

# Hunaligaa Hivunihijutikhat – Aagayaarnaqtut Nauhimayut Apiqutauginaqtut Ukua

## 1. Hunauva aagayaarnaqtut nauhimayut?

Aagayaarnaqtuq nauhimayuq nautiaq atuqtauvaktuq havautigivlugu. Avugiluaqtaa “aagayaalaqijutauvaktuq” ihumamiluniit ihuilijutauvaktuq aagayaarnaqtumit THC-guyuq (delta-9-tetrahydrocannabinol). Aagayaarnaqtuq piqaqtuqlu CBD-mik (cannabidiol-mik), ihumami ihuilijutaulimagituq kihiani aniarutiqaqtunut ihuaqhijutaulaaqtuq.

Aagayaarnaqtuq nautiaq atuqtauvaktuq pigahuni pigiarutini:

**Higaarluk** hanayauhimayuq paniqhimayunit nautiap nautiliqniit uqauhainilu aagayaarnaqtuup nauhimayuup nauniganit. Hiraarluk uqautauliqpaktuqlu pot-mik, ganja-mik, higaarlukmik, bud-mik, Mary Jane-mikluniit.

**Uyarak** hanayauhimayuq aryakumit (maqihimayuq kutuuyaaqtuq) aagayaarnaqtumit nauhimayumit, paniqhiqtaivluni naqitiqtauvlutiklu mikiyunuatut kikariqhivlugit.

**Aangayaarnaqtuup uyrap uqhua** hakugikyuaqtuq aagayaarnaqtuq nauhimayuq piyauhimayuq ahivaqtiqhugu THC-ca higaarlukmit.

## 2. Hunauvat THC-n CBD-llu?

**THC** una tukiqaqtuq delta-9-tetrahydricannabidol-mik (ihumami aalaguqnaqtuq aaniarutiqaqtut kagutimik) THC pijutiqaqtuq qanuq qaritaat timillu qanuriliuqngiganik aagayaarnaqtumit nauhimayumit. THC avugiluaqtaa “aagayaalaqijutauvaktuq” ihumamiluniit aalaguqtirutauyuq aagayaarnaqtuq nauhimayumit. THC piqaraluaqtilugu havautituut, aanirutaulaaqmiyuqlu.

Hakugikniga (avugiiknigini) THC-nik aagayaarnaqtuq nauhimayuni uqautauliqpaktut ilainaanik THC-m uqumainiganik naunaituup ilaganik nautiap.

Aagayaarnaqtuq nauhimayuq piqaqtuq mikiyunik THC-nik nautiagini uqauyainilu (ikitqiyaaq 0.3%-mit) atautimiuyuniituuq hemp-mik.

**CBD** tukiqaqtuq cannabidiol-mik. Ajikutarigita THC-n, CBD ihumami aktuqniqagituq ihumamilu aalaguqtirutaugituq. Ilagani naunairutauyuq CBD himigutaulaaqtuq mikhigiaqtilugiluniit ihumami aalaguqngiganik THC-m. Una taimaililaaqtuq agitilaaga CBD-m aagayaarnaqtuq nauhimayuq ajikutarikpagu agitqiyaukpaluniit THC-giyaanit. Ilituqhaiyit naunaiyaiyut CBD-mik aangayaarnaqtut havautigiyait atuqniqagut.

### 3. Qanuq aagayaarnaqtuq nauhimayuq atuqtauvakpa?

Aagayaarnaqtuq nauhimayuq atutaulaaqtuq amihuni aalatqiini pigiarutini, imaalu:

- hiraarluklutik ima:
  - imuyagaat higajiugatut (aagayaarnaqtuq nauhimayuq higajiuqhugit higajiurutit atuqhutik)
  - paipait, hiluqhijutitut
  - imuyaat (ilainait tamaitaluniit imaiyaqtauyut hiraayuqat himauhiqhugu aagayaarnaqtumik nauhimayumik)
- imiqlugu niriluguluniit ima:
  - tiihaqni
  - kukulani
  - igahimayuni niqikhani
- puyuanik (aniqhaumivlugu aagayaarnaqtuq nauhimayuq, aagayaarnaqtuqlu nauhimayuup puyuanik imaqtutikut aniqhaagakhanik)
- naqitaqhugu (aagayaarnaqtuq nauhimayuup ilagiyait uunakhiqlugit uunaqtumi hiluuvlugilu atuqhutik aalatqiinik piqutinik)
- nirumikhijutitut, uqhupaluknikluniit (timimugaqpaktut uvinikut ataaguluniit uqqap; nirumiknijutit ihumami aalagurutauqatagitut)