

# A SIMPLE GUIDE AND INTRODUCTION OF CBD: ALL THERE IS TO KNOW!



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## INTRODUCTION

We are lucky to be living in such accepting and experimentative times, where the world is transitioning towards legalizing the recreational use of cannabis for various reasons. If this were 5 to 10 years ago, we would still follow the conventional approach and induce a bias towards synthetic remedies compared to naturally grown cures, the prominent example being CBD.

It is still illegal to consume hemp in several parts of the world. You would be charged with criminal activities if you are found in possession of this 'drug' – but this is changing; legalization is taking place, slowly and steadily, and rightly so!

This book highlights several aspects of CBD, providing our readers with a holistic analysis of CBD and thorough and researched detail backed by scientific data proving the importance of this naturally grown medicinal product.

CBD or cannabidiol is the non-intoxicating part of the cannabis plant. It omits extreme therapeutic and curing likeliness; it is now available in many edible forms such as gummies, coffee, chocolate, and more. In addition, we find CBD in the form of patches, massage oils, pain-relief creams, muscle gels, soft gels, and so forth.

We will be covering the molecular formation of CBD and how it acts in the human body. We will also discuss how CBD is produced, grown naturally, and the suitable conditions for its growth. We will also be talking about the numerous benefits of CBD consumption, such as improved skin, pain relief, the ability to treat cancerous cells, and many more advantages.

This book will also compare natural remedies to synthetically formed products and how the reaction varies in our body along with the long-term and short-term benefits.

The primary reason CBD is more acceptable in our society now is due to its exceptional healing ability against detrimental disorders and diseases; it can help battle Insomnia, PTSD, Alzheimer's, Epilepsy, ADHD, Rheumatism, Back pain Arthritis, and much more.

We hope that by the end of this book, you will have a comprehensive understanding of CBD's functionality and applications, as well as why this is an essential medical invention that no one should overlook.

## **CHAPTER 1: WHAT EXACTLY IS CBD OR CANNABIDIOL?**

CBD or cannabidiol is a compound that ensues naturally and is situated in the resin flower of the cannabis plant, which is backed by historical data demonstrating its medicinal use. In addition, numerous case studies and research are emerging daily conducted by professional doctors and scientists to highlight the curative properties of CBD.

Cannabidiol is a non-addictive substance that is acceptable to consume. It is one of the 100 or so naturally occurring cannabinoids, which are highly distinctive and give the cannabis plant powerful healing properties.

THC or tetrahydrocannabinol is another naturally occurring cannabinoid similar to CBD, which induces the sought-after 'high' that many consumers seek. These two are the most important creations that we extract from the cannabis plant and hence the most studied by scientists.

Both the components mentioned above of the cannabis plants comprise health-giving properties. Still, the added benefit of consuming CBD over THC is that you do not have to deal with the intoxication aspect that comes with THC. This precedes to happen successfully because the brain and body receptors react differently to both of them.

Considering how much of each component is ingested, cannabidiol can decrease or negate the euphoric effects of THC. Many individuals desire the therapeutic advantages of cannabinoids but without the intoxicating effect that comes with it – or at least with a lower level of high.

Cannabidiol is an intriguing therapy option for individuals who are hesitant to try the natural drug for the first time since it is medically powerful, easy to consume as a CBD oil, and non-intoxicating.

### **CBD IS A MULTIFUNCTIONAL MOLECULE**

One of several naturally occurring compounds situated in the plants of the cannabis family is CBD or Cannabidiol. It's a terpene phenolic molecule with 21 carbons that results from decarboxylation of a cannabidiol acidic source.

The chemical formula of this compound is  $C_{21}H_{30}O_2$ , which indicates that it has two oxygen atoms, 21 carbon atoms, and 30 hydrogen atoms. All of these are naturally formed in the cannabis plant. Although they can be created artificially, our suggestion is to opt for the natural one, which is guaranteed safe.

It is not uncommon knowledge that many pharmaceuticals induce severe unwanted side effects. To tackle this concern, users seek more natural remedies that aid in alleviating disorders and diseases without added harmful side effects.

When we consider the biological aspect of CBD, several research studies have concluded that it can benefit in combating mental health issues like anxiety, depression, chronic pain, inflammation, and more.

CBD is also considered to reduce cancerous cells, and several ongoing studies are testing this ability in a much more intricate manner, but the existing ones do confirm that there are particular characteristics of CBD which do suppress and limit the rapid growth of cells.

### **What is the powered action of CBD in the human body?**

There are various ways in which CBD interacts with the human body. We have endogenous cannabinoid compounds situated in our bodies, and CBD mirrors the effect of these compounds. The name is derived from this same property as well, as these compounds have similar characteristics to those found in the cannabis plant. The endocannabinoid system, as scientists call it, comprises of these endocannabinoids.

Since the time we have uncovered this system, we have grasped a better understanding of its properties that combat diseases and boost the human body's immune system. This further explains why there is an increase in the demand for CBD-infused products, even though it is considered illicit and illegal.

Talking more about the biological front, CB1, which is the first designated area of these endocannabinoid compounds, includes the nervous system, the brain, and even other tissues where receptors are located that react to CBD. Similarly, CB2, the second designated area, comprises the body parts that have the purpose of boosting the immune system, such as the peripheral organs.

The system that includes the cannabinoid compound, as discussed above, regulates a variety of physiological mechanisms that influence the ways we function. This includes our emotions, activity level, intestinal fortitude, immunologic practices, heart rate, bone mass, glycogen synthesis, blood pressure, and how we perceive ache, tension, and appetite.

Considering a different angle – assume that your endocannabinoid system isn't functioning to its actual or optimal potential; what are the setbacks that result from it? What will be the outcome of a system working in overdrive or that is kept primarily inactive? Well, the straightforward answer is it will result in disorders and diseases.

Advanced and current research has demonstrated that there was a significant correlation between a dysfunctional endocannabinoid system and the occurrence of these disorders during pathological disorders.

Consequently, this proves that if we modify and mold the system to more suitable conditions, there can be curative results that can aid doctors in relieving their patients from ongoing needs. The expected outcome of alternating the system would be slowed and suppressed growth rate of specific disorders and diseases.

## **CBD MEDICATIONS**

From being acclaimed as highly illegal and illicit to becoming a remedial product, CBD or Cannabidiol has come a long way. The thought of CBD working in a curative manner has enticed the nation and subsequently the regulating sector that comes under it – the government.

The historical date you all should pay attention to is the 25<sup>th</sup> of June, 2018. The FDA, the organization administering drugs and food in the United States, approved cannabidiol as a remedial creation by allowing Epidiolex, an almost entirely pure formulation of CBD produced with recreational use. The two primary targeted disorders of this medication were the Dravet Syndrome and Lennox-Gastaut Syndrome, both of which cause the severe and repetitive occurrence of seizures.

As a reaction to the unexpected yet historic call of the FDA, the DEA, which is the Drug Enforcement Administration in the United States, altered Epidiolex's classification in the month of September in the same year.

It transitioned from being a schedule 1 drug, which indicated that CBD is considered highly illegal due to supposed non-existent medicinal solutions, to becoming a Schedule V drug, which comes under the umbrella of the safest drugs to opt for. It was also later extracted from the government list of the federal sector comprising of controlled substances.

You must be wondering that given the curative properties of epidiolex, there must be a surge in demand for off-label purposes, which is handing out the medicine for a different purpose than primarily intended – but in reality, it was the opposite. The reason for this contrast was the jolting price tag, surmounting up to \$30,000 per year, so off-label was out of the question as the government had to make it affordable so that the masses could benefit from it.

