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edible (noun)
ĕd′ə-bəl

‘Edible’ refers to anything you eat or drink that contains cannabis (this includes capsules, or any oil you have added to your food or drinks).

Edibles (and drinkables) have the longest onset time of any delivery method, as they must pass through your digestive system before taking effect. They do, however, tend to last the longest (between 6-8 hours).

Dosing with edibles can be tricky, as it’s hard to know how much medicine your body is absorbing as it passes through your digestive system.

This guide will help you understand how edibles work, why you should consider using them as part of your protocol, and how to find the perfect dose for your own healing.

EDIBLES GUIDE

97 Hunter Street
Newcastle NSW 2300

www.churchofubuntu.life

BEGINNERS GUIDE TO CANNABIS EDIBLES

Why edibles deliver a stronger effect

Edibles have a reputation as one of the more potent forms of cannabis, and this is because of the way they are processed by our bodies.....p. 3

How to find your perfect dose

Start low and go slow is the rule of thumb when it comes to cannabis edibles.....p 3.

Our range of edibles

Our edible range includes cookies, bliss balls, chocolates, honey, a range of capsules, and high concentrate oil tinctures to start making your own edibles at home.....p. 4

Understanding decarboxylation

Decarboxylation is a crucial process in the production of cannabis edibles that activates the plant's psychoactive compounds, making them effective when consumed. .....p. 5

Make your own edibles at home

Use our whole-plant, full-spectrum oils to make your own healthy and delicious cookies at home.....p.6

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Why Edibles Deliver a Stronger Effect

Curious why cannabis edibles deliver a stronger THC effect? When you consume edibles, the THC is processed by your liver, converting it into 11-hydroxy-THC, a more potent form that crosses the blood-brain barrier more efficiently. This results in a more intense and longer-lasting effect compared to other methods of consumption, such as tinctures or smoking.

When you eat a cannabis edible, the THC is first absorbed through the digestive system. This process begins in the stomach and continues in the small intestine, where THC is absorbed into the bloodstream. Once in the bloodstream, the THC travels to the liver. Here, it undergoes a process called first-pass metabolism. The liver converts delta-9-THC, the primary psychoactive compound in cannabis, into 11-hydroxy-THC.

This metabolite, 11-hydroxy-THC, is significantly more potent than delta-9-THC. It has a greater ability to cross the blood-brain barrier, the semi-permeable membrane that protects the brain from foreign substances. This means that 11-hydroxy-THC can enter the brain more effectively, resulting in a more intense effect.

This detour through the digestive system is also why it typically takes longer to feel the effects of cannabis edibles, compared to other delivery methods. While inhaled THC can produce effects within minutes, edibles can take anywhere from 30 minutes to 2 hours to take effect. Once the effects begin, they tend to last much longer, between 6-8 hours. This extended duration is due to the slow and steady release of THC into the bloodstream as the edible is digested. This unique metabolic pathway affords stronger and longer-lasting results, making edibles a good choice for those seeking a more enduring experience.

How to find your perfect dose

Every person is unique in their individual requirements and in the way their body processes Cannabis. Start low and go slow is the rule of thumb when it comes to cannabis edibles. Always start with the lowest recommended dose and wait 2-4 hours before deciding if you need more. Be patient. Pay attention to your body and mind and only increase your dose if you don't experience any relief. If you experience anything uncomfortable, you will know you have reached your level of tolerance and you can bring your dose back down to a more comfortable level.

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OUR RANGE OF EDIBLES & CAPSULES

