

# Safely Igniting Your Cannabis: Beyond Matches and Lighters

Medical studies highlight the health risks of smoking herbs, such as tobacco and cannabis. Many smokers underestimate the dangers of inhaling fumes from common ignition sources like lighters or matches.

## Understanding the Hazards of Matches

Explore the risks associated with different types of matches, from Strike-Anywhere Matches with dangerous chemicals to safer Safety Matches.

## Exploring Flameless Alternatives

Discover the advantages of using flameless options like electronic lighters and their benefits for your health.

## The Concerns with Butane-Fueled Lighters

Learn about the potential dangers of butane-fueled lighters and why cautious use is essential.

## Choosing the Right Tool

Find out how to select the best ignition method based on whether you're using a joint or a pipe while prioritizing your health.

## Minimizing Risks with Candles

Discover how lighting a candle can provide a safer way to ignite your cannabis while reducing exposure to harmful fumes.