### **Where do we purchase CBD-infused products?**

Many of you with a piqued interest now have questions related to product availability and retail. Considering the influx in demand, there has been a subsequent increase in the supply-side of the CBD world as well.

Not every one of us can simply purchase the pharmaceutical variant of CBD, and as a consequence, we have to look for alternatives. You can rest assured that there are now plenty of substitute retailers available who provide cannabidiol, such as e-commerce platforms, baristas, chiropractors, health communities, and even upscale boutiques. These retailers have much more variety available to choose from.

CBD and THC have even entered the world of e-cigarettes and vapes, where smokers are getting more used to the relaxation they tend to benefit from when they inhale cannabidiol through their devices. This has been damaging as well to a certain extent where consumers do not know when they are going overboard and instilling potential damage to their bodies.

As the famous saying goes, 'too much of something is bad' resonates in this scenario. Following enormous amounts of praise from people from all walks of life has created a space for an unregulated and mismanaged market where CBD products are being distributed without government approval and authentication.

We must understand from this that even though CBD has never-ending benefits, we must still keep a check and balance where we only purchase and use products that have legality covering their availability.

Imagine ending up with a counterfeit product that not only results in you wasting your money but also health concerns. The line may be thin, but we can never blur it as at least regulated products ensure that they have been produced using the best by-products.

### **Hemp-based CBD**

What started as a local level democratic revolution against cannabidiol restriction has grown into something of a billion-dollar industry, fueled by the revelation of CBD due to its health-boosting and curative properties. Cannabidiol is popular today now, and it appears that everybody, including self-righteous people with a self-proclaimed humanitarian purpose and relentless corporations, would want to get into this industry to get a slice of this fruitful pie.

Cannabidiol has indeed sparked the resuscitation of the hemp business in the United States, which had been stagnant for ages caused by drug prohibition tensions. Due to the apparent prominence and economic superpower of CBD, the 2018 Farm Bill contained a provision that authorizes the production of hemp (cannabinoid with less than 0.3 percent THC).

The production and cultivation of hemp have now become a legal and uprising agricultural business in the USA. Although the transition is taking place, both the FDA and DEA still disapprove of the production of cannabidiol that is enriched with biomass and subsequently advertised and promoted as a CBD isolate and extract for consumption purposes. The reason behind the disapproval is that this specific agribusiness is making it difficult for big pharmaceutical companies due to its range and flexibility.

Keeping the legal aspect aside for now, as stated earlier – CBD products are very readily available in the market now, where they will arrive on your doorstep with just a few clicks of the mouse. This isn't always beneficial as irregularity consequently results in sub-par or mediocre products that compromise on the quality.

The drawbacks can be incorrect labels due to limited knowledge and proficiency or, even worse, CBD that is processed and created in an incoherent method, resulting in the final product having pesticide residue and toxic solvent remains in the product. Even products have somehow incorporated artificial flavors and colors, making the product unpleasant and impure for consumption.

These mishaps are still surface level where most retailers and consumers still derive and obtain suitable products that are free from impurities and entail accurate labeling.

This pretty much covers the essential introduction to CBD - the biological aspect, molecular structure, properties, and so forth. Let's now move on to the production side of CBD – how exactly is it manufactured, what are the processes, and the steps.

## **CHAPTER 2: THE PRODUCTION ASPECT OF CBD**

The admiration for CBD gets more potent by the minute; more and more Americans are trying it out to see what the hype is all about and does it actually work or not.

Before trying any product, many people often conduct their own research for personal satisfaction. Similarly, in this case, individuals often ponder how CBD came into existence: the processes involved, where it gets produced, and so on. They want to be aware of the production aspect thoroughly before becoming consumers.

We will be breaking down all the steps involved in extensive detail, aiming to provide as much information as we can to the readers so they are content on the production bit so that they can enjoy this purpose-led product to the fullest.

### **HEMP Vs. MARIJUANA**

Before getting into the nitty-gritty, let's understand the difference between marijuana and hemp. Hemp can only be produced under an authorized and regulated 'hemp program'. As stated earlier, the core difference between hemp and marijuana is that hemp has less than 0.3% THC. In contrast, marijuana has more than 0.3% THC.

Marijuana is only approved for production in states where marijuana use is legalized for either curative or recreational activities. In contrast, hemp has under 0.3% THC concentration, so it is classified as non-psychoactive as when you consume CBD, you won't feel the unnecessary 'high' that comes with it.

## **STEP-BY-STEP PRODUCTION**

We have concluded that the best way to produce CBD is through refinement of the hemp extract, which is then combined with a carrier oil such as palm kernel or coconut oil. Read ahead to go through each step that is incorporated in the production process.

### **1. PLANTATION OF THE HEMP SEEDS:**

This is the first yet super essential step in the production of CBD. After the ground inspection is completed concerning the presence of any herbicides, the hemp seeds are then planted into the growing area, which is usually a ground.

The plantation of CBD doesn't necessitate distance amongst each plant, indicating that you can plant them as close as you like. A distance of just 4 inches is more than enough – resulting in a much more significant land yield as the minimal area is used.

As hemp plants produce a decent amount of biomass, a matter that decomposes with time is a reliable source of nutrition throughout the plantation process. This makes hemp an excellent source for regenerative agriculture – aiding you in the process of crop rotation.

According to research, the most suitable period to grow hemp is after the first twenty days of May till the first seven days of June. Hemp is known to sprout quickly once sown, blooming within 60 days of the plantation period. It isn't a complicated process, and you will see beneficial results if the process is done correctly.

The states where hemp grows in more great chunks are Colorado, North Carolina, Montana, Oregon, Kentucky, and Minnesota. This clearly shows that hemp production isn't limited to just any particular state.

### **2. THE PLANT NEEDS TO BE HARVESTED**

This step has all to do with the blossoming flowers of the hemp plant. The resin gland of the plant's trichomes is the most prevalent source of cannabinoids. The harvesting period of these plants depends majorly on the climate conditions of the area. Usually, they're harvested between October-November.

As the harvesting requires regulation and approval, a drop from each plant is extracted and sent to the state department of agriculture for testing. This again has to do with the level of THC present being less than 0.3%.

For example, suppose you plan on growing hemp in Montana. In that case, you need to make sure you are following ethical and authorized steps approved by the state department of Agriculture in Montana.

Once the plants are harvested and approved, the next step is the curation process which takes up to 3 to 4 weeks, where you need to keep out the harvested plants so that they can dry out. The one thing you need to be sure of is the area you're keeping these plants needs to be well-ventilated.

After the plants have dried up, just pluck out the flowers with the most cannabinoid concentration, and ship them to a manufacturing department, where they'll be extracting the cannabinoids from the flowers for the later steps.

### **3. EXTRACTION OF CBD FROM THE FLOWERS**

This is where the magic takes place. Cannabinoid extract is taken from the dried out flowers and then processed in numerous ways such as through CO<sub>2</sub>, Oil, and Ethanol to make them consumable in various forms, such as topical or through ingestion.

There are several extraction techniques one could use, and all of them have slightly varying results. Based on how it's obtained, the crude extracts will most likely have a dense, greasy consistency with a really dark, nearly black tone.