Edibles

Yellow Dot (Daytime) Cookies.....7 for $40
.....30 for $160

Purple Dot (Nighttime) Cookies.....7 for $40
.....30 for $160

Minty Yellow Dot Bliss Balls.....7 for $44
.....30 for $176

Hemp Honey (CBD).....135g $44
.....225g $73

Medi Honey (THC).....135g $69

Orgasmachocs (pick up only).....4 for $25

Capsules

Yellow Dot (Daytime) Capsules.....30caps $105

Purple Dot (Nighttime) Capsules.....30 caps $105

8:1 Soft Gel Capsules.....60 caps $69

8/1 High Concentrate Capsules.....30 caps $105

1/8 High Concentrate Capsules.....30 caps $105

33 (Sativa) HC Capsules.....30 caps $105

76 (Indica) HC Capsules.....30 caps $105

Oils to make your own Edibles

Yellow Dot (Daytime) Oil.....25ml $150

Purple Dot (Nighttime) Oil.....25ml $150

Yellow Dot: Sativa based for Daytime Pain & Anxiety
This high concentrate 1/1 formulation is made with equal parts CBD and THC. Because CBD moderates the psychoactive effects of THC, a 1/1 formula allows us to deliver higher doses of THC to those requiring its therapeutic qualities, without the effects sometimes associated with it.

Purple Dot: Indica based for Sleep
Our Yellow Dot Oil undergoes further *decarboxylation* in order to convert THCA into CBN, a cannabinoid known for its calming and sleep-inducing properties

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What is Decarboxylation?

Decarboxylation is a chemical reaction that removes a carboxyl group from a molecule, releasing carbon dioxide (CO2). In the context of cannabis, decarboxylation is the process that converts inactive cannabinoid acids in raw cannabis into their active forms.

In its natural state, cannabis contains THCA, which is non-psychoactive. Without decarboxylation, the THCA in cannabis remains inactive, meaning it won't produce the desired psychoactive effects. For edibles to be effective, the cannabis must be decarboxylated before it is infused into the food product.

Decarboxylation typically occurs through the application of heat. When cannabis is heated, such as through smoking, vaping, or cooking, the heat causes the THCA to lose its carboxyl group, transforming into THC.

Proper decarboxylation ensures that the THC content in the edibles is consistent and predictable. This is crucial for dosing accuracy, allowing consumers to have a reliable and controlled experience with each serving.

The Creation of CBN via Decarboxylation and Oxidation
(*How we make our Purple Dot CBN Dominant Formulas)*

Cannabinol (CBN) is a minor cannabinoid found in the cannabis plant. Unlike the more well-known cannabinoids such as THC and CBD, CBN is typically found in small amounts. It is formed primarily as a byproduct of the degradation of THC.

Once THC is formed via decarboxylation, it can degrade over time through exposure to heat, light, and oxygen. This degradation process is known as oxidation. When THC is oxidised, it loses hydrogen atoms and forms CBN.

CBN shares a similar chemical structure with THC but differs in how the atoms are arranged. This slight difference in structure significantly influences its effects and properties. CBN is known to have sedative effects and is often reported to have calming and sleep-inducing properties. It is also recommended for relief of pain and anxiety making it the perfect candidate to feature in our Nighttime range of formulas.

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MAKE YOUR OWN COOKIES AT HOME

Use our whole-plant full-spectrum oils to make your own delicious and healthy edibles at home!

Dry Ingredients

1 cup Quinoa
1 cup Desiccated Coconut
1 cup Hulled Hemp Seeds
1/2 cup Almond Meal
2 cups Rolled Oats
1/4 cup Diatomaceous Earth (optional)
1/4 cup Dates (seeds removed)
1/3 cup Cornflour
1 teaspoon Bi-carb Soda
Pinch Celtic Sea Salt

Wet Ingredients

50ml Coconut Oil
60ml Honey
130ml Filtered Water
1 x 25ml bottle chosen oil formula

Method

1. Preheat over to 130 degrees Celcius
2. Mix all dry ingredients together in a large mixing bowl
3. Add wet ingredients and combine throughly
4. Add a little more water if the cookie mix feels too dry
5. Add in your choice of oil (using 25mls of Yellow or Purple Dot will be the equivalent of our pre-made cookies for this quantity of cookie dough)
6. Divide mixture into 30 balls, weighing 32gms each
7. Flatten balls and shape into cookies
8. Place shaped cookies on to prepared baking trays
9. Cook for 45-50 minutes, checking and roating trays every 15mins (cookies do not need to be turned)
10. Allow to cool and enjoy your dose

Notes

- This recipe uses a standard metric cup (250ml) for measuring
- We recommend using organic and locally sourced ingredients
- Total ingredients weigh approx 1kg
- If scaling recipe, remember to also scale amount of whole plant full spectrum oil accordingly

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