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# RECIPE: GENTLE CANNABIS OIL

## *CANNABIS INFUSED COCONUT OR OLIVE OIL*

- Grind 2 Tablespoons of dried bud until finely powdered (if you do not have a cannabis grinder, a coffee grinder works fine)
- Mix ground Herb with 3/4 cup olive or cannabis oil in a pot, and simmer on the stove for 20 minutes (never boil the oil, always keep the temperature JUST below boiling)
- Take oil off stove, and allow to cool for 30 minutes
- Place oil in container of choice. \*\*\*IDEALLY a tinted one such as a tinted herbal tincture bottle in order to preserve the chemical constituents longer\*\*\*
- Start with 1 drop of oil, gauge reaction, and work your way up to most therapeutic dose for your body at a slow rate (i.e. go up on dose once a week, or whatever rate your body can handle without toxin overload from rapid die-off)

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