

The 7 Health Restrictions to Consider Before Trying Cannabis

If you're considering diving into the [world of cannabis](#), then you've come to the right place! Cannabis can be a useful substance to help you relax or boost your energy. However, it isn't all fun and games.

There are certain [health restrictions](#) that you need to be aware of before taking your first puff to avoid unexpected health issues or worsening a pre-existing condition. So, this article will walk you through the health restrictions to consider before smoking weed.

Whether you're a seasoned cannabis enthusiast or a first-timer, understanding these guidelines will help you make an informed decision to ensure your cannabis experience is as smooth as possible. However, first things first. Let's get into what cannabis is!



[Cannabis Use by RDNE](#)

What is Cannabis?

[Cannabis](#), commonly known as weed or marijuana, comes from the cannabis plant, which contains over 60 compounds that have distinct effects on our bodies and minds. When consumed, these compounds interact with our [endocannabinoid system](#).

This system is closely linked to our nervous system and perception mechanisms, which is why it is possible to feel the effects of cannabis on our bodies and minds. So, to further clarify [how cannabis affects us](#), let's look at the main compounds found in weed.

Compound	Effects	Potency
THC	Main psychoactive compound that makes you feel high.	High
	Euphoric, offering a boost of energy.	
	Altered perception of time and space.	
	Increased creativity and appetite.	
CBD	Non-psychoactive, meaning it does not provide a high.	Low
	Used for anxiety and insomnia relief.	
	Anti-inflammatory.	
	Reduces seizures.	
	Exceptional pain and nausea relief.	
HHC	Psychoactive properties similar to THC, though reports suggest milder effects.	Medium
Delta-8 THC	It offers a balanced blend of effects between CBD and THC, but with milder potency than both.	Medium
Delta-10 THC	It may have more stimulating effects than Delta-8, but is found to be less sedative.	Medium
CBN	Mildly psychoactive, offering a more sedative effect than Delta-10 variations.	High - Medium
	Sleep aid for people with insomnia.	
	Exceptional pain relief for chronic problems.	
CBG	Non-psychoactive and generally less potent than CBD.	Low
	Antibacterial and antifungal.	
	Potential to treat inflammation, pain, and nausea.	

These are the general effects and levels of potency of the main compounds found in cannabis. However, it's important to remember that the effects and potency can vary based on the individual, the cannabis strain, and the method of consumption.

Now that we have gained a clear understanding of what cannabis is, as well as its main compounds and their respective effects, let's explore some of [the legal restrictions](#) that come with this substance to determine if you can even try it.



[Consuming Edibles by Polina Tankilevitch](#)

