

# THE COMPLETE GUIDE TO

# CBD

EVERYTHING  
YOU NEED  
TO KNOW

## Healing Powers

How Cannabis  
Can Help

- Beat Stress
- Improve Sleep
- Relieve Pain
- Fight Disease



2019 UPDATE

What's Legal  
in Every State

### Medical Miracles

Exciting New  
Discoveries

### Mind & Body Benefits

Hemp Goes  
Mainstream

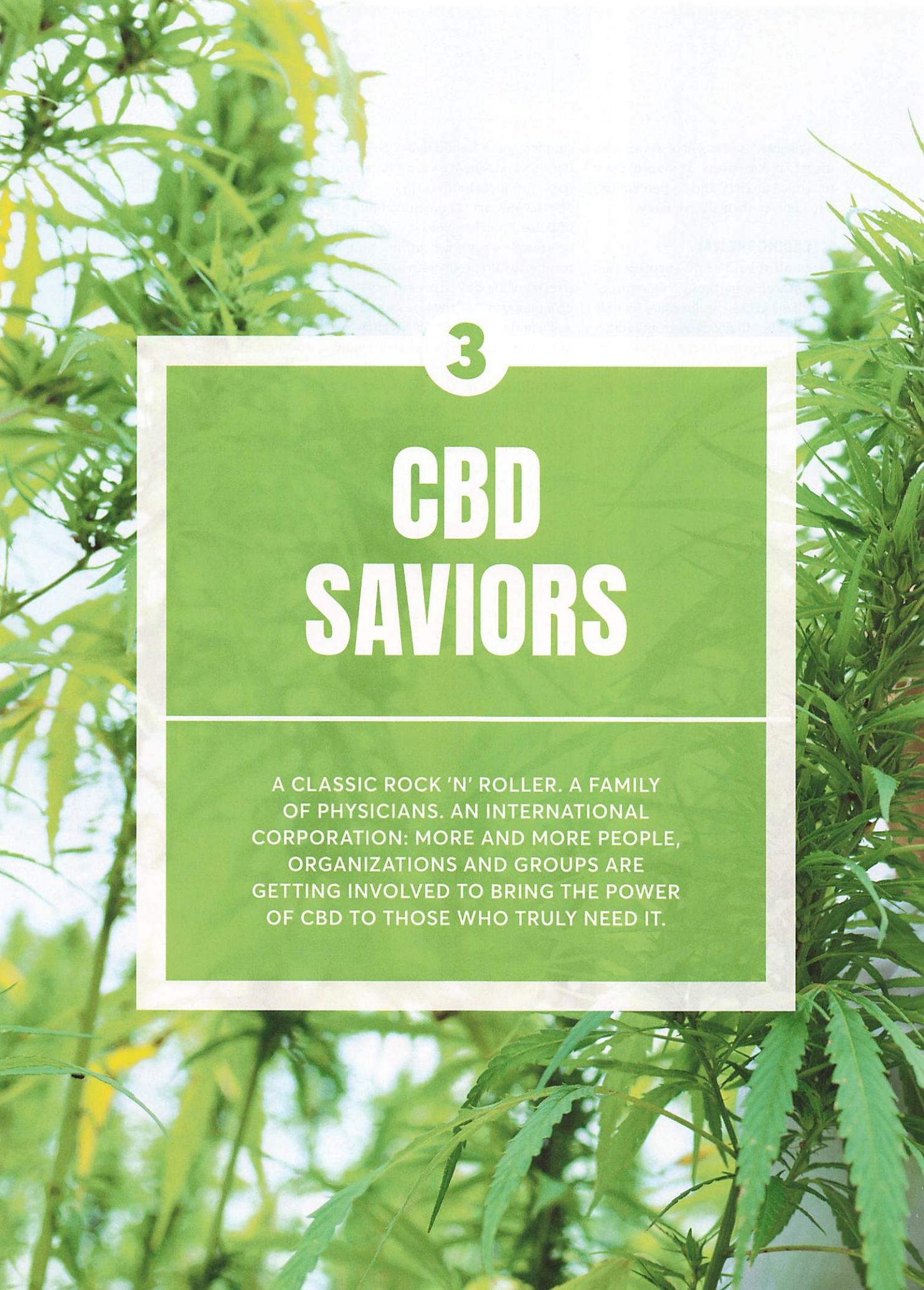
### Dosing Essentials

Find Out What  
Works for You

CENTENNIAL  
SPECIALS



