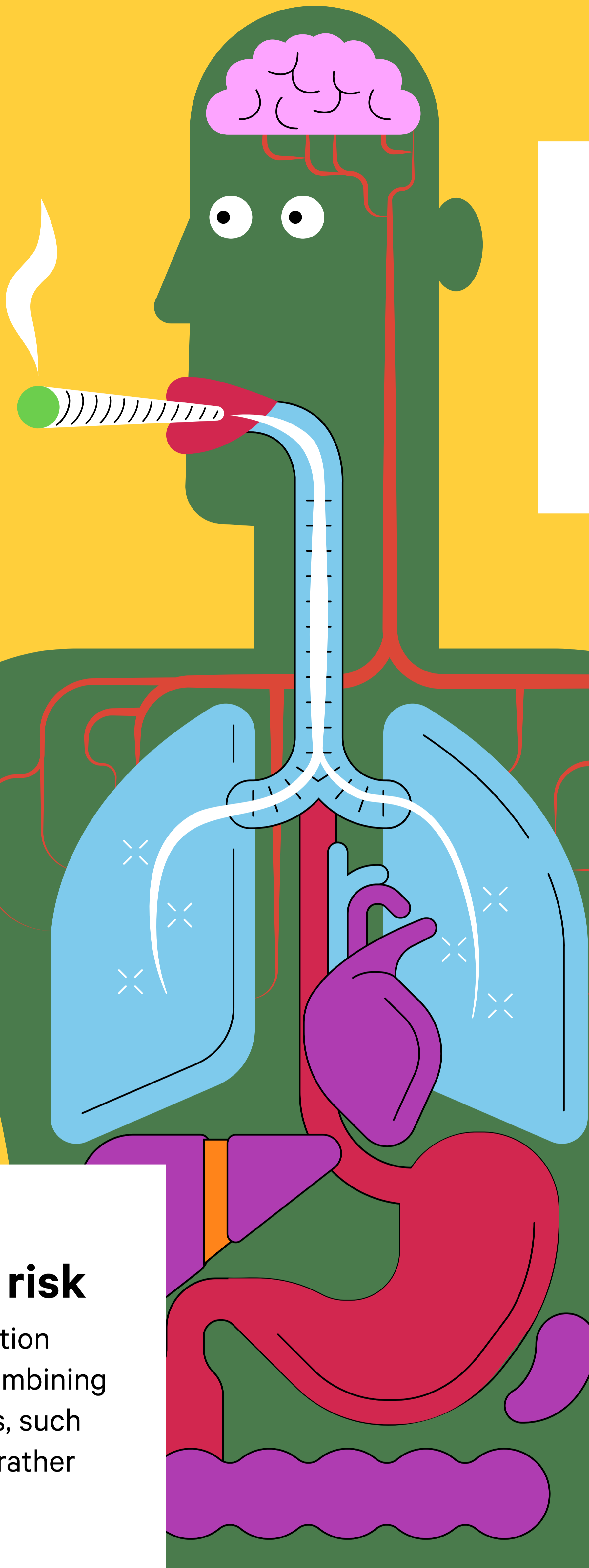


Inhalation

Inhalation involves inhaling cannabis smoke or vapour through the mouth into the lungs. The effects usually come on quickly and wear off faster than other methods of consumption.



How it's absorbed

When you inhale, the cannabinoids travel into your lungs, where they pass into your bloodstream and then into your brain.



Timing of effects

Effects can be felt within seconds or minutes, as the cannabinoids are absorbed through the lungs and directly into the bloodstream. Effects generally peak after about 30 minutes and last for up to six hours.



Tips for minimizing risk

In order to optimize your inhalation experience, it's best to avoid combining cannabis with other substances, such as tobacco. Take shallow puffs rather than deep inhalations.



SOURCES

[Cannabis: Inhaling vs Ingesting](#), Canadian Centre on Substance Abuse and Addiction

[Evidence statements](#), Monitoring Health Concerns Related to Marijuana, Colorado Department of Public Health and Environment

[Cannabis in Canada: Get the Facts](#), Health Canada

[Lower-Risk Cannabis Use Guidelines: A Comprehensive Update of Evidence and Recommendations](#), American Journal of Public Health

[Lower-Risk Cannabis Use Guidelines \(LRCUG\) for Youth](#), CAMH