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**MORE THAN GREEN:  
THE COLOR OF CANNABIS  
SPECIAL BROADCAST**

**4/20 11AM-1PM**

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## What is Cannabis? What is Marijuana?

Marijuana—also called weed, herb, pot, grass, bud, ganja, Mary Jane, and a vast number of other slang terms—is a greenish-gray mixture of the dried flowers of *Cannabis sativa*. Some people smoke marijuana in hand-rolled cigarettes called joints; in pipes, water pipes (sometimes called bongs), or in blunts (marijuana rolled in cigar wraps).<sup>1</sup> Marijuana can also be used to brew tea and, particularly when it is sold or consumed for medicinal purposes, is frequently mixed into foods (edibles) such as brownies, cookies, or candies.

Vaporizers are also increasingly used to consume marijuana. Stronger forms of marijuana include sinsemilla (from specially tended female plants) and concentrated resins containing high doses of marijuana's active ingredients, including honeylike hash oil, waxy budder, and hard amberlike shatter. These resins are increasingly popular among those who use them both recreationally and medically.

The main psychoactive(mind-altering) chemical in marijuana, responsible for most of the intoxicating effects that people seek, is delta-9-tetrahydrocannabinol (THC). The chemical is found in resin produced by the leaves and buds primarily of the female cannabis plant. The plant also contains more than 500 other chemicals, including more than 100 compounds that are chemically related to THC, called cannabinoids.

Source:

<https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>

<https://nida.nih.gov/download/1380/cannabis-marijuana-research-report.pdf?v=7fc7d24c3dc120a03cf26348876bc1e4>

## What is THC vs CBD vs Delta 8/Delta 9?

The origin of indica and sativa

In 1753, Carl Linnaeus published *Species Plantarum*, classifying all cannabis plants under one group, “*Cannabis sativa* L.,” with “*Cannabis*” as the genus, “*sativa*” as the species, and “L.” indicating Linnaeus’ system. “*Sativa*” comes from the Latin “*sativum*,” meaning “cultivated.”

French biologist Jean-Baptiste Lamarck updated the naming in 1785 with two distinct species: “*Cannabis sativa*,” a taller, lankier, and more fibrous plant, and “*Cannabis indica*,” a shorter, stouter, and more psychoactive plant, its name meaning “from India,” where it was thought to originate.

The cannabis plant is composed of hundreds of chemical compounds that create unique effects, and the primary ones are cannabinoids. THC and CBD are the two most common cannabinoids and are the main drivers of cannabis’ therapeutic and recreational effects.

THC (delta-9-tetrahydrocannabinol) is the compound that most think of when talking about weed—it’s what makes you feel high, and relieves symptoms like pain and nausea.

CBD (cannabidiol) is a non-intoxicating compound known to alleviate anxiety, pain, inflammation, and many other medical ailments.

Source:

<https://www.leafly.com/news/cannabis-101/sativa-indica-and-hybrid-differences-between-cannabis-types>

## What are the different types?

### Sativas

Typically thought to be energizing, sativas originally grew in warm, humid climates, growing long and lanky so they can dry out and not absorb so much humidity. Their warm climate also means they can take a long time to grow and flower, or produce buds, because the weather won't get cold and rainy at the end of the growing season.

### Indicas

Typically said to be relaxing, indicas originally grew in cold, northern climates. They grew short and dense because of their environment, and their growing life cycle is shorter so they can get harvested before the cold and wet of fall and winter set in.

### Hemp

As a side note, what we call "hemp" refers to the industrial, non-intoxicating varieties of cannabis harvested primarily for fiber, seeds, CBD, and novel cannabinoids such as delta-8. Hemp's fiber can be used to make materials and textiles, its seeds can be eaten, and CBD and other novel cannabinoids can be extracted from it. Legally, hemp is any cannabis plant with less than 0.3% THC.

Indicas are calm and relaxing, great for chilling out at the end of the night, watching a movie or listening to music, taking a nap, or just staring at the wall.

Sativas are energetic and will make you productive. They're great for physical activity, going for a hike, completing a task, cleaning, and anything that requires focus.

Hybrid strains offer a mix of indica- and sativa-like effects.

Source:

<https://www.leafly.com/news/cannabis-101/sativa-indica-and-hybrid-differences-between-cannabis-types>

## How is cannabis grown?

Cannabis growth is made up of a series of stages that plants undergo during their lifecycle. Each stage during the cannabis cultivation process requires its own unique demands, including different levels of light, water, and nutrients. It can take anywhere from 4 to 8 months to grow a cannabis plant, this varies based on where you're growing. With an indoor grow room, you have total control over environmental conditions and your plants are able to flower after only a few weeks!