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3

# CBD SAVIORS

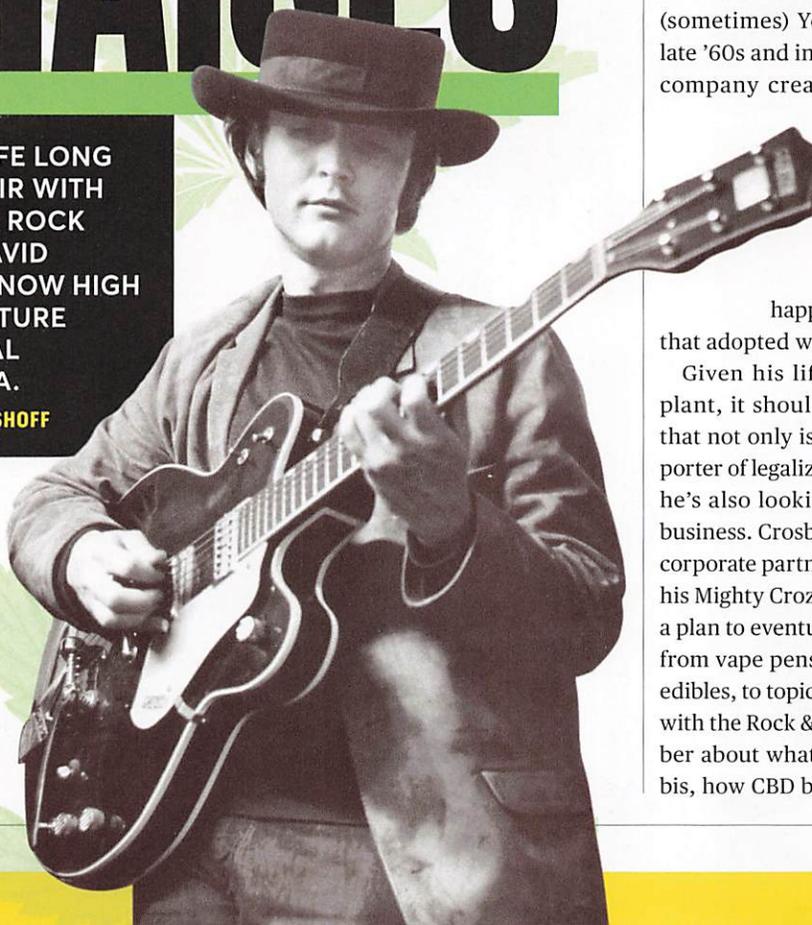
A CLASSIC ROCK 'N' ROLLER. A FAMILY OF PHYSICIANS. AN INTERNATIONAL CORPORATION: MORE AND MORE PEOPLE, ORGANIZATIONS AND GROUPS ARE GETTING INVOLVED TO BRING THE POWER OF CBD TO THOSE WHO TRULY NEED IT.

# SINGING CBD'S PRAISES

AFTER A LIFE LONG LOVE AFFAIR WITH CANNABIS, ROCK LEGEND DAVID CROSBY IS NOW HIGH ON THE FUTURE OF MEDICAL MARIJUANA.

