

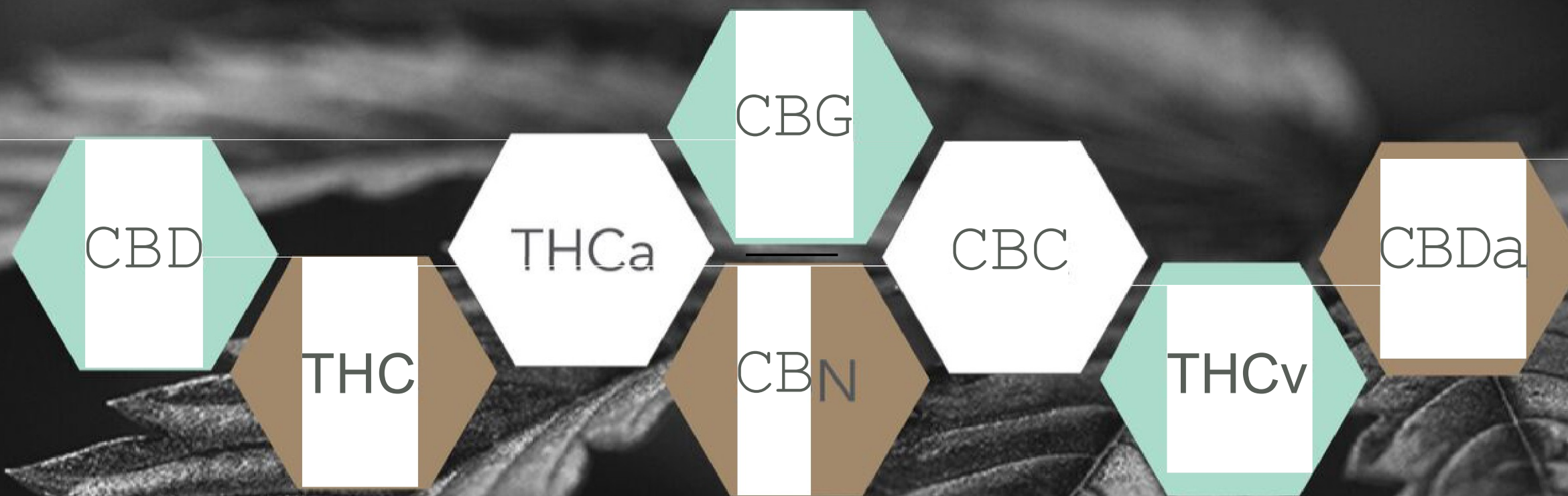


# Travis Petersen

*An Introduction to CBD  
and Terpenes from  
Canada's Cannabis Chef*

# Infusing Fats






## THE ENTOURAGE EFFECT

The enhancing, synergistic effect that occurs when the whole plant of cannabinoids, terpenes and botanical compounds are consumed together

# LIMONENE



 **AROMA**  
Citrus

 **VAPORIZES AT**  
348°F (176°C)

 **POTENTIAL  
MEDICAL VALUE**

Treatment of:

- Anxiety
- Depression
- Inflammation
- Pain
- Cancer

 **POTENTIAL  
EFFECTS**

Elevated Mood  
Stress Relief

**+ ALSO FOUND IN**

Fruit Rinds  
Rosemary  
Juniper  
Peppermint

# $\alpha$ -PINENE



## AROMA

Pine

## VAPORIZES AT

311°F (155°C)

## POTENTIAL MEDICAL VALUE

Treatment of:

- Asthma
- Pain
- Ulcers
- Anxiety
- Cancer

## POTENTIAL EFFECTS

Alertness  
Memory Retention  
Counteracts some THC effects

## ALSO FOUND IN

Pine Needles  
Rosemary  
Basil  
Parsley  
Dill

# MYRCENE



## AROMA

- Cardamom
- Cloves
- Musky
- Earthy
- Herbal



## VAPORIZES AT

332°F (167°C)



## POTENTIAL EFFECTS

- Sedating
- "Couchlock"
- Relaxing



## POTENTIAL MEDICAL VALUE

- Antioxidant
- Treatment of:
  - Insomnia
  - Pain
  - Inflammation



## ALSO FOUND IN

- Mango
- Lemongrass
- Thyme
- Hops

# CARYOPHYLLENE



## AROMA

Pepper  
Spicy  
Woody  
Cloves

 VAPORIZES AT  
266°F (130°C)

 POTENTIAL  
EFFECTS  
Stress Relief


## POTENTIAL MEDICAL VALUE

Treatment of:

- Pain
- Anxiety
- Depression
- Ulcers

**+** ALSO FOUND IN  
Black Pepper  
Cloves  
Cinnamon

# HUMULENE




## AROMA

Hops  
Woody  
Earthy



## VAPORIZES AT

222°F (106°C)



## POTENTIAL MEDICAL VALUE

Anti-Inflammatory

## + ALSO FOUND IN

Hops  
Coriander  
Cloves  
Basil





# LINALOOL



 **AROMA**  
Floral

 **VAPORIZES AT**  
388°F (198°C)

 **POTENTIAL  
MEDICAL VALUE**

Treatment of:

- Anxiety
- Depression
- Insomnia
- Pain
- Inflammation
- Neurodegeneration

 **POTENTIAL  
EFFECTS**

Mood Enhancement  
Sedation

**+ ALSO FOUND IN**  
Lavender