

## Choosing a Marijuana strain

Cannabis comes in two basic types - Sativa and Indica. Which type you choose will determine the effects you feel. It will also determine how they will be grown. Each type has its own distinct set of characteristics. Sativas are known for their height and their leggy, often sparse, leaves, making them difficult to grow indoors.

Sativas can be anywhere from tall and round like a massive bush, to lean and spindly with a few large colas. The leaves - a trademark of the sativa strain - are long and thin. The odor varies with the particular strain that is growing.

The sativa high is often characterized as uplifting and energetic. The effects of a sativa marijuana are mostly cerebral. They give a feeling of optimism and well-being, as well as providing a good measure of pain relief for certain symptoms. A few pure sativas are also very high in THC content. They are known to have a quite spacey, or hallucinogenic, effect. Sativas are a good choice for daytime smoking.

Indicas are known for their smaller stature. They are relatively short and bushy. Some are compact, others are of a more moderate height. Indicas tend to grow wider and rounder than sativas. Many look like small shrubs. Indicas typically grow out many more smaller side colas. Indicas are the easiest to grow indoors.

The indica highs are most often described as a pleasant body buzz. Indicas are great for relaxation, stress relief, and for an overall sense of calm and serenity. Marijuana indicas are also very effective for overall body pain relief, and often used in the treatment of insomnia. They are the late-evening choice of many smokers as an all-night sleep aid. A few pure indica strains are very potent in THC, and will cause the "couchlock" effect, enabling the smoker to simply sit still and enjoy the experience of the smoke.

Cannabis strains are available in the entire spectrum from pure sativas to pure indicas, and in every combination in-between. There are 30% sativa - 70% indica strains, there are 80% sativa - 20% indica strains, and many, many 50% - 50% combinations, as well as others.

It takes some time and a lot of experimentation to find the most effective balance for each person, but one thing is for sure - there is a cannabis strain available for every smoker and every growing situation.

## Most popular cannabis seeds