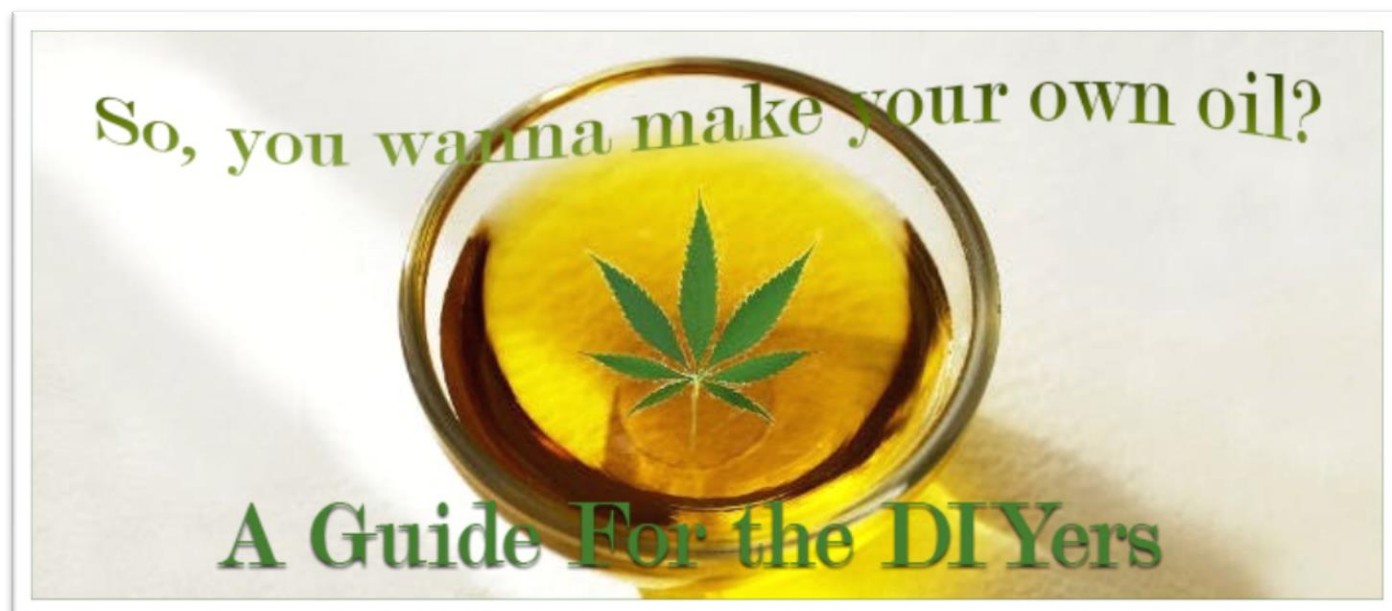


MIGRAINEBUDS



JODIE EPSTEIN
December 25, 2017

If you look up “how to make cannabis oil” online, you are going to find countless different methods and recipes. It can get a little confusing with all the variations, but there’s more than one way to bake a cake, right? Follow these steps or choose one of the recipes at the end, and chances are you will end up with something to be proud of!

First, a couple key things to know:

- The quality of the cannabis you use will have a direct effect on the quality of oil you end up with.
- Knowing the THC and CBD percentage of your bud will help you calculate the potency of your oil.
- When dosing with oils or edibles, go very slow. Take a small dose and wait 2hrs before judging its effects!
- Before infusing your oil, always decarb your bud. Put simply, **Decarboxylation** is heating your bud to activate it before using it to infuse your oil. It will give you a more potent product.
- Pay close attention to temperature! Heating too high will cook off the cannabinoids.
- Quantity - This will vary based on recipe and desired strength, but you will need approximately 2 cups of oil for every 1-1.5oz of ground cannabis.
- Don’t grind your flower too fine or it will end up in your final product.
- You may need: a crockpot, a coffee grinder, cheesecloth, a strainer, a baking spatula or spoon

LET'S GET STARTED

Step 1. *DECARB, DARLIN'!*



Listen, I'm not a science gal. So I will boil it down for you. Decarboxylation is pre-heating your weed. By doing so you raise its potency. THEN you can use it to infuse your goodies, kapeesh?

