#### WHAT CAN IT HELP WITH?

- Anxiety
- Depression
- Epilepsy
- Arthritis
- Chronic pain
- PTSD
- OCD
- Type 1 Diabetes
- Seizure Disorders
- Inflammation
- Acne
- Muscle Tension
- Insomnia
- Slows Progression of Alzheimers Disease
- Smoking and Drug Withdrawals
- Cancei

THERE ARE MANY OTHER
DISORDERS AND DISEASES
THAT CBD POSITIVELY AFFECTS.
MORE INFORMATION CAN BE
FOUND ONLINE AS
SCIENTISTS ARE CONSTANTLY
RESEARCHING AND
LEARNING ABOUT CBD.

WHEN BUYING CBD, ESPECIALLY
IN STATES WHERE TEHRE ARE
NO REGULATIONS (I.E. TEXAS),
BE VERY CAREFUL WHAT
BRANDS YOU BUY.

## NOT ALL CBD IS SAFE.

RESEARCH BEFORE BUYING
PAYING CLOSE ATTENTION
TO THE COMPANY THAT
PRODUCES IT AND ITS
LOCATION. CBD FROM STATES
WHERE MARIJUANA IS LEGAL
HAVE CERTAIN REGULATIONS
THEY HAVE TO FOLLOW.

MAKE SURE THE CBD YOU BUY
IS 3RD PARTY TESTED FOR
EVERY BATCH MADE. THIS
TESTS FOR POTENCY AND PURITY.
MANY UNKNOWN BRANDS HAVE
BEEN KNOWN TO CONTAIN LESS
CBD THAN STATED OR EVEN
ILLEGAL DRUGS ADDED TO THE
TINCTURE.



"YOU GET ALL THE HEALING PROPERTIES AND NONE OF THE HIGH."

# LET'S START OFF WITH CBD... WHAT IS CBD?

CBD (Cannabidiol) is one of many chemicals made by the cannabis plant, along with THC - it's psychoactive sister.

## **CANNABIS SATIVA GENUS**

- Similar appearance
- Both have CBD & THC
- Includes both the hemp and marijuana subspecies

### **HEMP PLANT**

Been used for millenia as a source for paper, fabric, rope, food, beauty, and healing. Low in THC and high in CBD.

## MARIJUANA PLANT

Mainly used to get "high". High in THC, low in CBD. If bred with hemp plant THC will decrease significantly.

Most CBD is taken from the hemp stalk and isolated from the THC chemical. This is where you get THC-free CBD oils.

### **HOW DOES IT WORK?**

Everybody has a endocannabidiol system already at work in their body, receptors that are mailnly in our brain with a few in the organs.

There are two main receptors, CB1 and CB2. Here is what they are responsible for:

### CB1 RECEPTORS

- Coordination & movement
- Emotion & mood
- Thinking
- Apetite
- Memories

## **CB2 RECEPTORS**

(THC Immune System)

- Inflammation
- Pain

CBD just tells your body to use more of your own cannabinoids. This has a positive entire body effect that influences all of the above.

# SIDE EFFECTS & OVERDOSING

THE WORLDS OLDEST

**NATURAL REMEDY** 

There is not much evidence of side effects when taking CBD. Most people do not experience any detrimental effects.

Here are the most common:

- Minor drowsiness
- Dry mouth

Uncommon side effects:

- Anxiety
- Diarrhea
- NauseaDizziness

Please talk to your doctor before taking CBD if your are taking any medications.

Overdosing on CBD is very difficlt and there have been no known cases.

