



Weed micro-dosing for postpartum depression guide

Up to 3 mg per day

1– Choose the Right Strain

Marijuana strains are certainly not created equal; some will give you a burst of energy while others will give you ‘couch-lock.’ Use less powerful strains when microdosing during the day and save the powerful stuff for the evenings.

2 – Experiment with Consumption Methods

Realistically, smoking marijuana is all wrong for microdosing purposes. Capsules and edibles are the way to go as you can be more accurate with the dosage. However, you may discover that smoking weed provides you with the best effects.

3 – Use a Small Dose Initially

No matter what strain you use, it will take time to discover the ideal dose. Always start as small as possible and work your way up. Remember, microdosing is all about giving your body the ‘right’ amount of weed; you are not trying to get stoned.

4 – Timing is everything

The amount you require could depend on the situation. Clearly, a tiny amount in the form of a ‘hash brownie’ before work is a good idea, but you may need a little more when trying to be sociable. Try and keep a journal to discover how you react based on the amount of marijuana you consume.

5 – Be Patient

If you’re used to getting stoned, microdosing weed will be a challenge. Don’t mess up your progress by taking a hit every four minutes. Wait at least 20 minutes to see if the dose has had any effect.



What are the Best Strains for Microdosing weed?

1 – Pennywise

This indica dominant (70%) hybrid marijuana strain contains a nice mix of up to 15% THC and 12% CBD. It is a cross of Harlequin and Jack the Ripper, and because of the mild level of psychoactivity, Pennywise is the perfect daytime strain. It has a calming effect on the body without making you too tired.

2 – Harlequin

This is a Sativa dominant (75%) hybrid strain and once again, its THC: CBD ratio (up to 15% THC and 10% CBD) means it keeps you alert and inspires an upbeat mood. Harlequin is another good workday choice and is the perfect strain for newbie's.

3 – Chocolope

This is almost entirely sativa at 95%, and it is a marijuana strain famed for its smoky and chocolate flavor. With a THC content of up to 21%, Chocolope is very much a night time strain. While it can cause anxiety in large doses, it works wonders for depression when you utilize microdosing.

4 – Granddaddy Purple

If insomnia is one of the symptoms of your depression, microdosing Granddaddy Purple can finally help you get a good night's sleep. With a THC content of 20-27%, this is not a marijuana strain for inexperienced users. While it brings your body to a state of pure relaxation, Granddaddy Purple also drastically improves your mood.

5 – Blue Dream

This is one of the best-known marijuana strains in the world. While it has a high THC content of up to 24% in some cases, it also contains CBD so you should be able to microdose Blue Dream during the day. It is also known for boosting creativity so it could prove very useful at work.