

PINAHUGIYAUYUT HUGINGITNI



✘ UJARAK NUNAMINGARTUQ TAIMAITTUMIK HIVURANAQTUITTUQ ATUQNIANIK

- Ujarak huruilaq timigiyaqnik ihumakniklu atuinarukni qau tamaat uvaluniit qau tamapyak, atuqattainarukni hanahimayut piqartut puqtuyumik tetrahydrocannabinol (THC), uvaluniit atuqattalirukni ujarak ukiukitpallamik.
- Tamna pityuhia inuup aturumaniriya ujarak aktualaqa aaniaqtailiniattaq. Naunaipkutariplugu, ujarak puyua [iqartuq ayyikkutainik huruilat avigiyauttaqni tipaakuqtut huruilatlu puvaknik, uumatit, auknutlu taqaktit.
- Huli ilitpaliayavut tapkuninga ujarak huruqnaqnitlu ihuaqtaunitlu piqatai atuqnit.
- Ilaa ilaitnik hivuranaqtuqainaqtugaluat aturangat ujarak, atutakhalik mikhigialaqqinut hivuranaqmitnit aturumagukni.

✘ HAVAUTAUNIA UJARAK HIVURANAITQIYAQ ATUQTAUVAKTUNIUNGANIT UJARAK

- Tamna cannabidiol (CBD) ujarakmi ilaani aturahuayaayuyq ihuaqhautaunianut aktuanit. Inungnit nalvaayuyq ikayuqtuq aaniqnaiyautaunia, kaivyaqhunguniqmun, qiqiniqmun, ihuaqhautaunialu niryumangiliqtunut.
- Taaktit angilaqtat atuqnia ujarak ihuaqhautaunianut ilaitnut naunaipkutat uvaluniit qanuritnit tahapkuat ahii ihuaqhautit huvaliutingitninut.
- Pititlugu ujarak atuqtaungittuq ihuaqhaqnia kansuqarniq nanminiq, ilaani ikayurtuq hutyutauninut aktuani ahiagut kansuqarniq havautauni ihuaqhautitlu tamnatut uutitainiq.
- Tapkuat atulaqni hivuranaqnit havautayut ujarak huli taimattaq havautangittut ujarak. Taimattaq pityuhi atuqyauni havautit uvaluniit atuqaktatuqat havautit atuqtauyalgit tiliuqngit, atuqpiartuq inungnut naahurittiaqni ihumaginilu ihuaqtaulaqni hivuranaqnilu havautauni ujarak.

✘ ATUQPALLAITTUTIN UJARAKMUN

- Piqianguyuyq tuqulaittutin atuqnianik ujarak kihimiutitlugu, kihimik atuqpallalaq, uvaluniit “qauyimahuillakniq.”
- Atuqnia ujarak piqartuq puqtuyumik THC qilamivallaq kaivyaqhungunalaq, miriarniq, tautuqurniq, akhut ihumallakniq, ilaaluniit ikpigittiaruiniq piqpianik (amihunit taiyaayuyq ihumallurniq Qablunaanit havautai).
- Tahapkuat aktuanit atukaphullaktut tammaqniatlu qaphini ikarani naahuriplugit qanuq aktilaq ujarak atuqtaunia qanuqlu atuqnia.
- Tamna hivuranaqnia atuqpalarniq akhutqiyaq tapkununga angilrami niqaulat ujarak hanahimaniit piplugit ayurnatqiyat uukturariangi atuqat aktuanitlu kinguvaqhimanit.
- Uuktuqlugu pigiaqnia mikiyumik atuqnia ujarak utqilutitlu ikpiginia aktuania pivaliqtitnatit.
- Atuliharuviuk ujarak uvaluniit uukturukni nutaq qanurittunia, avatiknipkaqlugit inungnit ukpiriyaqnik pinikhagavit nakungittumik hugiaqnit uvaluniit “nakungittuq humuknit.”

There's More To This Than Cannabis

Ilitvigilugu talvani [LetsTalkAboutUjarak.com](https://www.LetsTalkAboutUjarak.com)

✗ UJARAK PIPKAQTATIN AQULATQIYAUQAQNIIT

- Ujarak aktuaya ilumut tautuknit, ihumagikharuhit, kamagittiaqnit, hugiaqnitlu qilamiulaqnit. Una nakungirutaauyuq pilaqniqnut aquttarnik hivuranaittumik.
- Aqunniq akhaluutmik angayaqlutit malruiqhimaya pilarahuquqnit qanurilitniqmun, tamna pipkailaq akhut aanirniq uvaluniit tuquniqluniit.
- Aturahuaquyauyuq utaqiniq ikitniqhanik 4-6 ikarnit aqutniahaqluni hugaqaqluni ujarakmik uvaluniit hivittutqiyamik niriguvit niqaulanik.
- Taimattaq imirluktut, maligaqnik ahiruiyuq aquttaq ikpighukhuni angayarutmik pipkailaqlu akhut maligaqnut qanuritaulaqaqnit tapkuatut akiliqhipkagauniq uvaluniit itiqtauniq.

✗ HILUQHIMANAHUAQNIIA UJARAK PUYUA HILURUKNI ANGAYARUTAUVALIRUTIGIYAT

- Piplugu THC ilunmukpaktuq timimun qilamik qaphit tiklikniqni hiluqhiyarangat, anittailinia ujarak puyua puvakni angayaktiqpalilaitatin. Kihimik, anittailinia ujarak puyua ilagiqta hatqumaniit tuqunaqnut puyuqmi huruilaqniqpaq puvaknut.
- Higaruvit uvaluniit hiluqtuiguvit ujarakmik, hivuranaitniqpaq aniqhakyumiyaq anittailihimaittumik puvaknit.

