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YOUR GUIDE TO CBD OIL

By Dr. April Bradley AP, CFMP & Kevin Bradley FDN-P

30AWellnessStudio.com

Thank you so much for downloading our ebook "Your Guide to CBD Oil"! We were introduced to CBD oil awhile ago but last year we had so many patients asking us if we thought it could help them we had to look into it more. After researching it and then trying it out ourselves we were so excited to start spreading the word about the magic of CBD! We soon realized there are a lot of misconceptions and confusion around it so here we are.

After amazing testimonials from us, our patients, and customers we are all in on CBD! We hope this guide can give you a quick overview about CBD and if you have questions please let us know!

So What Is CBD?

CBD or Cannabidiol is one of over 85 different phytocannabinoids in the cannabis plant. It's one of the most dominant cannabinoids and is found in both marijuana and hemp plants. Many people associate CBD with it's "brother" cannabinoid THC. THC is the psychoactive compound that makes you feel high.

Because CBD can come from marijuana or hemp plants it's been confusing for some. While there are CBD oils made from marijuana plants, the CBD oil that you see sold online and in most states is made from hemp.

The hemp plant grows tall like bamboo and people use the stalks and stems to create paper, building materials, textiles, and even food. Hemp naturally has a very low percentage of THC with only .03% or less which means you cannot feel high when taking it.



Marijuana on the other hand grows low to the ground in a bush and the flowers and leaves are used for medicinal or recreational purposes. It has a very high concentration of THC ranging from 10% or higher THC and does have psychoactive properties.

Cannabis has been used for centuries for medicinal purposes but almost always with some level of THC until the federal government classified it as illegal. Obviously some states have legalized marijuana for recreational and medical use.

CBD became a hot topic when Cannabis helped a little girl named Charlotte Figi go from having over 300 seizures a week to almost none! Her parents went searching for a product with high CBD but little or no THC. They found a farm in Colorado that created a specific strain to see if that plant would provide the medicine they were hoping for. The strain that was created was now legally considered hemp, not marijuana because it had virtually no THC. To their amazement it worked and the plant gave Charlotte her life back!

The results were amazing and as you can imagine the story spread quickly so more people began moving their families to Colorado hoping to have the same success that Charlotte had. It also began a movement looking at the medicinal value of hemp.



So How Does CBD Work?

There are 2 main types of cannabinoids- those found naturally in the body, and those found in the cannabis plant.

Endocannabinoids are found in the body

Phytocannabinoids are found in plants.

These cannabinoids interact with our own Endocannabinoid System. All mammals have this system and can benefit from CBD. The ECS is like the master regulatory control center in the body and it's involved in regulating things like appetite, sleep, pain, mood, memory, our immune system and so much more! It's primary function is to promote homeostasis or balance to the body so when you ingest CBD you are basically turning on the switch to this system!

There are 2 different types of cannabinoid receptors in the endocannabinoid system : CB1 and CB2. The cannabinoids bind to receptors and cause changes in how cells function and produce different effects in the body.

CB 1 receptors are found primarily in the brain and nervous system, connective tissues, organs and glands. CB2 receptors are found in the immune system and peripheral organs and are responsible for a wide variety of biological functions.

THC is an unnatural stimulant for the receptors, especially the CB 1 receptors in the brain, which is why people feel high when taking it.