Okay okay, I'll give this a shot. Cannabis only becomes psychoactive when heated. Whether you light it on fire like in a joint or bong, heat it slowly in your vaporizer, or on a cookie sheet before infusing, you are decarbing your bud. The heat "activates" the psychoactive compounds. There is a chemical inside raw cannabis called THC-A – it is NOT psychoactive (I.e. it will not give you a "high"). Not until you heat it! Then it gets converted to THC which IS psychoactive. So this is why decarbing increases potency.

Making CBD oil? You need to decarb CBD strains as well! This will convert CBD-A into CBD and increase its bioavailability. Which means more of it is entering your system.

Don't overheat! A low temperature will make for a longer decarb process, but you will retain more terpenes this way. Terpenes are the oils inside cannabis that give the strains different scents and flavours. They also happen to have a crapload of medicinal benefits, especially when they are working together with cannabinoids. This is called the "entourage effect".

HOW TO DECARB

This is just one method. The most important thing no matter which one you use is *temperature!*

1. Preheat the oven to 240° F. / 115° C. ***Heating your bud beyond 310 to 400°F (154 – 204.4°C) will burn off the terpenes, altering flavor and lessening medical effects.***
2. Break up cannabis flowers into small pieces.
3. Spread onto baking sheet in one layer. Try not to leave any empty space.
4. Bake the cannabis for 30 to 40 minutes (for approx. 1oz), stirring every 10 minutes so that it toasts evenly.
5. Remove baking sheet when cannabis is dried out and darker in color, a light to medium brown. Allow the cannabis to cool. Texture should be crumbly when handled.
6. In a food processor or coffee grinder, pulse the cannabis until it is coarsely ground (don't grind into powder!). Store it in an airtight container and use as needed.
7. [Hey look a video!](#)

Want more info? Keener!!

- <https://wakeandbake.co/decarboxylating-cannabis-to-activate-thc/>
- <http://herb.co/decarboxylation/>

FEATURE PRESENTATION

Step 2. *CHOOSE AN OIL*



Cannabinoids and terpenes are fat soluble, which is why it is so effective to add infused oil and butter to your recipes, rather than adding your bud straight into the brownie batter. You can infuse any kind of oil (or butter) you prefer. The higher the fat content though, the better the absorption of your bud's cannabinoids and terpenes, and the better your body will absorb them too.

- **Coconut oil** is popular for its high concentration of fatty acids which act as a binding agent for the cannabinoids. The saturated fat content (about 80%) and its versatility easily make it the most popular oil to infuse. It can be used in any recipe that calls for oil or butter, but it can also be used for your face, hair and anywhere you'd use a topical salve. It can even be used as a lubricant (yes, cannalube!) though it cannot be used with latex. Coconut oil's ability to extract a high percentage of cannabinoids, terpenes and flavinoids make for a very potent infusion!
- Coconut oil is also great for those who are following a Ketogenic Diet which requires high fat foods. The Keto diet has proven helpful for those with Migraine, Epilepsy, Alzheimer's and Brain Injury. It is also great for vegans and those following the paleo diet.
- **MCT** is medium chain triglyceride oil derived from coconuts. So how is it different than coconut oil? MCT's are more easily digested. They head straight to your liver without needing to be digested first, so this makes for a very effective oil infusion and a great one for those with digestive disorders. This also means the effects can *potentially* be felt more quickly.
- MCT oil does not solidify like coconut oil, which can be good or bad depending on what you are baking. It can be a good choice for salad dressing, massage oil and personal lubricant!
- **Olive Oil** contains less saturated fat than coconut oil and butter, but has great flavor and it is high in oleic acid which is known to reduce inflammation. Choose a high quality *authentic* extra virgin olive oil. Most olive oil you see in the supermarket is fake, often coloured and repackaged vegetable oil.
- Try making infused salad dressings, roasted garlic or a dip! It has been suggested that shorter steeping times or utilizing a machine like the [Levo](#) will give you better results flavor wise.
- **Grapeseed Oil** is not the greatest choice, because the infusions must be made at room temperature. Exposing grapeseed oil to a high heat can result in toxicity and oxidation rancidity. It is best to choose an oil that has a higher fat content and can endure more heat.

