

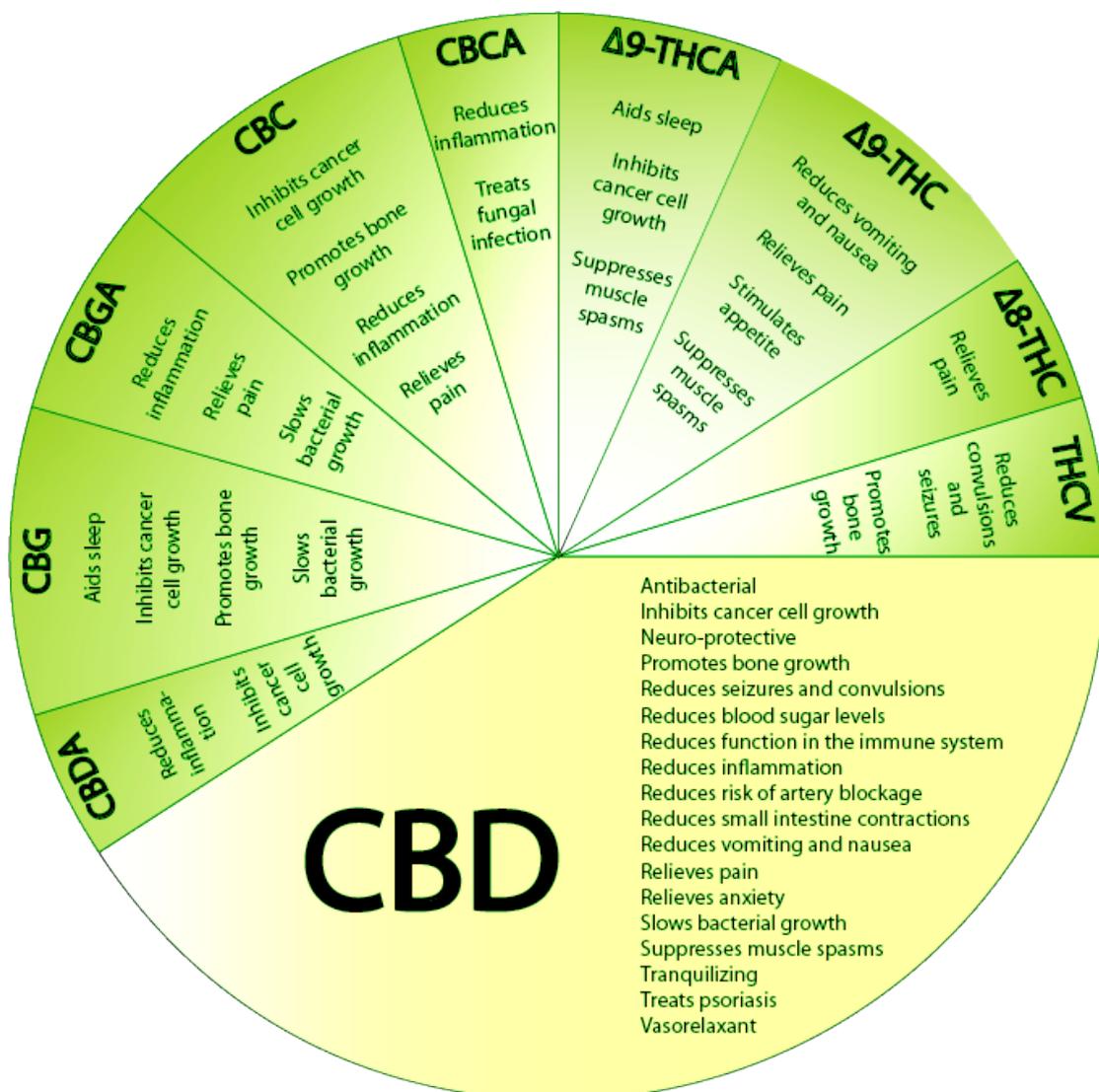
THE CBD FACTSHEET

CBD OIL

You may have heard about the health benefits of Cannabidoil (CBD) and medical marijuana, but not understand the differences between CBD and THC (tetrahydrocannabinol), or how the different cannabinoids within cannabis function. Due to decades of misinformation, you may not even appreciate the wide varieties of cannabis and the full potential of this most potent of plants.