BY CRAIG TOMASHOFF

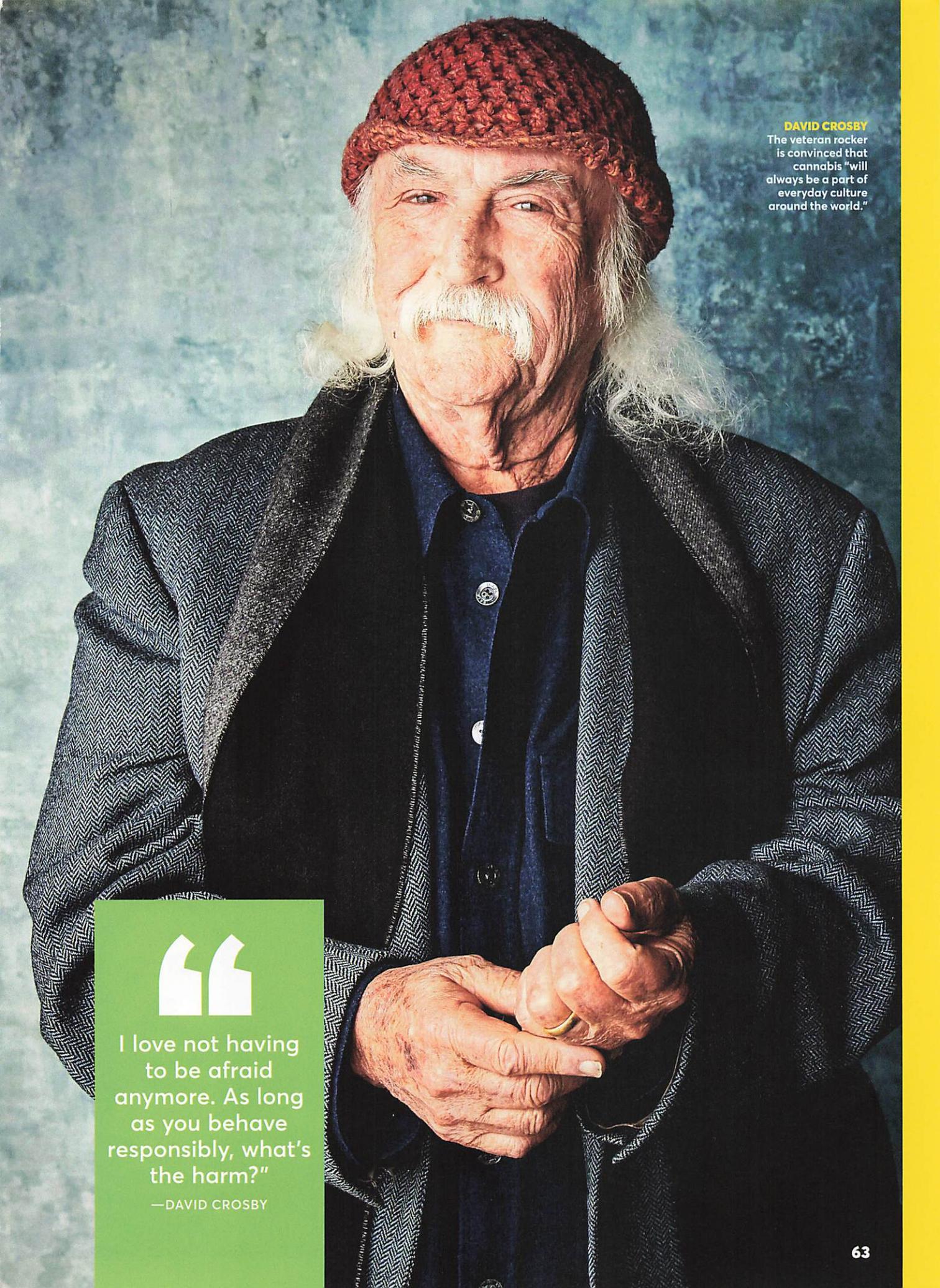
Crosby has said his heroin and cocaine abuse from the '60s through the '80s "absolutely started to put me away."



