



CBD

a longevity supplement

What exactly is it?

First off....

Plant Medicine or Natures Medicine is a healing tool that is believed to heal the body and/or the mind from illness and disease by using plants.

AKA - Phytotherapy which refers to the use of plants for their healing abilities.

Adaptogens are a unique class of healing plants: They help balance, restore and protect the body.

According to naturopath Edward Wallace, an adaptogen doesn't have a specific action; it helps you respond to any influence or stressor, normalizing your physiological functions.



Digging deeper...

- ✦ CBD is a naturally occurring component found in hemp/cannabis plants. Being a cannabis-derived oil (which can be found in both industrial hemp and marijuana, as the word 'cannabis' refers to the Latin genus form for both) it has a significant amount of cannabidiol (CBD) found within it.
- ✦ CBD is not an acronym for anything it is short for cannabidiol, the name of one of the entire group of 113 chemical compounds call cannabinoids which occur naturally in the cannabis plant.
- ✦ CBD is the medical therapeutic compound in cannabis that naturally occurs and is non-psychoactive (IT WILL NOT GET YOU HIGH).
- ✦ CBD is one of the two most prevalent ingredients in cannabis plants. CBD, along with THC, is one of the two main ingredients in both hemp and marijuana plants. CBD is found throughout the seeds, stalk, and flowers of the plant, and is therefore easily extracted.

Clearing a few things up...

- ✦ Hemp & Marijuana are different varieties within the same species.
- ✦ Marijuana is the cousin of hemp, the main difference is hemp doesn't have the bud (flower).
- ✦ The bud or flower of the marijuana contains the THC, which causes the euphoric or "high" sensation.
- ✦ CBD from Hemp contains less than .3% THC,
- ✦ You can get CBD from both the hemp plant and the marijuana plant - but today we are only talking about it from the hemp plant.
- ✦ CBD IS NOT THE SAME AS THC - IT HAS NO PSYCHOTROPIC EFFECTS.
- ✦ It has ZERO side effects & it is legal in all 50 states.

It's a longevity supplement!

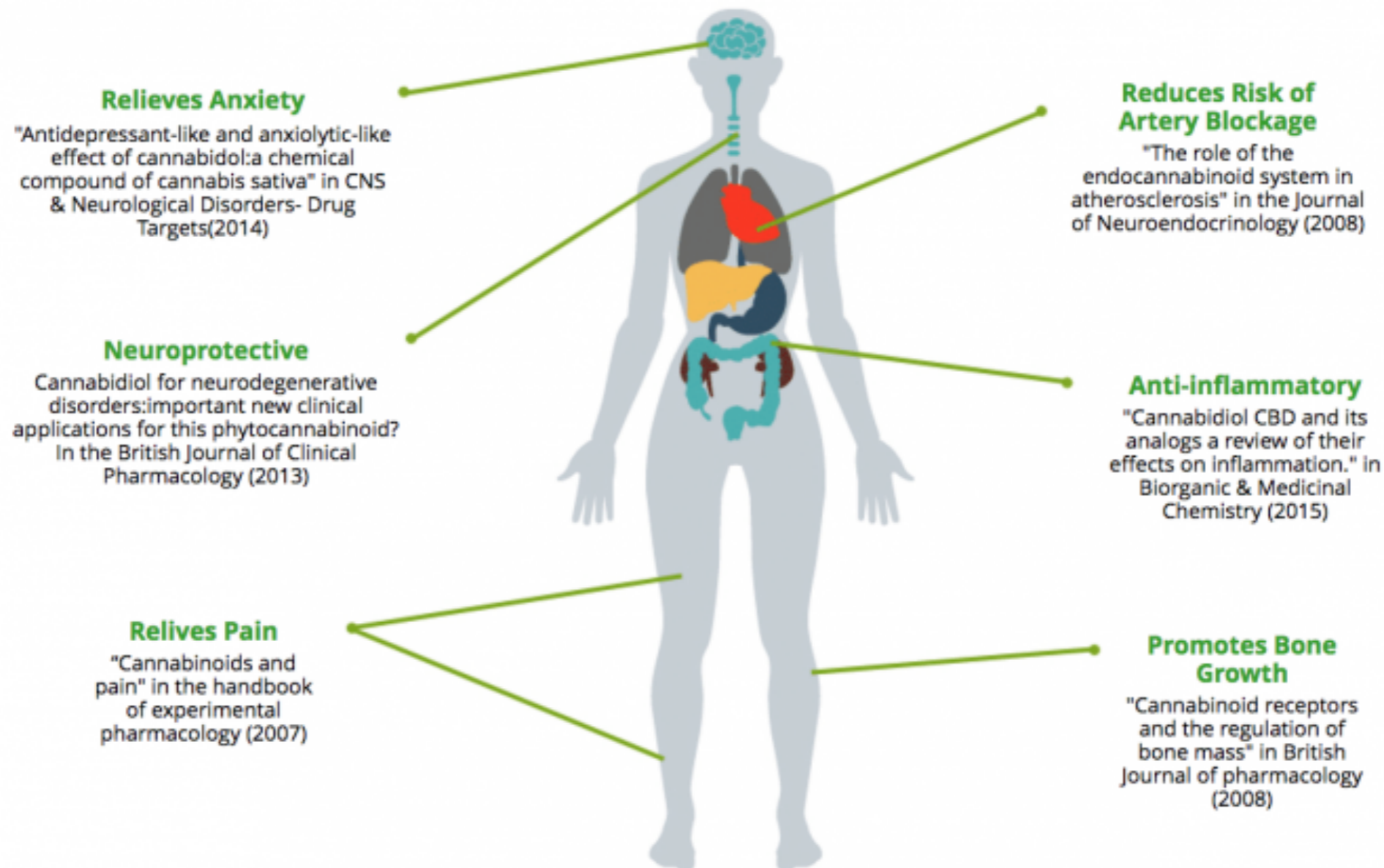
Cannabinoids act as neuromodulators for a whole host of significant process including:

