



I Have Become...

Comfortably-Numb

Presents

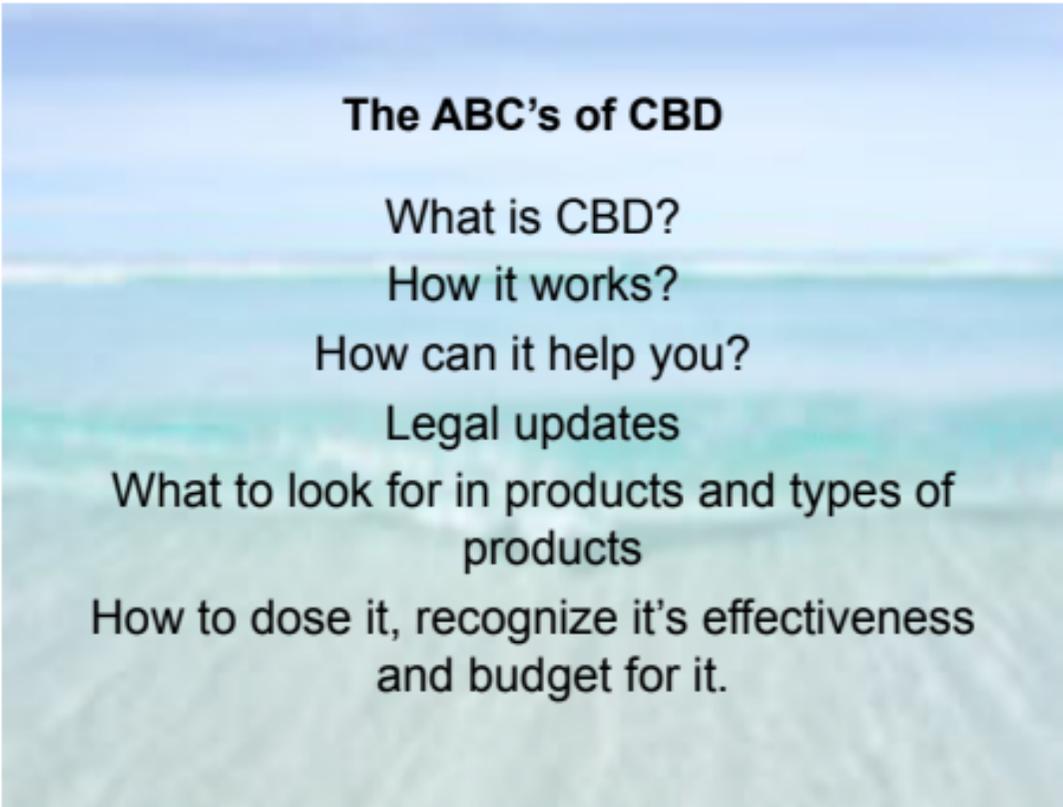
CBD Education and Pain Management

(The ABC's of CBD!)

**Featuring Karen Watts Nauman & Jeff Nauman: CEO Founders of
Comfortably-Numb**

And

**Dr. Dean Clark: Board Certified doctor of Chiropractic and Sports
Medicine**



The ABC's of CBD

What is CBD?

How it works?

How can it help you?

Legal updates

What to look for in products and types of products

How to dose it, recognize it's effectiveness and budget for it.

WHAT is CBD?

- ✓ **CBD stands for Cannabidiol** - non-psychoactive compound and one of many cannabinoids, found in Marijuana and Industrial Hemp: **Cannabis Sativa plant family**.
- ✓ These 2 plants have many cannabinoids, the main ones being THC and CBD. **Marijuana plant = THC**, whereas the **Industrial Hemp plant = CBD**. The THC is what gets one stoned or high.
- ✓ CBD used medicinally is **found in Industrial Hemp**, the least processed form of the plant. CBD from Industrial Hemp is **legal in all 50 states** if it is tested to have **LESS than .3% THC**.
- ✓ **Full Spectrum** contains all the cannabinoids & terpenes (flavors & scents) minus THC. CBD Isolate is where they **only extract the CBD**. The new drug, Epidiolex is made from this isolate.
- ✓ CBD from Hemp is **concentrated in the stems, leaves and stalks of the plant**, yet is significantly less in the seeds. **Hemp seed oil** by itself is **NOT a viable source of CBD**, it is used in cooking & lotions.

Pure CBD Oil

vs. Full Spectrum CBD Oil



Made from
99% pure CBD
isolate



CBD is the
only
cannabinoid
present



Clear
and
flavorless



Zero
% THC



Cannabinoids
extracted
from stalks
and stems of
hemp plant



CBD, other
cannabinoids,
and terpenes
are present



Typically
dark in
color with
natural
hemp
flavor



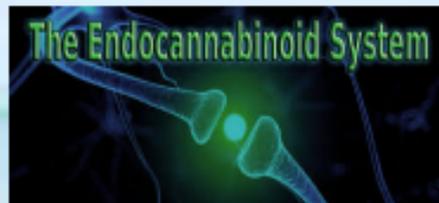
< 0.3 %
THC



HOW does CBD Work?

