

MARIJUANA CANNABIS: SATIVA

Hello, Dr. Mary Clifton here. I'm an internal medicine doctor with 20 years of experience. I'm licensed to practice here in New York and also specifically licensed by the State of New York to provide medical marijuana certifications.

Today we're talking about different strains of marijuana and what strain might be ideal for you. We covered indica on a separate video, and today I want to introduce you to sativa. Sativa is spelled S-A-T-I-V-A.

Sativa is a really nice plant. It specifically has all kinds of value in being uplifting and invigorating. Sometimes people will describe getting high and then feeling very fatigued and just wanting to sleep and not really being able to do very much. But that isn't the effect that you get with sativa.

In fact, this is the strain that is often sought out by athletes to try to enhance their performance when it's used in very low dosing. There's no research around that, but there are some anecdotes of people who had really enjoyed using this product before physical exertion. You can get flavors that range from fruity and sweet to earthy and more subdued.

This plant originated in places like Thailand, India, Colombia, Mexico. Again, it's really known for its energizing effects. It appears to be more effective than other strains for fighting depression and for providing a sense of overall well-being and an increase in focus and increase in creativity, as well as adding to uplifting thoughts and giving a sense that you have an improved sense of thinking and creativity.

It's more difficult to cultivate and, therefore, it's rarer. It appears that too much of this plant may be more consistently associated with the paranoia that's sometimes seen with chronic use of marijuana.

There's also some interesting information on this plant. It's the tall, thin type of plant. It can grow as high as 20 feet tall. It takes 16 weeks to mature this plant from seed to flowering.

Now remember that this is a lot of great information on sativa, but a lot of it depends on the cannabinoid concentration and the hybrid that is being used. Not hard and fast rules, but just some general data that might make it more fun to consider all of your options when you're working with your bud master at your local dispensary.