To provide you a more detailed perspective on the extraction process, we will be discussing each one of them along with their advantages and disadvantages:

- **Extraction Using Carbon Dioxide**

This extraction technique necessitates the use of carbon dioxide to separate the cannabinoids from the dried-out flowers amid icy conditions. CBD oil is extracted using extraordinarily cool and condensed carbon dioxide, which does not leave any chemicals or remains behind. This method involves the use of solid and advanced machinery, but the result is a safe and effective substance.

- **Extraction Through Ethanol**

Another highly used technique of extraction is through ethanol. It incorporates the use of a high-quality alcohol solution so that cannabidiol can be extracted easily. Many CBD producers make use of this convenient yet super-effective extraction technique, and as a result, more people are opting for it.

- **Extraction Using Oil**

This is another super easy and hassle-free technique of CBD extraction. Many DIY and self-sufficient folks practice this approach as it doesn't require robust equipment or expensive solutions to get the desired product. The process is simple – heat CBD with any type of carrier oil such as coconut for the extraction to take place. The only drawback is it can not be done on a larger scale optimally.

We recommend an approach that incorporates Ethanol Extraction. This method allows you to remove all chlorophyll, waxes, and lipids from the oil, resulting in a genuine CBD oil with high thresholds of terpenes and cannabinoids in a highly efficient setting.

Truthfully, it majorly depends on the purpose of extraction – if you are doing it for retail purposes, then CO2 and Ethanol are more effective. Still, if you are creating CBD for personal use, the oil extraction technique will do just fine.

#### **4. Making Topical and CBD Oil**

CBD is blended with other substances such as flavoring and carrier oil after being extracted from the flower in its most refined state. There are several options available for carrier oils, for example, coconut oil, olive oil, and orange oil. These kinds of carrier oils are known as MCT, and they are superb carriers to create high-quality cannabidiol. They help produce such high-grade CBD due to the presence of saturated fats, which is where the acronym MCT comes from.

Organic high-fat molecules are effortlessly metabolized by the human body and are processed directly by the liver. Thus, it enables the body to process as much CBD into the blood system to maximize its potency.

Additionally, many people do not prefer the earthy taste and smell of CBD. You can use carrier oils such as orange oil to tackle this concern, which reduces and minimizes this overpowering 'hempy' taste when ingested.

#### **5. The Packaging and Testing of CBD**

Once you are done with all the steps mentioned above, the next crucial step in the production bit is getting your CBD tested. Companies mostly opt for third-party testing services as they do not want any self-rule in the regulation process.

This is what sets them apart from other mediocre hemp and producers who blow their own trumpet and test it themselves, resulting in inaccurate and impotent CBD. When you outsource it, you will witness a proper standing of the quality of CBD you have produced. When you opt for a CBD product, it is always good to research beforehand to avoid consuming mediocrity.

Although the overall process of generating high-quality CBD oil involves multiple steps, having a proper and transparent supplier aids in the production of high-quality end goods.

Companies that are open regarding their manufacturing processes and routinely get their products tested by third parties are frequently the finest CBD oil providers in the market. Although the Cannabidiol market

has a longstanding experience, technological developments have allowed for a superior end result in recent times.

With improved manufacturing processes and ongoing innovation techniques, cannabidiol will be able to reach an increasing number of people and provide healing to a broader demographic.

## **CHAPTER 3: THE MANY USES AND BENEFITS OF CBD**

CBD oil, commonly known as cannabidiol, is a substance derived from the cannabis family's Sativa plant. CBD oil may be consumed in three ways: by eating, smoking, or using it directly.

According to studies, when someone takes CBD oil, the endocannabinoid system, which includes specific neuroreceptors, helps convey messages to and from that person's cells. The transmission of signals causes your emotions, mobility, immune system, and homeostasis to be regulated.

CBD is obtained from the Cannabis Sativa plant. It's generally in the form of an oil that's been combined with an inert oil like coconut or hemp to give it the concentration it needs to be easily consumed. Due to its lengthy list of advantages and different soothing effects, the world is becoming more tolerant of CBD use. CBD oil is the most popular form, despite the fact that it is accessible in various forms.

We'll go through the many advantages of CBD oil, the most important of which is better mental wellness. Anxiety, sadness, and post-traumatic stress disorder (PTSD) are all repressed. Another significant benefit is a longer sleeping time, which helps to reinforce your cycle and pattern, ensuring that you receive enough sleep. There are several additional benefits such as better skin, fighting against cancer, etc.

### **CONSUMPTION OF CBD OIL HAS MANY BENEFITS**

As previously said, there are several advantages to using CBD oil. We'll go through each of them in greater depth so you can get a better idea of how they work.

- **ANXIETY IS LESSENERD**

Researchers have verified that using CBD oil reduces anxiety and helps the user relax. This assertion is supported by research published in the 2015 edition of the Neurotherapeutics magazine.

CBD oil, according to experts, has anti-anxiety properties. This can be explained by looking at how CBD oil affects the neural network. CBD acts as an agent to many receptors, increasing the signaling element of these receptors. It is always suggested that it's best to take it in small dosages. In contrast, if a person consumes large amounts of it, the effects may be negated, and the reaction may be the polar opposite.

This can be further clarified by a research published in the Brazilian Journal of Psychiatry in 2019. A total of 55 people were tested as part of the research. Some were given placebos, while others were given 300mg of CBD oil; when the study was completed, the results revealed that those who received the 300mg amount had a lower heart rate and better blood pressure control.

- **FIGHTS AGAINST NEURO ILLNESSES**

Clinical experiments and research have demonstrated that CBD oil has anti-inflammation qualities as well as antioxidants, which protect a human's neurological system, shedding light on CBD oil's soothing effects on neurological diseases.

Many studies have shown that CBD oil provides long-term benefits for people with neurological disorders, including Alzheimer's, Parkinson's, and multiple sclerosis – we will be discussing these in greater detail later, so consider this an overview. This is a critical discovery, as numerous pre-tested treatments have shown to be failures, whereas the findings for CBD have been positive. Research indicates CBD will prove to be beneficial for individuals who have Huntington's disease as well – the conclusion is still in the works.

- **REDUCES DEPRESSION**

Another significant benefit of CBD oil is that it helps to alleviate the debilitating mental illness of depression. However, while the majority of studies and testing have been done on animals, there is still strong evidence that CBD can help people who are depressed.

Since CBD has various anti-stressing qualities, the study suggests that when you use CBD oil on a regular basis, your brain releases serotonin. We recommend CBD oil to everyone who is despondent and having trouble coping. If other remedies have failed, this might be the only thing that relieves your tension and helps you relax.

- **ALLEVIATES PAIN**

As discussed earlier, CBD's anti-inflammatory properties have shown to be quite beneficial. This feature also operates on the receptors in the sensory system that detect pain and alleviate it if there is any.

There is less research on standalone CBD's benefits on pain relief; however, numerous studies have employed a combined mix of THC and CBD and found favorable results.

Many participants in a self-reported observation study of CBD oil treatment confirmed an increase in their capacity to suppress pain, although it was restricted to non-cancerous discomfort. We recommend that anyone using this treatment utilize the topical method of administration because it is more direct.

- **AIDS IN THE FIGHT AGAINST DEPENDENCE**

According to a 2015 study published in Substance Abuse, people suffering from addictions can benefit from consuming CBD oil, which reduces the harmful effects of reliance. The University of Montreal performed five human experiments to test this theory. The findings were positive, suggesting that those struggling with opioids, cocaine, and psychostimulants might benefit greatly from it.

