

# Herbal Extracts DIY Basics

Cannabinoids are dissolvable in oil and alcohol and there are many ways to utilise this. I will list a couple of methods that I use personally.

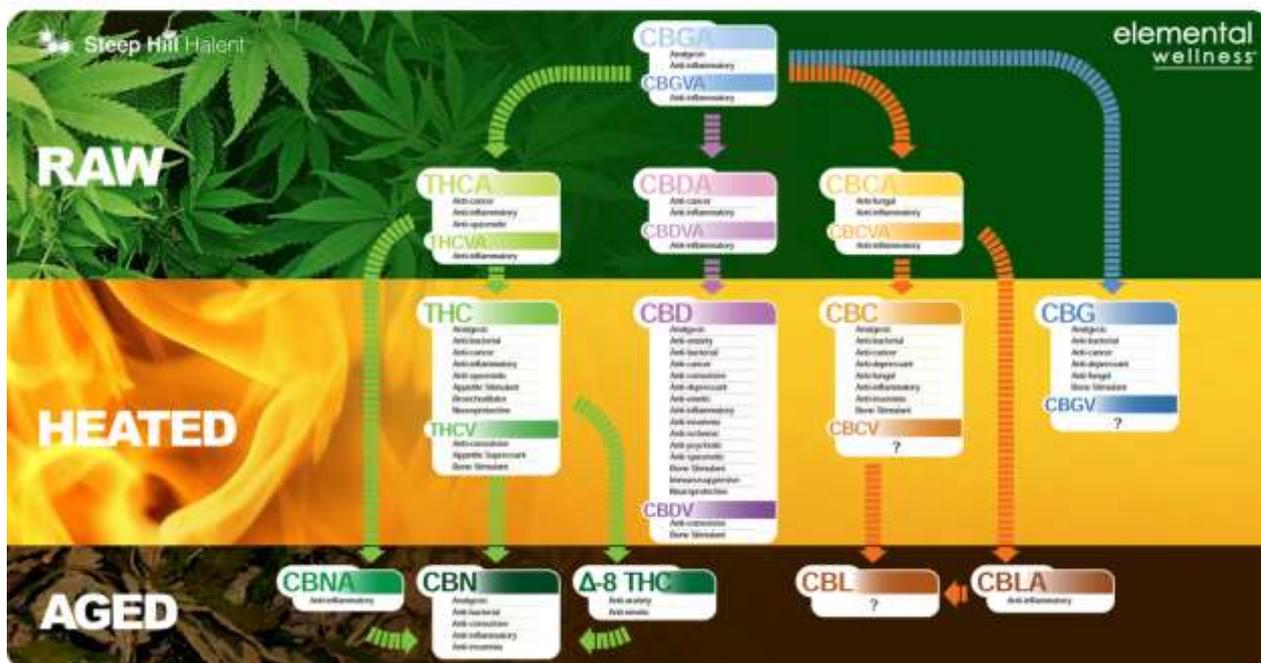
## Activated and non-activated preparations.

When Cannabis is heated or aged THC-A becomes THC. I like to refer to this as conversion or activation. This is often referred to as decarboxylation. There are slightly different properties to the various forms of THC (yes there are more). THC will only have psychoactive properties after being converted from THC-A to THC. Various recipes use different methods, but if you are heating your cannabis then a certain amount of conversion will occur. Keep this in mind when deciding which method is right for you.

- ✦ Don't forget that there are many different properties depending on the cannabinoid profile, such as high CBD strain vs high THC strain, and the terpenoids present can also effect the properties of any given strain too.

## UNDERSTANDING MEDICAL CANNABIS

### Cannabinoids and Their Therapeutic Effects



## **Oil infusion:**

You can soak your herb in oil. The most popular are coconut oil, MCT, olive oil and butter. There are many variations to the basic recipe. You can choose to decarb or not. Many recipes use low heat with which some conversion will take place others will separately decarb prior to extraction.

## **Tincture:**

Many people mistakenly refer to oils as tinctures, which is incorrect. Tinctures are alcohol based. This method is very simple and once again you can choose to decarb or not depending on what suits you. A tincture is made simply by soaking your herb in alcohol. Once again there are many variations out there as to how long to soak (a few minutes to a few weeks), and other subtle differences.

## **Concentrates:**

This is a more complex area with a variety of methods, some easier than others. For the beginner I would recommend sticking to safe and easy extractions such as hash oil (RSO/feco) using grain alcohol, bubble hash, kief, or maybe rosin.

<https://meetharmony.com/2016/12/21/everything-know-cannabis-extracts/>

<http://www.growweedeasy.com/cannabis-extract-hash-oil#how-to-make-2-4-grams-edible-hash-oil>

<http://hempembassy.net/medical-cannabis-preparations/>

<https://www.leafly.com/news/cannabis-101/cannabis-tinctures-101-what-are-they-how-to-make-them-and-how-to>