ᓱᕐᕋᓇᖅᑐᖅ ᐃᓕᖅᑯᓯᖅᓱᕐᒪᑦ

ᑕᐃᒫᖑᓂᖓᓄᑦ ᖁᒃᓴᓇᖅᑐᖃᖏᓚᖅ
ᐱᖃᑦᑕᕐᓂᐋᕐᓗᒍ

• ᓱᕐᕋᓇᖅᑐᖅ ᐅᓗᕆᐋᓇᖅᑑᒍᓐᓇᕐᒪᑦ ᐃᕝᕕᑦ
ᑎᒥᖓᓄᑦ ᐊᒻᒪᓗ ᐃᓱᒪᓐᓄᑦ ᐱᖃᑦᑕᕈᕕᐅᒃ

ᖃᐅᑕᒫᑦ ᐅᕝᕙᓗᓂᑦ ᖃᐅᑕᒫᐸᓗᒃ, ᑕᐃᒪᓕ
ᐱᖃᑦᑕᕋᔪᒃᑯᕕᐅᒃ ᓱᕐᕋᓇᖅᑐᑦ ᖁᕝᕙᓯᓪᓗᑎᒃ
ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖏᑦ (THC), ᐱᖃᑦᑕᓕᕐᓂᕈᕕᒋᑦ
ᓱᕐᕋᓇᖅᑐᑦ ᐃᓅᓱᒃᑐᒪᕆᐅᑎᓪᓗᑎᑦ.

• ᖃᓄᖅ ᐊᑐᖃᑦᑕᕐᓂᐋᕐᓗᒋᑦ ᐃᓄᒃ ᓂᕈᐋᖅᐸᑦ
ᐱᖃᑦᑕᕐᓂᐋᕐᓗᓂᒋᑦ ᓱᕐᕋᓇᖅᑐᑦ ᐊᒃᑐᐃᒍᓐᓇᕐᒪᑦ
ᐋᓐᓂᐋᖃᖏᓐᓂᕆᔭᓐᓂᒃ ᐃᓚᒋᔭᐅᒻᒪᑦ.
ᑐᑭᓕᐅᑎᓗᒍ, ᓱᕐᕋᓇᖅᑑᑉ ᐳᔪᖓ ᐃᓗᓕᖃᕐᒪᑦ
ᐊᒥᓱᓂᒃ ᐊᔾᔨᓪᓗᐋᖏᓐᓂᒃ ᐅᓗᕆᐊᓇᖅᑐᓂᒃ
ᐃᓚᐅᕈᑎᒃᓴᔭᓂᒃ ᑕᕝᕚᑲᐅᑉ ᐳᔪᖓᑎᑐ ᐊᒻᒪᓗ
ᓱᕋᐃᓲᖑᓪᓗᓂ ᐃᕝᕕᑦ ᐳᕙᖏᓐᓂᒃ, ᐆᒻᒪᑎᓐᓂᒃ, ᐊᒻᒪᓗ ᐊᐅᒃᐱᑦ ᑕᖃᖏᓐᓂᒃ.

• ᓱᓕ ᐃᓕᑉᐸᓪᓕᐋᒃᑲᓐᓂᕋᑦᑕ ᑕᒪᑐᒥᖓ
ᓱᕐᕋᓇᖅᑐᒥᒃ ᐊᒻᒪᓗ ᐅᓗᕆᐋᓇᕐᓂᖏᓐᓂᒃ
ᐊᒻᒪᓗ ᐱᕚᓪᓕᕈᑎᖏᓐᓂᒃ ᑐᕌᖓᔪᓂᒃ
ᐱᔭᐅᖃᑦᑕᕐᓂᖓᓄᑦ.

• ᑕᒪᒃᑯᐋᖑᑎᓪᓗᒋᑦ
ᖁᒃᓴᓇᖅᑐᖃᕐᓂᐅᓴᑐᐃᓐᓇᕐᓂᖏᑦ
ᐱᖃᑦᑕᕐᓗᒋᑦ ᓱᕐᕋᓇᖅᑐᑦ, ᐱᒋᐊᕈᓐᓇᖅᑐᑎᑦ
ᒥᑭᓂᖅᓴᐅᓕᖁᓪᓗᒍ ᖁᒃᓴᓇᖅᑐᒦᓐᓂᕆᔭᐃᑦ
ᐅᓗᕆᐊᓇᖅᓗᓂ ᓂᕈᐋᕐᓂᐋᕈᕕᑦ
ᐱᖃᑦᑕᕐᓂᐋᕐᓗᒍ.

ᐃᓅᓕᓴᐅᑎ ᓱᕐᕋᓇᖅᑐᖅ
ᐊᑦᑕᕐᓇᖏᓐᓂᖅᓴᐅᑎᑦᑎᒻᒪᑦ

ᑕᒪᒃᑯᓇᖓᓪᓕ ᐱᔭᐅᖃᑦᑕᓗᐊᙳᐋᓱᓂᒃ
ᓱᕐᕋᓇᖅᑐᓂᒃ

• ᑕᒪᓐᓇ ᓱᕐᕋᓇᓗᐊᖑᐋᕐᓂᖓ
(CBD) ᓱᕐᕋᓇᖅᑐᒦᑦᑐᖅ ᐃᓛᓐᓂᒃᑯᑦ

ᐃᓅᓕᓴᐅᑎᒋᔭᐅᑎᑕᐅᓲᖑᒻᒥᔪᑦ
ᐃᓱᒪᒥᒎᕈᑎᓕᓐᓄᑦ ᐊᒃᑐᖅᑕᐅᓯᒪᓂᖏᓐᓄᑦ.
ᐃᓅᓐᓂᒃ ᖃᐅᔨᔭᐅᓯᒪᒻᒥᔪᑦ ᐃᑲᔪᓲᖑᓂᖓᓂᒃ
ᐋᓐᓂᐋᒍᓐᓃᖅᑎᑦᑎᓪᓗᓂ, ᒥᕆᐊᖑᒍᓐᓃᕐᓗᓂ,
ᖃᐅᔨᒪᒍᓐᓃᖃᑦᑕᕈᓐᓃᕐᓗᓂ, ᐊᒻᒪᓗ
ᓂᕆᒍᒪᓕᕈᑕᐅᒍᓐᓇᕐᓗᓂ.

