

What type of Cannabis and Delivery Method is Best for you?

Do you need some help thinking about what product might be right for you? I'm Dr. Mary Clifton. I'm a New York State internal medicine doctor, also certified by the New York State Department of Health to provide medical marijuana certifications. Here in New York State, we're not allowed to offer a smokable, full plant product as an option for use. This however is being challenged and it's possible that in the future you may be able to seek out those products.

But right now, you can get a number of great products that really differ primarily in their mechanism of action. The first and probably most usable product, or the one that most people do choose, is the vaping product. This is where a pharmaceutical grade precision engineered controlled dose of the cannabis is extracted by heating the product into a mist or a vapor. You do get very precise dosage control and you can expect immediate relief. The product looks a lot like the vaping pens for cigarettes, ordinary tobacco cigarettes that you've probably seen used before.

In addition, you can consider the use of sublingual tinctures, which are interesting because the mechanism of action can shift. If you use the tincture and leave it on your tongue or in your mouth where it can absorb through the buccal mucosa, you can expect an onset of action in about 15 minutes. It's important to remember that, because the onset of action differs from vaping. So if you're used to vaping and then you switch over to a sublingual tincture and you don't get an immediate result, you may think that it makes sense to take another dose. But be careful with doing that, because sometimes you can get more product than you were hoping to get.

The other way that you can use the sublingual tinctures is to swallow them. And instead of absorbing through the gums and the oral mucosa it's going to absorb through the GI track. Now, that's gonna take more time. Up to 60 to 90 minutes for onset of action. So swallowing a sublingual tincture is going to make it behave more like an edible. And since we don't have edibles available in New York, that may be a reasonable way to get something that has a longer mechanism of onset, a longer onset of action, and then possibly a longer duration of action.

The third way to get these pharmaceutical grade precision engineered controlled dose of marijuana is through the hard pressed tablets, or oral capsules. Now, these are where the marijuana has been controlled in their dosage and each tablet is an equal amount. And that's just great, because if you're used to taking tablets and you feel comfortable with an oral administration, the tablets seem better for you than an oil or a liquid and that's a great choice here in New York to help you get relief from everything that's approved (PTSD, nausea, chronic pain, HIV and AIDS symptoms, symptoms of ALS, all kinds of muscle spasms related to multiple sclerosis or neurologic diseases). I hope that you get some great relief with one or another of these delivery mechanisms.