

A Woman's Guide to Cannabis: Using Marijuana to Feel Better, Look Better, Sleep Better-and Get High Like a Lady

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A woman's handbook to demystifying the world of weed, whether it's being used for pain relief, a moment of calm, or a fit of giggles.

Women of all ages are using cannabis to feel and look better. For rookies and experienced marijuana users alike, this lively, information-filled book is just the supportive guide you need to find the right dose to relieve anxiety, depression, and inflammation, and mitigate the onset of dementia and other signs of aging. Plus boost moods, ease aches, even lose weight, and get restful sleep. And a dose just for fun? Well, that works, too!

Here's how to navigate the typical dispensary, with its overwhelming options of concentrates, edibles, vape pens, and tinctures. Understand the amazing health-giving compounds found in cannabis-THC, CBD, terpenes, and more-and how to use topicals to reduce pain and give your skin a healthy glow. There's even advice on how not to get high but still reap all the amazing health benefits.

Plus over twenty recipes, from edibles like Classic Pot Brownies and Netflix and Chill Caramels to self-care products like Radiant Glow Serum and Happy Body Bar.

Nikki Furrer is a cannabis lawyer, cultivator, and CEO of Fleur, a cannabis company that develops strains and products with a focus on women's health. She has worked as a budtender and grower in Denver, standing behind the counter with every product on the Colorado medical market, helping patients find the best medicine for them. Her oils, edibles and topicals are popular cannabis products in Illinois. Before joining the marijuana industry, she owned Pudd'nhead Books, an independent bookstore. She currently lives in St. Louis, MO.

Other Books

The Encyclopædia Britannica.

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