• ᓘᒃᑖᑦ ᐊᖏᖅᓯᒍᓐᓇᕐᒥᔪᑦ ᐱᔭᐅᖃᑦᑕᖁᓗᒍ
ᓱᕐᕋᓇᖅᑐᖅ ᐃᓅᓕᓴᐅᑎᒋᔭᐅᓗᓂ
ᑕᐃᒃᑯᓄᖓᓪᓗᐋᖅ ᖃᓂᒻᒪᓯᕆᔭᐅᔪᓄᑦ
ᐅᕝᕙᓗᓂᑦ ᖃᓄᐃᓐᓂᕆᔭᐅᔪᓄᑦ ᑕᐃᒃᑯᓄᖓ
ᐊᓯᖏᓐᓄᑦ ᐃᓅᓕᓴᖅᑕᐅᒍᑕᐅᒐᓱᐋᖅᑐᓄᑦ
ᓱᕐᕋᒃᑎᑕᐅᒍᓐᓇᖅᑐᖃᒃᑎᓐᓇᒍ.

• ᑕᒪᒃᑯᐊᖑᑎᓪᓗᒋᑦ ᓱᕐᕋᓇᖅᑐᑦ
ᐊᑐᖅᑕᐅᓲᖑᖏᓐᓂᒋᑦ ᐃᓅᓕᓴᐃᒍᑕᒐᓱᐋᕐᓗᑎᒃ ᑳᓐᓱᓕᒻᒧᑦ ᑕᔅᓱᒧᖓᓪᓗᐋᖅ, ᐃᓛᓐᓂᒃᑯᑦ
ᐃᓅᓕᓴᐅᑎᒋᔭᐅᑎᑕᐅᓲᖑᒻᒪᑦ ᐃᑲᔪᖅᑕᐅᖁᓪᓗᒍ ᐊᓯᐋᒍᑦ ᐊᒃᑐᐃᓂᖓᓄᑦ ᐊᓯᖏᑕ
ᑳᓐᓱᒋᔭᐅᔪᑦ ᐃᓅᓕᓴᐅᑎᒋᔭᐅᑎᑕᐅᓪᓗᑎᒃ
ᐊᒻᒪᓗ ᐃᓅᓕᓴᐃᒍᑎᒋᔭᐅᓲᖑᓪᓗᑎᒃ ᓲᕐᓗ
ᓄᖑᓴᖅᑕᐅᒍᑎᓄᑦ.

• ᖁᒃᓴᓇᕈᑎᒋᑐᐃᓐᓇᕆᐋᓕᑦ
ᐃᓅᓕᓴᐅᑎᐅᑎᓪᓗᒋᑦ ᓱᕐᕋᓇᖅᑐᑦ ᓱᓕ
ᐊᔾᔨᓪᓗᐋᑐᐃᓐᓇᕆᒻᒪᒋᑦ ᐃᓅᓕᓴᐅᑎᐅᖏᑦᑐᑦ
ᓱᕐᕋᓇᖅᑐᑦ. ᐊᔾᔨᓪᓗᐋᑐᐃᓐᓇᕆᒻᒪᒋᑦ
ᐃᓅᓕᓴᐅᑎᒋᑎᑕᐅᔪᑦ ᐄᔭᒐᐃᑦ ᐅᕝᕙᓗᓂᑦ
ᐱᖅᑯᓯᒃᑯᑦ ᐃᓅᓕᓴᐅᑎᑦ ᐱᔭᐅᖃᑦᑕᕆᐋᖃᕐᒪᑕ
ᑕᐃᒫᖑᖃᑦᑕᖁᔭᐅᓂᖏᑎᒍ, ᐱᒻᒪᕆᐋᓗᒻᒪᑦ
ᑕᐃᒃᑯᓄᖓ ᐃᓄᓐᓄᑦ ᐊᑐᖅᑕᐅᑦᑎᐋᕋᓱᐋᕐᓗᑎᒃ
ᐊᒻᒪᓗ ᐃᓱᒪᒋᔭᐅᓗᑎᒃ ᐃᑲᔪᕈᓐᓇᕐᓂᖏᑦ ᐊᒻᒪᓗ ᖁᒃᓴᓇᕈᑎᓂᖏᑦ ᐃᓅᓕᓴᐅᑎᑦ ᓱᕐᕋᓇᖅᑐᑦ.

ᐱᑕᑦᑎᓗᐋᖅᑐᐋᓗᒍᓐᓇᖅᑐᑎᑦ
ᓱᐴᖅᑐᒐᕐᒥᒃ

• ᓱᓕᔫᒐᓗᐋᖅ ᑐᖁᒍᓐᓇᖏᑦᑐᑎᑦ

ᐱᖃᑦᑕᖅᑎᓪᓗᑎᑦ ᓱᕐᕋᓇᖅᑐᒥᒃ ᑖᓐᓇᑑᓗᓂ,
ᑭᓯᐊᓂ ᓱᓕ ᐱᑕᑦᑎᓗᐋᖅᑐᐋᓗᕕᒃᓴᐅᒻᒥᔪᖅ,
ᐅᕝᕙᓗᓂᑦ “ᒍᕇᓐ ᐊᐅᑦᓗᑎᑦ”.

