

THE GOLDEN RULES OF MEDIBLES

Cannabis-infused edibles are an excellent way to achieve a long-lasting desired outcome when used responsibly. Conversely, overdosing can leave you paranoid, spinning or feeling nauseas.

The trick is to know how much to consume and how long the effects will last before taking the first taste. Whether you are a novice or a seasoned imbibor, there are a few **Golden Rules** that, when heeded, can make your experience go from startling to sensational.

Golden Rule #1-*Be selective.* Choose products from a reputable company such as **Heavenly Sweet Medibles** that lab test their products for clarity and consistency. You want to be sure that anything you put in your body has no traces of molds, pesticides or volatile chemicals.

Golden Rule #2-*Read labels.* Look for products that have cannabinoid labeling such as THC and CBD content. This will help you determine how much of the product you can consume without overdosing.

Golden Rule #3-*Eat before you imbibe.* No, a light snack will not suffice. The effects of the THC will feel more intense on an empty stomach.

Golden Rule #4-*Don't drink alcohol and eat edibles.* Mixing cannabis with even a modest amount of alcohol (2-3 drinks) will amplify the effects of your edibles which could leave you spinning.

Golden Rule #5-*Start low and go slow.* If you are a edible virgin, begin with a low THC dose, no more than 5-10 milligrams per 100 lbs. of body weight. This may sound like a very small amount but keep in mind you can always eat more but you cannot undo it once you have consumed it. It can take anywhere between thirty minutes and two hours, depending on your metabolism, body mass and level of fitness, to feel the full effects.

****TIP**-Once you have portioned your dosage of edible, put away the balance of the medicated product BEFORE THE FIRST TASTE. This will help you avoid over indulging; you are less likely to eat more when it's not right in front of you.

Golden Rule #6-*Find your personal dosage.* After the initial 5-10 milligrams per 100 lbs., it is imperative you WAIT TWO HOURS BEFORE INGESTING MORE! If, after two hours, you feel you have achieved the desired effect, do not eat anymore. If you do not yet feel the effects then consume another 5-10 milligrams and WAIT TWO HOURS. Once you have determined the quantity of THC you need to reach your plateau of bliss, apply that to any reliable lab-tested edible for predictable results.

****TIP**-Once you have determined your personal dosage try serving yourself some un-medicated product, topping it with your personal serving of edibles. Example: serve a scoop of (un-medicated) ice cream, topping it with your medicated ice cream. Try **Heavenly Sweet Medibles** gourmet ice cream and sherberts. That way you can feel satisfied without over medicating.

****TIP**-Never operate a vehicle or heavy machinery while medicated.

Golden Rule #7-*Remain calm.* If you have ingested too much cannabis hydrate and remain calm. The effects will wear off in a few hours. Consider this a lesson. Make a note of how much you consumed so you can avoid making the same mistake the next time.

****TIP**-Try keeping high CBD oil or capsules on hand in case of over-consumption. CBD's attach to the brain's CB1 receptors like THC but it lessens THC's effect, acting like a reducer. Ingesting or titrating high CBD oil would help bring you down out of the stratosphere and back to a pleasant flight.

Follow these rules and tips and you can have confidence that your edibles experiences will be more than satisfactory...they'll be golden.