

This is a basic recipe for use with 4 grams of any hydrophobic ethanol soluble api. The ingredient quantities can all be adjusted in proportion to each other just like any recipe. But, the methodology must be followed precisely.

20 grams soy lecithin granules

Place in 400ml mason jar and add 30 grams of 85F alkaline water to it. Stir together gently to ensure all granules are hydrated. Close jar lid. Place jar in pot of 110F water. Allow jar to sit for 2 min, open lid and stir gently to ensure even hydration. Never stir aggressively at any point in the entire process, that will cause aeration of the phospholipids and ruin the batch completely. You are only stirring just enough to ensure the ingredients mix together and the water doesn't pool anywhere in the container. Allow jar to sit in 110f water. At the same time in a separate 400ml mason jar, combine 4 grams of D8thc with 40 grams of ethanol. Heat and stir til fully dissolved. Take 3 100ml glass spray bottles and divide mixture evenly amongst them. Dilute one spray bottle with an additional 15 grams of ethanol and add 4 grams of liquid mct oil. Take 1 100ml glass spray bottle and fill it with alkaline water. Take 1 spray 100ml glass spray bottle and fill with 15ml ethanol. Prepare small pot to heat all 5 bottles. Return attention to hydrating lecithin. Observe specifically for uniform hydration and no dry spots. Lecithin will first hydrate and as it sits under influence of heat it will then begin to clarify. It must remain undisturbed during this process to avoid aeration. The clarification process will turn the lecithin from a yellowish hazy appearance to a slick glossy translucent reddish appearance. Its absolutely crucial to achieve perfect clarity to ensure proper phospholipid layering. This process can take up to 24 hours depending on how water is introduced to the lecithin. Water hydrated lecithin will gradually clarify itself between 100F and 140F. The water temp can be gradually adjusted up to speed the process but must not exceed 140f. After 1 hour the original water content should have fully absorbed. At this point you want to start coaxing the lecithin towards clarification. Surface tension in the mixture must be gradually decreased to fully clarify the mixture. A fully clarified mixture will be a translucent gel. It will cause some image distortion if looked through but should have no visible undissolved contents. A homogeneous mixture will be a gel resembling the viscosity of motor oil at temps between 100f and 120f and it will become thinner as it is heated and kept under the boiling point of ethanol. All mixtures should be produced in sealed mason jars with pressure sensitive lids. The average mason jar lid is designed to pop open at around 14psi. To assist in clarification the surface tension of the mix needs to be cut by gently introducing an alternating pattern of hot solvent and hot water.

Place the 100ml glass spray bottles containing the diluted mct oil mix and the water into pot of water and allow to sit until internal temp reaches 140f. Once this temp is achieved, remove the alcohol containing bottle and shake it vigorously for 2 minutes then place back into the hot water and allow temp to return to 140f, repeat this step 3 times to ensure that the api has fully dissolved. Use a clear glass spray bottle if needed to ensure full dissolution. Increase heat of lecithin containing mix to 125f internal temp gradually by increasing water temp to 150-155f and prepare to start alternating spray bottles. Open the hydrated lecithin jar once it reaches 125f and begin by spraying 5 sprays of the 140f alkaline water into the jar, then close the lid of the jar and allow this water to absorb into the mix for 2 minutes. After this 2 minutes open the jar and spray 140f alcohol/mct/api bottle into mix 5 times, close jar and allow to sit for 2 minutes. Repeat these steps until both spray bottles are empty. Cap the jar and allow it to sit for 30 minutes after

this process and reduce water temp to 135f. Do not shake the jar or stir it. After 30 minutes check the mixture for clarity. At this point the mixture should be a fairly translucent gel if the lecithin granules are standard pc content. If granules are high pc then the viscosity will be lower with more transparency at this point. Continue to monitor for clarification, total clarity must be achieved before the next step can begin.

The next step will depend on the type of medium you are attempting to infuse, but for this guide we will focus on a basic water based formula that can be infused into many foods and drinks. It can also be inhaled in a pulmonary device(do not vaporize or combust this formula), or it can be placed in a spray bottle and used as a mouth/topical spray. It can also be used in a nasal spray container but i would highly caution against using cannabinoids through the nose due to the stinging pain. It feels pretty rough, although it does produce an intense high, i do not recommend it. However, other api can often become less painful when used intranasally in this formula. Brain specific targeting and instant uptake of any drug can be achieved by consuming this formula in conjunction with most substances as well. Insufflated substances can be essentially "chased" with this formula and captured intranasally, as well as followed down the same digestive path. The tissue in the digestive path can be made much more receptive to all substances by consuming any of these formula. Exercise extreme caution when mixing with any illicit, otc, or pharmaceutical substance. Always start with extremely low doses. Swim once told me that certain fancy alkaloids can be made 10-20 times more potent, immediate acting and long lasting when combined with this formula. I've experienced extreme potency multiplication from all substances in this formula, whether administered simultaneously or built into the formula. I'll elaborate much more on these concepts in future papers. The potential to create formulas that can increase potencies of any substance is not something to be played with. You can potentially die from combining your average dose of almost anything with this formula if certain precautions aren't taken. There are multiple levels above this formula as well that will be carefully introduced to avoid catastrophic effects. Expect up to 20 fold potency multiplication. So, if you normally consume 200mg of a substance, start with a dose of 10mg when combining with this formula. This formula can alter drug absorption rates for up to 4 hours depending on the quantity consumed.

Now that's out of the way, let's continue....

Increase your water temp to 145 and place 2 empty 400ml mason jars in beside the existing formula. Observe your composition on your formula at this point. If you are using high pc lecithin then you will notice that there's very little separation, if any. With standard lecithin you will start to see 2 layers. The upper layer contains a substantial amount of pc, while the lower layer holds most of the others phospholipids. Pc is highly soluble in ethanol and will separate from the other lecithin components once a certain ethanol/water saturation point is reached, this concept is elaborated upon in this paper().