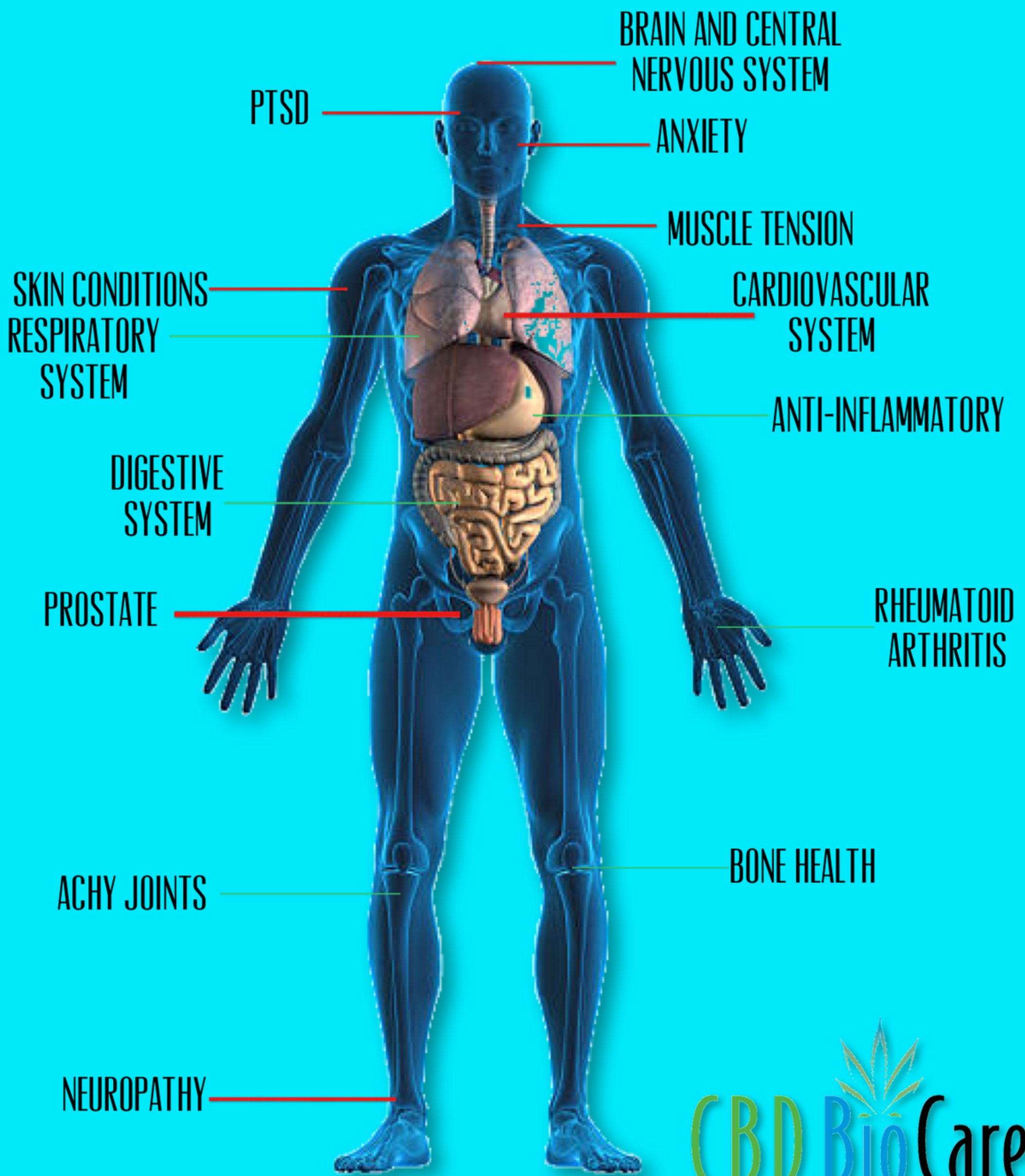
CBD on the other hand doesn't act on the receptors themselves, it signals your body's natural endocannabinoids to activate the receptors to do more of what they do normally! How cool is that?

Because receptors are found in the reproductive, immune, digestive, and nervous system it's easy to see how it can help with such a wide variety of health issues!

ENDOCANNABINOID SYSTEM

CB1 RECEPTORS

CB2 RECEPTORS



Here Are Just A Few Of The Health Benefits Of CBD:

- It can be helpful for anxiety and depression by working on receptors in the brain like 5HT1A for serotonin as well GABA.
- CBD can induce the T- regulatory cells and suppress cytokine production which can lower inflammation and help autoimmune issues.
- Inhibits the signal of pain in the neuronal pathways in order to decrease chronic pain. It not only helps with the pain relieving it also works on the immune system to reduce inflammation like we mentioned above so pain relief is one of the most well known uses of CBD oil.
- It's also helpful for Leaky gut because it can help heal the tight junctions that cause intestinal permeability. It has also shown to help decrease the spasmodic activity with IBS. Gut health is so so important for many chronic health conditions so this is huge for a lot of people!
- CBD also has antiseizure effects and has helped many children with epilepsy.
- It's also being shown as helpful when treating cancer. Many compounds in cannabis have anti tumor effects and can slow or stop the spread of certain cancer cells. This is being studied now and is not proof that CBD cures cancer...yet.
- There's also new research about the neuroprotective effects of CBD which shows promise for those with Alzheimer's, Parkinson's, MS, and even with athletes and concussions!
- It can lower blood pressure through stress reduction and lowered anxiety as well as the prevention of heart damage in diabetic mice with heart disease.



The list of benefits is growing and we've seen positive results in our patients with a wide range of health improvements with asthma, acne, allergies, pain, insomnia, anxiety, pain, overall mood and more.