However, the effects of CBD on various types of addiction were very variable. In the instance of opiate addiction, CBD did not entail reducing withdrawal symptoms when it wasn't coupled with THC. On the other hand, CBD appeared to help users of psychostimulants such as cocaine and methamphetamine and reduce their drug-addiction behaviors.

CBD has also been shown to lessen nicotine addiction in studies, so if you're a smoker looking to stop, this is the way to go.

### **THERE IS A LOT MORE TO UNCOVER**

We have only discussed less than half of the benefits of this beautiful gift from nature to us humans! Let's discuss some more advantages of CBD, after which we will be covering how it has helped fight detrimental illnesses like ADHD, Epilepsy, Rheumatism, Back Pain, Joint Pain, and more!

- **PROTECTION FROM POOR SLEEP**

As per preliminary research, CBD oil may help with a variety of sleep issues, including insomnia, excessive morning drowsiness, and REM sleep behavior disorder. CBD may also help individuals sleep better, according to new research.

CBD improved sleep in 31% of individuals who used it for conditions other than cancer, such as non-cancer pain or anxiety, according to recent research. In an extensive case study including 72 people, 48 patients reported increased sleep ratings for the first thirty days, although these ratings altered with time.

Consuming CBD Oil proved to maintain the sleep cycle in other trials employing 300 mg of CBD in individuals with depression or anxiety, showing that it was unlikely to affect sleep quality negatively.

This is reassuring news for anybody who is still dubious about CBD oil's ability to enhance sleep. Be sure that your sleeping pattern will change, and you will receive the rest you need and remain healthy.

- **HELPFUL FOR TAKING CARE OF YOUR SKIN**

Persistent pimples and the skin-damaging breakouts that come with them are common problems for many people. Many solutions have been devised to address this stumbling block, but only a handful have shown

to be effective in the long run. On the other hand, CBD oil is seen as a highly viable answer to this ever-increasing issue.

CBD oil, when used topically, has been shown to treat acne due to its anti-inflammatory effects. A clinical trial found that using CBD oil topically reduced sebum production, which is a feature of acne.

The usage of CBD oil on a regular basis will not only prevent breakouts but also make your skin seem less dull. Furthermore, this will reduce the appearance of acne scars on your face, making it more flawless altogether.

- **RHEUMATISM PAIN IS LESSENERD**

Rheumatoid Arthritis is a medical disorder that causes the body's bones to weaken and degrade over time. Multiple animal studies have shown that using CBD oil topically reduces inflammation and discomfort conditions such as arthritis.

We recommend using the topical intake route to avoid any gastrointestinal adverse effects that may arise if you consume it. Brittle bones make a person feel powerless, and as a consequence, you become fatigued more frequently than expected; nevertheless, CBD oil can help you address this issue. The majority of the research has been done on animals, and human data is still being gathered, but the impact will most likely be comparable to that shown in animals.

CBD oil is a natural treatment that has no synthetic chemicals or self-manufactured substances; it is entirely natural, so there are no long-term adverse effects to worry about. Anyone suffering from skin difficulties, mental health issues, insufficient sleep, or any of the other conditions listed above should try CBD and see what unfolds.

### **CBD's ROLE AGAINST ILLNESSES AND DISORDERS:**

Let's go on to a more detailed discussion of some of the main diseases and disorders that CBD combats - remember; it's all clinically supported!

- **ADHD**

While there is little indication that cannabidiol can be used to treat ADHD, it can help manage a few of the effects that are often linked with the disease. ADHD is frequently linked to a number of concerning disorders, especially depression and anxiety.

We still need concrete evidence to claim its treatment against ADHD entirely; as stated above, it has been clinically proven to suppress the symptoms of ADHD, such as anxiety and depression. Keep in mind that some might experience certain side effects after consuming CBD, such as mood and appetite changes.

Even if ADHD can not be fully controlled or suppressed, you can have peace of mind to the extent that you will not have to deal with the never-ending bothersome symptoms that come coupled with ADHD fully.

- **EPILEPSY**

CBD's efficacy to prevent spasms is still being researched. CBD is presently permitted for the treatment of seizures induced by tuberous sclerosis complex and two uncommon epilepsy types. CBD has been proven to be a successful therapy for several different forms of epilepsy in some early trials.

There is still more research to be conducted in this regard. Still, several studies have indicated that only high-grade CBD, which has been appropriately labeled and produced, seems to be more beneficial than any off-the-counter product.

Another suggestion for people dealing with ADHD and thinking of opting for CBD must consult with their doctors for optimal guidance. They will let you know if it is safe for you to ingest it and ensure that it does not contradict any other medications you are using.

- **PARKINSON'S DISEASE**

Studies have identified that CBD could be helpful in preventing Parkinson's disease, but so far, only animal studies have been conducted.

Furthermore, the National Institutes of Health of the United States believes that CBD will do little to assist Parkinson's disease after it has started. As a result, it may only be effective as a preventative measure.

However, human clinical trials examining if CBD may help prevent Parkinson's disease did not provide meaningful results. Further investigation is necessary to determine why CBD protects animal brains but not human brains, as far as we can determine.

It's essential to keep in mind that 60 percent of the brain's dopamine-receptive neurons are already impaired by the time a person starts to show signs of Parkinson's disease. Throughout most medical studies, CBD is only administered after a patient is diagnosed.

- **BACK PAIN**

Another added benefit of CBD is that it subdues back pain. This works as a subsequent effect of CBD's primary benefits.

CBD has been shown in studies to relieve back problems by lowering inflammation, fighting anxiety, which is commonly linked to long-term or persistent backaches, and aiding sleep and leading to overall calmness. These advantages have previously been discussed, but cannabidiol combats not just those conditions but also the difficulties that come with them.

CBD has been shown in trials to influence how people experience pain, but further study is needed. CBD is a comprehensive therapy, which implies it doesn't particularly address backache unless it's in the form of a topical application. Still, it does add to a broad state of comfort and pain alleviation.

- **IT CAN HELP ELIMINATE CANCER SYMPTOMS**

Cannabidiol has curative properties, and it can possibly lessen the symptoms of cancer and any negative reactions such as vomiting, nausea, and discomfort. In one research, over 175 patients dealing with aching issues caused by cancer were provided with CBD and THC, as the pain medication failed to help them in any way.

Participants who just got the THC constituent were not entirely alleviated from the pain. In contrast, people who were given a combination of CBD and THC showcased positive results.

CBD might additionally benefit in the lessening of chemotherapy effects such as vomiting and nausea, top two most prevalent negative impacts for people who have cancer. Although medications can assist with these unpleasant symptoms, they aren't always successful, prompting some individuals to seek an alternative.

Research of Sixteen cancer patients receiving chemotherapy discovered that somehow a combinatory THC and CBD mouth spray decreased chemo-caused nausea and vomiting more than conventional medicine individually.

### **Possible Negative Consequences of CBD?**

Cannabidiol has been proven in clinical studies to have adverse effects. The extent might differ from one individual to another.

Symptoms that are common include:

- Distress
- Appetite fluctuations
- Modifications in mood
- Nausea

- Lightheadedness
- Tiredness
- Mouth is parched
- Vomiting
- Nausea

CBD oil may also enhance the activity of liver enzymes, hence CBD oil should be used with caution by those who have liver illness, preferably supervised properly by a healthcare practitioner who can regularly check the levels of blood liver enzymes.