➔ The romance began in the front seat of a 1952 Ford. A 19-year-old David Crosby was cruising with his buddy Travis, a bass player who had taken him under his wing. Suddenly, Crosby smelled the strange cigarette that Travis had lit up. "I said, 'What are you smoking? You're smoking a joint, aren't you?'" the veteran rocker recalls. "He said, 'Yup!' so I said, 'Can I have some?' He passed it to me, I took a couple hits and all of a sudden, I enjoyed driving a whole lot more! I was always an adventurous kid and it seemed like everyone who smoked [marijuana] enjoyed it, so from that moment, it also seemed like fun to me."

Cannabis was, appropriately enough, the ultimate counterculture hobby for a musician who was part of several of the 1960s leading counterculture bands. After joining the Byrds and then Buffalo Springfield, he eventually became a member of Crosby, Stills, Nash and (sometimes) Young. Throughout the late '60s and into the '70s, Crosby and company created classic songs like "Woodstock," "Suite: Judy Blue Eyes" and "Teach Your Children," all of which helped define a generation—which also happened to be a generation that adopted weed as well.

Given his lifelong passion for the plant, it shouldn't be too surprising that not only is Crosby now a big supporter of legalizing cannabis in general, he's also looking to get into the CBD business. Crosby is currently seeking a corporate partner to assist in launching his Mighty Croz brand of product, with a plan to eventually roll out everything from vape pens to cartridges, oils and edibles, to topicals and more. We spoke with the Rock & Roll Hall Of Fame member about what he loves about cannabis, how CBD became a part of his life



**DAVID CROSBY**  
The veteran rocker is convinced that cannabis "will always be a part of everyday culture around the world."



I love not having to be afraid anymore. As long as you behave responsibly, what's the harm?"

—DAVID CROSBY

and what consumers can expect from his product line.

**Q** You've been a marijuana aficionado for quite a while now. Why has it been such an important part of your life for so long?

**A** I like it for writing music. I like it for going to the museum. I like it for building a fire and playing with the dogs. Besides enjoying the feeling it gives me, it helps with aches and pains. I smoke just about every night to help me sleep.

**Q** How influential has it been in creating your music?

**A** Let me put it this way. All those songs I wrote that you liked? I wrote them all stoned. Every single one. Cannabis has been a part of my creative process. The creativity was always there. The cannabis just brought it out. Other than for music, it's the thing I'm most known for. When the Beatles came to America, they looked to me to steer them to the best quality weed.

**Q** Are you surprised this plant—cannabis—that was public enemy No. 1 when you were younger is now something most of the public wants to legalize?

**A** It doesn't surprise me—for two reasons. First, the rise of CBD doesn't shock me because there's such a need out there for analgesic



One of Crosby's early songs with The Byrds, "Eight Miles High," was subject to a radio ban due to its drug overtones.

and anti-inflammatory medicine. And as for the change in cultural attitudes about it, I'd say we musicians helped a lot with that. They used to tell us, "It's the devil's drug!" We'd say, "We like it! It's fun!" Our attitude has probably helped change America's attitude. We communicated it from the beginning. Dylan said "everyone must get stoned." The Byrds sang "Eight Miles High."