How Do I Find The Right Product?

All CBD is not equal!!

Because CBD is not regulated, there are a lot of products out there that are super shady. With the fast rise in popularity of CBD there are also a lot of companies that are just out to make a quick profit and use cheap and even fake ingredients.

When searching for a CBD product here are some things to focus on:

- The most important thing is that you choose a product that is Full Spectrum. This means that the oil includes all of the 100+ cannabinoids, terpenes, flavonoids, and other molecules in the hemp plant. When all cannabinoids are present except THC, it creates an entourage effect and that's when maximum medicinal benefits are achieved. The opposite of a full spectrum oil is a cbd isolate.

This means the CBD is isolated from the plant and no other cannabinoids are present. Experts say that CBD alone without the additional compounds does not provide the medicinal benefits of a full spectrum CBD oil.

- Make sure it's whole plant extracted. This means they use the leaves, flowers and stalks. Most foreign hemp oil is made from the stalk only.

- You want to purchase from a company that is transparent and shares this information with you.

- It should be grown here in the United States in compliance with the 2014 Farm Bill. Growers work in conjunction with the Department of Agriculture and institute superior growing practices.

After researching CBD companies for months we finally found one that meets all these criteria and we felt great about teaming up with. **CBD BioCare** is a small family owned company that gets their cannabis from Kentucky at one of the few federally registered facilities in the United States.



Changing lives
one bottle
at a time...

How Much Should I Take?

So you've heard all of the benefits of taking CBD oil and you found a great product! You're ready to get started but you're feeling confused on how much to take.

There is no set recommended serving size and it depends on your size, ailment, and body chemistry which dose is right for you.

To be honest, finding the right dose for you can take a little tinkering. It's always a good idea to start low and go slow. You can increase or decrease until you get desired results.

There are three different suggested levels of servings, Micro, Standard, and Macro, depending on the condition. Everyone's endocannabinoid system, (ECS) is unique, one size does not fit all. Here is an excerpt from "CBD: A Patient's Guide to Medicinal Cannabis--Healing without the High" by Leonard Leinow, Juliana Birnbaum, Michael H. Moskowitz.

Micro servings are considered a low level, in the range of 0.5 mg to 20 mg of CBD per serving per day. Micro servings can be helpful for sleep, headache, mood disorders, nausea, PTSD, stress, and metabolic disorders.

Standard servings are the mid-range, between 10 mg to 100 mg of CBD per day. Standard servings have been shown to be helpful for pain, inflammation, autoimmune disorders, Lyme disease, anxiety, depression, arthritis, some mental disorders, fibromyalgia, multiple sclerosis, inflammatory bowel syndrome, autism, and weight loss.

Macro (or therapeutic) servings are at the high range, between 50 mg and 800 mg of CBD per day. Servings at this level are often used to assist with severe or life-threatening conditions.

We typically have our clients begin with the 750 mg or 1000 mg bottle. We recommend starting out taking 4-5 drops twice a day and see how they feel. After about a week on that dose they can gradually begin working up slowly until they find what works for them.

Remember there's no single perfect dose for everyone as we are all different and dealing with different issues. The key is to not give up- keep adjusting both the dose and the frequency until you find the sweet spot.

CBD is non-toxic and non psychoactive and you cannot overdose on it, however it's ideal to find the lowest dose you feel good on and then increase if needed.

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CBD Biocare Serving Size Chart

| CBD per Bottle | Bottle Size | Servings per Bottle | Drops per Bottle | 24 Drops | 12 Drops | Retail | CBD Cost per ml |
|----------------|-------------|---------------------|------------------|----------|----------|----------|-----------------|
| 500mg | 1oz/30ml | 25 | 600 | 20mg | 10mg | \$64.99 | \$0.13 |
| 750mg | 1oz/30ml | 25 | 600 | 30mg | 15mg | \$79.99 | \$0.11 |
| 1000mg | 1oz/30ml | 25 | 600 | 40mg | 20mg | \$99.99 | \$0.10 |
| 1500mg | 1oz/30ml | 25 | 600 | 60mg | 30mg | \$129.00 | \$0.09 |



Is CBD Oil Legal?

One of the biggest concerns people have is the legality of CBD. There is so much confusion around it. Even when you read that its legal you can find the opposite info on the internet. It's really hard to find reputable sources.

So here are the facts!

Cannabis is legal when it has less than .3% THC because that's when it's considered hemp. All hemp is classified as industrial hemp according to the 2014 farm bill. CBD is legal in all 50 states when it is extracted from hemp.

