

Can You Overdose? THC and Titrating Properly

There are three common reasons for why you might find yourself in a position where you've gotten a little too high. The most common reason is that you're a novice and you don't really know how to use the products. In attempting to titrate to control symptoms, you smoked or ingested a little too much THC, and now you just feel uncomfortably disassociated.

The other problem could be that you're experienced, but you're experienced with marijuana products that you used to use in the 70s or in the 80s and the THC concentrations now, in the dispensary products, are so much higher. So, you're using more because you're using according to old patterns and now you've gotten yourself into a bit of a pickle. The other common reason is because people drink a little alcohol along with their marijuana ingestion and that unfortunately increases the concentration and the efficacy of the THC and suddenly you're quite a bit higher than expected.

It's okay. You can be reassured because no one has ever died from a marijuana overdose. Absolutely zero. So, this is going to pass and you're going to be just fine. You can do some very simple things to feel better quickly, like do something calming, such as resting on your side on the couch, or playing a fun video game or taking a nice hot bath or going for a walk in a beautiful green space. All those things may help you feel much better. You could also try switching up the ratios by adding some CBD oil that should help to sort of decrease the amount of available THC, and help to smooth the anxiety which CBD is so good for.

But there's some other really great ideas too that can be a little more proactive. First, you should consider hydrating. Simply increasing the total body volume of fluid will dilute the THC in the fluid and help you to feel quite a bit better. Alternately, you can take some lemonade or lemon water. I love lemon water every day for alkalinizing. Using some lemons gives you exposure to terpenes, which is a chemical in the lemon that limits THC's availability to be effective for you. So, if you've ingested too much, adding some lemon will really help to reverse that fairly quickly.

Another medication that works in a reversal way is pine nuts. There's a component in pine nuts called pinene, which helps to support mental clarity. So, it's sort of like adding one medicine to combat the effects of another medicine, which you may already be doing if you're on opioids. You may be taking opioids for pain control and then finding yourself needing a laxative to help with chronic constipation. So similarly, if you take a little too much THC and it gets away from you, adding a little pinene will help to relieve that mental anguish and give you some mental clarity again.

Another thing that many people swear by is black pepper. You can ingest it in a product that has a lot of black pepper on it. Mashed potatoes can mask a lot of black pepper all throughout the potato and still be very edible. Or, you can just sniff a handful of black pepper seeds. And the myrcene in the black peppers seems to be very effective in relieving your symptoms.

So, I hope all of those things help. But if they don't, seek the help of a medical professional. Even in states where the drug is illegal, we're not here to add to your misery. We're here to try to help you feel better. So, if you really are having anxiety or panic or not feeling good after taking the product, come and see us because we have other products that we can offer in an emergency room setting that will help you feel quite a bit more comfortable. So, I hope that eases your mind. There's all kinds of things that we can do to reverse. But my best advice to you, novice or experienced, start low on your dosage. Go slow on your titration up and avoid alcohol consumption.