**Q** You've smoked pot recreationally all these years, but what made you start using CBD as well?

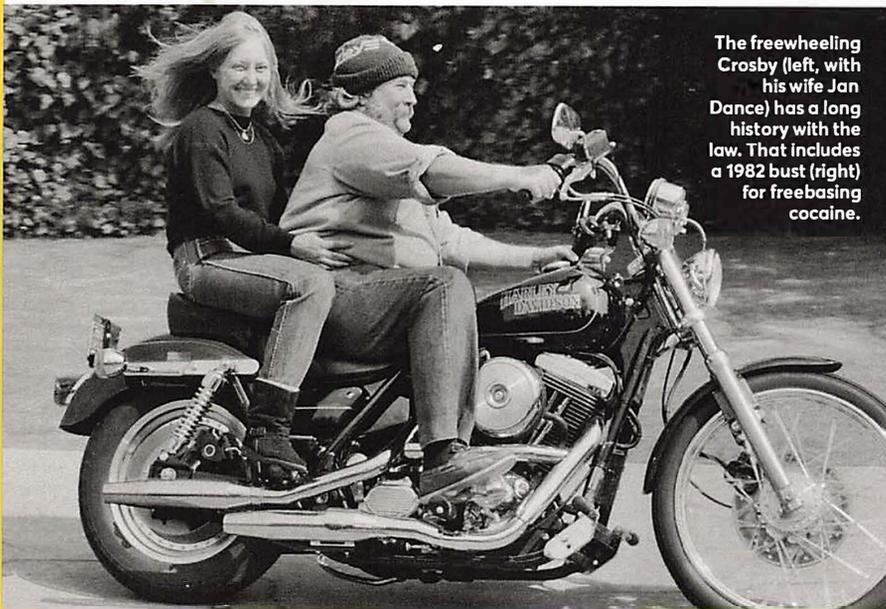
**A** CBD happened for me in the past couple of years. I'm a person who has chronic pain from two bad shoulders, one of which was broken in four places and dislocated, the other of which has been operated on twice. So I got interested in using CBD as an analgesic. I've found it does help with pain and even more with inflammation. It's mild help, but it is help. Then again, if somebody came up with a brand-new way to stop pain using sunflowers and dusted it on you, you'd try it, too.

**Q** Why get into the CBD business with your own line of cannabis creations?

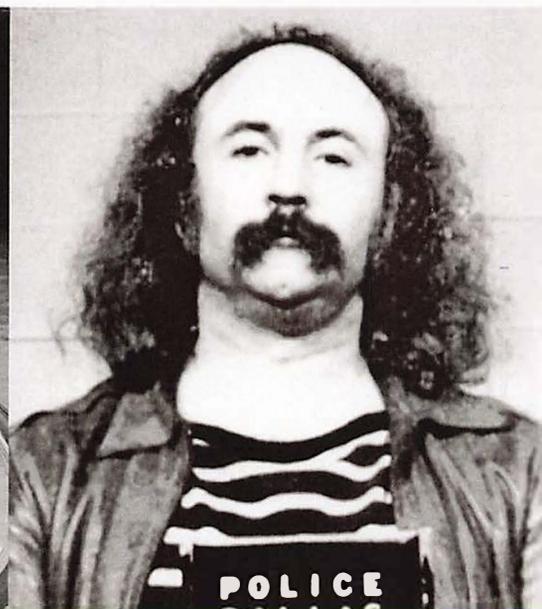
**A** I'm doing it for several reasons. First, because people have been asking me to do this forever. Also, because weed is fun and people who like weed are fun. I approve, so I have no problem with my name aiding a company in selling quality cannabis products.

Poll after poll shows growing support for legalizing both medical and adult use across the country. If you're getting into the business, you must be confident the trend is going to continue.

The change is only going to get more radical. Marlboro and Anheuser Busch announced in the same week they were getting into this, and I guarantee you it's not hippies making that decision. These are big businesspeople, and they're going to change everything drastically. It'll be fun to watch those changes. Right now, it's like the Wild West out there with 1,000 companies who all think they're going to get rich. Some people will be co-opted by the money that's out there and there's not much we



The freewheeling Crosby (left, with his wife Jan Dance) has a long history with the law. That includes a 1982 bust (right) for freebasing cocaine.



can do about that. The only productive attitude to have is that we're going to get to see some pretty interesting stuff. My first priority will be partnering with a quality company and approach this from the highest level. Anything that has my name on it is going to have to be the highest quality. We'll only be partnering with a long-term player that won't be swallowed up by the inevitable consolidation that will happen in the cannabis industry.