CBD (Cannabidoil) is a chemical compound known as a cannabidoid, and the second most abundant source in the hemp plant (about 40%), from which it is extracted and separated. The first most common source in hemp is THC, which is an intoxicant and is used recreationally around the world as an illegal drug. CBD and THC are NOT the same, although they both come from the same plant. You cannot get 'high' from CBD hemp (with low levels of THC), nor from CBD oil products (which contain no THC at all).

CBD is extracted from hemp and can be used as an oil, with a growing international body of science pointing to its nutritional and health benefits.

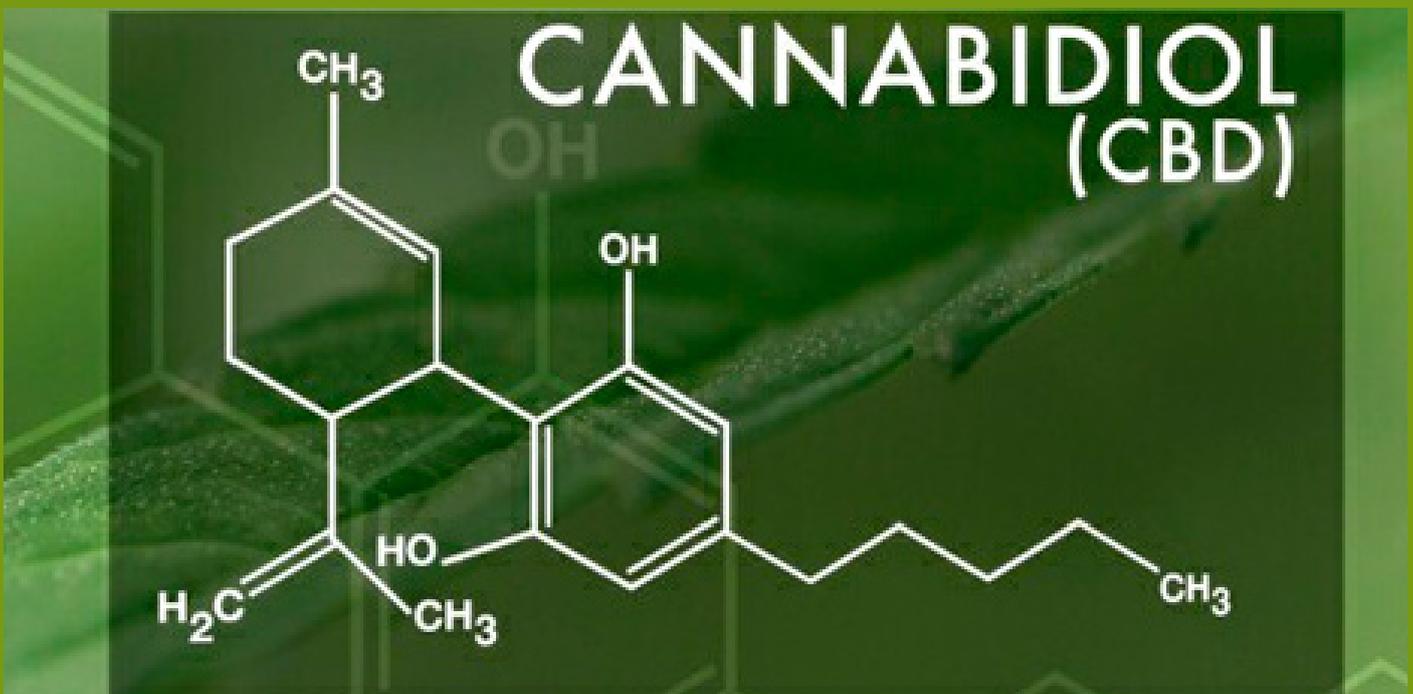


CANNABIS: THE FACTS

Both industrial hemp (used for centuries to produce fibres) and marijuana (the psychoactive plant that gets you “high”) come from the same genus (sub-family of flowering plants) that we now call cannabis.

