

CBD Protocol Note – Why Full Spectrum CBD Works Best

During the development of this protocol, CBD was used as a supportive tool for nervous system regulation, sleep improvement, inflammation reduction, and overall wellbeing. Through practical experience comparing different CBD products, one consistent observation emerged: **Full spectrum CBD oils tend to work significantly better than CBD isolate products.**

Full spectrum oils contain the natural compounds found in the hemp plant, including:

- CBD
- Very small trace amounts of THC
- Minor cannabinoids such as CBG, CBC and CBN
- Natural plant terpenes and flavonoids

These compounds work together through what researchers call the **entourage effect**. This means the plant's compounds enhance each other's activity within the body's endocannabinoid system, a biological system involved in regulating mood, stress, sleep, inflammation, and overall nervous system balance.

CBD isolate products are very different. They contain only a single purified compound: CBD. To create isolates, most of the plant's natural chemistry is removed during processing. This means isolates lack:

- Trace THC that activates cannabinoid receptors
- Minor cannabinoids that broaden biological effects
- Natural terpenes that influence stress, mood and pain pathways
- The natural plant synergy that supports the entourage effect

Because of this, many people find CBD isolate produces very subtle or barely noticeable effects, even when the CBD concentration is high. In practical use, lower-dose full spectrum oils often perform better than higher-dose CBD isolate products because the complete plant profile activates more pathways within the body.

For individuals undertaking this protocol, a **high-quality full spectrum CBD oil containing trace THC** is generally recommended, as this most closely reflects the type of formulation originally used when the protocol was developed. Individuals should always follow local regulations and consult their healthcare practitioner when using cannabinoid products.