**Q** Will you be selling much CBD at first, or will you be focusing on THC products first?

**A** Yes, we will [start with CBD]. As much as people just want to get high on cannabis, I think you're going to find that CBD, once it's refined, concentrated, packaged and marketed, is going to become a hugely successful painkiller. That's because the other main families of painkillers—opioids—if you do them for a few weeks, you're hooked and that's a real problem. Aspirin and ibuprofen aren't good for your kidneys and your liver. So if there's a new family of painkillers coming on the market that doesn't have the side effects of addiction and doesn't damage your kidneys, that could be even bigger than getting high. Everybody at some point has some pain in their shoulder, their knee, their foot or their elbow.

**Q** Lots of celebrities have had cannabis brands. What do you think will help yours succeed?

**A** We're going to position the Mighty Croz brand at a super-high quality level. It's for people who are intelligent and have sophisticated taste. For me and my fans, authenticity matters. They'll try it and they'll come back for more, not just because my name and face are on it but because they know I stand for quality cannabis. The brand will resonate because millions of people know me as a cannabis advocate going back to the '60s.

## The Stars Are Shining on CBD

Here are just a few of the celebrities who have become big believers in medicinal marijuana.

### LADY GAGA

Overwhelmed by chronic pain from fibromyalgia, the singer has admitted in past interviews she had sometimes relied on medical marijuana to help her manage the agony.

### WHOOPI GOLDBERG

The comedian, actress and *The View* host partnered with businesswoman Maya Elisabeth in 2016 to create the company Maya & Whoopi, which makes a variety of CBD- and THC-infused products, including some aimed at relieving menstrual cramps.

### PATRICK STEWART

The *Star Trek* star revealed in 2017 that he uses cannabis ointments and sprays to help deal with his debilitating arthritis. In an interview with *The Telegraph*, he explained that "the ointment and spray have significantly reduced the stiffness and pain in my hands. I can make fists, which was not the case before I began this treatment."



LADY GAGA

WHOOPI GOLDBERG

PATRICK STEWART

### JENNIFER ANISTON

To help keep her mood balanced, the actress has apparently found a new friend: CBD oil. "CBD helps with pain, stress and anxiety," Aniston once told *Us Weekly*. "It has all the benefits of marijuana without the high."

### BUSY PHILIPPS

The actress turned E! Network talk show host said in an interview with *health.com* that she suffers from the occasional panic attack. After getting relief from CBD and THC gummies, she adds, "I'm a very strong proponent of them now."

### WILLIE NELSON

This godfather of ganja launched his own line of adult use products—Willie's Reserve—in 2015. More recently, he's started Willie's Remedy, a health and wellness line that includes a CBD-infused coffee as well as a hemp oil tincture.

### MARTHA STEWART

Apparently, working with cannabis king Snoop Dogg on their VH1 talk show *Martha & Snoop's Potluck Party* had an effect on Stewart. She announced in early 2019 that she'd be launching her own line comprised entirely of CBD products she hopes will help animals (and, eventually, humans).

### KRISTEN BELL

The *Good Place* star has taken to Instagram on multiple occasions recently to let fans know that she's started using CBD to combat her anxiety as well as post-workout muscle soreness.

### OLIVIA WILDE

The rigors of performing nightly on Broadway turned the actress into a CBD oil supporter. After a performance, she told *The New York Times*, her body and muscles would ache and "the CBD has relaxing benefits and the idea is to avoid using too many painkillers."

### JIM BELUSHI

This veteran comedic actor doesn't just take CBD every day to keep his body balanced. He's also got an Oregon cannabis farm, which produces flower sold for others' medical and adult use. What motivates him to share his CBD? "The medicine of marijuana will help prevent the collapse of families," Belushi has explained.



