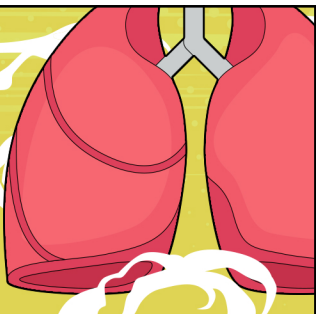


PROTECT YOUR LUNGS WHILE USING CANNABIS

Are you a cannabis user?
Here's how you can reduce the risks:



Choose non-smoke alternatives.

Though not risk-free, they do protect your lungs.



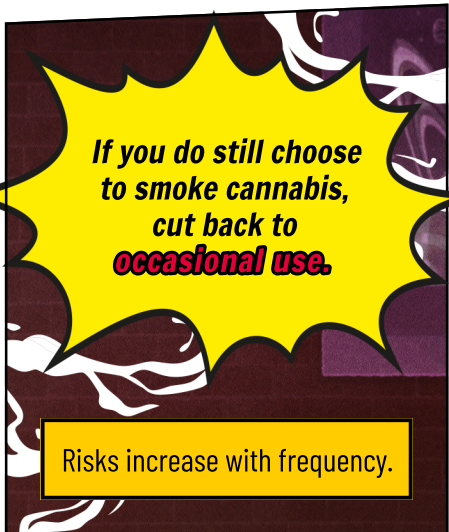
Avoid inhaling deeply or holding your breath.

That means lower toxin exposure.



If you do still choose to smoke cannabis, cut back to ***occasional use.***

Risks increase with frequency.



For your overall health, choose products with lower THC content, or a higher ratio of CBD to THC.



Avoid synthetic cannabis products.

Synthetic cannabis ranges from four to 660 times more potent than THC, depending on the specific component.



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For more information, visit [TheTokerOnline.ca](https://www.thetoker.ca)

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