- ✦ Mood regulation
- ✦ Skin responses
- ✦ Motor learning
- ✦ Appetite
- ✦ Digestion
- ✦ The feeling of pain

It has proven to be a:

- ✦ Neuroprotectant
- ✦ Support bone strength
- ✦ Promote anti-inflammatory response
- ✦ Induce neurogenesis
- ✦ Anticancer “drug” (Anti-Tumor)
- ✦ Seizure treatment
- ✦ Much more

HOW CBD WORKS IN THE HUMAN BODY



In the UK, CBD oil is classified as a medicine.

CBD oil has been available in the UK as a “nutritional supplement” for quite awhile, but recently it has been reclassified as a “medicine.”

This means that the British government has begun to formally recognize CBD’s many health benefits, a significant fact considering recreational cannabis is still illegal.

The Endo what system?!

“The Endocannabinoid System is important because it is designed to maintain homeostasis in our bodies... it interconnects all systems, organs and tissues and responds to changes in the internal & external environment... its whole purpose is to keep our bodies functioning at their best by adapting to change.”

–John Hicks, MD

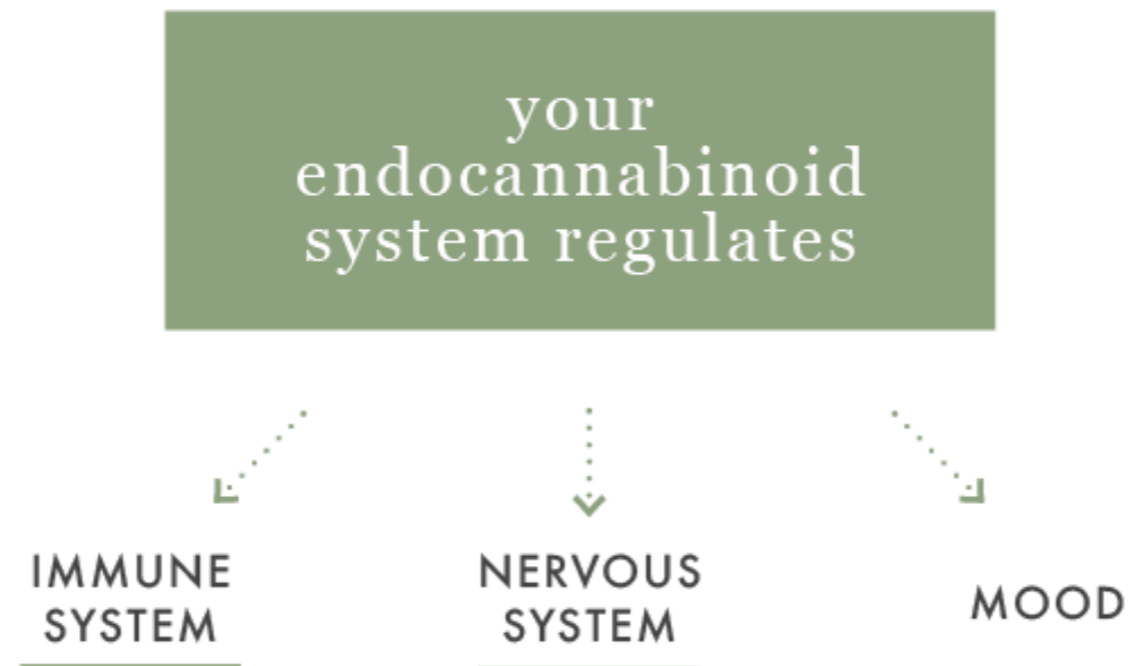
Interesting Fact:

The Endocannabinoid System in the human body was named from the cannabis plant, and it was the cannabis plant that led to its discovery in the early 1990s.

Mind & Body Connecting System

The Endocannabinoid System is involved in establishing and maintaining human health.