JENNIFER ANISTON

BUSY PHILIPPS

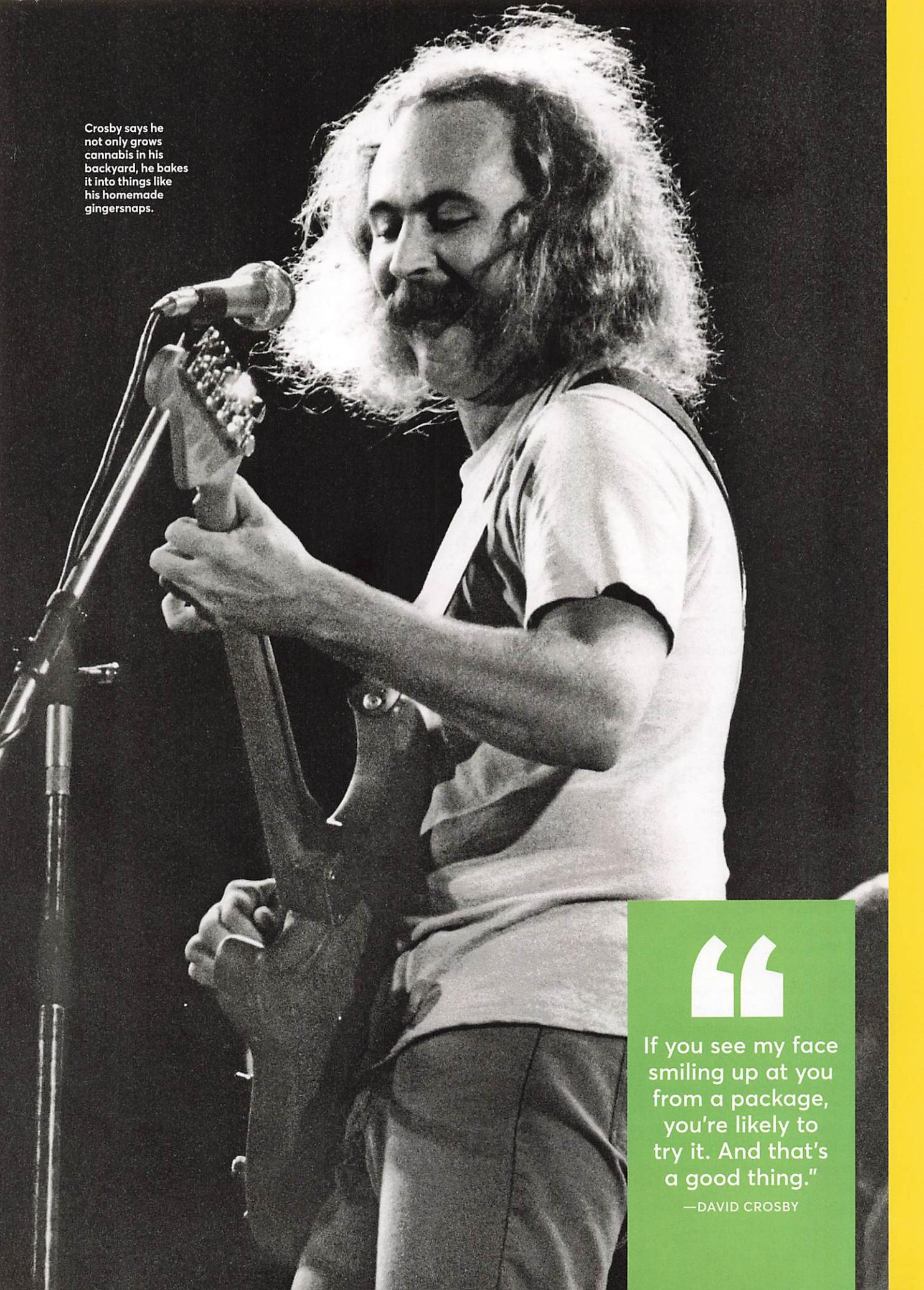
WILLIE NELSON

MARTHA STEWART

OLIVIA WILDE

KRISTEN BELL

JIM BELUSHI



Crosby says he not only grows cannabis in his backyard, he bakes it into things like his homemade gingersnaps.

“

If you see my face smiling up at you from a package, you're likely to try it. And that's a good thing."

—DAVID CROSBY