

# Cultural Daily

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## 5 Very Different Ways To Consume THC

Our Friends · Friday, September 6th, 2024

The purpose why people turn to THC is more or less the same in all cases — to relax, to ease the tension, to improve the mood a bit. The ways of using it may be very different though. While most users know (or, at least, guess) that THC can be smoked), not everyone has heard of THC drinks, for instance. We'll cover both plus some more.

### Smoke

Smoking is perhaps the most traditional and popular method of consuming THC. Here, you inhale the smoke from hemp flowers and deliver THC directly into the bloodstream through the lungs. The effects are thus immediate.

If that's your method, it is important to know the optimal **formula for the in a joint**. Very often the effect is wrong because one either inhales too much or too little of THC.

It's likewise important to carefully select the strain. Some (e.g., Sativa) are more energizing. Others (e.g., Granddaddy Purple) are sedative. Be careful and thoughtful.

### Vape

Vaping is a more fashionable alternative to smoking. Here, you heat hemp oil or flower, or liquid diamonds to a particular temperature. Specifically, it is the temperature that releases THC and other cannabinoids in the form of vapor. The effects are more or less the same as with smoking but vaping is a bit less harsh on the lungs.

Vaping is a method that requires equipment. That is, you must choose a high-quality vape pen or vaporizer. Rechargeable dispos are a great and cost-effective option in this regard.

### Drink

This is something new. Such drinks are non-alcoholic, refreshing, and fast-acting. They can also have nice flavors such as tropical fruit. Besides THC as such, they may be enriched with electrolytes and vitamins.

Although such drinks are fast-acting, the effects are not as immediate as with smoking or vaping. That's because drinking means a slower absorption process — the compound is metabolized through the digestive system and only after that, it enters the bloodstream. The effects are thus

typically felt within 30 minutes. With some drinks, however, you can feel the effects within just 10 minutes.

## Eat

Edibles are super popular among hemp enthusiasts. They are varied, discrete, and have long-lasting effects. Edibles can include

- gummies
- chocolates
- baked goods, and more.

The flavors are just endless. Edibles can be particularly potent. It may be good to stick with gummies that combine THC with CBD using the 1:1 proportion. Then, the effects will be still pronounced but mild.

## Apply to Skin as a Roll-On

Finally, THC has become popular among runners and other athletes lately. The reason for this (at least, the most evident one) is that it can soothe post-workout pain and tension. Topical applications like THC roll-ons are often infused with menthol or other cooling agents. They are applied directly to the skin for localized relief.

## Final Thoughts

As you see, the ways THC can be used are quite varied. Of course, the primary use case is still relaxation (vaping, smoking, eating, and drinking THC are all about that). Yet, you can even apply it topically for pain relief and that's a whole different story.

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