Throughout pregnancy and nursing, cannabidiol must be ignored. Due to the possible dangers to a baby's development, the American Academy of Pediatrics recommended females avoid cannabis use when pregnant in a 2018 research. In addition, CBD is proven to pass across the placenta barriers; therefore, it's unknown how it helps.

If you're considering using CBD products to address a health problem, consult a doctor first to be certain it's really the correct choice for you. It is always better to conduct extensive research; this way, you can have mental peace and be physically assured that it will not react negatively with your body.

This covers both the positives and negatives of CBD. However, there is still much more to uncover – scientists are continuously testing CBD and its molecular structure to further study how it can prove beneficial for the human body.

## **CHAPTER 5: OPTIMAL CBD DOSING**

Contrary to popular belief, cannabis not only proves useful for intoxicating purposes but has also been proven to be medicinally beneficial. Cannabis oil and its by-products have most recently convinced individuals that there is a side to this tetrahydrocannabinol (THC) enriched plant that has the potential to cause more benefit than harm.

### **Administering Cannabis as Medicine - A Challenge for Doctors**

Since cannabis is a relatively new addition to the medicinal world, a majority of medical health professionals did not get the chance to study about it when in the process of getting their professional degree - and hence it can be a challenge for them to prescribe it appropriately as treatment of illnesses to their patients.

According to physicians, different bodies have different needs, and the amount of cannabis to be used varies from person to person. The drug also affects individuals differently, meaning the intensity or occurrence of potential side effects can go from none to high from one person to the next without them even knowing.

For instance, consuming a single milligram could affect one person in the same way that over a thousand milligrams affect another person in one day. There is more than just dosage that is up for discussion - cannabis is available in multiple forms and potencies, and it is essential to know which needs to be used when, how, and for what.

## **AN INTRODUCTION TO 'MICRODOSING'**

Sources say that you do not necessarily have to attain a state of intoxication in order for the cannabis' curative effects to kick in; even lower doses can do the job. In fact, a renowned doctor is of the belief that sometimes these smaller doses can demonstrate more efficacy than higher ones. This ritual is termed 'micro-dosing.'

A report published in 2005 claimed that even a dosage as low as a milligram of THC stopped the further development of a cardiovascular disease called heart atherosclerosis, thus further enforcing the hypothesis that you do not need to get 'high' in order to derive medicinal benefits. Even a lower dosage works just as well. In-depth research that can help further solidify the legitimacy of this claim is obstructed by federal restrictions pertinent to cannabis consumption and possession.

Regardless, the drug is swiftly gaining recognition from users interested in its healing properties rather than its recreational use. To the displeasure of legal authorities who have prohibited cannabis use, its medicinal form is still available as sprays, oil extracts, edibles, topical salves, and much more.

## **EUPHORIA VERSUS MEDICINE**

To strike the right balance between consumption for intoxication and recovery is crucial. The effects of the drug may not even suit everyone, and as mentioned earlier, sensitivity varies from individual to individual. Cannabidiol (CBD) comes from marijuana or hemp, intending to reduce the quantity of THC. THC is extracted from marijuana. The former does not have as extreme intoxicating qualities as the latter and can sometimes counterbalance its effect depending on the ratios of the two.

Owing to the availability of CBD products in the present era, patients can choose to obtain healing benefits without experiencing intoxication.

Three kinds of cannabis and resin-rich cannabis products exist. They are categorized into Type 1 (THC dominant - low CBD and high THC), Type 2 (THC and CBD - a mix of the two and not as intoxicating as type 1), and Type 3 (CBD dominant - low THC and greater CBD, *not really intoxicating*).

Type 4 also exists - this is a less common form that contains smaller cannabinoids like THVC and/or CBG, but this is not significant because the CBD and THC compound quantities are more vital for medical use. The most important question is how to use each type stated above and in what amount.

## **THE APPROPRIATE DOSAGE - "START LOW, GO SLOW"**

An article published by acclaimed physicians in a medical journal back in 2018 has provided recommendations for medical health professionals to administer Type 1 within the boundaries of the law. They believe in the 'Start Low, Go Slow' methodology.

According to the method stated in the article, a newbie considering vaping or smoking higher concentrations of THC is recommended to wait fifteen minutes after their first puff before they re-inhale. The effects of the first inhalation (that typically take a few minutes to kick in) may be enough to diminish symptoms of stress. The patient can inhale every fifteen minutes to half an hour till they feel relief.

When taking cannabis orally, it can easily take an hour or an hour and a half to experience the benefits of each dose.

In terms of edible products, the authors advise that beginners ingest 1.25 to 2.5 milligrams of tetrahydrocannabinol before going to bed for two days and observe if any unfavorable side effects occur.

If there are none, this can be increased by an additional 1.25 to 2.5 milligrams every two days until the patient is granted relief from the symptoms in question. Suppose, in the process, the individual feels like the increased dosage is causing adverse effects. In that case, they may go back to ingesting the previous quantity that did not have a similar impact.

## **DOSAGE BASED ON TYPES**

- **TYPE 1 - THE RIGHT AMOUNT OF THC**

In order to experience the full remedial effects of cannabis, it may be required that a fraction of patients take it not only before bedtime but also twice or thrice in the daytime. They must be super careful about doses.

On the first two days, they should ingest 2.5 milligrams of THC once, double this amount the next two days (split into two doses), and finally go up to fifteen milligrams divided into multiple doses across the day if

their system can handle it. Going over twenty to thirty milligrams of THC a day can cause an unfavorable impact on health or increase an individual's tolerance to the drug without fixing the issue at hand.

As cited earlier, a higher dose of cannabis does not necessarily guarantee more benefits. This can also backfire. The constituents of the plant have biphasic qualities so that they can cause completely contrary effects based on low or high dosage.

A large dosage of anesthetizes and a minor dose stimulates - meaning patients may experience more powerful effects initially as they administer lower dosages. Still, as they increase the dosage, the therapeutic effects may disappear depending on how a user's body responds to THC.

It is essential to consider that an increased dosage will result in weakened calming effects and unwanted side effects. The capacity to build tolerance varies from person to person, depending on how their body responds to THC levels. It is advised that users keep their intake in check to get the best out of their dosages.

The purpose of consuming cannabis is to relieve stress and induce therapeutic effects, but when you do not watch the dose you take, you are at risk of experiencing side effects that may result from over-consumption.

The same symptoms that a patient wants to treat using THC are mirrored when they consume too much. For example, anxiety, restlessness, nausea, spasms, panic attacks, and sometimes hallucinations and cannabis-induced psychosis. Patients can steer clear of the looming side effects by introducing smaller amounts of THC into their system and increasing them slowly.

- **TYPE 2 – THC AND CBD, THE DYNAMIC DUO**

CBD and THC have long been believed to work wonders when used in combination than as separates. This power duo has remarkable therapeutic and medicinal attributes—THC does its thing, and CBD enhances its inherent properties without adding to the side effects.

The British journal of pharmacology published a report in 2010 that studied the effectiveness of THC usage with CBD—the findings of this research highlighted some positives associated with the combination of CBD and THC. It was found that some ineffective THC dose was made effective by the use of CBD as it magnified the medicinal effects.

Different levels of Sativex, cannabis-derived spray, have also been studied clinically, examining the efficacy of the 1:1 CBD to THC ratio and how that affects pain relief in patients. Journal of Pain published a study in which there were 263 cancer patients who were in pain and needed relief of some sort. That group was prescribed 21 mg of Sativex, which they consumed each day. A small dose resulted in significant improvements in patients' pain levels.

