

Medical Marijuana normally comes in different strains: Indica and Sativa, but majority of the marijuana you find today are Hybrids.

An Indica strain is usually a darker green and tends to have purple on the leaves. It can also be known as “skunk weed” because it has a strong odor like a skunk. The effects of Indicas usually help with pain, stress, sleep, depression, and increasing an appetite. It can give more of a head high and leave you feeling groggy. This is a good one to smoke in order to chill and watch films, not really the best to smoke when you want to get things done. Names for the various types of marijuana in this strain: Purple Kush, Blueberry, Sour Diesel, C4, and Black Cherry Soda.

Sativa strains are a lighter green color and usually have bright orange hairs. The smell of Sativa weed tends to be rich and fruity or piney. Sativa effects is a lighter body high and a happier type of feeling. Smoking this strain could help with relaxing, creative motivation, laughter, and nausea. This is a great strain for a wake and bake, break throughout the work day, and pumping creative juices that could be flowing around in your mind. Some names of the different types of marijuana from this strain: AK47, Jurassic Haze, Blue Dream, OG Kush, and Train Wreck.

Hybrid strains can bring you the best of both worlds. Some hybrids can be Sativa dominant, Indica dominant, or an even split of the two. Due it being a hybrid the smells and effects varies from each type of hybrid marijuana types. Some names of Hybrids: Blueberry Haze, Jesus OG, Blue Maui, Monster Cookies, and Super Skunk.

No matter what strain or type of medical marijuana you choose to smoke, you can always enjoy great health effects and find one that best suites your needs and desires.