

## ***For the oil directions:***

- Grind up your product in a coffee bean grinder or even a Cuisinart
- \* Heat up 1 cup of extra virgin olive oil or oil of choice, being careful to get hot but not boiling
  - Measure out 10 TBS of the ground product per 1 cup of oil
  - The oil is ready when you spread a sample of the ground medicine over it and hear the properties being released into the oil! It sounds like an Alka Seltzer dropped in water! Then sprinkle all the rest of the product over the oil
  - Allow the mixture to cool
  - Strain the oil
  - Store in a container, away from the sun

NOTE: You can double, triple, etc this recipe to make a larger batch - 10 TBS ground to one cup oil

**OR**

Buy a "magical butter machine" that you put all these ingredients together in and plug it in and let it make the oil for you!

## ***How to Use:***

Remember, that ingesting the medicine, you have to allow time for it to be absorbed before you will get relief from your pain. When first taken this way, it may take up to a full hour to feel the changes. Eventually, it may take less time. So, it's important to figure out when the relief is needed by, so you are sure to get it into your system before this time.

Dosage to start with:

- \* you need to start with a much lower dose to introduce this to your body slowly
- \* start with 1/4 tsp, mixed with some food like a little applesauce or yogurt
- \* take one hour before you want to be in bed for the night
- \* the goal is to eventually sleep through the night and not wake up groggy - so each night add 1/4 tsp more until you have slept the night and not woken up in the AM groggy. If that sensation happens, don't panic. It will wear off throughout the morning and tells you to be sure to not take dose again but instead decrease a bit. With the right dose, you sleep and do not wake up feeling groggy.

- This is much safer for your lungs to not be smoking the medicine.
- This is easier to store and travel with.

- For many achieving their true dose can mean less need of medication during the day for it keeps the body calm into the next day

We have found that using more than one type of night indica plant creates a great sleeping oil. And if you can get the clippings from these indica plants, they seem to make a wonderful oil.

***For breakout pain:*** • Remember to pay attention to which type of plant you use – sativa makes a daytime relief, indica makes a nighttime relief.

***DIRECTIONS for Tincture*** ( I make these using one ounce of medicine but you can always cut this down)

***Two month method***

- Place one ounce of product into a canning jar.
- Cover the product with schnapps, rum or your choice
- For the next two months, shake the jar twice a day
- After two months, strain the liquid, remembering to squeeze the product to get as much out as you can.
- Store tincture in glass container away from light.

***24 Hour Method***

- Put one ounce of product into canning jar
- Pour 190% Proof alcohol over it enough to cover it all.
- Put jar in freezer for the night
- In the morning, pour mixture into a blender and puree
- Throughout the day, shake the jar
- After 24 hours, squeeze the product and strain the liquid • Store in a glass container away from light.

***Glycerin Tincture*** – made in 2 hours!

- For each cup of glycerin, add ten tablespoons of ground up product.
- Put the product and liquid into the crock pot and cover and set at warm if your has that and if not, set it at low.
- Stir occasionally for two hours
- Cool and strain – try using either cheesecloth or even an old, clean stocking. This will easily squeeze out. If it gets too thick, slightly heat the liquid up for it to pass through more quickly.
- Store in a cool, dark place

***How to Use:***

- Use 1 tsp. – place under the tongue or in the side of the cheeks, hold for 20 seconds and then swallow.
- Repeat as needed every 20 – 30 minutes until the desired level of pain relief is found.

## ***Juicing Cannabis Leaves***

- Select 10 or more large fan leaves Clean leaves, even if organically grown
- Place leaves into pot of cold water and soak for five minutes Juice the leaves using a LEXEN Juicer
- Place juice in a glass container and mix other juice it to improve the flavor.
- Store it in the refrigerator.
- If you make juice more than a day's supply, pour the liquid into ice trays and freeze. This stores well for months and can be thawed out mixed with other juice when you are ready for them.

### ***How to Use:***

Sip 1-2 ounces three to five times a day. You will feel nothing from sipping this - there is no high but lots of healing powers from the CBD!

## ***Cannabis Lollipops***

Ingredients:

2 cups sugar

1 cup light corn syrup

1 cup water

2 ounces marijuana tincture - directions above

¼ tsp your choice of food coloring

¼ tsp of flavor spray for molds to prevent sticking lollipop sticks, bags and ties Instructions:

- Add sugar, syrup and water to a pot on the stove over medium heat.
- Stir until all ingredients have dissolved and bring to a boil.
- Bring to 300 degrees (F) and slowly stir in color and flavorings.
- Turn off heat and as quickly as possible, stir in the marijuana tincture.
- Pour in molds that have been sprayed to prevent sticking
- Put sticks into the mold

- Place pops into the refrigerator until candy is hardened •
- Place pops into small plastic bag and close with a tie.

### ***How to Use:***

Many use one pop for numerous sessions. Suck on the pop, placed under the tongue or in the side of the cheek for about five minutes and then wrap the rest up what is left for another time. Wait and see how long you feel relief before deciding when to use again.

## ***Cannabis Balm Pain Cream***

ingredients:

1 oz beeswax

2 oz cannabis or 4 oz trim or 1 1/2 cups pre made cannabis oil

Essential oil if desired to lessen the cannabis odor; peppermint masks the smell and helps to open the cells

- heat beeswax in pan
- melt on medium add 1 1/2 cups of pre made cannabis oil (directions at top)
- quickly stir place in glass bowl and put into refrigerator to cool
- Immediately clean the pan and wipe it out, for the bees wax will harden very rapidly!
- remove and check consistency and add more wax if more thickness is needed
- store in a container with a top on at room temperature

### ***How to Use:***

This can be used as frequently as you want! Since this an oil, base, be careful with clothing on top of where you rub this on.

## ***Cannabis Bath Bombs Recipe***



You can create a mix of THC and CBD bath bombs, or only make CBD infused bath bombs. CBD bath bombs may be a good option for people who do not want or are not able to use THC.

You can make your own cannabis oil or buy CBD oil online, we used [CBDpure](#) for this recipe, which is a great CBD brand and easy to dose the milligrams correctly.

## Ingredients:

- 100mg CBD from [CBDpure](#)
- 1 tablespoons olive oil or coconut oil.
- 1 cup baking soda
- 1/2 cup Citric Acid
- 1/2 cup Epsom Salt
- 1/2 cup corn starch
- 1 teaspoon water
- Food colouring of your choice

- Your choice of essentials oils 30-40 drops

## Directions

1. Place the dry ingredients in a large bowl and mix together with a whisk.
2. In a small bowl, mix the liquid ingredients together, including the CBD oil until well blended.
3. In the large bowl, very slowly add the liquid mixture to the dry ingredients at little bit at a time. Mixture should hold together when squeezed without crumbling.
4. When well mixed, pack the mixture into your bath bomb mold and pack tightly, then let it dry. Make sure you work quickly so the mixture doesn't dry out in the process.
5. Bath Bombs need a full day to fully harden. If they're not quite hardened enough, they may crumble when you handle them, so check to make sure before taking them completely out of the mold