Marijuana on the other hand is legal in some states for recreational and medicinal use. CBD extracted from marijuana is only legal in some states.

Interestingly enough, despite some of the controversy and lack of info, the US govt currently holds a patent on cannabinoids stating that they have been found to have anti antioxidant properties and that they help with many diseases especially inflammatory and autoimmune diseases. The government also states it is a neuroprotectant and able to limit damage after a stroke or other trauma. The patent also states that cannabinoids have been found to be helpful for neurological diseases such as alzheimer's, parkinsons, HIV and dementia.

Ready to order some CBD oil? Visit our [CBD page](#) on our website for updated specials. When placing your CBD Biocare order don't forget to use code DrApril for 5% off!!

Check Out These Awesome Testimonials:

“I’m in the Progressive part of MS...well I was until I started CBD BioCare a few wks back. I was diagnosed with MS on December 7, 2012 the day before my son’s first birthday. Apparently, I’ve had MS since high school and it was misdiagnosed. MS has completely turned my life upside down. I was that one patient that kept my Dr guessing if my therapies would work. I’ve tried so many out there and nothing was helping me. I was on chemo infusions for 2.5 years because that’s the last resort therapy. I was sick and tired of being sick and tired. I wanted to be the young healthy wife and mother I know I could be again. My friend introduced me to CBD BioCare! I will FOREVER be grateful for her!!! My life has drastically changed since taking CBD 1500mg 3 drops twice a day!!! I’m off all my medications except one that I’m weaning off!!! At one time I was on about 20 different medications. I’m not doing chemo infusions anymore! I’m not having to take 3500 mg of Neurontin for pain!!! My severe depression, Severe Anxiety, Severe Fatigue, Insomnia, Spasm, brain fog, headaches, migraines, my loss of focus, and many other symptoms have gone away!!!! I have so much energy now, I’m able to think clearly, speak more fluently, I’m able to sleep again, I’m able to have better relationships, I’m able to LIVE AGAIN!!!! This is the best I’ve felt in seven years!!! I can’t wait for the future holds!!!!” - C.D.

"This has really helped with my joints.... After taking my cbd oil, the pain was gone! I always hurt a lot more in the winter - this oil is such a blessing!!" - Tara

"This product has delivered amazing results. The aches and pains in my shoulder were gone in 1 week. I also use it to manage my anxiety and this oil has provided me much relief! What’s even better is once my anxiety kicked in it could take all day to go away which would sometimes trigger more anxiety. To my surprise this product has also improved my energy and focus. I am truly impressed by the benefits this product has provided me. Excellent product, excellent quality and excellent benefits." - T.B.

"Since i have been taking the CBD oil, the inflammation in my body has decreased and with that the chronic pain associated with it. The cyst on my thyroid even shrunk to almost nothing!!" - E.R.

"This is an awesome product! I take it in the morning and at night. I am sleeping like a baby! My back pain is much better. (I use it in conjunction with the pain balm which is AMAZING!) Anxiety? What anxiety? If I start to feel it come on I simply take a little bit more. I haven't had a panic attack in months! I have actually been able to cut my anti depressant in half and intend to quit all together soon! I gave my step mother some of the oil. She has Parkinson's and it literally stopped her shaking in minutes! I had a cold sore that I put the oil directly on and it was gone in about 3 days vs the usual 10 days. No scabbing at all! I had a friend say to me the other day, "You look like you just feel good!" You know what? I DO feel good!" -L.R.

"Since I started using CBD oil as a daily supplement. I feel different, I'm calm at any situation, I can control and balance my mood and my feelings." -U.P.

"It's really helped with some joint pain and general mindset." -C.S.



Possible Interactions

While no serious interactions have been reported with CBD and medications, there are a few things to look out for.

We're gonna get a little bit nerdy here just for a sec.

CBD and other cannabinoids can interfere with some pharmaceuticals because of the Cytochrome P-450 enzyme in the liver. These enzymes are what metabolize or break down most medications.

When taken in high doses, it's possible that CBD (and other cannabinoids) can cause Cytochrome P-450 to not break down the medications as normal. This could lead to a higher concentration of the drug in the blood.

Now ultimately this can be a good thing as it's then possible to reduce the amount of medication you are taking. You obviously would need to work with your doctor to monitor your medications and only reduce your dose after working with them.

We recommend that anyone on medications talk with their doctor if they have questions.

Unfortunately most doctors will not have a clue about CBD so if they don't, make sure to do your own research.

We do have many patients and CBD clients who take CBD with their medications and have had no problems at all.