

# How to Take Cannabis Edibles For the First Time

Edibles are one of the most accessible ways for people to try cannabis. They don't require special equipment, and you don't have to worry about inhaling smoke or vapor into your lungs. However, trying weed in any capacity can be intimidating, and it's important that it's done right.

In this guide, we'll answer some of your questions about marijuana edibles to make sure that you have a blast your first time.

## What's the difference between smoking and edibles?

The most common way to use cannabis is to smoke it. If you're used to smoking, you'll find that your experience with edibles could be very different. This is because of how the THC is absorbed into your body.

When you inhale marijuana smoke, THC is absorbed into your bloodstream through your lungs almost immediately. From there, it makes its way to your brain where it binds to receptors in the endocannabinoid systems. This is what makes you feel high.

When you consume an edible, it passes through your digestive tract and is absorbed by your stomach. Its active compounds are then metabolized in the liver, where THC is converted into 11-hydroxy-THC. This compound is stronger than regular THC, and it lasts longer, too.

Since you're absorbing the marijuana in a different way, you might have different effects of consuming cannabis than you would from smoking. For that reason, it's important to be careful the first time you take edibles, even if you're a seasoned cannabis smoker, since you won't know exactly how they will affect you.

## What type of edibles can I choose from?

As cannabis has become legal in more and more states, innovation in the edibles field has soared. You're bound to find a sweet treat at the dispensary that's to your liking.

The most well-known types of edibles are baked goods like brownies. They mask the taste of marijuana well, and pot brownies are a classic standby. You can also get chocolate bars, cookies, lemon squares, rice krispy treats, and tons more!

For many people, cannabis gummies are the easiest way to consume THC. They're already pre-portioned into ideal doses so you don't have to cut them up. They're portable and easy to seal up to keep away from kids or pets. Plus, they have a longer shelf life than baked goods.

If you're looking for something that will kick in a little faster, mints and hard candies are absorbed in part by your mouth as you suck on them. This helps you feel the effects sooner.

There are other ways of consuming marijuana, including THC beverages. If you have something in mind, talk to our budtenders!

## How much should I take?

If it's your first time taking edibles, you likely won't need a very high dose to feel their effects. It's not possible to overdose on marijuana, and if you do overdo it, you won't need to seek emergency care. However, taking a dose of edibles that's too high can cause you to "green out," which can make you very uncomfortable. Some of the most common side effects are panic attacks and paranoia. This is why it's best to take it slow your first time.

Most experts recommend taking 2.5-5 mg of THC for your first dose. In most cases, this is a very small amount of the doses contained in one package. Many brownies or bags of gummies contain 100 mg of THC or more. These edibles are intended to be used more than once, so don't feel like you have to consume everything on the first day.

To get a small dose, you might even have to cut one small gummy in half or into quarters, or a brownie into tiny pieces. Do the math to make sure that you're not overdoing it!

It may be tempting to take a high dose of edibles for your first try. We really don't recommend it, as edibles can cause adverse side effects if you go too fast. However, it's still nice to know that you won't need emergency attention if you overdo it, and you'll wake up the next morning feeling just fine.

## How long should I wait before taking more?

Edibles are all about delayed gratification. It can take up to two hours for the average edible to take full effect. The average activation time is about an hour. Waiting this long can be hard for some marijuana smokers who are used to getting high as soon as they take a hit.

Right after you take your dose, set a stopwatch on your phone. Then you'll know exactly how long ago you ate the gummy or brownie. It can be easy to lose track, especially if you're antsy for the effects to kick in.

If you want to play it safe, it might be a good idea to avoid taking a second dose on the first night you're trying edibles. You'll know for the future that you need a slightly higher dose so you can start your next session anew.

However, we understand that most people probably won't have that much self-control. If you want to be high, you don't want to wait for the next day. In that case, wait *at least* an hour before taking another dose. Two hours is safer.

When you take a supplementary dose, don't get desperate and take a huge amount. Just repeat the dose of what you took before (or even less if you're nervous).

## How long do edibles last?

Cannabis edibles last much longer than smoking does. The effects of edibles can last for six hours or more, with the average peak time being about four hours.

Before you take your first dose, make sure you've carved out enough time in your day to enjoy the effects of the edible. Our recommendation is to take it in the evening after all of your obligations are complete for the day.

## Tips for your first time

So now you know the basics of how edibles work. Here are some tips to help ensure that your first experience will be positive, especially if you've never used weed before.

### **Get high with a friend**

If it's possible, try edibles with a friend. Taking this plunge with someone by your side will be more fun. You'll be able to laugh at each other's jokes and compare experiences. You can both indulge, since there's little to no safety risk. You could choose a friend who's also new to cannabis, or bring in a friend with more experience who can walk you through the process.

### **Get some snacks**

Food tastes fantastic while you're high, and munchies are common when you take edibles. You'll want to have some amazing snacks on hand for your journey. This isn't the time to be too health conscious. Feel free to buy some chocolate, chips, ice cream, or any other favorite snacks. You should keep them within arm's reach, since you might not want to get up once the edible kicks in!

### **Pick some entertainment**

You should think of something to do while you're high. A perfect option is watching a funny movie; it will seem even more hilarious when you're under the influence of the edible. You could also put on some music or watch YouTube. Pick something low effort that you'll enjoy while you just sit on your couch. You probably won't be in the mood to do something too complex or that requires a lot of movement.

### **Eat a meal first**

Before you take your first edible, eat a regular meal. You'll get a slightly milder high when you have something in your stomach, and it will last a little longer. Eating will also make it more likely

that your stomach won't get upset. If you don't eat before your edible kicks in, make sure to have DoorDash ready to go to satisfy your food cravings.

### **Drink plenty of water**

Marijuana can dry out your mouth. Make sure to stay hydrated both before and after taking your edibles.

### **Be patient**

Remember, cannabis edibles can take up to two hours to kick in. Set a stopwatch on your phone, or a timer for at least 90 minutes. You should then find something to distract yourself with until you get high.

## **What to do if you take too much**

Okay, so you didn't listen to some of the advice above, or something just went wrong with your dosing. Now you feel uncomfortable because you've taken too much.

According to [Web MD](#), signs of a negative reaction due to taking too much weed include:

- High levels of anxiety
- Panic attacks
- Rapid heart rate
- Difficulty speaking
- Poor coordination
- Nausea and vomiting
- Extreme confusion
- Paranoia
- Hallucinations

These effects can be very scary for some people. However, it's important to remember that you're not experiencing any real health problems. Your symptoms will go away in a few hours once the edible wears off, and everything will be back to normal.

Lemons and black peppercorn have been shown to help reduce symptoms of a weed overdose. You can chew on whole peppercorns or smell them, and you can suck on a lemon or drink lemon water. This works because they contain terpenes that are shown to calm down the effects of marijuana.

You can also take a dose of CBD to help you come down from an uncomfortable high. CBD doesn't contain THC, and its cannabinoids bind to different parts of your brain. It may seem counterintuitive, but a small dose of CBD could help you feel normal sooner.

Edibles are one of the easiest ways to use cannabis, and their long-lasting effects are both extremely fun and great for pain relief. If you make a plan and are careful with your dosing, you'll have a great time using marijuana edibles.

Looking for a great place to buy edibles in Michigan? Check out [REDACTED]! Located in [CITY], Michigan, they have a wide variety of cannabis edibles, including gummies, brownies, rice krispy treats, and more! You can even receive your order via delivery. Take a look at their current edible deals.

Now go forth and get high!