Although it's perfectly natural for patients to find relief after receiving a small effective dose of CBD and THC, some still benefit from a higher amount of these compounds. CBD makes a high potency cannabis treatment easier to work with as it reduces the mind-altering effects produced by THC, all the while making the whole process a lot more manageable.

There is no set ratio of CBD: THC dosage that is ideal for each individual. Each person derives different benefits from the two. A small amount of CBD coupled with some THC is likely to have a therapeutic effect on the patient.

Those who are beginners or new to cannabis must start by consuming small doses of CBD and up the dosage slowly. This can be done by taking smaller quantities throughout the day instead of taking a big dose all at once. But one must keep in mind that a low CBD product does not necessarily provide you with the best therapeutic effects; instead, a balanced intake of CBD along with THC could result in greater medicinal benefits than what you derive from using them separately.

To sum it up, the purpose should be to take consistent, small, and measurable doses of CBD products with THC. A user can experiment with the doses of different ratios of CBD: THC to find the right combination that works well for them.

- **TYPE 3 – CBD RICH EXTRACTS**

Type 3 formulation consisting of CBD-dominant cannabis with a small amount of THC does not leave a patient feeling stoned after consumption. But it also applies to the intake of CBD as an isolated compound as they lack cannabinoids that collectively elevate the healing benefits of CBD.

Clinical research on cannabis consumption shows that CBD-rich oil has a broader calming window than a CBD isolate, which is why micro-dosing CBD is a convenient option for patients who prefer not to go overboard and hit the intoxicating threshold. Full-spectrum CBD remedy is another way of achieving therapeutic effects without experiencing the high induced by cannabis.

CBD isolates require increased-and exact doses to give patients a therapeutic effect. CBD isolates have been found to help with the treatment of conditions like psychosis, epilepsy, spasms, and other similar diseases. But there is one drawback of using CBD isolates— a higher dose of CBD isolates is likely to react with several other tricky drugs. In contrast, a whole cannabis plant does not interact with other drugs in a problematic manner.

If patients are on the lookout for hemp-derived CBD isolates, then users must thoroughly assess all the distillates available across the internet. But shopping online for hemp-derived products can be tricky as patients may never know what quality issues are present in the products before they purchase them.

A clinical trial based on 39 schizophrenic patients concluded that a small amount of CBD isolate improves the cognitive functions in a schizophrenic person's brain.

## **MEDICINAL CBD**

Recently in the latest development in the pharmaceutical aspect associated with CBD, a single-molecule CBD became FDA approved to treat seizure disorders. This allows families to get their loved ones with health insurance the proper treatment for epilepsy. Without health insurance, individuals cannot afford the CBD remedy developed by companies as a medication exclusively for seizures.

However, adults and children have varying tolerance levels. Children can tolerate higher doses of cannabis concentrates without experiencing harsh side effects, whereas adults might experience daunting effects if they are given the same amount of CBD as children.

## **CHAPTER 6: MISCONCEPTIONS SURROUNDING CBD**

Another important topic we would like to go over in considerable depth is the CBD myths developed over time. Many people still regard it as a kind of cannabis that simply gets you high, and the claimed health advantages are all a marketing ploy.

The truth, we feel, is substantially different from the assumptions being made. We want to get as many of them out the way as possible so that consumers and anyone still suspicious may rest confident that the product is genuinely beneficial.

While it may appear that this dismissiveness isn't causing any harm, this isn't always the case. When this ignorance reaches caseworkers, psychologists, school officials, and other individuals with the capacity to affect people's lives, serious harm can result.

CBD is sedating and numbing, CBD works better in significant dosages than tiny doses, CBD is beneficial, THC is harmful, and numerous other prevalent misunderstandings have arisen. We'll go over these and a few more points in the following paragraphs, and we believe your opinion of CBD will change, and you'll feel better informed.

### **1. IT DOESN'T MATTER WHERE CBD COMES FROM**

Although CBD oil may be extracted from certain poor industrial hemp types with low resin concentration, fiber hemp is not a great resource of cannabidiol. Hemp created by industries usually has considerably less Cannabidiol than CBD-rich cannabis flower tops with high resin content.

As hemp is a bio-accumulator, which means that it pulls pollutants out from the ground, large volumes of hemp plants are required to extract a tiny quantity of CBD, increasing the danger of contamination.

The argument surrounding the source of CBD has been suppressed over time as more and more producers are becoming aware of customer expectations. They are trying to incorporate techniques that ensure high-quality CBD with a solid resin concentration.

## **2. CBD IS NOTHING MORE THAN A MARKETING RUSE**

Another widespread misunderstanding is that CBD is unneeded in numerous situations and is heavily marketed just to make the brand stand out, given how unusual CBD use has been up to this point.

The wellness business is an excellent example of this, which helps to legitimate this notion to some extent - but it's not entirely accurate, and we'd want to clarify the situation. CBD has been integrated into various goods in this industry. However, not all of them are necessarily beneficial to the customer, yet they are promoted extensively as a remedial product.

CBD, in reality, is highly beneficial in various cosmetic items, such as moisturizers and skin balms, and this has been professionally established. CBD contains antioxidants, which are valuable in the fight against acne and outbreaks.

This is how it works in a variety of fields. Still, when it comes down to it, CBD retains its status as a very effective remedial product, assisting customers in the treatment of a variety of ailments and disorders. So, overall, even if certain businesses may be utilizing CBD needlessly, this does not negate its real benefits – NO, IT IS NOT A MARKETING GIMMICK.

## **3. THE BAD CANNABINOID IS THC - A GOOD CANNABINOID IS CBD**

One more misconception we'd like to discuss is the consideration of THC as a purpose-less constituent in the world of cannabis. Hemp production is only authorized for products containing less than 0.3% THC, which makes individuals even more skeptical about it.

Many individuals continue to validate the use of CBD but trying to vilify THC. Hardline anti-cannabis reformers are using the positive sentiment concerning CBD to stigmatize high-THC marijuana further, portraying it as the lousy cannabinoid and CBD as the good cannabinoid. The only argument they put up is that at least CBD doesn't leave you feeling that 'unwanted high'.

Scientifically speaking, CBD and THC have particular benefits when ingested or applied topically, and they even work better together to tackle specific issues.

THC's potential to relieve the sickness and appetite reduction linked with chemo has indeed been acknowledged. The NHS is now offering Nabilone, a biosynthesized tablet version of THC, which isn't

psychoactive at all. On the other hand, Nabilone is only recommended by a specialist after other therapies have failed or are ineffective.

We can conclude from this that both CBD and THC have curative properties. Just because one of them has adverse psychoactive effects does not mean they can't be clinically modified to consume for all the other benefits it has to offer.

#### **4. CBD IS DUBIOUS BECAUSE THE CBD BUSINESS IS SHADY**

This is more of uncertainty regarding the use and consumption of CBD in comparison to it being a myth or misconception. It's undeniable that the regulatory debate in which CBD resides, hemp is legal in the United States, but marijuana is illegal, and CBD can be obtained from both forms of the Sativa plant leads to some questionable products.

There are many retailers of CBD, and the number keeps on increasing, which leaves the consumers in an ambiguous state regarding the authenticity of these retailers. Many of the Cannabidiol-infused items offered on e-commerce websites and platforms, in reality, have little to no CBD present in their composition, according to lab testing.

CBD products, with the exception of Epidiolex, have not been authorized by the government. Therefore, certain critics are correct in pointing out flaws in the product, as there is a question of quality.