The 5 Legal Considerations on Consuming Cannabis

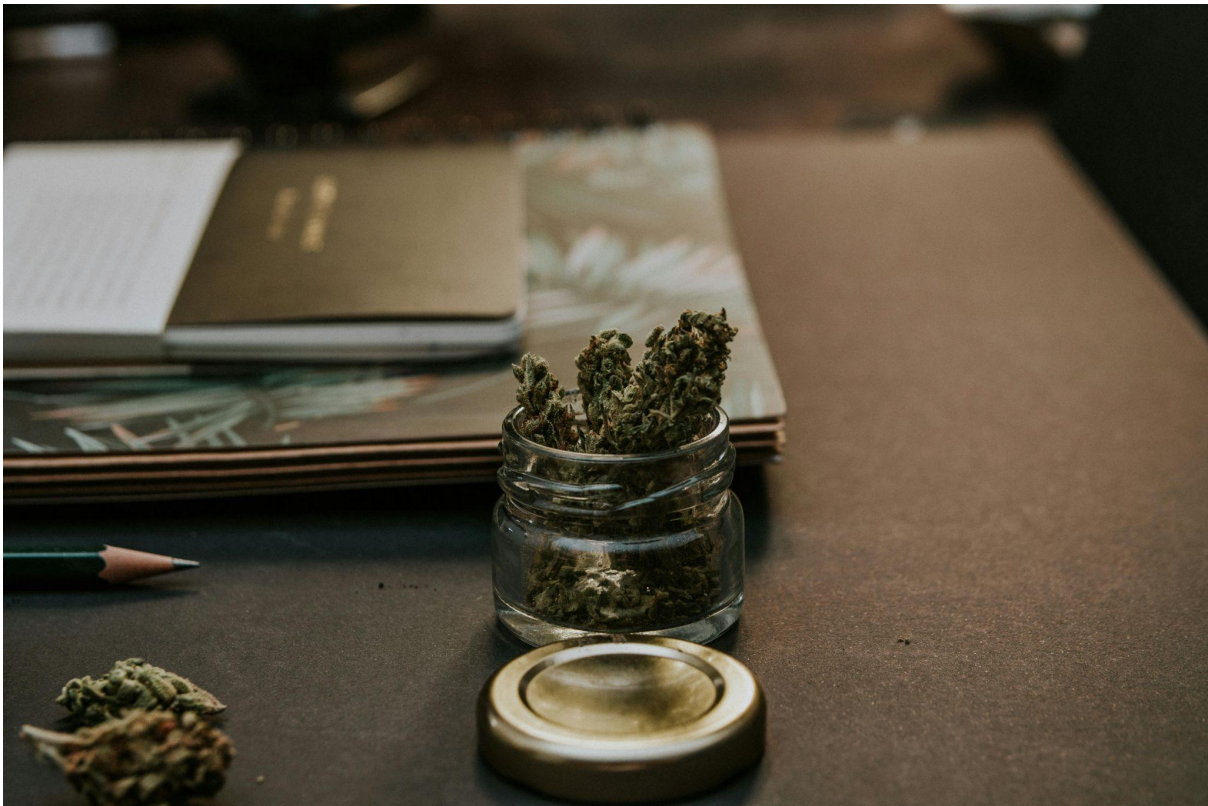
Before looking at the [health restrictions](#) you need to consider before trying cannabis, we need to be aware of the legal restrictions as well. Here is a list of the main legal restrictions when it comes to consuming weed, to determine if it's legal for you to try it.

1. Cannabis [remains illegal in some states](#). So this is the first aspect you will need to research.
2. The minimum legal age to consume cannabis is usually set at 21, though it may vary in your locality from 18 to 21.
3. Many employers enforce drug-free workplace policies, even if they are legal for recreational or medical use in that jurisdiction.
4. Landlords may restrict or prohibit the use of cannabis on their properties, including smoking, vaporization, and the use of edibles.
5. Residents of federally subsidized housing may also face restrictions against cannabis use due to [federal regulations](#), even where state laws permit usage.

If you think any of these legal restrictions apply to you, consider talking to a lawyer or [cannabis professional](#) to clarify the legal aspects to take into account in your specific situation.

Regardless of personal views on cannabis use, abiding by the legal requirements is necessary to prevent legal repercussions. So, [stay informed](#) on local regulations to avoid legal issues in the future.

If you are legally able to consume cannabis, let's explore some health restrictions that you need to consider before continuing on your journey into the [wonderful world of cannabis](#).



[Cannabis Consumption by Yash Lucid](#)

The 7 Health Restrictions to Consider Before Trying Cannabis

[Consuming cannabis](#) comes with its own set of health restrictions. Recognizing these restrictions is crucial for ensuring safe and responsible use. So, here is an overview of some key health restrictions that you should consider before trying weed.

Health Restriction	Reason for Restriction	Suggestions
Pre-existing Respiratory Conditions	It can exacerbate conditions like asthma or COPD.	Seek consumption methods that don't involve smoke, like edibles or tinctures.
History of Substance Abuse	It has the potential for abuse and dependency.	Monitor your consumption closely to determine your risk of abuse.
Cardiovascular Diseases	THC can increase heart rate and blood pressure.	Consult with a cardiologist before use, and stick to CBD.
Psychiatric Disorders	It can trigger psychiatric symptoms in predisposed individuals.	Consult with a mental health professional if your condition can worsen with cannabis use.

Pregnancy and Breastfeeding	It can impact fetal development and be present in breast milk.	Abstain from use during pregnancy and breastfeeding.
Medication Interactions	It can interact with certain medications, altering their effects.	Review all medications with a healthcare provider and ask them about cannabis use.
Cognitive Development in Youth	The development of children's and teenagers' brains could be hindered.	Avoid consumption until the age of 21 to prevent developmental issues.

