

Terpenes (tur-peens) are the pungent and fragrant oils that provide cannabis strains their aromatic diversity—there are over 200 different types found in cannabis. Terpenes are produced alongside cannabinoids (THCa, CBDa, etc.) in the trichomes of the cannabis plant.

In addition to creating the pleasant aromatic stimulus of cannabis, terpenes are of important therapeutic value. Terpenes, when binding to receptors in the brain alongside cannabinoids, produce an “entourage effect”. An entourage effect is when a chemical/compound doesn’t reach its full potential when taken alone, but requires being consumed in combination with other chemicals/compounds.

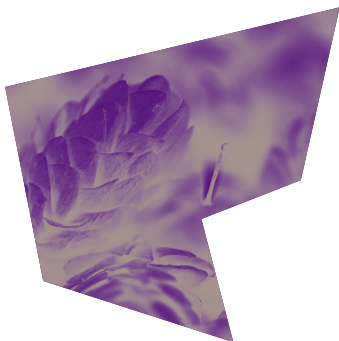
So by consuming cannabinoids along with terpenes, broader and more potent therapeutic benefits are realized. Certain terpenes modify how much THC passes through the blood-brain barrier, while others reach neurotransmitters like dopamine and serotonin, altering their rate of production. Theory Wellness is focused on cultivating cannabis strains that contain a wide variety of terpene profiles to preserve this vital quality in cannabis therapy.



Linalool

Reminiscent of a walk through a field of wildflowers, cannabis strains that contain this light floral toned terpene are most useful for patients who need both heavy mental and physical stress relief. With a floral scent, linalool is a strong anti-anxiety, anti-inflammatory, and anti-convulsant that can be useful in treating a variety of symptoms including depression, anxiety, and chronic pain.

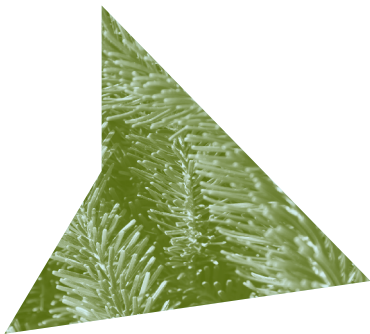
- **Analgesic:** pain management
- **Antidepressant:** relieves depression
- **Antiepileptic:** reduces seizures and convulsions



Myrcene

The most common terpene found in cannabis, myrcene is responsible for the musky and hoppy taste you find in many cannabis strains. Myrcene gains its notoriety for its ability to be a heavy sedative or create the “couch-lock effect” that indica strains are so infamously known for (in fact the level of myrcene can be a good indicator if a strain is an indica or a sativa). Myrcene is a strong anti-inflammatory and is best used for deep physical relaxation, stress relief, or for insomnia.

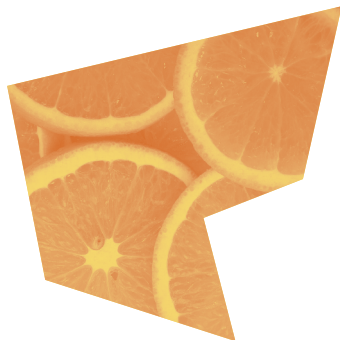
- **Anti-inflammatory:** reduces inflammation
- **Analgesic:** relieves pain
- **Sedative:** promotes sleep



Pinene

Pinene has two subtypes, alpha pinene (a-pinene) and beta pinene (b-pinene). Alpha pinene carries a scent of evergreen trees, while beta pinene smells like herbs such as dill, parsley, rosemary, and basil. In higher concentrations, pinene produces a clear headed, energetic effect. This fragrant terpene also acts as a powerful bronchodilator, opening airways for those with conditions like asthma or COPD.

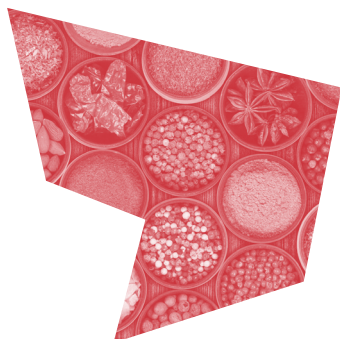
- **Anti-Inflammatory:** reduces inflammation
- **Bronchodilator:** increases airflow to lungs
- Increases focus and clarity of mind and memory retention



Limonene

This terpene contains a pungent lemon and citrus scent, providing a heavy uplifting effect that can be helpful in treating depression, anxiety, and stress. Limonene, most commonly found in sativa strains, has also shown to effectively combat gastric reflux or other stomach pain disorders because of its ability to increase the absorption of other terpenoids through the digestive tract.

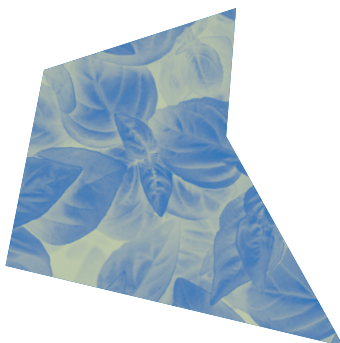
- **Anticarcinogenic:** inhibits the development of cancer
- **Antidepressant:** reduces depression
- Provides GI symptom relief



Caryophyllene

This pepper, spicy and earthy toned terpene, commonly found in many 'OG' strains, has efficacy in treating GI related disorders like Crohn's, ulcers, or irritable bowel syndrome (IBD). Those with autoimmune conditions could also benefit from the powerful anti-inflammatory properties of caryophyllene.

- **Anti-inflammatory:** reduces inflammation
- **Anti-cancer:** inhibits the growth of cancer cells
- **Anti-anxiety:** reduces anxiety



Humulene

Reminiscent of basil, hops and cloves, humulene has recently gained notoriety for its hunger suppressing quality. This terpene gives off a distinctive earthy, woody, and subtly spicy aroma. A powerhouse, having anti-bacterial, anti-inflammatory and anti-tumor properties, cannabis strains containing high amounts of humulene are best for those looking to reduce their pain while avoiding the infamous munchies.

- **Antibacterial:** inhibits bacterial growth
- **Anti-inflammatory:** reduces inflammation
- **Anti-tumor:** reduces tumor growth