Our suggestion to tackle this barrier is to research on your own. Any product or company you are about to try out for the first time, read the labels thoroughly, look up the company and purchase their offerings only if they seem legit.

#### **5. CBD IS A PSYCHOACTIVE SUBSTANCE**

CBD is a non-psychoactive chemical, which means it won't make you feel euphoric. Most individuals who took it claim that it has an uplifting impact on their body, and those that have smoked cannabis may state that whereas THC gives you a mind-high feeling, cannabidiol delivers people a body high.

The truth is that one of the benefits of CBD, which has many people praising it for its anti-anxiety and anti-depressant characteristics, is how it affects the receptors releasing serotonin within our brains.

Another area of research that is extensively being studied is how serotonin release influences a person's emotions and mental well-being. Numerous research has been conducted on animals that confirm the role of CBD in releasing serotonin from our brains, which might be the reason why someone would feel a euphoric effect.

This still does not mean that CBD is psychoactive; it adjusts your mental state to your liking. More clinical exploration is ongoing in this regard, but as of now, with all the scientific proof, this misconception is false.

## **6. It should benefit straightaway in regards to its remedial properties**

Another common criticism of CBD is that it has no beneficial effects after use. If you don't have any of the ailments that CBD is useful for, the simple response to dispel this myth is that you must have one. It's pointless for you to consume the substance as a cure because there's no way to tell if it helped or not.

Another related argument is that I have a condition that CBD claims to help with, but no good results have appeared even though the individual has only been using the CBD product for a few days.

Things take time, and the same is applicable in this instance. You must be patient and allow it to do its thing; it will not cure your problem immediately but over a certain period. Like any other drug, CBD has its remedial course; you must consume it consistently and wait for the effects to emerge.

## **7. CBD CAN ONLY BE INHALED/SMOKED**

When people think of any product that falls under the umbrella of cannabis, they first assume that these products can only be consumed one way – through smoking. Well, in fact, the reality is far different from that. We are sure if you have read everything that we have discussed before this point, you are well aware that CBD does, in fact, exist in numerous forms.

CBD oil may be used in a variety of ways. You can eat, apply it topically, and smoke it. It can be consumed in the form of consumables or blended into foods and beverages. It's also possible to use it on your body and rinse and wash your hair with cannabidiol.

Moisturizing creams, sweets, bath salts, under-eye moisturizers, eyeliner, teas, nectar, or even soda water are among the many infused goods available today. CBD may also be smoked with a variety of tastes through the e-pens available on the market.

So whatever way you feel comfortable, there are CBD products that fit your consumption criteria. We understand that many of you were maybe aware of this, but some people still have ambiguity regarding this concern. We hope this makes things easier!

## **8. CBD IS A HIGHLY ADDICTIVE DRUG**

This, again, is not true at all. It has been scientifically proven that CBD is not an addictive substance. In reality, it is the opposite – research has deducted that CBD consumers can block the withdrawal effects that follow after morphine or painkiller addiction.

When you consume CBD, it lessens the pleasure you tend to feel when you consume certain numbing painkillers. If the constituents of CBD work in a manner that opposes addiction from other products, how can it be addictive itself? We aim to provide the readers with only scientifically backed information, so you do not need to worry about getting addicted if you use CBD for its listed advantages.

## 9. ADULTS ARE THE ONLY ONES WHO CAN USE CBD OIL

This is more of a common assumption than a misconception; individuals consuming CBD products most likely keep it as far away as possible from any kids that could possibly get hold of them. The reasons behind the assumption being unknown effects, miscalculation of dosage, etc. We would like to shed light on this concern and let the readers know that CBD can actually be used for children in specific scenarios.

This misunderstanding of CBD oil being used by adults may hold true for some who assume CBD oil is the exact same as marijuana. However, because both of these things have distinct effects on health and CBD oil includes trace quantities of THC, no research has been done to determine if it is inappropriate for kids. CBD-based medicines have been authorized for the treatment of children with a rare type of epilepsy.

This further verifies that kids can consume CBD – but it mainly depends on the purpose. Our suggestion is to only use it in cases where a child has epilepsy, but even in that case, you must consult a physician first and discuss the possibility.

### THE NEXT STEP

These were some of the common misconceptions/assumptions/myths related to CBD products, we hope this clears ambiguity significantly, and you have the assurance of cannabidiol being safe to consume. It is a lovely creation, made for everyone (even animals in specific cases), and it is available in a variety of formats.

We did not get too much into certain misconceptions, but we would like to give you a quick overview so that anyone who has these worries can also have peace of mind. Other misconceptions may include the fact that CBD works best without THC, CBD eventually turns into THC after consumption, CBD is just another term for marijuana, and so on. All of the stated arguments or assumptions are entirely false, and research has proven it otherwise.

We will now be moving on to the tips we want you to keep in mind before heading out to purchase CBD. These will surely come in handy, so read the next chapter carefully.

## **CHAPTER 7:**

### **NINE TIPS TO KEEP IN MIND WHEN PURCHASING CBD**

CBD is readily available in today's unconventional times and in a multitude of forms. Selling counterfeit or fraudulently marketed goods, which prove to be dangerous rather than therapeutic, is a concern that accompanies this widespread and convenient availability.

Apart from the risk of fake products, there are numerous additional reasons why one should consider keeping specific guidelines in mind to help them choose the correct product, kind, and dose.

Whether you are a beginner or an experienced individual in the world of CBD, you must have some concerns regarding the purchased products. To tackle this concern, we have compiled a list of the most crucial considerations to make before making a purchase so that you spend your money wisely and get the results you want.

#### **1. DETERMINE WHY YOU WOULD LIKE TO UTILIZE CBD**

The first tip we would like to highlight is the reason behind your purchase decision. When you decide on purchasing CBD products, what do you seek as an outcome? We have already discussed the benefits of cannabidiol products, but we should still conduct our own research so that we can avoid companies that make false claims.

We ask you to identify the reason for consumption because this way you can choose a product that best suits your requirements. For example, if you have acne break out, you can opt for CBD serums and skincare products. In contrast, if you think of purchasing CBD to distress you and alleviate anxiety, orally consuming it is the best route.

Another reason why it's important is that some products are best for night use to calm you out, some for day use to keep you active. So, if you know precisely why you want to consume CBD, your experience will definitely be more purposeful.

#### **2. FIND THE IDEAL WAY OF CONSUMPTION FOR YOURSELF**

This is another tip we want to put out for our readers. As we are already aware of the fact that CBD is available in numerous forms, the question that follows this is, what is the way of consumption you want to select? It is upon you to decide what format will best suit your liking and not make you feel the discomfort of any sort.

If you prefer a topical style, you can choose from a variety of CBD oils available in the market, which are available as balms, creams, moisturizers, roll-ons, and more. In contrast, if you want to ingest it, you can opt for capsules, powders, gummies, and even as a flavor for your e-cigarette.

For example, some consumers state that they are not too fond of the way CBD products taste and have a hard time ingesting or consuming them. These people can simply alter their consumption methods and opt for topical products. The point being, you should choose the style of consumption that resonates with your liking and disliking.

### **3. WHETHER YOU ARE OKAY WITH THC BEING PRESENT OR NOT**

When it comes to CBD products, there is some leeway in terms of what the product comprises. Some are okay with products that have THC as a constituent and do not mind the 'high' that comes with this compound, but some highly dislike the high and want products that do not induce this effect.