- **Avocado and Almond Oil** have benefits of their own, but since both avocados and nuts are common migraine triggers, we suggest choosing a different source for your oil! (For those who are curious, coconuts are *not* nuts, they are drupes!)
- **Canola Oil and Vegetable Oil** are refined oils which may not do your cannabis justice. Better to choose an option with better flavor and extraction potential.
- **Butter** is a popular infusion choice, but may not be your best option! Butter contains about 60% saturated fat, which means it will not extract as well as coconut oil which has 80-90%. Dairy Butter is also less versatile and does not hold up well during long cooking times. *You can swap out butter for coconut oil 1:1 in your recipes for more potent results!*
- **Butter tips:** Choose a high quality butter (it will contain less water). Infuse your butter slowly over low heat and never let it boil!

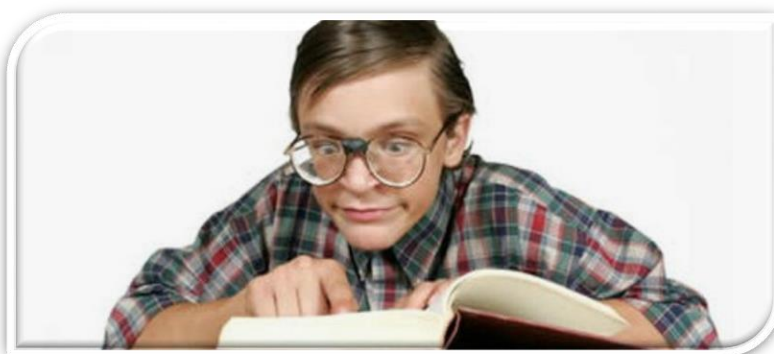
Step 3. ADD SUNFLOWER LECITHIN FOR AN EXTRA BOOST.



You will often see this supplement in infusion recipes. Why? In short, it will boost the potency of your product.

- Lecithin aids in your body's absorption of cannabinoids. By adding this to your oil or edibles you are making them more effective. You won't notice a spike in cannabinoid levels if you were to have your product lab tested, but you will likely need far less product to achieve the same results. More bang for your buck!
- Lecithin is a plant-derived phospholipid (these are similar to the fat molecules *lipids*) that acts as an emulsifier. It allows cannabis compounds to bind to it and increase their bioavailability – which is a fancy way of saying you will absorb more of the good stuff.
- It is suggested to add **1 Teaspoon of lecithin per cup of oil** in order to help it bind to water-based foods (aka batter!) Without the lecithin, the oil and water based products may separate even after mixing well. It is recommended to add your edible batters and melted lecithin into a high speed blender in order to help the lecithin fully blend with the THC and other compounds. Preventing separation will also increase the storage life of your edibles.
- What type of lecithin is best? Sunflower or egg yolk lecithin is recommended over soy lecithin as it is cold pressed rather than extracted using chemical solvents. Soy can also be a trigger for migraine patients, and an inflammatory to other sensitive patients.

Step 4. CALCULATE THE THC/CBD CONTENT OF YOUR EDIBLES



It's a good idea to know exactly how much you are dosing, doncha think?

In order to calculate potency, you will need to know the percentage of THC or CBD that is in the cannabis you are using. Dispensaries often ballpark the strength of their cannabis, so if possible go with a provider that lab tests their product. Canadian patients can source this info via their Licensed Producers, who test their cannabis in accordance with Health Canada regulations.

For the purpose of standardizing the dosing, we will assume your cannabis has 10% THC. Based on this, 1,000mg (1g) of cannabis would contain 100mg THC. If you want 10mg per serving, get the weight in milligram of your ground up marijuana and then divide it by the serving size. This will give you an idea of the THC dose per serving.

Source: <https://herb.co/cooking-with-cannabis/>

HUH???

Confuzzled? You're Not Alone! Try one of these helpful online calculators instead!

[Jeff the 420 Chef Calculator](#)

[Cannabis Cooking Calculator](#)

If you want to read more about calculation mumbo jumbo, these links will do what I can't: explain MATH THINGS.

- [WakeandBake.co - Calculating Dosage](#)
- [High Times - How to Calculate THC Dosages](#)
- [The Cannabist - How To Calculate Dosage in Recipes](#)

WISH THERE WAS A GADGET THAT DID ALL THE WORK FOR YOU?

These great little appliances might cost a lot on the front end, but will save you tons of work (and likely money in the long run too!).



Magical Butter Machine
Retails for \$175 US / \$250 CAD
<https://magicalbutter.com/>

Levo Oil Infuser
Retails for \$199 US / \$275 CAD
<https://www.levooil.com/>



RECIPES GALORE!