Endocannabinoids and their receptors are found throughout the body: in the brain, organs, connective tissues, glands, and immune system.



How it works....

Each and every one of us has an Endocannabinoid system (ECS), which has control over regulating many of our bodily functions and ensuring that everything runs smoothly.

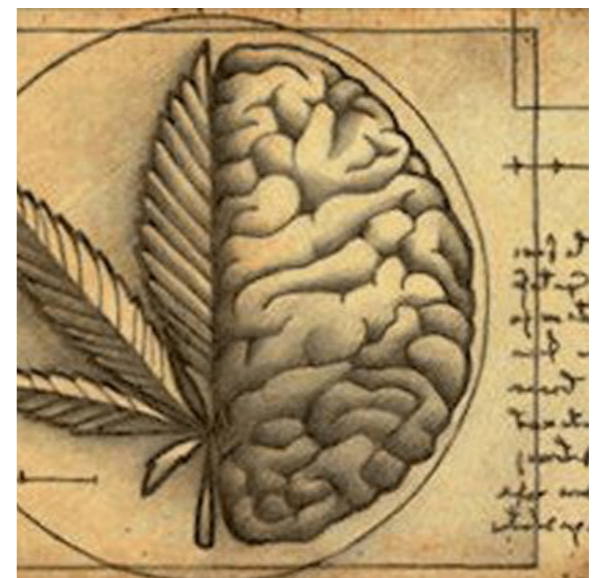
The ECS releases natural cannabinoids that are vital for a range of physiological things, from the way we think to the way we feel pain. In fact, it plays a part in almost every aspect of our being!

When CBD is consumed, it interacts with the ECS and encourages it to produce an increased number of natural cannabinoids. By doing this, our body is better able to heal and regulate various functions. Also, not only does CBD help produce self-healing cannabinoids, but it also interacts with our CB2 receptors, which oversee our entire immune system!

The reason for such a system is the need for homeostasis; the body has an unending need to keep making adjustments to compensate for changing conditions.

But for some reason it uses as "messengers" components which are also found in some plants. The result is that we have some degree of control over our body's regulation if we know how to supplement the right herbs.

The cannabis plant is unique in the plant kingdom for its cannabinoids and it appears to even have a detoxifying and rejuvenating effect on the body.



What can it do for me?

