

Marijuana Alternatives to Smoking or Vaping

There are a number products available on the market that are an alternative to smoking or vaping marijuana including infused beverages, edibles, lozenges, inhalers, tinctures, vaginal and rectal suppositories, and nasal sprays. For example there are infused beverages such as soda pop, coffee, etc. and others that act pretty fast (see <https://herb.co/learn/best-weed-drinks/>, "Cannabis Drinks Give You a Stronger High.")

"Drinking marijuana actually provides a more potent experience than simply puffing on your vape or taking a hit of a joint. The liver will convert some THC into a more psychoactive version of the compound, called 11-hydroxy-THC. While substantial research on 11-hydroxy-THC is lacking, early studies suggest that the compound can produce a stronger high than the molecule you find on your standard bud."

"There are a few caveats to this, however. Depending on your genes, there are variations in how well you process THC and other substances. So, some people might not experience a strong effect from edibles. When the liver does successfully convert THC to 11-hydroxy-THC, however, you'll feel it. With a liquid, that probably means about 30 minutes down the line."

"While it can take anywhere between 30 minutes and two hours to feel the effects of a solid edible, you can expect weed drinks and tinctures to kick in somewhere around the 30-minute mark. The only downfall to cannabis beverages is that, because of their faster metabolism, their effects likely won't last as long as a traditional edible. Consumers can expect between two and four hours of active effects from a cannabis drink."

While there is no safe exposure to secondhand smoke according to the surgeon general, GASP does not oppose allowing marijuana smoking or vaping in outdoor settings not visible to the public as required by Amendment 64. GASP does not oppose the use of marijuana products indoors or outdoors that are an alternative to smoking or vaping marijuana including infused beverages, edibles, lozenges, inhalers, tinctures, vaginal and rectal suppositories, and nasal sprays; and that are regulated to limit the impact of impaired driving.