

# How Marijuana Affects the Brain & Body | Dr. Andrew Huberman

<https://silosolo.com/475472>

## Summary

Cannabis enters the bloodstream within 30 seconds and reaches peak effects within 30-60 minutes. THC and CBD can be detected in the body for at least 80 days. Sativa varieties of cannabis elevate mood, increase focus, and promote talkativeness, while indica varieties have sedative effects. Cannabis binds to CB1 receptors in different brain areas, causing either heightened alertness and focus or suppression of stress and threat detection.

## Silo sample questions

- How fast does cannabis enter the bloodstream?
- What are the effects of cannabis?
- How long can THC and CBD be detected in the body?
- What are the subjective effects of sativa and indica varieties of cannabis?
- How does cannabis impact the brain?

## Topics

Cannabis effects

THC and CBD detection

Subjective effects of sativa and indica

Impact of cannabis on the brain

## Key Takeaways

- Cannabis enters the bloodstream within 30 seconds.
- The effects of cannabis peak at 30-60 minutes after ingestion and last for 3-4 hours.
- THC and CBD can be detected for at least 80 days after ingestion.
- Sativa varieties elevate mood, increase focus, and promote talkativeness. Indica varieties have sedative and relaxant effects.
- Cannabis binds to CB1 receptors in different brain areas, causing either heightened alertness and focus or suppression of stress and threat detection.

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