Health Benefits of CBD

- ✦ **Fights Against Cancer**
- ✦ **Reduces Inflammation and Autoimmunity**
- ✦ **May Protect Against Neurodegenerative Diseases**
- ✦ **May Relieve Multiple Sclerosis Symptoms**
- ✦ **Has Therapeutic Potential for Schizophrenia**
- ✦ **Helps with Epileptic Seizures**
- ✦ **Reduces Anxiety**
- ✦ **Relieves Pain**
- ✦ **May Be Beneficial for Rheumatoid Arthritis**
- ✦ **Relieves Nausea and Increases Appetite**
- ✦ **Lowers Incidence of Diabetes**
- ✦ **May Promote Heart Health**
- ✦ **May Treat Depression**
- ✦ **May Help with Inflammatory Bowel Disease**
- ✦ **May Protect Against Bacteria**
- ✦ **Promotes Bone Growth**
- ✦ **Reduces Dyskinesia**
- ✦ **May Help with Insomnia**
- ✦ **May Be Effective for Treating Substance Use Disorders**
- ✦ **May Help with Quitting Smoking**
- ✦ **May Provide Treatment for Acne**
- ✦ **May Play a Role in Psoriasis**

Anxiety/Depression

- ✦ CBD has shown to have Anti-Depressant properties that elevate level of serotonin in your brain
- ✦ CBD could prove to be a better anti-depressant than what's currently available. Dozens of recent studies have shown that CBD can work to treat various illnesses, including depression. Unlike traditional treatments involving counseling and medication, CBD acts almost immediately and doesn't cause any side effects or symptoms of withdrawal.
- ✦ 1993 study by University of Sao Paulo, Brazil published on pubmed.gov has shown CBD can reduce cortisol levels
- ✦ The Endocannabinoid System has been shown in studies to help align and regulate our Endocrine System which regulates our hormones

Cancer

- ✿ CBD has an anti-proliferative effect which means it can stop tumor cells from spreading
- ✿ CBD connects to the CB2 cannabinoid receptors site on the cancer cell and it goes through a process called ceramides synthesis which leads to the cells death.
- ✿ CBD could stop cancer from metastasizing - A number of studies recognized by the National Cancer Institute have suggested that cannabidiol could reduce the spread of some types of cancer cells, including breast, colorectal, and lung cancers. Scientists think CBD might naturally inhibit ID-1, thereby preventing cancer cells from traveling to other tissues.

Inflammation

- ✦ Of all the qualities that CBD offers, it's anti-inflammatory properties are arguably the most well-researched of the bunch. Being successfully utilized to treat almost all digestive conditions, as well as many other medical challenges, it is now looked upon as the most efficient anti-inflammatory drug available – even beating out traditional options such as Vitamin C and Omega 3 supplements.
- ✦ Booz from the University of Mississippi did a study published in 2011 into CBD as a helpful compound for the reduction of the impact that inflammation has on the body. His study found that CBD did, in fact, have a dramatic impact – so much so that it was able to decrease the risks of long-term organ damage!
- ✦ A study published in 2016 that investigated the effects of CBD on rats with arthritis, showed that the application of CBD gel significantly reduced joint swelling. Their study concluded that topical CBD application was a successful treatment for arthritis pain and related behaviors, as well as for general inflammation – all without any evident side effects.

Pain

- ✦ CBD enforces our natural ability to reach homeostasis. Opioids only cover the opioid receptors that comprise 1/3 of the amount of our endocannabinoid receptors (CB1 & CB2) Because we have more endocannabinoid receptors, it makes more sense (not to mention it doesn't cause any addiction) to use hemp to treat pain and inflammation, serve as a muscle relaxer.
- ✦ Nearly half of the people who use CBD products stop taking traditional medicines. (Debra Borchardt of Forbes Magazine)

Isn't all CBD the same?

Questions to ask....



- ✦ How is it extracted?
- ✦ Is the farm organic or does it follow organic farming practices?