• ᐱᖃᑦᑕᕐᓗᓂ ᓱᕐᕋᓇᖅᑐᒥᒃ ᖁᕝᕙᓯᓪᓗᓂ

ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖓ (THC) ᓱᑲᓗᐋᕐᓗᓂ
ᒥᕆᐋᙳᓕᖅᑎᑦᑎᒍᓐᓇᕐᒪᑦ, ᒥᕆᐊᖃᑦᑕᓕᕐᓗᓂ,
ᐱᑦᑎᐋᖅᑕᐅᓱᕆᒍᓐᓃᕐᓗᓂ,
ᐊᒃᓱᐋᓗᒃ ᐅᐃᒻᒪᓐᓂᐋᓕᕐᓗᓂ, ᐊᒻᒪᓗ
ᐃᒫᖑᑐᐃᓐᓇᕆᐊᖃᓪᓗᓂ ᐱᓪᓚᕆᓐᓂᖃᕈᓐᓃᕐᓗᓂ ᖃᐅᔨᒪᑦᑎᐋᕈᓐᓃᕐᓗᓂ (ᐃᒪᐃᓕᔭᐅᒐᔪᓲᖑᓪᓗᓂ ᑕᐃᒫᑦᑎᐋᕈᓐᓃᕐᓂᕋᒃᑕᐅᓪᓗᓂ ᐱᖓᓐᓇᕐᒥᐅᑕᓂᒃ ᐃᓅᓕᓴᐅᑎᓕᕆᔨᒃᑯᓐᓂᒃ).

• ᑕᒪᒃᑯᐊ ᑕᐃᒪᐃᓕᓯᒪᑲᓐᓇᕐᓂᐅᔪᑦ
ᐊᑐᑲᐃᓇᑐᐃᓐᓇᕐᒪᑕ ᐊᒻᒪᓗ
ᑕᐃᒪᐃᒍᓐᓃᕐᓂᐋᕆᓪᓗᓂ ᖃᔅᓯᑲᓪᓚᐃᑦ
ᐃᑲᕐᕋᐃᑦ ᓈᒃᐸᑕ ᒪᓕᑐᐃᓐᓇᕐᒪᑦ ᖃᓄᑎᒋ
ᓱᕐᕋᓇᖅᑐᖅᑐᖃᕐᓂᕐᒪᖔᑦ ᐊᒻᒪᓗ ᖃᓄᖅ
ᐱᔭᐅᓐᓂᕐᒪᖔᑦ.

• ᖁᒃᓴᓇᕐᓂᖓ ᐱᑕᑦᑎᓗᐋᖅᓯᒪᓂᕐᒧᑦ
ᐊᖏᕐᕋᒥ ᓴᓇᔭᐅᔪᒥᓂᕐᓂᒃ ᓂᕆᒐᒃᓴᐅᔪᓂᒃ
ᓱᕐᕋᓇᖅᑐᓂᒃ ᓴᓇᔭᐅᓯᒪᔪᓂᒃ ᐱᔾᔪᑎᒋᓪᓗᒍ
ᐊᔪᕐᓇᕐᓂᖅᓴᐅᒐᓚᒻᒪᑦ ᐆᒃᑐᕋᓱᒋᐋᖏᑕ
ᓱᕐᕋᓇᖅᑑᓂᖏᑦ ᐊᒻᒪᓗ ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖏᑦ
ᑭᖑᕙᓯᓲᖑᓪᓗᑎᒃ.

• ᐆᒃᑐᓚᐅᕆᑦ ᐊᒃᓲᓗᐋᖏᑦᑐᒥᒃ
ᓱᕐᕋᓇᖅᑐᖃᓂᓕᒻᒥᒃ ᐊᒻᒪᓗ ᐅᑕᕿᓗᑎᑦ
ᐃᒃᐱᒋᒐᓱᐋᓐᓂᕆᔭᓐᓂᒃ ᓱᕐᕋᓐᓇᓂᖓ
ᐱᒋᐊᒃᑲᓐᓂᕋᓱᐊᓚᐅᖏᓐᓂᕐᓂ.

• ᑕᐃᒪᓕ ᐊᑐᖃᑦᑕᓕᕋᑖᓐᓂᑰᒍᕕᑦ ᓱᕐᕋᓇᖅᑐᒥᒃ
ᐅᕝᕙᓗᓂᑦ ᐆᒃᑐᕋᓱᓕᕐᓂᕈᕕᑦ ᓄᑖᒥᒃ
ᖃᓄᐃᑦᑑᓂᓕᒻᒥᒃ, ᓇᔪᖃᑎᖃᕋᓱᐋᕆᑦ
ᐃᓄᓐᓂᒃ ᐅᒃᐱᕆᔭᓐᓂᒃ ᐱᐅᓈᖏᑦᑐᐋᓗᒻᒥᒃ
ᖃᓄᐃᓕᔪᒥᓂᐅᑲᓪᓚᒃᑯᕕᑦ ᐅᕝᕙᓗᓂᑦ
“ᖃᐅᔨᒪᓂᕐᓗᓕᖅᑐᐋᓗᓐᓂᕈᕕᑦ.”