COCONUT OIL



Recipe for Cannabis Coconut Oil

Source: Leafly.com

Ingredients:

- 1 cup of ground cannabis flower (or less for milder potency)
- 1 cup of coconut oil

Hardware:

- Strainer or cheesecloth
- Grinder (a simple hand grinder works best; appliances like blenders and coffee grinder pulverize the cannabis, which will result in leaving some behind, resulting in edibles with bad tasting residual plant material)
- Double-boiler, slow cooker, saucepan, etc.

Directions:

1. Grind the cannabis. You can include the entire plant, just the flower, a little bit of both — this is all a matter of preference. Just keep in mind that anything small enough to fit through the strainer will end up in your finished product, so again, do not grind your cannabis to a fine powder.
2. Combine oil and cannabis in your double-boiler or slow cooker, and heat the two together on low or warm for a few hours. This allows for [decarboxylation](#) (activation of THC) without scorching (which destroys the active ingredients). Cooking can be done a variety of ways: in a slow cooker on low for 4-6 hours, stirring occasionally; in a double-boiler on low for at least 6 hours (8 is better), stirring occasionally; or in a simple saucepan on low for at least three hours, stirring frequently (a saucepan is most susceptible to scorching). In all cases, a small amount of water can be added to the mixture to help avoid burning. **Note: whatever method you choose, temperature of the oil should not exceed 245°F.**
3. Strain and store the oil. Do not squeeze the cheesecloth; this will simply add more chlorophyll to your oil. All remaining plant material can be discarded or used in other dishes if you have the wherewithal. The oil's shelf life is at least two months, and can be extended with refrigeration.

Once you've got an infusion of coconut oil, the uses are nigh endless!

- Combine your infused coconut oil with beeswax and aloe to [make your own an infused cannabis topical](#)
- Use your coconut oil in place of oil in a recipe of your choice to make a variety of infused dishes (try [Herb Roasted Potatoes!](#))
- Infused coconut oil can easily be used [as lubricant in the bedroom](#) (but be safe! Coconut oil will weaken condoms)
- Put your infused coconut oil [into capsules](#) for easy measurable dosing

"Light Tasting" Canna-Coconut Oil

Source: jeffthe420chef.com

What you'll need:

- 8oz Coconut oil
- 1/4 Oz Cannabis
- French Coffee Press
- Pot to boil water
- 8 oz Bell Jar or similar jar to store your oil in.

How to make it:

Step 1

1. First: Rinse and Blanch your Herb using the following instructions:
2. Coarsely grind or break up dry herb and soak overnight in Distilled water.
3. The next day drain and rinse cannabis in the fine mesh strainer over the sink with more distilled water.
4. Place rinsed cannabis in Tea Strainer
5. Bring water to a boil
6. Place tea strainer with herb in boiling water for 5 mins
7. Immediately remove tea strainer after 5 minutes and place in ice water for 1 minute.
8. Remove from ice water, squeeze out excess water and break apart into small pieces onto oven safe ceramic or pyrex baking dish
9. Preheat oven to 300°F
10. Spread blanched cannabis in dish evenly
11. Cover with foil
12. Bake for 20 minutes to decarb

Step 2

1. Fill pot with water and bring to a slow boil
2. Add Coconut oil to french press, cover and place in pot of boiling water to liquify
3. When Cannabis is fully decarbed mix it into the liquified coconut oil
4. Cover french press with plunger and place standing upright in pot of boiling water for 3 hrs.
5. Stir the CannaOil every 30 mins.
6. Check the water level in the pot every 20-30 mins and refill slowly as necessary. You want the water to level to be at the same height as the oil in the french press.
7. After 3 hours, press plunger down to strain the oil and pour oil into Bell Jar and refrigerate to re-solidify.
8. If water has accumulated on the bottom of the jar, cut a sliver of the solid coconut oil out from top to bottom. Drain any excess moisture. Replace (or use) sliver.
9. Remove from fridge when you want to use it and either place jar in hot water to liquify or let CannaOil come back to room temp (takes about an hour) and voilà, you're ready to start using it in your favorite recipes!

BUTTER



Two Variations for Making Cannabis-Infused Butter

Source: [Leafly.com](https://www.leafly.com)

Ingredients:

- 1 lb unsalted butter
- 1 cup water (add more water at any time if needed)
- 1 ounce of ground cannabis flower or 1 1/2 ounces of high-quality cannabis trim (this amount will make some pretty potent butter, so decrease the amount of cannabis if you want a recipe that delivers lighter doses)

Note: Some people also use the remnants of vaporized cannabis, as many vaporizers fail to decarboxylate all of the THC in flower.