Cannabis seeds remain inactive until they are exposed to water and light. They are relatively strong and survive well in dark, cool places such as refrigerators. It's important to note that if temperatures are too low or fall below freezing, cannabis seeds can become damaged or die. Cannabis plants are generally dioecious meaning that male and female reproductive organs are in separate individuals. However, sometimes cannabis plants demonstrate intersex characteristics and are referred to as hermies.

Females are the only cannabis plants with the ability to produce buds that can be harvested to smoke, vape, dab, and ingest. Male plants and hermies must be removed before the flowers open to ensure that your cannabis retains its quality and remains free of seeds. When male or dual-sex plants grow together with females, they pollinate them causing the females to stop using



their energy to feed buds and start focusing on producing seeds which results in reduced and sometimes ruined bud harvest.

### Cannabis Growth Timeline

1. Germinating: 1-7 days
2. Seedling: 2-3 weeks
3. Vegetative: 2-8 weeks
4. Pre-Flowering: 1-2 weeks
5. Flowering: 6-8 weeks
6. Harvesting

Source:

<https://cleanleaf.com/the-stages-of-cannabis-growth.php>

## How is cannabis consumed?

People smoke marijuana in hand-rolled cigarettes (joints) or in pipes or water pipes (bongs). They also smoke it in blunts—emptied cigars that have been partly or completely refilled with marijuana. To avoid inhaling smoke, some people are using vaporizers. These devices pull the active ingredients (including THC) from the marijuana and collect their vapor in a storage unit. A person then inhales the vapor, not the smoke. Some vaporizers use a liquid marijuana extract.

People can mix marijuana in food (edibles), such as brownies, cookies, or candy, or brew it as a tea. A newly popular method of use is smoking or eating different forms of THC-rich resins.

Source:

<https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>

## What are the statistics in regards to Cannabis use?

Among people aged 12 or older in 2021, 18.7% (or about 52.5 million people) reported using cannabis in the past 12 months (2021 DT 1.7).

Source: [2021 National Survey on Drug Use and Health\\*](#)

From Pew Research Center:

<https://www.pewresearch.org/fact-tank/2023/04/13/facts-about-marijuana/>

Around nine-in-ten Americans say marijuana should be legal for medical or recreational use, according to an October 2022 Pew Research Center survey. An overwhelming majority of U.S. adults (88%) say either that marijuana should be legal for medical and recreational use (59%) or that it should be legal for medical use only (30%). One-in-ten say the drug should not be legal in any form. These views have held steady since April 2021.

Public support for marijuana legalization differs widely by age, political party, and race and ethnicity. Adults ages 75 and older are far less likely than younger adults to support marijuana legalization for both recreational and medical purposes, according to the October 2022 survey. Just three-in-ten adults 75 and older say marijuana should be legal for recreational and medical use, compared with 53% of adults 65 to 74, the next youngest age category. By contrast, 72% of adults under 30 support legalization for medical and recreational use.

Democrats and Democratic-leaning independents are more likely than Republicans and GOP leaners to support the legalization of marijuana for both purposes (73% vs. 45%).

Majorities of Black adults (68%) and White adults (60%) say marijuana should be legal for medical and recreational use, compared with smaller shares of Hispanic (49%) and Asian Americans (48%).

## What are the benefits of Cannabis:

### Uses of medical marijuana

The most common use for medical marijuana in the United States is for pain control. While marijuana isn't strong enough for severe pain (for example, post-surgical pain or a broken bone), it is quite effective for the chronic pain that plagues millions of Americans, especially as they age. Part of its allure is that it is clearly safer than opiates (it is impossible to overdose on and far less addictive) and it can take the place of NSAIDs such as Advil or Aleve, if people can't take them due to problems with their kidneys or ulcers or GERD.

In particular, marijuana appears to ease the pain of multiple sclerosis, and nerve pain in general. This is an area where few other options exist, and those that do, such as Neurontin, Lyrica, or opiates are highly sedating. Patients claim that marijuana allows them to resume their previous activities without feeling completely out of it and disengaged.

Along these lines, marijuana is said to be a fantastic muscle relaxant, and people swear by its ability to lessen tremors in Parkinson's disease. I have also heard of its use quite



successfully for fibromyalgia, endometriosis, interstitial cystitis, and most other conditions where the final common pathway is chronic pain.

Marijuana is also used to manage nausea and weight loss and can be used to treat glaucoma. A highly promising area of research is its use for PTSD in veterans who are returning from combat zones. Many veterans and their therapists report drastic improvement and clamor for more studies, and for a loosening of governmental restrictions on its study. Medical marijuana is also reported to help patients suffering from pain and wasting syndrome associated with HIV, as well as irritable bowel syndrome and Crohn's disease.

This is not intended to be an inclusive list, but rather to give a brief survey of the types of conditions for which medical marijuana can provide relief. As with all remedies, claims of effectiveness should be critically evaluated and treated with caution.

Source:

<https://www.health.harvard.edu/blog/medical-marijuana-2018011513085>