ᑐᓴᐅᒪᓇᖅᑐᑦ ᐊᖑᔭᐅᔪᑦ

ᖃᐅᔨᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᐅᕘᓇ LetsTalkAboutUjarak.com

ᓱᕐᕋᓇᖅᑐᒧᑦ ᐊᖁᒍᓐᓇᕐᓃᑦ
ᐱᐅᓂᖅᓴᐅᓕᖅᑎᑕᐅᕗᖅ

• ᓱᕐᕋᓇᖅᑐᖅ ᐊᓯᕈᐄᒻᒪᑦ
ᐅᖓᓯᓕᕇᓐᓂᕆᔭᖏᓐᓂᒃ ᑕᐅᑐᒃᑕᓐᓂ,
ᐅᔾᔨᖅᑐᑦᑎᐋᓐᓂᖅᐱᑦ ᐊᑯᓂᐅᓂᖓᓂᒃ,
ᐊᑐᕋᓱᓗᐋᑕᖅᑕᕐᓅᖓᒐᓱᐊᕐᓂᕐᒥᒃ, ᐊᒻᒪᓗ
ᐊᐅᓚᔾᔭᒋᐋᕕᒋᒐᓱᐋᖅᑕᓐᓂ ᐱᕕᖃᓂᕆᔭᓐᓂᒃ.
ᑕᐃᒫᑦᑎᐋᕈᓐᓃᖅᑎᑦᑎᒻᒪᑦ ᐃᕝᕕᑦ
ᐊᖁᒍᓐᓇᕐᓂᖓᓂᒃ ᐊᑦᑕᕐᓇᖏᓪᓗᑎᑦ.

• ᐊᖁᑦᑐᒥᓂᐅᒍᕕᑦ ᓄᓇᓯᐅᑎᒥᒃ
ᓱᕐᕋᒃᓯᒪᓗᑎᑦ ᒪᕐᕈᐄᖅᓲᑎᓪᓗᐊᖓᓃᓕᒻᒪᑦ
ᐱᕐᕈᓗᐋᕿᑐᐃᓐᓇᕆᐋᖃᕐᓂᑦ, ᐊᒃᓱᐋᓗᓪᓗ
ᐋᓐᓂᑐᐃᓐᓇᕆᐊᖃᕋᕕᑦ ᐅᕝᕙᓗᓂᑦ ᑐᖁᓗᑎᑦ.

• ᐃᒫᖑᖁᔭᐅᕗᖅ ᐅᑕᖅᑭᓗᓂ ᑎᑭᐅᒪᓗᒋᑦ
4-6 ᐃᑲᕐᕋᓄᑦ ᐊᖁᒋᐋᓚᐅᖏᓐᓂᕆᔭᓐᓂ
ᓱᐴᖅᑐᒐᓚᐅᖅᑎᓪᓗᑎᑦ ᐅᕝᕙᓗᓂᑦ
ᐊᑯᓂᐅᓂᖅᓴᖅ ᓂᕆᔪᒥᓂᐅᓐᓂᕈᕕᑦ
ᓂᕆᔭᒃᓴᐅᑎᑕᐅᔪᓂᒃ.

• ᑕᐃᒫᒃᑕᐅᖅ ᐃᒥᐋᓗᒃᑎᑐᑦ, ᓯᖁᒥᑦᑎᓂᐅᕗᖅ
ᐱᖁᔭᕐᒥᒃ ᐊᖁᓪᓗᓂ ᓱᕐᕋᒃᓯᒪᓗᓂ ᐊᒻᒪᓗ
ᐊᑐᓕᕈᑕᐅᒍᓐᓇᕐᒪᑦ ᐱᕕᔾᔪᐋᓐᓇᖅᑐᐋᓗᒻᒥᒃ
ᓱᒋᐋᖅᑕᐅᒍᑎᖃᕐᓗᓂ ᓲᕐᓗ ᐊᑭᓖᒋᐊᖃᓕᕐᓗᓂ ᐅᕝᕙᓗᓂᑦ ᐊᓄᓪᓚᒃᓰᕕᒻᒦᒋᐊᖃᓕᕐᓗᓂ.

ᐊᓂᖅᓵᖅᑕᐃᓕᒪᓂᖅ ᓱᕐᕋᓇᖅᑐᑉ
ᐳᔪᖓᓂᒃ ᓂᐅᖅᑎᓪᓗᒍ

ᓱᕐᕋᓂᖅᓴᐅᑎᑦᑎᓲᖅ ᐃᓕᓐᓂᒃ

• ᐱᔾᔪᑎᒋᓪᓗᒍ ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖓ (THC)
ᐃᔅᓴᒍᑎᓂᖓᓄᑦ ᑎᒥᓐᓄᑦ ᐊᑐᕐᓂᖓᓂ
ᖃᔅᓯᑲᓪᓚᐃᑦ ᐃᖏᕐᕋᓪᓛᓂᖓᓂ

ᓂᐅᖅᑎᓪᓗᒍ, ᐊᓂᖅᓵᖅᑕᐃᓕᒪᓗᒍ
ᓱᕐᕋᓇᖅᑐᑉ ᐳᔪᖓ ᐸᕙᓐᓃᑎᒐᓱᐋᕐᓗᒍ
ᓱᕐᕋᓂᖅᓴᐅᑎᑦᑎᖏᒻᒪᑦ ᐃᓕᓐᓂᒃ.

ᐃᒫᖓᕐᓕ, ᓂᐅᖅᓯᒪᓗᒍ ᓱᕐᕋᓇᖅᑐᑉ ᐳᔪᖓ
ᐊᒃᓲᓂᖅᓴᐅᓕᖅᑎᑦᑎᒻᒪᑦ ᐱᑕᑦᑎᕈᓐᓇᕐᓂᕆᔭᓐᓂᒃ ᑐᖁᓐᓇᖅᑐᓂᒃ ᐳᔪᕐᒦᑦᑐᓂᒃ ᐊᒻᒪᓗ
ᐅᓗᕆᐊᓇᕐᓂᖅᓴᐅᒍᓐᓇᑐᑎᒃ ᐃᕝᕕᑦ ᐳᕙᖏᓐᓄᑦ.