“Pure CBD” or “CBD Isolate”

It's like the difference between drinking a cup of coffee and taking a caffeine pill. You know you're getting a cup of coffee because it comes from a plant, but a caffeine pill isn't nearly as bioavailable as if you're drinking the coffee.

- ✦ According to a study done at the Lautenberg Center for General Tumor Immunology in Jerusalem, the effectiveness of isolated CBD versus **full-spectrum CBD** extract concluded that CBD isolate yields a “bell-curve” of effectiveness. Studies proved that the isolate becomes less effective over time, while full-spectrum CBD continued to be effective.
- ✦ This same study proved that a CBD isolate is only as effective as its dose, while full-spectrum CBD continues to provide relief as the dosage increases. Full-spectrum CBD extract has qualities that can aid in pain and inflammation relief that isn't found in over-the-counter, common anti-inflammatory drugs.

What is full-spectrum CBD?

- ✦ AKA “whole plant” - Full-spectrum CBD uses the whole plant, rather than isolating just one element, and refers to the plant extraction process in which the molecules from the whole plant remain intact.
- ✦ Using these various compounds, evidence is mounting that these compounds work better together than in isolation: That is the "entourage effect."
- ✦ The entourage effect describes the way that cannabinoids, terpenes and other therapeutic plant compounds all work together to enhance each other's effects.

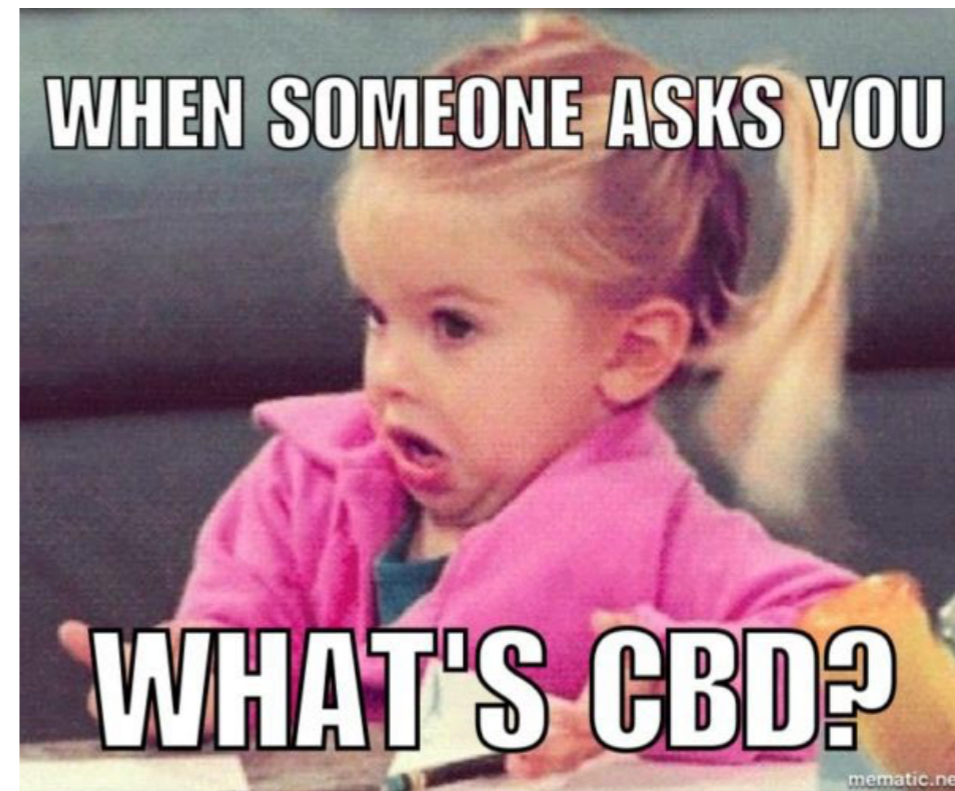
Why organic?

- ✿ Toxicity causes inflammation!
- ✿ Hemp roots are nature's root rooter - remember the challenges of Chernobyl? Hemp was the "savior" plant put everywhere after the nuclear reactor core meltdown disaster. Hemp's roots effectively soak up the toxin and radiation in the soil.
- ✿ Because of the plants very nature, you ingest the CBD and everything it was exposed to in its natural environment, sucked up by its root system or infiltrated as part of the extraction process. This can include things such as particles, toxins, mold, solvents and radiation.

