

# THE CANNABIS COMMUNITY

## Answer Your Questions

# What you will Learn in the Ultimate Guide to CBD

Cannabidiol, or CBD, is a chemical compound taken from cannabis plants. It is believed to have an effect on our cell-signal system (the Endocannabinoid System), which regulates functions like sleep, pain relief, and immune response.

This is why CBD has a wide range of applications. CBD is one of the cannabis plant's two most abundant compounds – the other being THC (tetrahydrocannabinol).

Cannabis plants that contain less than 0.2% to 3% THC can be legally grown. Marijuana has higher levels of THC. THC is an illegal substance because it has stronger psychoactive effects (produces high). Scroll down to find out more about CBD guide.



## What is CBD?

**CBD guide** – There are three main types of CBD products: oils, sprays, and vapes. You can also use it as a cream for your skin or as a muscle balm. We've seen CBD popping up in everything, from tea bags to cosmetics to popcorn.

## What can CBD be used for?

**CBD guide** – CBD is popularly used for anxiety, chronic pain, and insomnia.

Although medical research is still in its infancy stages, the World Health Organization (WHO), has indicated that CBD is well tolerated, not addictive, and that preliminary evidence suggests that CBD

may be a helpful treatment for many medical conditions.

## Do you have any evidence of CBD?

**CBD guide** – CBD has a lot of potential. However, existing clinical trials for anxiety, insomnia, and chronic pain are so small that it is difficult to draw any firm conclusions.

To investigate further, larger-scale human trials will be needed. The UK is currently conducting research into CBD's effects on anxiety, psychosis, and pain management in chronic diseases.

Research into schizophrenia and rare forms epilepsy is the most advanced. The majority of clinical trials currently apply to CBD-grade medical-grade CBD. It's not known if commercial products have a lower concentration that can cause an effect. Importantly, there are no established dosage guidelines.

However, regulators have provided some CBD guidance on the upper limit. Although some studies have shown CBD can cause liver damage if taken in higher amounts, the Food Standards Authority (FSA), says the evidence isn't conclusive.

The FSA recommends that adults not exceed 70 mg per day. This is unless a doctor has given their approval. This amounts to approximately 28 drops of 5% CBD.

## What about CBD for pets and people?

**CBD guide** – CBD isn't just for humans. Owners are keen to use CBD to treat their pets' anxiety, pain, and other health problems.

There are many CBD products for pets, but none that are currently licensed for use in the UK.

Although there is very little evidence to support the effects of CBD on animals it could prove dangerous for pets.

Some CBD oils contain THC, which can be extremely toxic for dogs and cats.

# CBD Dosage Chart and Calculator UK

## Calculating your CBD Dosage

When you're new to CBD oils and gummies, it's easy to get overwhelmed by the broad range of CBD dosages and strengths available.

Each person's body chemistry and physiology is different, and while a fast-absorbing, high-dosage CBD oil or tincture might be right for one person, others may need a lower dosage CBD product with a slower release.

