

6 Foods to Enhance Your High

There's a strong link between food and the effects of marijuana, and we're not just talking about the munchies. There's evidence, both from users themselves and using science, that certain foods can make your high better, longer, and stronger.

Here are the top 6 foods (and drinks) to consume right before you pop your edible or inhale your first hit.

Mangoes

The idea that mangoes will increase the effects of your high has been around for a long time. It's almost been elevated to an old wives' tale around stoners. But does it work?

Mangoes contain myrcene, one of the most dominant terpenes in cannabis. This terpene makes it easier for marijuana to cross the blood-brain barrier. Since there's more THC in your brain, you'll get higher than usual.

There's not a lot of science to back this claim up, but there's lots of anecdotal evidence that it works. Plus, mangoes are tasty, so what is there to lose?

An easy [mango smoothie](#) is a great way to get the fruit into your system. You could also make a [mango salsa](#) that you and your friends could snack on all night long.

Chocolate

Don't just save your chocolate cake or candy bar for later when you have the munchies. Have a bit before you smoke!

Chocolate contains a neurotransmitter and endocannabinoid called anandamide. Some call it the "bliss molecule" since it binds to the cannabinoid receptors in the body, making you joyful and happy. It can increase your high and make it stronger.

You might notice that you also get higher on edibles that contain chocolate like brownies. Our marijuana shop in Grand Rapids sells a variety of edibles containing chocolate, including peanut butter cups, brownies, chocolate bars, and more!

Broccoli

Broccoli is one the the best things to have for dinner before you consume cannabis, especially if you're a medical marijuana user. Broccoli contains lots of beta-caryophyllene, a natural

cannabinoid that can help reduce pain and inflammation in its users. If you're having a bad day and need strong pain relief fast, add some broccoli to your diet.

Don't like broccoli? Maybe you've just never tried the right recipe. [Roasted broccoli](#) is easy to make and improves both its taste and texture over boiling or steaming.

Sweet potatoes

If you only eat sweet potatoes with marshmallows on Thanksgiving, you're missing out. They're full of Vitamin E and B, which increase the amount of serotonin in your brain. That's what marijuana does, too, so your effects will be heightened considerably.

[Sweet potato fries](#) are pretty easy to make, and they're one of the tastiest ways to consume this vegetable. The extra high will be worth the effort!

Tea

Black and green tea are a great way to relax into a smoking session. For one thing, they contain tons of antioxidants. One in particular is called catechin, which interacts with the body's cannabinoid receptors. When you drink tea before getting high, you'll be much more peaceful. Tea and an indica-dominant strain are the perfect combo!

Nuts

Nuts are high in omega-3 fatty acids. They bind to cannabinoid receptors and help THC and CBD move through the body faster. This will get you high faster and help maintain it throughout your session. Even just a handful of almonds could be enough to make a difference.

Ready to try these food and marijuana pairings for yourself? Make an online cannabis order from [REDACTED] today! You're guaranteed to find something new in our extensive collection of products at our marijuana shop in Grand Rapids, Michigan. We offer free delivery for orders over \$79 so you don't even have to leave your home. Check us out online or stop in today to hear about our deals!