



Understanding Strains

Indica and Sativa are the two main varieties of the cannabis plant used as medicine. There are many strains that are crosses of these two varieties. Within each of those varieties and crosses there are a huge number of individual strains, each with a different cannabinoid profile and effect.

Sativas

Primarily, the effects of Sativas are on the mind and the emotions. These effects tend to be more stimulating, uplifting, energizing and creativity enhancing. These benefits can be particularly helpful for the psychological component of many illnesses. Sativas are generally better for daytime use.

Benefits of Sativa strains include:

- Reduced depression
- Headache and migraine relief
- Energy level and stimulant
- Reduced awareness of pain
- Increased focus and creativity
- Reduced nausea
- Appetite stimulant
- Expectorant

Indicas

The effects of Indicas are predominantly physical although relief of certain physical symptoms can result in emotional symptom relief as well. The effects of Indica tend to be relaxing, sedating, and pain reducing. Indicas are generally best for later in the day and before bed.

Benefits of Indica strains include:

- Reduced pain
- Muscle relaxant
- Spasm relaxant
- Reduced inflammation
- Sleep aid
- Reduced anxiety and stress
- Reduced nausea
- Appetite stimulant
- Headache and migraine relief
- Reduced intra-ocular pressure
- Anti-convulsant
- Reduced seizure frequency
- Expectorant

Crosses/Hybrids

Combining different Indicas, different Sativas or a combination thereof creates hybrids. The resulting hybrid strains will grow, mature and have effects in relationship to the Indica/Sativa percentages they end up containing.

The effects of one strain will usually be dominant. Indica dominant crosses are good for pain relief, with the Sativa component helping with energy and activity levels. This cross is an effective day time pain reliever.

Sativa dominant crosses are good for stimulating appetite, with the Indica component helping to reduce body pain and increase relaxation.

Hybrids are good for appetite, focus, and mood balancing.

In today's market the hybrids dominate, as most strains have been crossed with each other at one time or another.

In the future, after conducting research on strain and symptom correlations, we will be able to give a more detailed cannabinoid profile to our patients in which they can more accurately select the desired strain for the desired effects.