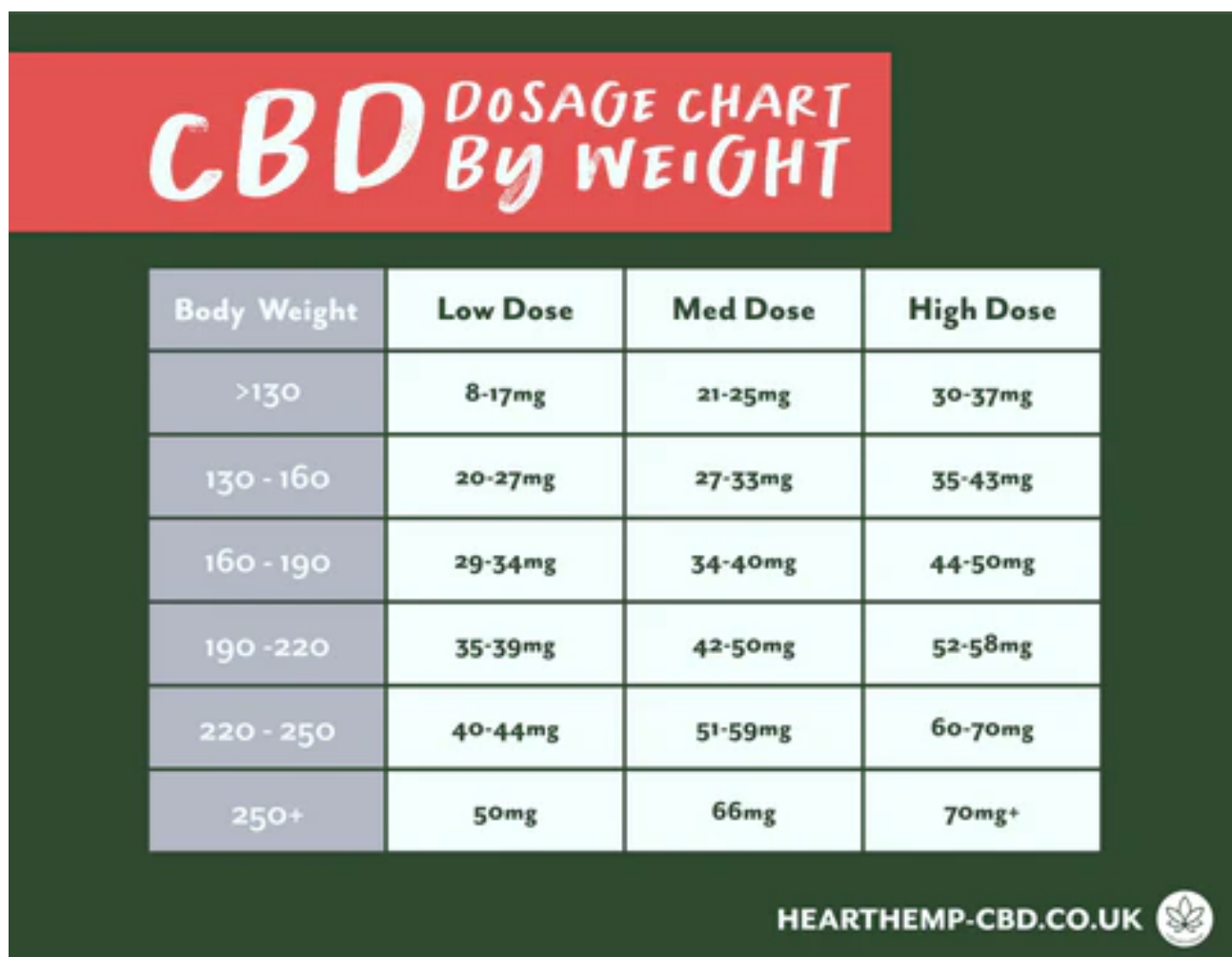
Lots of different factors can influence the CBD dosage you should take, so when you're first starting out, you should use a CBD dosage chart to calculate the correct starting dosage for your weight and height. As

your body begins to tolerate CBD, you can gradually increase your dosage in incremental steps until you find what works best for your symptoms.

To help you through the process, we've created a handy CBD dosage chart to give you a starting point, and answered some of your most frequently asked questions in the guide below.


## CBD Dosage Chart

View our CBD dosage chart below to get an indication of the recommended dosage of CBD for your height and weight.



The image shows a 'CBD Dosage Chart by Weight' with a red header and a table on a dark green background. The table lists recommended dosage ranges for different body weights. At the bottom right, there is a logo for HEARTHEMP-CBD.CO.UK.

Body Weight	Low Dose	Med Dose	High Dose
>130	8-17mg	21-25mg	30-37mg
130 - 160	20-27mg	27-33mg	35-43mg
160 - 190	29-34mg	34-40mg	44-50mg
190 - 220	35-39mg	42-50mg	52-58mg
220 - 250	40-44mg	51-59mg	60-70mg
250+	50mg	66mg	70mg+

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## CBD Dosage Guide

In this guide, we look at the most frequently asked questions about CBD dosage and strength, as well as providing guidelines on CBD dosage for a range of medical conditions. Click each link below to reveal more information.