✗ UJARAK ALLANGUQHIMAITTUO ATUKHAQNIANIT.

- Ujarak hakugitqiyaulirtuq ublumi hivuanionganit.
- Tamna atuqpaknirhaq aktilanga THC paniumayumi ujarak mikhaanittuq 4% tapkunani 1990-ni, kihimi ublumi THC atuqpakniqhaq akungani 15-30% paniumayumi ujarak.
- Nutat pityuhit atuqtauniani ujarak, tapkunanit hiluqtuiniq, shatter uvaluniit amuhimaninit piqalaq THC puqtunit tikitlugu 80%.
- Tamna puqtuhivaliania THC puqtunit piqalrutauyuq ilagiqniani atulaquqni hivikittumun hivituyumutlu aktuanit ujarak atuqnia.
- Ayuqnaitaranga, nakuuniqhaq naunaiyaqni

titiraqta ujarak hanahimania atuqniahaqlugu naunaiiakha hakugiknia. Pukkitqiyat hivuranaqni hanahimani piqaqtut THC puqtunit 15% uvaluniit tungani.



✗ ATUQNIIA UJARAK ATUQTITLUGU IVIANGIQNIT AMAAMAKTITINIQ HIVURANAIPARTUO

- THC tutqumayuq uquhuni, tamnatut amaamauyup iviangiqni ituani, talvanilaq tikitlugu 30 ublut, tukiqaruta tunilaqta nutarannuaqmun iviangiqnit amaamaktitniagut.
- THC nalvaulaq anaani nutarannuaq iiqaiyuq ujaraktalikmik iviangiqni ituani.
- Nutarannuit hatqumayut taphumunga THC uingiqinalat ayuqhalatlu milukhinahaurniq iviangiqnik amaamagahuaqhutik.
- Naunaiyaqtaualirialik kangiqhimattiarikha tamna hivikittumun hivituyumutlu hivuranaqnit ujarak atuqtitlugu iviangiqnit amaamaktitiniq.
- Piplugu ilihimayaungitni hivuranaqnit, tamna hivuranaitniqpaq atulaqnia mikhigiqni atuqnia, nutlugu taphumunga CBD kihimik hanahimani, uvaluniit ujaraguiqluni hingaiyaupluni iviangiqnitlu amaamaktitiniqmi.



✗ UJARAK ATURUMAINAGAUQAITTUO

- Ujarak piittuq tipakuvalarniq higaqtut, kihimik qaritait naahurilalilaqta ilaitnik ikpighukniq uvaluniit atuqtauni atuqpalaqattaqata.
- Ujarak aturumainagaulilaq, kihimik tamaitaungittuq atuqtat naahurinangitat.
- Mikhaani 1 tapkunani 10 inungni atuqtat ujarak pivaliatitniqat ujarak aturniqluknia.
- Taman hivuranaqnia naahurinaqnia puqtutqiyat atulirukni ujarak ukiukitlutit uvaluniit atuqnia qau tamaat uvaluniit qau tamapyak.
- Inungnit atuqta ujarak amihunit taimakallaktat atulaqat ihuuyutiginia naunaipkutai tamnatut iqihuliniq, ayuqharniq hinigiq, niryumattiaruiniq, kipinnguhukniq, nutqangattialirniq.
- Inungnut atuhimani ihumaliqutit aaniarniq, ihumallakniq uvaluniit inngumaniq anginiqamik hivuranaqniqmilat pivaliatitni ujarak naahurinia.

✗ HAKUGITQIYAO UJARAK HIVURANAITTUO

- Hakugitqiyao ujarak, ilaani taiyauyuq K2 uvaluniit Spice, tapkuat nauhimayut hanahimani hiqpiraqviuhimayut maligaqtigungittuq avugiyauyunit.
- Tahapkuat hanahimani piqaqpiangittut ujarak uvaluniit THC, kihimik taimaipyakmiyut ilaitni qaritamun ayyikkuhiriangi aktuanit.
- Tahapkuat hanahimani ilihimayuyut pipkaqni hivuranaqumik aktuanit ilautitlugit ihumallakniq, tautuqurniq, qiqhurniq, hungittunik takuttarnit, qatigakmi aaniruhukniq, allangaliqnia tiklirtaqnia uumat.
- Tapkuat aktuanit hakugitqiyauqpiqaqtut, naunaqtut, tuquyutaulaqluniluni.
- Naahurittiaruk, atuqtaililugu hakugitqiyao ujarak hanahimani ayuqnaipat.



✗ ALLATQIGUTAITTUO TAPKUNANGA LAISAITTUO LAISALIKLU UJARAK PITAQVIT

- Ayuqnaitqiyaularaluaqtitlugu pitaqvigini laisaittuq ujarak, piittuq maligaqnik uvaluniit nakuuninut atuqtauvaknit, taima ilihimainalaittutin hunamik niuviriakhat uvaluniit qanuriliugayanga.
- Aipaguttaq piplugu, ujarak laisalikmin niuviqti angiqtauhimayut tapkunanga Aaniaqtailiyiriyit Kanata. Una tukilik tapkuat hanahimani maligaqtiguqtauyut uukturaqhugitlu naunaiyaivikmi atuqpiariangi hivuranaittangit atuqtaunikhai malikhaqhutiklu hakugikninut nakuuniluni.
- Piplugu laisalik ujarak, ilihimayutin hunaqpiarmik pitariakhat uqukhimaittumiklu, tingmiktaqvihimaittumik, uvaluniit huruqnaqtut avugiyauttaqnit.
- Uuktuqlugu niuvirnia ujarak laisalikmin niuviqtit ayuqnaitarangat hivuranaitniqpaukmata atulaqnit.