• ᑕᐃᒪᓕ ᓱᐴᖅᑐᖃᑦᑕᕈᕕᑦ ᐅᕝᕙᓗᓂᑦ
ᐳᔪᐋᖅᑎᑕᒐᓱᖑᒍᕕᑦ ᓱᕐᕋᓇᖅᑐᓂᒃ,
ᐊᑦᑕᓇᖏᓐᓂᖅᓴᖅ ᐊᓂᖅᓵᕐᓗᒍ
ᓄᖃᖓᑎᒐᓱᐋᙱᖔᕐᓗᒍ ᐳᕙᓐᓃᑎᒐᓱᐊᕐᓗᒍ.

ᓱᕐᕋᓇᖅᑐᖅ ᐊᓯᕈᒃᓯᒪᖏᒻᒪᑦ
ᐊᓂᒍᖅᑐᓂ ᑕᐃᒪᖓᓂᐅᓚᐅᖅᑐᓂᑦ.

• ᓱᕐᕋᓇᖅᑐᖅ ᓴᙱᓂᖅᓴᐅᓕᕐᒪᑕ ᐅᓪᓗᒥᐅᓕᖅᑐᖅ
ᑕᐃᔅᓱᒪᓂᐅᓚᐅᖅᑐᒥᓂᓪᓕ.

• ᐃᒫᑎᒋᐅᒐᔪᓲᖑᒻᒪᑕ ᐊᖏᓈᖅᓯᒪᓂᖏᑦ
ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖓᑕ (THC) ᐸᓂᖅᑎᑕᐅᓯᒪᔪᑉ
ᓱᕐᕋᓇᖅᑐᑉ ᑎᑭᐅᒪᐸᓗᓚᐅᕐᒪᑕ 4 ᐳᓴᓐᑎᓄᑦ
1990-ᖏᓐᓂ, ᑭᓯᐊᓂ ᐅᓪᓗᒥᐅᓕᖅᑐᖅ
ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖓ (THC) ᑎᑭᐅᒪᓪᓗᐋᑕᓕᕐᒪᑕ
ᐊᑯᓐᓂᖏᓐᓂ 15-30 ᐳᓴᓐᑎᓄᑦ
ᐸᓂᖅᑎᑕᐅᓯᒪᔪᑦ ᓱᕐᕋᓇᖅᑐᓂ.

• ᓄᑖᖅ ᐱᓕᕆᔾᔪᓯᖅ ᐱᖃᑦᑕᕐᓂᕐᒥᒃ
ᓱᕐᕋᓇᖅᑐᒥᒃ, ᓲᕐᓗ ᒪᑯᑎᒎᓇ ᐳᔪᖅᑐᕈᑎᒃᑯᑦ,
ᐃᓚᐅᕈᓯᖅᓯᒪᔪᒃᑯᑦ ᐅᕝᕙᓗᓂᑦ ᐲᔭᖅᑕᐅᓯᒪᔪᑦ
ᐃᓚᖃᕈᓐᓇᕐᒪᑕ ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖓ (THC)
ᖁᕝᕙᓯᓐᓂᖃᕐᓗᓂ ᑎᑭᐅᒪᔪᒥᒃ 80
ᐳᓴᓐᑎᖏᓐᓄᑦ.

• ᖁᒃᓴᓇᕐᓂᖓ ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖓᓃᑦᑐᖅ (THC)
ᖃᓄᑎᒋᐅᓂᖓ ᐃᒫᖑᒍᓐᓇᑐᐃᓐᓇᕆᐊᖃᕐᒪᑦ
ᐊᒃᓲᓂᖅᓴᐅᓕᕐᓗᓂ ᕿᓚᒻᒥᐅ- ᐊᒻᒪᓗ ᐊᑯᓂ-
ᐊᑯᓂᐅᓂᖓ ᐊᒃᑐᐃᓯᒪᓂᖓ ᓱᕐᕋᓇᖅᑐᒥᒃ
ᐊᑐᖃᑦᑕᓐᓂᕐᒧᑦ.

• ᐊᔪᕐᓇᖏᑐᐋᖅᐸᑦ, ᐱᐅᓂᖅᐹᖑᕗᖅ
ᖃᐅᔨᒐᓱᐋᕐᓗᓂ ᑕᖅᓴᓕᐅᑎᓯᒪᔪᒥᒃ ᓱᕐᕋᓇᖅᑐᑉ
ᓂᐅᕕᐊᒃᓴᐅᑉ ᐊᑐᕆᐊᓛᐅᖏᓐᓂᕐᓂ
ᐃᓱᒪᓕᐅᕈᑎᒋᒐᓱᐋᕐᓗᒍ ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖓ.
ᐊᑉᐸᓯᓐᓂᖅᓴᐅᓂᖓ ᖁᒃᓴᓇᕐᓂᖓ ᓴᓇᔭᐅᓯᒪᔪᑦ ᐃᓚᖃᒃᑎᓪᓗᒋᑦ ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖓᓂᑦ (THC) 15
ᐳᓴᓐᑎᓂᒃ ᐅᕝᕙᓗᓂᑦ ᐊᑉᐸᓯᓐᓂᖅᓴᓂᒃ.

