

SHOPPING GUIDE

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SHOPPING GUIDE FOR DISPENSARIES

When you first walk into a dispensary to shop for cannabis, the choices can be a little overwhelming and maybe even intimidating.

Not anymore because PotOfWellness.com is here!

With a little planning and some knowledge of what they offer you can breeze in and know your money was spent on what you need - not what they're trying to sell you today.

Check out the handy pocket guide at the end. Keep it with you and you won't go wrong!

FLOWER TYPES

Let's start with my all-time favorite topic: the flower.



There are two main categories and all flowers will fall within one or have varying levels of both.

100% Indica

50/50 Hybrid

100% Sativa



INDICA

This category is the group of strains that usually produce more of a feeling in the body.

Indica strains can induce relaxation, pain relief, sleep and more of the calming sensations and treatments.

They are usually darker in color and the plants are short and wide.

The Indica strains are not great for getting things done, much better for watching a good movie, relaxing, or getting some sleep.

SATIVA

Sativa is the more uplifting group of strains.

They can help with focus, creativity, energy and mood.

If I have a big computer project or creative task, even house cleaning, Sativa is the group I use for the best results.

HYBRID

This is where the two groups above are combined.

A body and mind combination.

Typically, dispensaries will show the percentage Indica and percentage Sativa in each of the strains they sell.

You can get almost any combination of the two.

Because of that, knowing which percentage hybrid you need may take a little effort on your part but ultimately, can give you the perfect balance in your life.

You'll know what you need to produce the desired results without unwanted side effects.

Keep in mind that these will vary from crop to crop, because this is nature after all!

Sometimes, I blend my own Indica and Sativa mixes to create what I need.

You'll also want to pay attention to the THC (usually between 8 – 20%) and CBD (usually between 1 - 4%) levels in each strain.

Higher THC levels will cause more psychoactive effects (a "high" feeling), while higher CBD levels will result in a more calming, therapeutic feeling.

After a while, you may know the names of some strains that you tend to prefer, but don't spend too much time focused on that detail as there are millions of strains and new ones being created all the time.

One dispensary's version of a particular strain could even vary from another's.

Instead, focus your attention on the details we are talking about here: Type, Quality, and Method.

However, if you want to find out more about specific strains, one website with a lot of information, but Not Safe For Work, is <http://leafly.com>.

QUALITY

The next thing you need to think about when shopping is the quality of the flower.

Each store will have their own system for quantifying the quality of the flower they offer.

The store I go to calls them Tiers - Tier 1, Tier 2, and so forth.

So they have top Tier 1 strains which are their highest quality.

They usually determine this is by test results, the visual look, and the way the flower smells.



High quality



Low quality

When shopping for flower, I always stay in the top two tiers.

It will be a little more expensive but you usually need less and will get more predictable results, so it all evens out.

Your shop may call it top shelf, five star or whatever they thought was cute.

To simplify your choices, figure out which are the top two levels and choose from those.

You'll also want to pay attention to the THC and CBD levels in each strain

EDIBLES

The next thing you might want to try is an edible, so let's move on to those.

There are lots of edibles out there.

If it were up to me, everyone would make their own, but I bake for a living and cook for fun and that's not everyone.

You cannot control the quality, strength, or purity of the edibles you buy in the store, so making your own is the best way to go.

{Secret 411: If you stick with me, I'll be putting out some special classes soon to teach you exactly how to do this!}

Then, you're able to meet your dietary needs and ensure the consistent dosage of the item.

There are few if any regulations with edibles so there are still some risks involved when purchasing them.

They are usually purchased in advance, so the store has an incentive to move them quickly because if they spoil, that's money out of their pocket.

Beware if they seem to push one in particular.

Here are some hints to avoid wasting your money and get the best quality edible for your needs.

WHAT YOU NEED TO KNOW ABOUT THE EDIBLES YOU CHOOSE

1. **What's it made with?** You need to ask this question for every edible you purchase. You want to know more than what ingredients are in it. What type of cannabis is used to make it, Indica or Sativa? What is the expiration? If it doesn't have one, why not? What is the recommended dosage?
2. **Is it solvent free?** Do not use any edible product that uses solvents to infuse the item with medication. It doesn't matter what kind of solvent.

That will usually eliminate most of your choices in edibles.

The use of solvents is a cost issue for the manufacturer.

They are not for your benefit and are not a safe practice for either the manufacturer or for your health.

If you are using cannabis as a wellness product, you do not want to be consuming butane or CO2.



So you're down to the few, if any, items they offer that are not made with solvents.

You'll then be able to choose which type of item suits your dietary needs.

The price of these items will increase based on the strength of the item.

Don't be afraid to buy the higher dosed item, you'll just need to use a lot less.

If you are not familiar with edibles, I would recommend start with the lower dosed edibles and take half of a small dose for the first time.

Now, you've been to the store a time or two and figured out which strains you like and which edibles are solvent free, but there are all these other things called concentrates.

Let's break those down to what they are and why one might be interested in them.

There are many different versions of concentrates.

They are all forms of what we used to call hash.

The plant matter is removed by various methods of heat or pressure or solvents, and the remaining is what we call concentrate.

As you may guess by the name, it will have concentrated effects.

These are used to boost the strength in smaller amounts.

For the average wellness user, concentrates are rarely needed.

Those fighting serious pain issues may need to add small amounts of concentrates to their routines to assist when increased pain issues are affecting their life.

They can be called wax, oil, crumble, keif, live resin and even more names, but they are all basically describing the consistency of the product.

There are specific devices some use to smoke concentrates.

Personally this isn't an investment I've needed to make.

I have tried the various types, but on a regular wellness routine I don't have the need for concentrated effects.

It's a newer trend and I'm following it.

Dispensary Pocket Guide

Indica: relaxation, pain relief, sleep ("night time")

Sativa: Uplifting, focus, creativity, energy ("day time")

You'll likely want a **Hybrid** that meets your needs or a few strains for various times of day.

Stay in top 2 quality levels.

Your Notes: _____

Edibles:

What is it made with? – Type, Recommended dosage, expiration

Is it Solvent Free? – All solvents are bad for your health.

Concentrates: Not usually needed. Most require special tools for use. If so, solvent free forms only.

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