Keep in mind that each person's health circumstances are unique, and what may be a minor concern for one person could be a major risk for another. So, it's essential to consult with a healthcare professional to understand how cannabis could affect your health specifically.

Furthermore, other than the health restrictions, there are also a few [potential side effects](#) you may want to consider before trying cannabis. So let's take a look!



[Vaping Cannabis by Sabrina Rohwer](#)

The Potential Side-Effects When Consuming Cannabis

Even if you're healthy, cannabis can still cause some wild side effects! And knowing what to expect can help you [manage your weed use better](#). So, let's take a look at the short-term and long-term side effects you may experience when consuming cannabis.

The Short-Term Side Effects

When it comes to the short-term effects of consuming cannabis, it depends on which compound is dominant in the strain you consume. If you try [THC-dominant strains](#), you can expect to feel an altered sense of perception, euphoria, increased appetite, and dry mouth.

In extreme cases or [highly potent THC strains](#), you could also experience impaired body movement, difficulty with thinking and problem-solving, impaired memory, rapid heart rates, and decreased blood pressure. So, if you're afraid of these side effects, stick to CBD strains.

[CBD-dominant strains](#) have far fewer side effects. However, some effects aren't exclusive to a type of compound. You may experience red eyes, paranoia, and coordination issues that could lead to accidents when trying any form or type of cannabis.

It's important to keep in mind that there are no deaths related to cannabis use, even in the most extreme of cases. So it's relatively safe to consume compared to its psychoactive counterparts.

The Long-Term Side Effects

While the short-term effects of cannabis are relatively harmless and last only a few hours at most, the long-term effects of prolonged and frequent use could be far more harmful. Here is a list of what research has been able to conclude:

- It has the potential for addiction and cannabis use disorder.
- It can cause impairments in cognitive function and memory.
- It can alter your brain development, particularly when the use begins in adolescence.
- It can lead to a decreased sense of satisfaction and achievement, causing depression.
- When you smoke, you could be exposed to respiratory issues like chronic coughing and bronchitis.
- It can increase the risk of mental health issues in predisposed individuals, such as anxiety or even schizophrenia.
- It can harm the fertility potential of both males and females.
- It can cause possible cardiovascular health risks for those with pre-existing heart conditions.

Understanding these side effects is imperative for users to [make informed decisions](#) and mitigate potential risks. And if you don't know how, check out these consumption practices to stay safe and avoid these unwanted side effects.



[Cannabis Topicals by Laryssa Suaid](#)

The Best Consumption Practices to Stay Safe When Consuming Cannabis

Whether you're a seasoned user or a beginner, it is crucial to adopt safe consumption practices when trying weed. So, here are our tips on responsible consumption to help ensure that your experience is as safe as possible.

- Only purchase cannabis from reputable sources that provide lab-tested products, ensuring they are free from contaminants.
- Start with a low dose, especially if you are a beginner or trying a new strain, to understand how it affects you individually.
- Choose a safe and comfortable environment where you feel relaxed and are free from responsibilities that require your undivided attention.
- Use glass pieces or vaporizers that do not release harmful chemicals, unlike plastic or metal apparatuses.
- Drink water to stay hydrated, given that cannabis dehydrates the body.
- Avoid consuming alcohol or other drugs in combination with cannabis to prevent negative interactions.
- Exhale your smoke promptly to avoid the absorption of tar and other harmful chemicals.
- Avoid sharing joints, pipes, or bongs to prevent the spread of diseases.
- Keep your smoking tools clean and wash your hands before handling flowers to minimize the presence of bacteria and viruses.

- Pay attention to any adverse reactions and seek medical help if you experience severe or concerning symptoms.

Remember, [the effects of cannabis](#) can vary greatly depending on the individual, the strain, and the method of consumption. Taking the time to consume mindfully and responsibly ensures a more controlled and enjoyable experience.



[Consuming Weed by RDNE](#)

Conclusion

Cannabis can offer a range of benefits, from relaxation and pain relief to enhanced creativity and social enjoyment. However, understanding and respecting the health restrictions is key to having a positive experience.

Always consider your medical history, stay informed about the products you use, and be aware of potential side effects. And if you're ready to try cannabis, check out Hurcann's [online store](#) for a variety of [high-quality strains](#) that will be sure to blow your mind!