traces of psychoactive effects, and the cannabis does not show up in drug screenings.

## **Transdermal**

Delivery method, typically a patch, that administers the active ingredients in cannabis across the skin into the bloodstream. For this reason, unlike topicals, patches can induce psychoactive effects if a high enough dose of THC is present.

## **Vaporizer**

Device used to extract the therapeutic ingredients in cannabis by heating either ground-down flowers or concentrated oil at a much lower temperature than burning. Creates an inhalable vapor devoid of the carcinogens associated with smoking.