There are three main species of cannabis plants: *Cannabis sativa* (higher levels of THC over CBD), *Cannabis indica* (higher levels of CBD than THC) and *Cannabis ruderalis* (low levels of THC). While these species occur naturally in nature, man has been cultivating them for hundreds of years for specific outcomes, such as medicines, foods, clothes, etc.

Industrial hemp is derived from strains of *Cannabis sativa* specifically cultivated to produce minimal levels of THC and taller and stronger plants. You can't get 'high' off industrial hemp, but it can make hemp oils, waxes, resins, hemp seed foods, clothing, ropes, sails, fuel—the list goes on! *Cannabis sativa* can also be cultivated to grow high-yield THC plants (the kind that are 'psychoactive' or alter consciousness).



CANNABINOIDS

Cannabis contains 85 chemical compounds known as 'Cannabinoids' that occur naturally in the cannabis plant. Cannabinoids like CBD and THC activate specific cells in our brains called cannabinoid receptors, which transmit signals and have varying physiological effects on our bodies.

There are two types of cannabinoid receptors, CB1 (found primarily in the brain, and also the liver, kidneys and lungs) and CB2 (found mainly in the immune system). Together, the cannabinoid receptor sites help make up what is called the endocannabinoid system, which helps regulate things like memory, appetite, pain sensation, mood, sleep and more.

WHAT CAN CBD OIL DO?

CBD oil and the cannabinoids in it are non-psychoactive, safe and have been known to provide relief from anxiety and inflammation. CBD is currently being studied by scientists and is legal in most places across the world, when taken as a dietary supplement.

Many people have used CBD and report that it can be successful to treat a wide array of symptoms. Medical tests are currently examining the use of CBD to alleviate epilepsy, multiple sclerosis, anxiety, spasms, convulsions, nausea, bipolar disorder, schizophrenia, inflammations, and other conditions such as cancer.

CBD has been also scientifically proven to inhibit the growth of the MRSA bacterium (the antibiotic-resistant staphylococcus) which causes infections. CBD also has antioxidant properties which remain to be fully explored, and it is safe and legal to use in any reasonable dosage.

DOSAGES

Everyone has their own unique tolerance levels for the cannabinoids in cannabis, and this is also true for the CBD used to make CBD oil. Self-dosing to find your optimal levels is the safest way to go, especially considering the lack of toxicity with cannabinoids like CBD.

Testimonials and reported case studies from international sources show that the average dose of 60-120 grams of CBD oil over three to six months (90-180 days) can effectively reduce and even cure most cancers and other diseases.

The recommended dose of CBD oil is:

*one drop the size of a grain of rice, under the tongue, three times a day the first week, then double that dose in week two.

