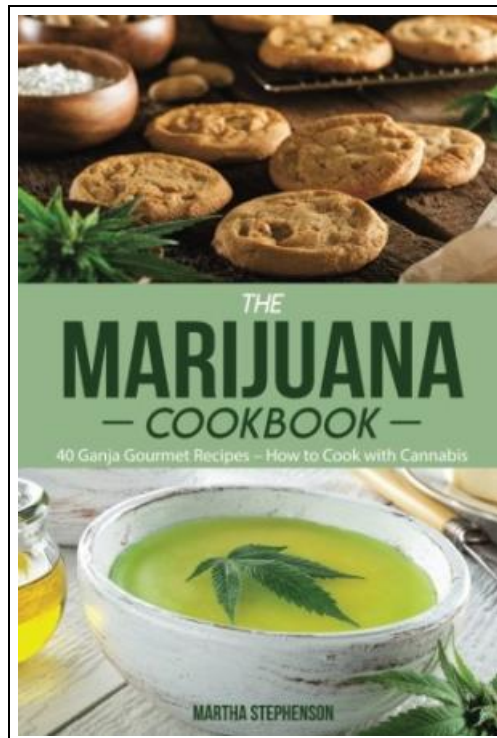


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Why not simply smoke marijuana I hear you ask? The answer to this question is very simple. Eating, rather than smoking, cannabis produces more body-centered effects, which are spread more evenly throughout your body. Eating marijuana can provide long-lasting pain relief for conditions such as muscle spasms and other medical problems. However, it does take longer to work than when inhaling. You won't feel the effect straight away so it can be easy to eat too much or too little, so the best way to get it right when you include marijuana in your recipes is to kick off with a dose of measured marijuana edible. Eat a small amount on an empty stomach and wait for 60-90 minutes until you feel the weed's full effect. Then decide if you want more and if you, how much more. Your culinary high will be milder from ingesting rather than inhaling, so it may be just what you need to ease tension, aid sleep, and relaxation. Smoking marijuana distributes the tetrahydrocannabinol (THC) via the lungs directly into the bloodstream. You will, therefore, feel a high within a few minutes. This high will typically last for a few hours after which you will feel the buzz backing off, and tiredness will begin to creep in. The legalization of medical marijuana is an idea that is spreading and as it does perception of the plant is developing and growing. It now legally sits on our kitchen shelves alongside other baking and cooking staples. The Marijuana Master Chef will show you how to prepare the pot-infused basics you will need including oil, butter, flour, and milk. Plus, lots of Ganja gourmet recipes including dips, sauces,...

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