Stove Top Method:

1. Add one cup of water and 1 lb of butter into a stock pot or sauce pan; let the butter melt and begin to simmer on low. Adding water helps to regulate the temperature and prevents the butter from scorching.
2. As butter begins to melt, add in your ground cannabis product.
3. Maintain low heat and let the mixture simmer for 2-3 hours, stirring occasionally. Make sure the mixture never comes to a full boil.

Slow Cooker Method (my personal favorite):

1. Turn slow cooker onto low and add in 1 cup of water, 1 lb of unsalted butter, and 1 to 1 1/2 ounces of ground cannabis flower.
2. Cover slow cooker and let simmer on low for 8 to 24 hours, stirring occasionally. When it comes to infusing butter, the longer you let the cannabis product simmer, the more cannabinoids will be infused into the final product.

For Both Methods:

1. After simmering for your desired amount of time, pour the hot mixture into a glass, refrigerator-safe container, using a cheese cloth or fine mesh strainer to strain out all plant product from the butter mixture. Squeeze or press the plant material to get as much liquid off of the plant product as possible. Discard leftover plant material.
2. Cover and refrigerate remaining liquid overnight or until the butter is fully hardened. Once hardened, the butter will separate from the water, allowing you to lift the now infused canna-butter from the water to use in your recipes. Discard remaining water after removing the hardened canna-butter.
3. Let the canna-butter sit at room temperature to soften for use. Do not use a microwave to soften the butter.



Quick n Easy CannaButter

Source: Herb.co

Ingredients

1/4 ounce cannabis buds, finely ground
1/2 cup (one stick) unsalted butter

Equipment needed:

Medium Saucepan
Wooden Ladle
Spoon
Metal Strainer
Container (with a tight fitting lid)

Method

1. Melt the butter on low heat in a medium saucepan.
2. Add the ground buds to the melted butter a little bit at a time, stirring in between.
3. Simmer on a low heat for 45mins, stirring frequently. While simmering, you should see start to see small bubbles forming on the surface.
4. After simmering, strain the butter into the container using the metal strainer to filter out the ground buds.
5. Press the spoon against the ground bud in the metal strainer to squeeze all the cannabutter.

Note: The cannabutter in the container should have a slightly green tinge from the cannabis. Now you're ready to make some [cannabis-infused meals](#).

Jeff's EZ "Light Tasting" CannaButter

Source: jeffthe420chef.com

WHAT YOU'LL NEED (makes 1 stick of butter)

Heat resistant glass dish

Distilled water

Fine mesh strainer and a Tea Strainer

French Press Coffee Maker

Small tupperware or bowl with cover (large enough to fit a melted stick of butter)

Bowl filled with Ice Water

Aluminum foil

INGREDIENTS

1 (4oz) + 1/3 stick butter (I prefer unsalted grass fed butter. Kerrygold is the best!)

1/4 oz dried herb

HOW TO MAKE YOUR BUTTER

STEP 1: Rinse and Blanch your Herb (OPTIONAL)

1. Coarsely grind or break up dry herb and soak overnight in Distilled water.
2. The next day drain and rinse cannabis in the fine mesh strainer over the sink with more distilled water.
3. Place rinsed cannabis in Tea Strainer
4. Bring water to a boil
5. Place tea strainer with herb in boiling water for 5 mins
6. Immediately remove tea strainer after 5 minutes and place in ice water for 1 minute.
7. Remove from ice water, squeeze out excess water and break apart into small pieces onto oven safe ceramic or pyrex baking dish
8. Preheat oven to 300°F
9. Spread blanched cannabis in dish evenly
10. Cover with foil
11. Bake for 20 minutes to decarb

STEP 2: Infuse Butter

1. Fill a large pot or a portable water boiler like the Proctor Silex water boiler with water and bring to a boil
2. Place butter in French Press and place French Press into water boiler or pot to melt. The water line should be just above the melted butter line.
3. Gently mix decarbed herb into the melted butter.
4. Cover French Press with plunger and lid but DON'T PLUNGE yet.
5. Let butter simmer for 3 hours
6. CHECK WATER LEVEL IN BOILER EVERY 20 MINS and refill as necessary.
7. After 3 hours push down plunger on French Press and pour into plastic butter dish or a similar storage container.
8. Place strained butter mixture into refrigerator till it solidifies
9. Turn out re-solidified butter onto a paper towel to remove any residual water or moisture from your butter and blot your butter dry!
10. Place dried butter back into butter dish and voila!