The endocannabinoid system (ECS) was discovered in the 1990's.

Network of receptors spread throughout entire body that control some of our most vital life functions, including our immune system, inflammation, anxiety/depression, sleep pattern, moods and pain sensation.



Our body makes endocannabinoids and we get some from food, **HOWEVER**, most of us are **deficient**, a condition called Clinical Endocannabinoid Deficiency (CECD.)

This means the ECS is compromised because of **poor nutrition and/or prolonged exposure to psychological and/or physical stress or disease.**

Internally produced endocannabinoids, **plant based phytocannabinoids** and other ECS Activators can **reignite a beaten down system**, keep receptors working at optimal capacity to help the functions of the body's central regulatory system and **help regain homeostasis.**

Health Benefits of CBD from Hemp



LEGAL UPDATES

- ✓ The recently passed "**Hemp Farming Act of 2018**" fully legalizes industrial hemp and all products made from it including CBD oil. Under the new law, the Drug Enforcement Administration and other government agencies would no longer be able to interfere with hemp.
- ✓ In May of 2018, the DEA issued a formal directive to all federal agencies (e.g. US Customs and Border Patrol) stating that **cannabinoids are not controlled substances unless derived from marijuana**, and that the "mere presence of cannabinoids" in any product or derivative does not render it a controlled substance.
- ✓ The **FDA approved the first cannabis-derived drug this week**, but it can't be sold until the DEA changes how it classifies the specific compound used.
- ✓ It is likely that the **DEA will reclassify CBD in the next 90 days**. Most likely it will be changed to Schedule 4 or Schedule 5, which are schedules that include other anti-seizure medications and anxiety drugs like Xanax and Klonopin

What To Look For & Types of Products

CBD is the component and this component, **measured by milligrams** is in all different types of products both taken internally and used externally

Look for products that are from **industrial Hemp**, are preferably full spectrum, organically & sustainably **grown in the US**, 3rd party tested and extracted naturally. Some European countries also grow excellent Hemp but be very careful, if not stated where it is from, it could be from China or elsewhere that has high lead and contaminants in the soil.

Dispensaries here in **Oregon** have **excellent** products but be wary of those online in particularly on Amazon **that are cheap or offer free trial.**

All products need to have the **amount of milligrams that are of CBD, not % or amount of the Hemp oil.**



Types of Products

CBD is the main component and can be infused in many types of products.



Delivery Methods

Sublingual/Oral delivery: Oil Tinctures or vaping allows for CBD to be absorbed directly into bloodstream through the veins and capillaries in mouth. Consumed by placing under tongue or mixing in a drink, its effect will be felt between 10 to 15 minutes. On average, it will last from 4 to 6 hours.

Edibles: Takes anywhere between 20 and 60 minutes to experience effects. For greater efficiency, eat edible on an empty stomach. On average, it will last from 4 to 6 hours

Topicals or transdermal delivery: Applied directly to the skin, which allows the oil or cream's active cannabinoids to penetrate and be absorbed into the skin for targeted treatment.

HOW TO DOSE

Start Small - 5 to 10mg. Take it in late afternoon/ early evening. See how it makes you feel. It affects everyone differently, most just feel a body relaxation effect.

Try small dosage for a few days and take more if you feel you need to. Gradually increase dosage and monitor how you feel. You want to find that **sweet spot** where you can feel improvement.



CBD doesn't cure anything but it can help with improving your health and skin gradually. You should see a difference in pain & anxiety reduction, erasing of age/sun spots, have more energy, less fatigue and good sleep.

For most people with bad pain or anxiety, a daily dose of approx. 20 – 50mg can work nicely. Or you can take an amount for daily maintenance and **take more on the days of bad pain or other conditions**

CBD should be taken an **hour before or after taking medications**, especially those that say No Grapefruit.

Budgeting – To add in CBD as a daily part of your health maintenance, you can expect to pay approx. \$40 - \$70 a month.

It affects EVERYONE differently

Oil Tincture Measuring Instructions

One full dropper is approximately 1 ml.

There are approximately 20-25 drops per ml. (These approximations are to be used only as a general guideline)

150mg / 0.5mg in 1 drop, 1 Dropperfull = approx. 10/12mg CBD

250mg / 0.84mg in 1 drop, 1 Dropperfull = approx. 16/18mg CBD

500mg /1.66mg in 1 drop, 1 Dropperfull = approx. 33/40mg CBD

1000mg / 3.32mg in 1 drop, 1 Dropperfull = approx. 66/80mg CBD

Fact

Someone can test positive for THC in a drug test if they take a full spectrum product regularly. If you do get tested for any reason, we suggest you go with an isolate product instead of Full Spectrum.

You won't get the best benefits but you will get benefits.

FDA Disclaimer

These statements have not been evaluated by the FDA and are **NOT** intended to diagnose, treat or cure any disease.

www.comfortably-numb.net