The bulk of the products on the market include at least 0.3 percent THC in their structure, which may worry some consumers.

If you want to purchase products entirely free from THC, you need to look for isolates or broad-spectrum CBD, which only induces a CBD-filled experience. This way, you will not have to worry about the slightest chance of feeling any one of the psychoactive effects

### **4. LEARN MORE ABOUT THE COMPANY THAT CREATED THE PRODUCT**

This is probably the most crucial tip you need to give thought to. There are so many companies emerging by the minute who claim to be legitimate providers of high-quality CBD products. But that isn't the case; they are just looking to make easy money by providing sub-standard products that do not meet the proper standards.

Their statements regarding the purity of the ingredients used to make the products they are selling may be false, and you may end up with a manufactured article with no purpose. Hence, it is imperative to do your own research, look up the company, find out if they provide products that meet the regulatory standards, and get the exact thing you pay for

A great example of such a company is NETHERLEAFS, which provides superior-quality products, approved and in resonance with the regulatory concerns of the government. They offer a wide range of authentic CBD products, including oils, gummies, patches, muscle gels, and more.

### **5. EXAMINE THE LAB FINDINGS**

Whenever a company sells authentic and genuine CBD products, it should have verification proof along with it. The evidence in this regard is the certificate of analysis, which comes coupled with every one of their products.

Any company that is selling legitimate CBD products will have these certificates. NETHERLEAFS is again a great example of this; they have a COA for every product they sell, which goes to show they are ensuring proper manufacturing standards are met, and only high-quality CBD products are sold to its customer base.

## **6. BECOME FAMILIAR WITH THE CBD TERMS**

On the packaging of CBD products, there might be a lot of jargon. When trying to find out how much cannabidiol will be in medication, it might be extremely difficult.

The quantity of CBD in mg is usually indicated on the label by a big number. However, keep in mind that this applies to the overall product, not just one dose size. When looking for CBD oils, check for milligram per milliliter, which indicates the CBD content of the product.

If you discover a CBD oil you like but aren't sure just what labeling figures suggest, don't be afraid to contact a sales representative. They'll assist you in being more educated so you can make a sensible selection about your choice of product.

## **7. TAKE A LOOK AT THE CBD CONCENTRATION**

When you are a newbie in the world of CBD or even an expert for that matter – everyone has a different reaction to the CBD in more significant doses and or smaller ones. The majority of the products available have labeling indicating the concentration of CBD in that product. The labeling is usually in milligrams.

The best way to go on about it is to start with smaller doses if you're stepping into the curative world of CBD. This way, you will be able to track and deduce what dose size is ideal for you, then start with small ones, and then make your way up – you will eventually find the right dose amount, which will prove most advantageous to you.

## **8. KEEP AN EYE OUT FOR MEDICAL CLAIMS**

If any company officially claims that its product can cure depression or backache, its chances of being authentic are highly unlikely. The FDA has approved only prescription drugs, and only they can make legal claims regarding any curative property of CBD.

If you find a company marketing medical claims through their advertisements and promotions, the chances of them being approved by the FDA are almost guaranteed untrue. It is just to attract consumers to purchase their products to get a few dollars richer. Do not fall for it, as the product will be a counterfeit, just like their marketing ploy.

## **9. ASSESS THE TASTE OF THE CBD PRODUCT**

If you're going to take CBD in a form other than a capsule, it's understandable that you'd seek something that is edible and good in taste. Hemp oil has a strong and disagreeable taste in its default state. Thankfully, there are CBD firms that excel at providing cannabidiol in delectable goods.

Some producers use orange oil as the carrier oil so that they can tackle the strong earth smell natural CBD entails. If you still think the taste would bother you, you can inhale it and use it for topical purposes only.

## **THERE'S MORE!**

Apart from these tips, we also want to highlight the importance of dispensaries. Although this isn't the case in every state of the USA, and not every state has yet legalized CBD entirely, those states that do have a dispensary – this is the best place to check all authorized and genuine products.

If you've been thinking about trying CBD products, now is a great moment to do it. There are hundreds of alternatives available, so you're likely to find something that meets your specific wants, goals, and expectations.

If you want further assistance in locating your ideal CBD match, please get in touch with the NETHERLEAFs team. We specialize in solid and top-quality CBD products for individuals who lead high-impact, active lives.

## **CHAPTER 8: THE TAKEAWAY / SUMMARY**

This was the basic introduction and guide to the wonderful gift of nature to us human beings we all know as CBD. We hope you feel you are well-versed and have a better understanding of CBD and its purposes, benefits, side effects, and more. The purpose of this book is to drive unconventional medicine to a position that enables individuals to experiment and try these remedies out.

This was as to-the-point as it could've been; we wanted to highlight how science has played a role in giving CBD a chance in this world, where it would've been illegal to consume CBD to now having legal dispensaries that sell these products.

Let's quickly recap everything that we have discussed until this point so that we jog your memory and put you up to speed again. We hope this altered your thinking, and you now feel comfortable trying out CBD for the numerous benefits it entails.

- What exactly is CBD – the molecular structure of this product, where it is sourced from, where can we purchase it from, and how it reacts with the human body, along with scientists creating the first curative medicine, epidiolex.
- How does CBD get produced? - Difference between Hemp and Marijuana, all the processes revolving around CBD production; plantation of seeds, harvesting, extraction (CO<sub>2</sub>, Oil, Ethanol), making topical CBD, and lastly, packaging.

- The many uses and benefits of CBD:
  - Reduces depression – through anti-stressing/anxiety properties which boost the secretion of serotonin.
  - Alleviates Pain – the anti-inflammatory properties help in reducing pain and provide comfort to the consumer.
  - Fights against Neuro Illnesses – through anti-inflammatory properties, which protect the neurological system.
  - Anxiety is Lessened – through anti-anxiety properties, which calm and distress the individual.
  - Aids in the Fight Against Dependence – works for numerous drugs such as cocaine, methamphetamine, morphine, and more!
  - Protection from Poor Sleep – helps fight insomnia through the anti-stressing properties aiding you in sleeping better.
  - Results in Better Skin – through the presence of antioxidants, which reduce breakouts and acne.

CBD also fights against numerous illnesses and conditions such as; ADHD, Parkinson's, Epilepsy, Back Ache, and Cancer-Related symptoms. Furthermore, it also lessens the pain of rheumatoid arthritis.

- Optimal CBD dosing – The challenge doctors faced for administering it as a medicine, introduction to microdosing, Euphoria Vs. Medication, The appropriate dosage (Right amount of THC, THC coupled with CBD, CBD Rich Extracts, and Medicinal CBD)
- Misconceptions surrounding CBD - Several misconceptions and myths that malign the actual purpose of using CBD. It is a sedative, and the sourcing doesn't matter, it is highly addictive, only targeted for adults and more. It converts into THC in the stomach. CBD products are just a marketing ploy. All of these are untrue.
- Nine tips to keep in mind when purchasing CBD – for all experienced and rookies, you must keep in mind that you need to buy goods that have COA's and have correct labeling. Additionally, you need to know what mode of consumption you prefer, topical or inhalation. Lastly, the purpose of your consumption and whether you are okay with the presence of THC in the product.

This completes the entirety of this book – congratulations; you are now sufficiently aware of the world of CBD. You can suggest this book to anyone in your surrounding who still finds CBD a sham, and we hope we can change their mind, just like we changed yours! We want this world to accept this natural remedy as the benefits continue to add as the years pass.