OLIVE OIL, etc.



Recipe for Cannabis Cooking Oil

Source: Leafly.com

Ingredients:

- 1 cup of ground cannabis flower (or less for milder potency)
- 1 cup of cooking oil of your choice

Note: Coconut and olive oil are the most common choices; coconut oil has a milder taste and can therefore be used for more dishes, whereas olive oil is the staple cooking oil for most kitchens.

Hardware:

- Strainer or cheesecloth
- Grinder (a simple hand grinder works best; appliances like blenders and coffee grinder pulverize the cannabis, resulting in edibles with bad tasting plant material)
- Double-boiler, slow cooker, saucepan, etc.

Directions:

1. Grind the cannabis. You can include the entire plant, just the flower, a little bit of both — this is all a matter of preference. Just keep in mind that anything small enough to fit through the strainer will end up in your finished product, so again, do not grind your cannabis to a fine powder.
2. Combine oil and cannabis in your double-boiler or slow cooker, and heat the two together on low or warm for a few hours. This allows for decarboxylation (activation of THC) without scorching (which destroys the active ingredients). Cooking can be done a variety of ways: in a slow cooker on low for 4-6 hours, stirring occasionally; in a double-boiler on low for at least 6 hours (8 is better), stirring occasionally; or in a simple saucepan on low for at least three hours, stirring frequently (a saucepan is most susceptible to scorching). In all cases, a small amount of water can be added to the mixture to help avoid burning. **Note: whatever method you choose, temperature of the oil should not exceed 245°F.**
3. Strain and store the oil. Do not squeeze the cheesecloth; this will simply add more chlorophyll to your oil. All remaining plant material can be discarded or used in other dishes if you have the wherewithal. The oil's shelf life is at least two months, and can be extended with refrigeration.

Note: Be cautious when using the oil to prepare dishes that require heating. Do not microwave and choose low heat whenever possible.

Cannabis Infused Olive Oil Recipe

Source: themaven.net

Ingredients:

- 3.5 cups virgin olive oil
- 1 ounce marijuana, finely ground

Directions:

1. Use a coffee grinder to get the best powdery marijuana. Usually you can fit about 7 grams in these little grinders at a time and they do a very good job of giving you a fine powder.
2. Start by putting the oil in a sauce pan and turn up to medium. Do not let the oil reach the boiling point but once it has heated up, you can add in the marijuana powder.
3. Let the oil simmer, never letting it boil and constantly stirring. If you see bubbles begin to form in the oil, turn down the heat and remove the mixture from the burner until it cools off a bit. By boiling the mixture, too much THC would be released and you wouldn't get the desired effect from your oil.
4. Continue this for about an hour, possibly two if you have the time.
5. Strain your oil through cheesecloth in to a container that you can cap. Be careful to let the oil cool off a bit, as it'll be extremely hot right off the stove. Also make sure to squeeze the cheesecloth to make sure that you get all of the oil out of it.
6. You now have your marijuana-infused cannabis oil!

Canna- Olive Oil

Source: jeffthe420chef.com

What you'll need:

- 8oz Olive oil
- 1/4 Oz Cannabis
- French Coffee Press
- Pot to boil water
- 8 oz Bell Jar or similar jar to store your oil in.

How to make it:

Step 1

1. First: Rinse and Blanch your Herb
2. Coarsely grind or break up dry herb and soak overnight in Distilled water.
3. The next day drain and rinse cannabis in the fine mesh strainer over the sink with more distilled water.
4. Place rinsed cannabis in Tea Strainer
5. Bring water to a boil
6. Place tea strainer with herb in boiling water for 5 mins
7. Immediately remove tea strainer after 5 minutes and place in ice water for 1 minute.
8. Remove from ice water, squeeze out excess water and break apart into small pieces onto oven safe ceramic or pyrex baking dish
9. Preheat oven to 300°F
10. Spread blanched cannabis in dish evenly
11. Cover with foil
12. Bake for 20 minutes to decarb