### What factors could influence the CBD dosage I take?

There is no 'one size fits all' when it comes to CBD dosage. No two people are the same, because everyone's body chemistry and lifestyle is different.

It's important to find what works for you, and finding the right dosage may depend on a variety of factors, such as your height and weight, your age and lifestyle, how tolerant your body is to CBD, the type of

condition you're using CBD for and the severity of your symptoms.

If you're using CBD to treat pain, for instance, you may be looking for a higher dosage that's quickly absorbed into your system. If you're using CBD to combat stress and anxiety, you might need a lower dose that's absorbed more slowly.

## **The Product You Use**

When it comes to using cannabis, you have a multitude of options. Between smoking, vaping, eating edibles, and using a tincture, every method has different variables that will affect your high, eating and using a tincture for instance, will effect you differently than taking a hit from a vape Inhalation methods (vaping and smoking) provide rapid results, as does a sublingual tincture. With an edible, you won't feel anything right away. The effects you do feel, however, tend to be more potent.



## **The Cannabinoid Profile**

Cannabinoids are the compounds in the cannabis plant responsible for the effects you feel. No matter what your experience level with marijuana, there's a good chance that you've at least heard of THC and CBD. These are the two most abundant cannabinoids, and they offer a range of health benefits, including relief from pain, inflammation, anxiety, depression, PTSD, and more.

THC is the cannabinoid responsible for getting you high. However, CBD can interfere with THC's high-inducing properties, dampening the psychoactive effects. As such, a high THC product with little to no CBD is likely to have more potent effects than a product that contains equal parts THC and CBD or more CBD than THC.

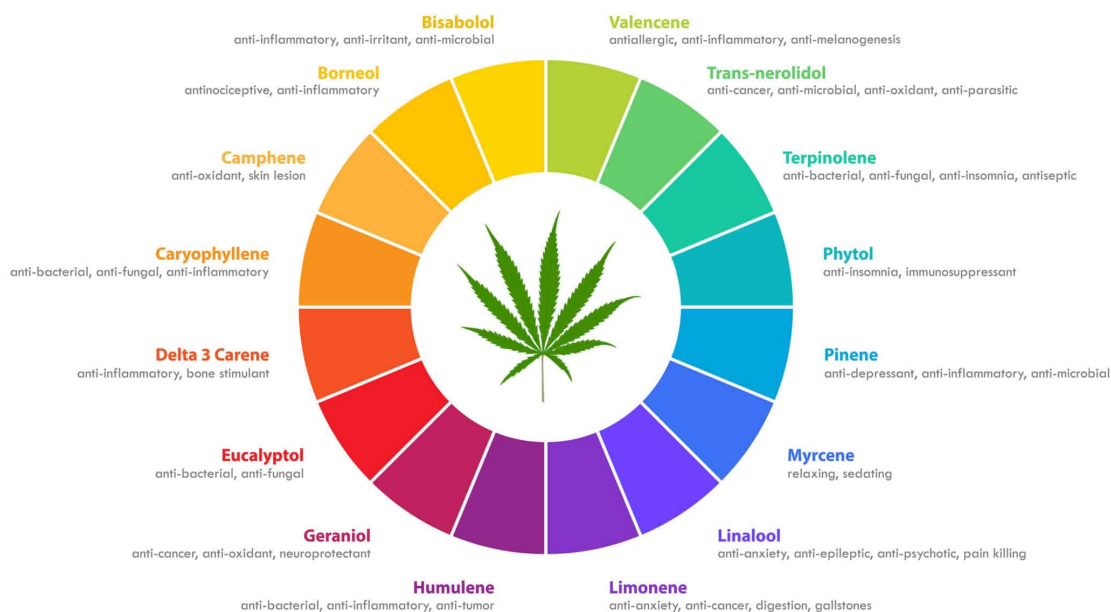
## The Terpene Profile

Every cannabis plant also contains terpenes. These compounds are mainly responsible for the aroma and flavor of a particular strain. While current research is limited, it also suggests that terpenes may play a role in your high. Evidence points toward their ability to intensify or lessen a high, but more research is needed. At the very least, these compounds provide you with a wide range of delightful scents and flavors that can make your overall experience more enjoyable.