ᐊᑐᕐᓂᖅ ᓱᕐᕋᓇᖅᑐᒥᒃ

ᐃᕕᐋᖏᕐᒥᒃ ᐊᒫᒪᒃᑎᑦᑎᓗᓂ
ᐊᑦᑕᕐᓇᖅᑐᒦᑎᑦᑎᖏᑦᑐᖅ

• ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖓ (THC) ᑐᖅᑯᒃᓯᒪᓲᖑᒻᒪᑦ
ᐅᖅᓱᕐᒥ, ᓲᕐᓗ ᐊᓈᓇᒋᔭᐅᔪᑉ ᐃᕕᐊᖏᖓᑕ
ᐃᒻᒧᖓᓂ, ᐃᒻᒧᖓᓃᖏᓐᓇᕈᓐᓇᕐᓗᓂᓗ
ᑎᑭᐅᒪᓗᓂ 30 ᐅᓪᓗᓄᑦ, ᑐᑭᖓ
ᐱᔭᐅᑎᑕᐅᒍᓐᓇᕐᒪᑦ ᓄᑕᕋᓛᓄᑦ
ᐊᒫᒪᒃᑎᑦᑎᓂᒃᑯᑦ.

• ᓄᑕᕋᓛᑦ ᐱᑕᑦᑎᖅᑕᐅᓯᒪᔪᑦ ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖓᓄᑦ

(THC) ᒪᑭᑕᑦᑎᐋᕈᓐᓇᐃᓕᓲᑦ ᐊᒻᒪᓗ
ᐱᒡᒐᓕᓪᓗᑎᒃ ᐋᖅᑭᒃᓯᒪᐃᓐᓇᕈᓐᓇᐃᓕᓗᑎᒃ
ᐃᕕᐋᖏᕐᒧᑦ ᐊᒫᒪᒃᑎᓪᓗᒋᑦ.

• ᖃᐅᔨᔭᐅᒐᓱᒃᑲᓐᓂᕆᐋᖃᒻᒪᑕ ᐊᒃᓲᓂᖅᓴᖅ
ᑐᑭᓯᔭᐅᒐᓱᐊᕐᓗᓂ ᕿᓚᒻᒥᐅᔪᒥ-
ᐊᑯᓂᐅᓂᓕᑦ ᐊᒻᒪᓗ ᐊᑯᓂ-ᐊᑯᓂᐅᓂᓕᑦ
ᖁᒃᓴᓇᕐᓂᖏᑦ ᓱᕐᕋᓇᖅᑐᑉ ᐊᑐᖅᑕᐅᓂᖓᑕ
ᐊᒫᒪᒃᑎᑦᑎᔪᖃᒃᑎᓪᓗᒍ.

• ᐱᔾᔪᑎᒋᓪᓗᒋᑦ ᖃᐅᔨᒪᓇᖏᓐᓂᖏᑦ

ᖁᒃᓴᓇᕐᓂᖏᑦ, ᐊᑦᑕᕐᓇᖏᓐᓂᖅᐹᖅ
ᓂᕈᐋᕈᓐᓇᖅᑕᕐᓂᒃ ᐊᑐᖏᓐᓂᖅᓴᕆᒐᓱᐋᓕᕐᓗᒍ, ᐱᖃᑦᑕᖔᓕᕐᓗᓂ ᓱᕐᕋᓇᓗᐊᖑᐋᕐᓂᖓ (CBD)
ᑕᒪᒃᑯᓂᖓᑐᐋᖅ ᓂᐅᕕᐊᒃᓴᓄᑦ, ᐅᕝᕙᓗᓂᑦ
ᓱᕐᕋᓇᖅᑐᖃᕈᓐᓃᕐᓗᑎᑦ ᓇᔾᔨᓂᕆᔭᓐᓂ ᐊᒻᒪᓗ
ᐊᒫᒪᒃᑎᑦᑎᑎᓪᓗᑎᑦ.

ᓱᐴᖅᑐᒐᒃ ᐅᐃᕆᓐᓇᖏᑦᑐᖅ

• ᓱᕐᕋᓇᖅᑐᑦ ᐃᒪᖃᖏᒻᒪᑕ ᓂᑯᑏᓐᒥᒃ ᓲᕐᓗ
ᓯᒐᓕᐋᑎᑐᑦ, ᑭᓯᐋᓂ ᖃᕋᓴᐃᑦ ᐊᑐᓕᕈᓐᓇᖅᑐᖅ ᑕᑎᖃᓕᕐᓗᓂ ᑕᐃᒃᑯᓇᓂᓪᓗᐋᖅ
ᐃᒃᐱᓐᓂᐋᒍᑎᒋᓲᕐᓂᒃ ᐅᕝᕙᓗᓂᑦ
ᖃᓄᐃᓘᕐᓂᕆᕙᒃᑕᕐᓂ ᐅᖓᑖᓄᓗᐊᖅ
ᓱᕐᕋᒃᓯᒪᐅᑎᒋᖃᑦᑕᕐᓂᕈᕕᒋᑦ.

• ᓱᕐᕋᓇᖅᑐᑦ ᐅᐃᕆᓐᓇᕐᒪᑕ, ᑭᓯᐊᓂ
ᑕᒪᕐᒥᓕᒫᖑᖏᑦᑐᑦ ᐊᑐᖅᐸᒃᑐᑦ
ᑕᑎᖃᓕᓲᖑᖏᑦᑐᑦ.

• ᐃᒫᑎᒋᐸᓘᕗᑦ 1 ᐅᑯᓇᖓᑦ 10-ᓂᒃ
ᐃᓅᖃᑎᒋᓂᒃ ᐊᑐᖅᐸᒃᑐᓂᒃ ᓱᕐᕋᓇᖅᑐᓂᒃ
ᐊᑐᓕᕐᓂᐋᕐᒪᑕ ᓱᕐᕋᓇᖅᑐᓂᒃ ᐊᑐᖃᑦᑕᕐᓂᕐᒧᑦ
ᑕᐃᒪᑦᑎᐋᕈᓐᓃᕐᓗᑎᒃ.

