

Green Juicing Fresh Cannabis

shared by Donna King

- THC and CBD Cannabinoids in fresh, unheated cannabis are in their acid form, THCA and CBDA and neither are psychoactive.
- THCA and CBDA become THC and CBD when they are heated or “activated”. THC is now psychoactive.
- Persons using a regimen of fresh juice or fresh leaf/flowers in smoothies, salads etc. periodically may need to balance the ph in the digestive tract. Add a few ounces of apple juice or aloe vera juice to the juice or smoothie or use as a chaser. A tablespoon of apple cider vinegar chaser will also work.
- Juice may be frozen for up to 9 months per testing by Pure Analytics Lab.
- Leaf keeps for about two weeks in the fridge, juice for about a month.
- Effects can begin to be felt in 3 days to three weeks.
- Small, frequent doses throughout the day are more effective than one large dose.
- Keep it up, the longer you use juice, the deeper the effects.
- Medicate with juice 6 out of 7 days to keep the cannabinoid levels consistent.
- Dosages range from 3-50 leaves per day. Start low and go up to figure out how much is best for you. As long as you are getting better results from increasing-increase. When you go up and don't have better results, drop back to the last number. Weigh your optimum leaf count and use that weight as your guide.
- Leaves have a higher concentration of cannabinoids before flowering begins.
- After flowering starts, leaf concentrations decrease.
- Flowers have higher concentrations of cannabinoids than leaves do at their peak.
- When the flowering begins start decreasing the amount you are using until you notice a decrease in effectiveness. Go back up a little until you find that sweet spot and hold there.
- Flowers and leaves may be juiced or added to salads & smoothies.
- Fresh juice may be added to fruit or vegetable juice or smoothies if the taste of the plain juice is not palatable.
- If stomach irritation occurs, fresh leaves and flowers may be tinctured in alcohol or glycerine to achieve similar effects.