## CANNABIS TERPENES



TERPENES MAY PLAY A KEY ROLE IN DIFFERENTIATING THE EFFECTS OF VARIOUS CANNABIS STRAINS. SOME TERPENES MIGHT PROMOTE RELAXATION AND STRESS-RELIEF, WHILE OTHERS POTENTIALLY PROMOTE FOCUS AND ACUITY.



## The Dose You Take

The amount of a particular product that you take can have a significant impact on your high. For instance, a too-small dose could mean you feel little to nothing at all. On the other hand, taking too much could result in some rather unpleasant side effects such as extreme paranoia and anxiety. While these effects are temporary, they're not enjoyable when you're in the thick of them. For some, it can feel as though they'll never go away. The general recommendation is to start low and gradually increase how much you take until you find your sweet spot.

## **Your Age**

Perhaps you've come across this scenario – someone tells you that they used to indulge in cannabis “back in the day,” but they can't do it anymore. Even the smallest doses have harsh consequences. It appears as though most people lose their tolerance for cannabis as they get older. While this isn't the case for everyone

## **Your Tolerance**

Age is only one factor that affects your tolerance. Everyone's body is different, and as such, everyone's tolerance is different. Your physiology (your sex, weight, etc.), frequency of consumption, and how long you've been using cannabis can all play a role. For instance, if you're on the smaller side and new to cannabis, your tolerance might not be as high as someone who's been smoking or eating edibles for a few years. To avoid uncomfortable effects, you might want to start with a small dose to see how a particular product affects you. You can then gradually increase the dosage until you reach the type of high you're hoping to experience.

## **Your Mood**

Believe it or not, your mood could have an impact on your high. If you're worried about getting caught, for instance, smoking or eating an edible could amplify those feelings. As a result, you might suddenly become overly anxious or paranoid. On the other hand, taking a few hits from a joint when you're feeling more comfortable could help to enhance your relaxation and make you feel more at ease.



## **Your Environment**

Just as your mood can affect your high, so, too, can your environment. If you're in an unfamiliar place or surrounded by people you don't know, you might have an alright time, but it won't be as good as it can be. If you're in a place where you feel completely safe and comfortable, however, you're much more likely to enjoy your experience and have a great time. If you're with people you trust, you may also become more social.

## **For the Best Cannabis Experiences, Know What Affects Your High**

From the product itself to your physiology to your mental state when you decide to use cannabis, numerous factors play a role in your high. When you know how different types of cannabis affect you, you can more effectively choose products that provide you with the best results possible. You're also more likely to have a more enjoyable experience.

If you're looking for high-quality recreational cannabis in London UK, Save the Trees has what you need. As one of the most popular dispensaries in the UK, <https://savethetrees9.godaddysites.com> has a broad selection of the best cannabis products on the market. Visit Save the Trees online to browse available items and place your order today.



## Summary

The FDA does not regulate CBD oil, and contrary to popular opinion, it does come with some risks. Until more research is done on CBD oil, it's important to remember that it may not live up to the hype and could even be dangerous. CBD products have not shown strong evidence of benefit for most of the advertised conditions.

There is significant variability among the products you'll find at dispensaries, smoke shops, or online. Each product can contain very different amounts of CBD or THC than what's listed on the package and can also contain harmful additives.

If you choose to use CBD oil, always discuss it with your healthcare provider to ensure it doesn't interact with your prescription medications. CBD is not appropriate for pregnancy, breastfeeding, or in children.