

Strongest Cannabis Strains: How To Choose

Here is the list of strongest cannabis strains and we will also discuss how to choose them like a pro.

Did you know that the cannabis Sativa plant extracts for aromatherapy are now a trend? They are quite popular these days because their healing properties target mental, emotional, and physical well-being.

Aromatherapies are for deep relaxation and to ease the pain. Cannabis was one of the sources of aromatherapy. It varies through their delta-9-tetrahydrocannabinol (or THC) levels.

The THC levels indicate how great cannabis strains can be. The higher the THC level, the strongest the [cannabis strains](#) can be. Different factors can affect the THC levels of cannabis. The location of the flower (indoor or outdoor set-up), the cultivation process (through soil gardening or hydroponics), potency levels, possible effects to the user, scents, tastes, its nutrients, the source of light, its temperature and humidity and lastly, the presence of carbon dioxide are some of the factors.

Potency level means the force or the power that can bring effects to the user. The potency level of cannabis and THC level have a direct relationship. This THC level also determines how [powerful marijuana strains](#) can become.

Cannabis and Its Uses

As a recap, cannabis comes from the cannabis Sativa plant. Cannabidiol (or CBD) is the chemical component of cannabis that releases psychological-related effects.

Delta-9-tetrahydrocannabinol (or THC) is the chemical compound that works to give soothing and relieving qualities.

There are many uses of cannabis which many people have already experienced. These are:

Relieves Aches and Pains

Chronic aches and pains vary from where they originated. Some suffer chronic ailments from the environment and food or drinks that contain harmful chemicals. The cannabinoids of cannabis are known to cure these ailments.

Heals the Lungs

Cannabis can be in the form of cigarettes that can emit smoke. However, unlike tobacco, cannabis is considered safe and can even enhance your lung function.

Keeps You Healthy

Cannabis also regulates your insulin levels and controls your metabolism. It helps maintain your weight within normal levels.

Prevents Diabetes

Cannabis has good effects on insulin and helps control blood sugar levels. It also improves blood circulation and prevents high blood pressure.

Helps you Fight Against Depression and Anxiety

Cannabis helps you in controlling your moods to prevent depression.

A Remedy for Autism

People who suffer from autism can use cannabis to help calm them and control their violent tendencies.

Strengthens Your Bones

Cannabidiol hastens healing of broken or brittle bones. It also makes bones tough and harder to break.

Alleviates Arthritis

The THC and CBD properties of cannabis are also known to alleviate the pain of arthritis.

Helps Relieve Inflammatory Bowel Disease

When cannabidiol works together with THC, it helps in enhancing your immune system and the cells in your gut. Cannabis protects the intestines from harmful bacteria.

Those are the effects of cannabis with the standard THC levels. The most substantial cannabis strains possess other helpful benefits that mainly target your brain. These are:

- Avoiding future nausea problems
- Increasing your appetite and prevents future medical problems
- It helps relieve pain and muscle problems

Medical marijuana is recommended for short term and also chronic illnesses. Choose the strain as per your health condition or recreational preference.

Strongest Cannabis Strains

The most potent cannabis strains are categorized into three: Hybrids, Sativas, and Indicas.

[Hybrids](#)

Hybrids are mixtures of Indica and Sativa cannabis strains. Here are some of them with THC levels of 20% and above:

[Ghost OG](#)

THC: 20%

Overview: It is a mixture of myrcene, limonene, and caryophyllene and is present in white cloaks of crystal resins.

Uses: Alleviates pain and stress.

[White Tahoe Cookies](#)

THC: 22%

Overview: It is characterized by a sweet flavour with a hint of OG aroma.

Uses: Relieves insomnia and pain

[Bruce Banner](#)

THC: 23%

Overview: The history of its name came from the opposite of Hulk's character. This is a fast-acting type of hybrid strain.

Uses: Relieves depression, stress, and pain

[The White](#)

THC: 21%

Overview: It is a mixture of caryophyllene, limonene, and myrcene. Its name came from white crystal resin.

Uses: Prevents stress and dizziness; relieves anxiety

[Original Glue](#)

THC: 20%

Overview: A mixture of caryophyllene, limonene, and myrcene, and is sticky like glue.

Uses: Used for relieving pain and for relaxation

[White Fire OG](#)

THC: 20.5%

Overview: Came from The White and Fire OG (or WiFi OG)

Uses: Makes you feel comfortable and happy

[Do-Si-Dos](#)

THC: 20.5%

Overview: It has a mixture of sweet, earthy, and floral scents.

Uses: Gives relaxation to your mind

[Lemon Cake](#)

THC: 22.5%

Overview: Described by its musky and sweet scents

Uses: Uplifts your mood and gives you happiness

[Ice Cream Cake](#)

THC: 23%

Overview: Described by its creamy, sweet vanilla and sugar flavour.

Uses: It gives relaxation and promotes good sleep

[Sativas](#)

Sativas makes you energetic. It is a mixture of higher concentrations of THC and a lower concentration of CBD. It is preferred to use during the daytime. Some of these are:

[Silver Haze](#)

THC: 21.5%

Overview: It came from a mass of THC glands that are shiny and cover the buds. It brightens and uplifts your mood.

Uses: Improves appetite and prevents stress

[Indicas](#)

Indicas have a higher concentration of CBD than THC. It is best for night-time and relaxation use.

[Kosher Kush](#)

THC: 20%
Overview: Wrapped in thick layers of crystalline that can't be easily seen by the naked eye. It helps treat insomnia.

Uses: Relieves pain, regulates sleeping patterns, and avoids depression.

Before taking high-level THCs, start first at low THC levels. Sudden intake of potent or high-THC cannabis strains can harm your psychological health.

Conclusion

Have you felt stress lately? The strongest cannabis strains are there to help you. To know the strongest cannabis strains for you, visit our online dispensary.

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[Super Mario Organic Greenhouse \(AA\)](#)

[Twisted Extracts Sativa Jelly Bombs \(80mg THC\)](#)

[BC Vapes THC Distillate Cartridges \(Indica/Sativa/Hybrid\) \(1.1g\)](#)

[Bliss Edibles Party Mix Gummies \(300mg THC\)](#)

[Straight Goods Supply Co. – THC Cartridges \(1g\)](#)

[CBD Nation Organic Full Spectrum Tincture \(THC, 1:1, CBD\)](#)

[Bliss Edibles Tropical Assorted Gummies \(300mg THC\)](#)

[Straight Goods Supply Co. – Terp Sauce DISPOSABLE Vape Pen \(1g\)](#)

[Twisted Extracts Indica ZZZ Bombs \(80mg THC\)](#)

[Twisted Extracts Hailey's Comet Jelly Bombs 1:1 \(40mg THC : 40mg CBD\)](#)

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