Step 2

1. Fill pot with water and bring to a slow boil
2. Add olive oil to french press, cover and place in pot of boiling water to liquify
3. When Cannabis is fully decarbed mix it into the liquified olive oil
4. Cover french press with plunger and place standing upright in pot of boiling water for 3 hrs.
5. Stir the CannaOil every 30 mins.
6. Check the water level in the pot every 20-30 mins and refill slowly as necessary. You want the water to level to be at the same height as the oil in the french press.
7. After 3 hours, press plunger down to strain the oil and pour oil into Bell Jar and refrigerate to re-solidify.
8. If water has accumulated on the bottom of the jar, cut a sliver of the solid coconut oil out from top to bottom. Drain any excess moisture. Replace (or use) sliver.
9. Remove from fridge when you want to use it and either place jar in hot water to liquify or let CannaOil come back to room temp (takes about an hour)...

Vòila, you're ready to start infusing it into your favorite recipes!

***Make sure to use my [THC | CBD Calculator](#) to properly dose all your favorites properly!**

Do it yourself, Do it right!

But first, let's talk about the common threads. Equipment, ingredients and prep.

Equipment:

- Slow cooker
- Cheesecloth
- Cookie sheet
- Mason Jar
- Scale/measuring cup
- Grinder or coffee bean grinder
- <https://jeffthe420chefcalculator.com/>

Ingredients:

- Dried cannabis
- CBD isolate
- AVB (already vaped bud)
- Oil (coconut, olive, MCT, grapeseed, etc) Butter
- Sunflower Lecithin

Prep:

- Measurements
- Decarboxylation (decarbing)
- Temperature... do not heat above 340 degrees F

Easy “choose your oil” Method

Source: Herb.co

Before you even grab the Crock, grab the cookie sheet. To get the most out of your weed, you want to decarb it first. Grind it up and put an even layer on the sheet. Have your oven at 240°F and bake the herb for 30-40 minutes, or until it is dry and browner in color. After it has cooled, pulse in a food processor until coarsely ground. For every 1 to 1.5 ounces of ground herb, based on strength, you will want 2 cups of oil in the Crock. Add both in and stir until your cannabis is completely soaked, and not clinging to the walls above the oil. On your Crock Pot's lowest setting, heat the mixture for 3 hours, then allow to cool for about 8 more. Repeat this process once or twice to increase the potency, getting every last bit of THC and other cannabinoids absorbed into the oil. Once the oil cools for the last time, use a fine mesh strainer, like a flour sifter, to strain out the herb as you pour the oil into a bowl. Press a spoon on the herb to squeeze any remaining oil through. You can now dispose of the plant material and bottle your oil in airtight containers for storage in the refrigerator. Cannabis oil has a multitude of uses. You can add it to recipes or dose orally. You can put it in capsules for easier ingestion, or even suppositories for certain medical conditions. The power to make your own rubs, salves and topicals now rests in your hands.

Travis Penner's Tried and True Method

Portions can vary, my first time making oil I used 2grams per 1/4 cup. Since then I now use 6grams per 1/4 cup

Need:

Herbs
Coconut Oil
Crock pot
Mason jar

1. Grind your herb, I use a coffee grinder but whatever works for you. Don't over grind as it will just turn to Kief and you'll have to work harder to get the ground plant material out of it.
2. Combine coconut oil with herbs in the mason jar. (i.e.) I combined 1/2 cup of Coconut oil with 12g of herbs
3. Place a wash cloth on the bottom of the crock pot to prevent breakage. Put the mason jar on top of the cloth
4. Fill the crock pot halfway with water. Just enough that the jar isn't floating, but sufficiently surrounded by water.
5. Place lid on crockpot and cook on low for 8 hours.
6. Shake jar once an hour throughout cooking. This will help distribute the released chemicals in the oil.

After 8 hours, take the jar out and set it aside. You can do another 8 hours the next day (I do 2 days, some have mentioned doing 3. Some only do 1 day... entirely up to you for what works for you and your family)

Once the oil is finished. Give it a little time to cool. Then pour through a metal mesh strainer into a new container.

You can choose several ways to use the oil. You can use it topically on your skin. You can get capsules from your pharmacy to make your own pills, or you can put it in the fridge to let it solidify and then scratch a little up on the end of a spoon and then place it under your tongue to take sublingually.

Efforts were taken to give credit and link sources. Photo credits were not available. Please email migrainebuds@gmail.com if there is any issue with the content herein, and we would be happy to revise this document. - MigraineBuds