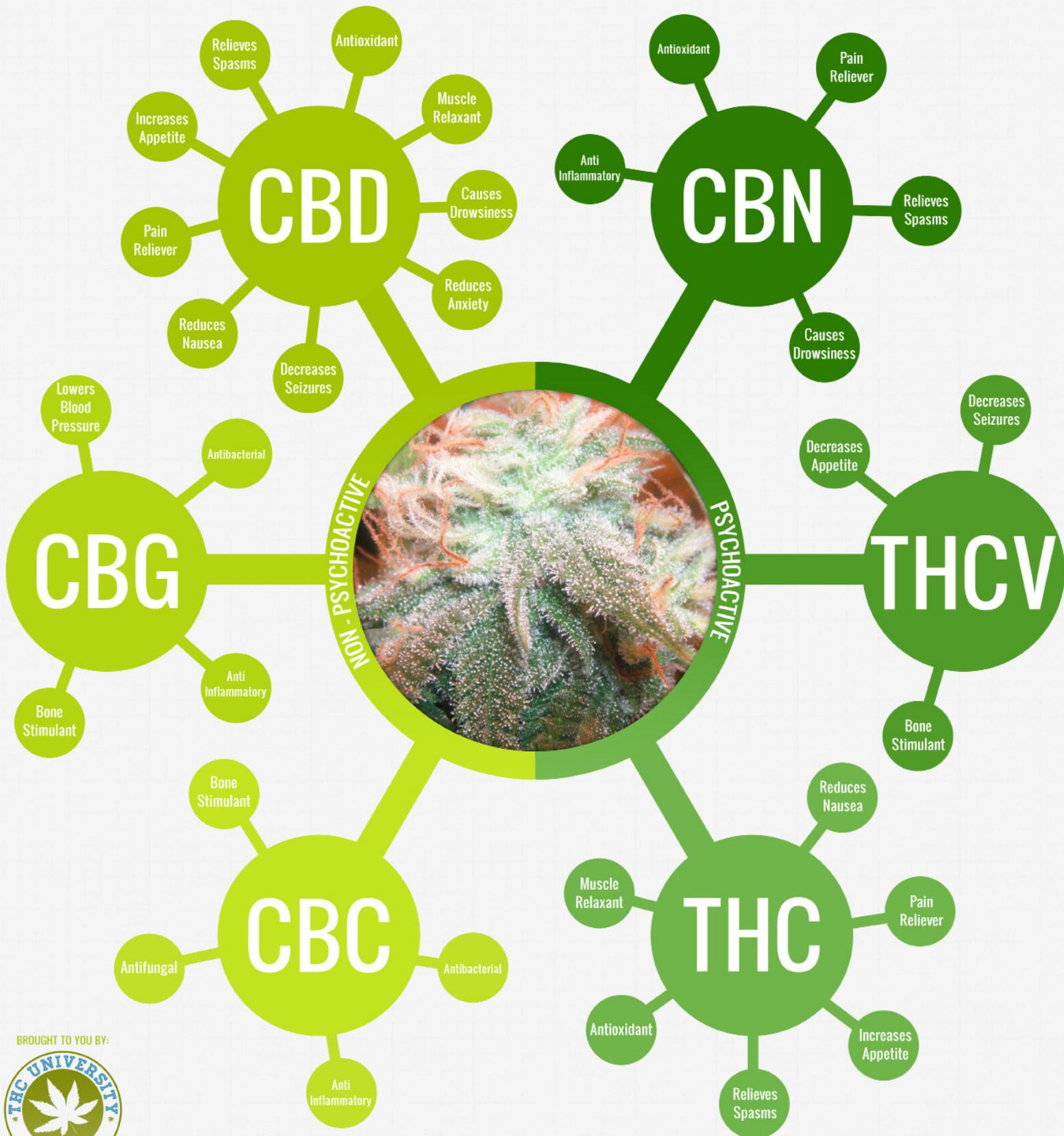
*You may continue to double your dosage every four to seven days until you reach a daily maximum of 300mg/ml per day (21-24 drops in a syringe = 1 ml) after about six to eight weeks. Continue at that dose until the ailment is gone.

Building up to the 1ml a day maximum dosage allows your body to develop a tolerance, and then after three to six months of this regimen you can maintain your health with a single drop of CBD oil under the tongue twice a day.

The higher the CBD oil concentration the better (above 25% or 250 mg/ml is recommended).

CANNABINOID GUIDE

CANNABINOIDS ARE THE GROUP OF CHEMICAL COMPOUNDS FOUND IN THE CANNABIS PLANT THAT HAVE PHYSICAL AND MENTAL AFFECTS WHEN THEY INTERACT WITH CANNABINOID RECEPTORS IN YOUR CELLS.



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