What, How & How Much?

What?

- ✿ Tinctures/Drops
- ✿ Capsules
- ✿ Cream/Oils
- ✿ Vape
- ✿ Edibles/Candies
- ✿ Suppository
- ✿ Facial creams, bath bombs, and more



How?

- ✦ When taking CBD, the two parts of the body that give you the most bang for your buck are the mouth and the tush. That's where the receptors are the strongest.
- ✦ Under your tongue as a sublingual tincture is said to be the best.
- ✦ For pain management, both topical and oral CBD work well, typically proving the most effective relief when utilized together.
- ✦ Oral CBD also assists in the diminishing of symptoms from anxiety, depression and other mental disorders, as well as insomnia.
- ✦ Topicals work brilliantly at reducing inflammation, arthritis, headaches, cramping and migraines, and some evidence has shown that it can also heal eczema, psoriasis, dermatitis and itching.

How much?

- ✿ General health: 2.5 - 15 mg per day
- ✿ Chronic pain: up to 20mg per day
- ✿ Sleep disorders: 40-60mg per day
- ✿ In doses larger than a few hundred milligrams, CBD oil can be used as a sedative to help insomniacs. In lower doses, CBD oil can cause alertness.
- ✿ You can not overdose on CBD

Is it safe for my kids
(& dogs)?

Kids...

CBD has been reported and scientifically proven as safe and appropriate for even the tiniest babies and nursing mothers.

Parents are using CBD oil to treat seizures, pain, and even autism in their kids.

If you're wondering whether it could help your child, I would advise people to check with their child's doctor.

CBD for pets...

Even pets are benefitting from CBD oil!!

CBD is also becoming more and more available for use on dogs, cats, and some other animals.

Veterinarians are finding that CBD oil can be useful in treating things like

- ✦ arthritis
- ✦ stress
- ✦ digestive issues
- ✦ Type 1 diabetes
- ✦ broken bones
- ✦ cancer
- ✦ and even aggression

BENEFITS OF CBD DOG TREATS

CBD DOG TREATS CAN HELP RELIEVE AND MANAGE CONDITIONS SUCH AS:

- CANCER PAIN**
CBD products can help mitigate some cancer symptoms such as nausea, loss of appetite, or chronic pain.
- ANTI-INFLAMMATORY**
CBD interacts with receptors throughout the body and can act as an anti-inflammatory and immune-boosting agent.
- ARTHRITIS IN DOGS**
CBD treats can alleviate these joint pains and have them moving around again.
- ANXIETY**
They can help relieve the stress from separation anxiety and noise phobias for many high-strung pets.
- LOSS OF APPETITE**
CBD treats can boost appetite, reduce nausea, alleviate digestive issues for suffering dogs.
- SEIZURE**
CBD have been shown to reduce and help manage seizures brought upon by epilepsy or other genetic disorders.
- AGGRESSIVE BEHAVIOR**
These treats can help minimize aggressive behaviors and stress disorders.

SIMPLE WAG

How has CBD worked for me?

What have I tried?



tonicvibes.com
promo code: SELFCARE - 10%off
♥ tincture & roll-on

souladdict.co
♥ tincture



sagelynaturals.com

promo code: <https://bit.ly/2LECuIK> - \$5 off

♥ cream



haraflow.com

promo code: [BEHIGHBEYOU](#) - 10% off

♥ vape

Resources

- ✿ The ABCs of CBD By Shira Adler
- ✿ projectcbd.org
- ✿ eternallifeclub.com
- ✿ selfhacked.com
- ✿ bestcbdoils.com
- ✿ herb.co
- ✿ marijuanabreak.com
- ✿ tonicvibes.com
- ✿ souladdict.co
- ✿ sagelynaturals.com

“A man may esteem himself happy when that which is
his food is also his medicine.”

–Henry David Thoreau