• ᖁᒃᓴᓇᕐᓂᖓ ᑕᑎᖃᓕᕐᓂᐅᑉ
ᖁᕝᕙᓯᓐᓂᖅᓴᐅᕗᖅ ᐱᖃᑦᑕᕆᐋᓕᕐᓂᕈᕕᑦ
ᓱᕐᕋᓇᖅᑐᒥᒃ ᐃᓅᓱᓪᓗᑎᑦ ᐅᑭᐅᖃᕐᓂᕆᔭᓐᓂ
ᐅᕝᕙᓗᓂᑦ ᐊᑐᖃᑦᑕᕈᕕᐅᒃ ᖃᐅᑕᒪᑦ ᐅᕝᕙᓗᓂᑦ ᖃᐅᑕᒫᐸᓗᒃ.

• ᐃᓅᖃᑎᒋᑦ ᐊᑐᓱᑦ ᓱᕐᕋᓇᖅᑐᓂᒃ ᐃᒫᖑᒐᔪᒪᑕ
ᐊᒻᒪᓗ ᓄᖃᑲᓪᓚᓪᓗᑎᒃ ᐊᑐᑐᐃᓐᓇᕆᐋᖃᕐᒪᑕ
ᐱᖃᑦᑕᕈᓐᓃᕐᓂᕐᒥᓐᓄᑦ ᖃᐅᔨᒪᓇᕈᑎᓂᒃ ᓲᕐᓗ
ᐸᒡᕕᓂᐅᓴᓕᕐᓗᑎᒃ, ᓯᓂᒍᓐᓇᐃᓕᖃᑦᖅᑕᓕᕐᓗᑎᒃ, ᓂᕆᔪᒪᑦᑎᐋᖃᑦᑕᕈᓐᓃᕐᓗᑎᒃ, ᑲᔾᔮᐸᓕᕐᓗᑎᒃ,
ᐊᒻᒪᓗ ᕿᑲᕈᓐᓇᐃᓕᖃᑦᑕᓕᕐᓗᑎᒃ.

• ᐃᓅᖃᑎᒋᑦ ᐃᓕᖅᑯᓯᖃᖃᑦᑕᖅᓯᒪᒃᐸᑕ ᐃᓱᒪᒥᒍᑦ

ᐊᑲᐅᙱᓕᐅᕈᑎᖃᕐᒃᓯᒪᓗᑎᒃ, ᐅᐃᒻᒪᓂᐋᓂᕐᒥᒃ
ᐅᕝᕙᓗᓂᑦ ᖁᕕᐋᓱᖏᓗᐋᖃᑦᑕᕐᓗᑎᒃ
ᐊᒃᓲᓂᖅᓵᓗᒃ ᖁᒃᓴᓇᖅᑐᒦᒍᓐᓇᕐᒪᑕ
ᐊᑐᓕᑐᐃᓐᓇᕆᐊᖃᕐᓗᑎᒃ ᓱᕐᕋᓇᖅᑐᓂᒃ
ᑕᑎᖃᓗᐋᓕᕐᓗᑎᒃ.

ᓴᓇᔭᐅᓯᒪᔪᖅ ᓱᕐᕋᓇᖅᑐᖅ
ᐊᑦᑕᓇᖅᑎᑦᑎᖏᑦᑐᖅ

• ᓴᓇᔭᐅᓯᒪᔪᑦ ᓱᕐᕋᓇᖅᑐᑦ, ᐃᓛᓐᓂᒃᑯᑦ ᑕᐃᔭᐅᓱᑦ
K2-ᒥᒃ ᐅᕝᕙᓗᓂᑦ ᓯᐸᐃᔅᒥᒃ, ᐱᕈᒃᓯᐋᕋᔭᐅᕗᑦ
ᓂᐅᕕᐊᒃᓴᐃᑦ ᑎᒻᒥᑳᖅᑎᑦᑎᕕᐅᓯᒪᓪᓗᑎᒃ
ᒪᓕᒐᖅᑎᒎᕐᓂᖃᖏᑦᑐᓂᒃ ᐃᓚᐅᕈᑎᒃᓴᔭᓂᒃ.

• ᑕᒪᒃᑯᐊ ᓴᓇᔭᐅᓯᒪᔪᑦ ᐃᓗᓕᖃᖏᒻᒪᑕ
ᑕᐃᒪᐃᑦᑐᓚᕆᓐᓂᒃ ᓱᕐᕋᓇᖅᑐᓂᒃ ᐅᕝᕙᓗᓂᑦ
ᓱᕐᕋᒃᓯᒪᓇᕐᓂᓕᓐᓂᒃ (THC), ᑭᓯᐊᓂ
ᐱᓕᕆᕕᖃᓲᖑᒻᒪᑕ ᐊᔾᔨᓪᓗᐋᖏᓐᓂ ᖃᕋᓴᕐᒥ
ᐃᔾᔪᐋᖅᓯᓪᓗᑎᒃ ᓱᕐᕋᒃᓯᒪᓇᕐᓂᖏᓐᓂᒃ.

• ᑕᒪᒃᑯᐊ ᓂᐅᕕᐋᒃᓴᐃᑦ ᖃᐅᔨᒪᔭᐅᒻᒪᑕ
ᐅᓗᕆᐋᓇᕈᓐᓇᕐᓂᖏᓐᓂᒃ ᓱᕐᕋᒃᑎᑦᑎᓂᖏᑦ
ᐃᓚᒋᔭᐅᓪᓗᑎᒃ ᐅᐃᒻᒪᓂᐋᕐᓂᖅ,
ᐱᑦᑎᐊᖅᑕᐅᓱᕆᒍᓐᓃᕐᓂᖅ, ᖃᐅᔨᒪᒍᓐᓃᕐᓗᓂ,
ᑕᐅᑐᒐᖃᓕᕐᓗᓂ, ᓴᕝᕕᒃᑯᑦ ᐋᓐᓂᐋᓕᕐᓗᓂ,
ᐊᔾᔨᒌᒍᓐᓃᖃᑦᑕᓕᕐᓗᓂ ᐅᒻᒪᑎᕕᑦ ᑎᒡᓕᕐᓂᖓ.

• ᓴᕐᕋᒃᑎᑦᑎᓂᖏᑦ ᐊᒃᓲᓂᖅᓵᓗᑎᒃ
ᓴᙱᓂᖅᓴᐅᒻᒪᑕ, ᖃᐅᔨᒪᓇᕋᑎᓪᓗ, ᐊᒻᒪᓗ
ᑐᖁᓐᓇᑐᐃᓐᓇᕆᐊᖃᒃᑐᑎᒃ.

• ᐱᑦᑎᐋᓕᒐᓱᐋᕆᑦ, ᐱᑦᑕᐃᓕᒪᓗᑎᒃ
ᓴᓇᔭᐅᓯᒪᔪᓂᒃ ᓱᕐᕋᓇᖅᑐᓂᒃ ᓂᐅᕕᐊᒃᓴᓂᒃ
ᐊᔪᕐᓇᖏᑐᐋᖅᐸᑦ.

ᐊᔾᔨᒌᖏᓐᓂᖃᖏᒻᒪᑕ ᒪᑯᐊ
ᓂᐅᕕᖅᑎᑦᑎᒍᓐᓇᐅᑎᖃᖏᑦᑐᑦ
ᐊᒻᒪᓗ ᓂᐅᕕᖅᑎᑦᑎᒍᓐᓇᐅᑎᓕᑦ

ᓱᕐᕋᓇᖅᑐᑖᕐᕕᐅᕙᑦᑐᑦ

• ᑕᒪᓐᓇᐅᑎᓪᓗᒍ ᐊᔪᕐᓇᖏᓐᓂᖅᓴᐅᓂᖓ
ᐱᒐᓱᐋᕐᓗᒍ ᓂᐅᕕᖅᑎᑦᑎᒍᑎᖃᖏᑦᑐᓂᒃ
ᓱᕐᕋᓇᖅᑐᒥᒃ, ᒪᓕᒃᑕᐅᒋᐋᖃᒃᑐᖃᖏᒻᒪᑕ
ᐅᕝᕙᓗᓂᑦ ᐱᐅᓈᕆᐊᖃᓐᓂᖓᓄᑦ
ᐱᓕᕆᔾᔪᑎᓕᐊᕆᓯᒪᔪᖃᓐᓇᑎᒃ.

• ᐊᐃᑉᐹᖔᖓᒍᓪᓕ, ᓱᕐᕋᓇᖅᑐᖅᑖᓐᓂᖅ
ᓂᐅᕕᖅᑎᑦᑎᒍᓐᓇᐅᑎᓕᒻᒥᒃ
ᓂᐅᕕᕐᕕᒃ ᐊᖏᖅᑕᐅᓯᒪᓗᓂ
ᐋᓐᓂᐊᖃᒃᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓐᓂᒃ ᑲᓇᑕᒥ. ᑕᒪᓐᓇ ᑐᑭᖃᕐᒪᑦ ᓴᓇᔭᐅᓯᒪᔪᑦ ᖃᐅᔨᒪᒋᐋᖅᑕᐅᒻᒪᑕ
ᐊᒻᒪᓗ ᐅᒃᑐᕋᒃᑕᐅᓯᒪᓪᓗᑎᒃ ᖃᐅᔨᓇᓱᐊᕐᕕᒻᒥ
ᐊᑦᑕᓐᓇᖅᑐᒦᑎᑦᑎᖁᓇᒋᑦ ᐱᔭᐅᑎᓪᓗᒋᑦ
ᐊᒻᒪᓗ ᒪᓕᒃᓯᒪᓗᑎᒃ ᓱᕐᕋᓇᕐᓂᖏᓐᓄᑦ ᐊᒻᒪᓗ
ᐱᐅᓈᕐᓂᖏᓐᓄᑦ.

• ᓂᐅᕕᖅᑎᑦᑎᒍᓐᓇᐅᑎᓕᓐᓂᒃ ᓱᕐᕋᓇᖅᑐᓂᒃ,
ᖃᐅᔨᒪᒐᕕᑦ ᖃᓄᐃᑦᑐᓂᒃ ᓂᐅᕕᓕᕐᒪᖔᖅᐱᑦ
ᐊᒻᒪᓗ ᐅᖁᒃᓯᒪᓇᑎᒃ, ᖁᐱᕐᕈᐃᔭᕈᑎᖃᕐᓇᑎᒃ,
ᐅᕝᕙᓗᓂᑦ ᐅᓗᕆᐋᓇᖅᑐᓂᒃ
ᐃᓚᐅᕈᑎᒃᓴᔭᖃᓇᑎᒃ.

• ᓂᐅᕕᕋᓱᖃᑦᑕᓐᓂᐋᖅᐳᑎᑦ ᓱᕐᕋᓇᖅᑐᓂᒃ
ᓂᐅᕕᖅᑎᑦᑎᒍᓐᓇᐅᑎᓕᓐᓂᒃ ᓂᐅᕕᕐᕕᓐᓂᒃ
ᐊᔪᕐᓇᖏᑐᐋᕋᖓ ᐊᑦᑕᕐᓇᖅᑐᒦᑎᑦᑎᖏᒻᒪᑕᓕ.

ᖃᐅᔨᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᐅᕘᓇ LetsTalkAboutUjarak.com

ᑎᑎᖅᑕᐅᓯᒪᓂᖏᓐᓄᑦ
ᓇᓂᑦᑎᓯᖏᑦ ᐊᑏ
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