

# WHAT are Cannabinoids like CBD and CBG??

CBD/CBG are defined as cannabinoids, which are single components found in cannabis plants like hemp and marijuana. These have been used for thousands of years, because of their therapeutic healing properties. Illnesses and conditions that have been known to benefit are: pain, epilepsy, multiple sclerosis, amyotrophic lateral sclerosis, parkinsons, inflammation, acne, dyskinesia, psoriasis, broken bones, mad cow disease, depression, bacterial infections, diabetes, rheumatoid arthritis, nausea, anxiety and ADHD.

## How do cannabinoids work?

Cannabinoids work naturally with your body, because we have something called an endocannabinoid system throughout our body. This system has many receptors called CB1, CB2 and CB3. Each of these receptors effects different areas of the body and helps with absorption.

## Can My Doctor Prescribe CBD or other cannabinoids?

No. Doctors can make recommendations only. This is because there is no consistent recommended daily allowance for each individuals different needs.

Medical schools don't usually cover cannabinoids as a therapy option in their pharmacology courses. Curriculum covered is typically substances that are patented.

## What is the difference between HEMP and Marijuana?

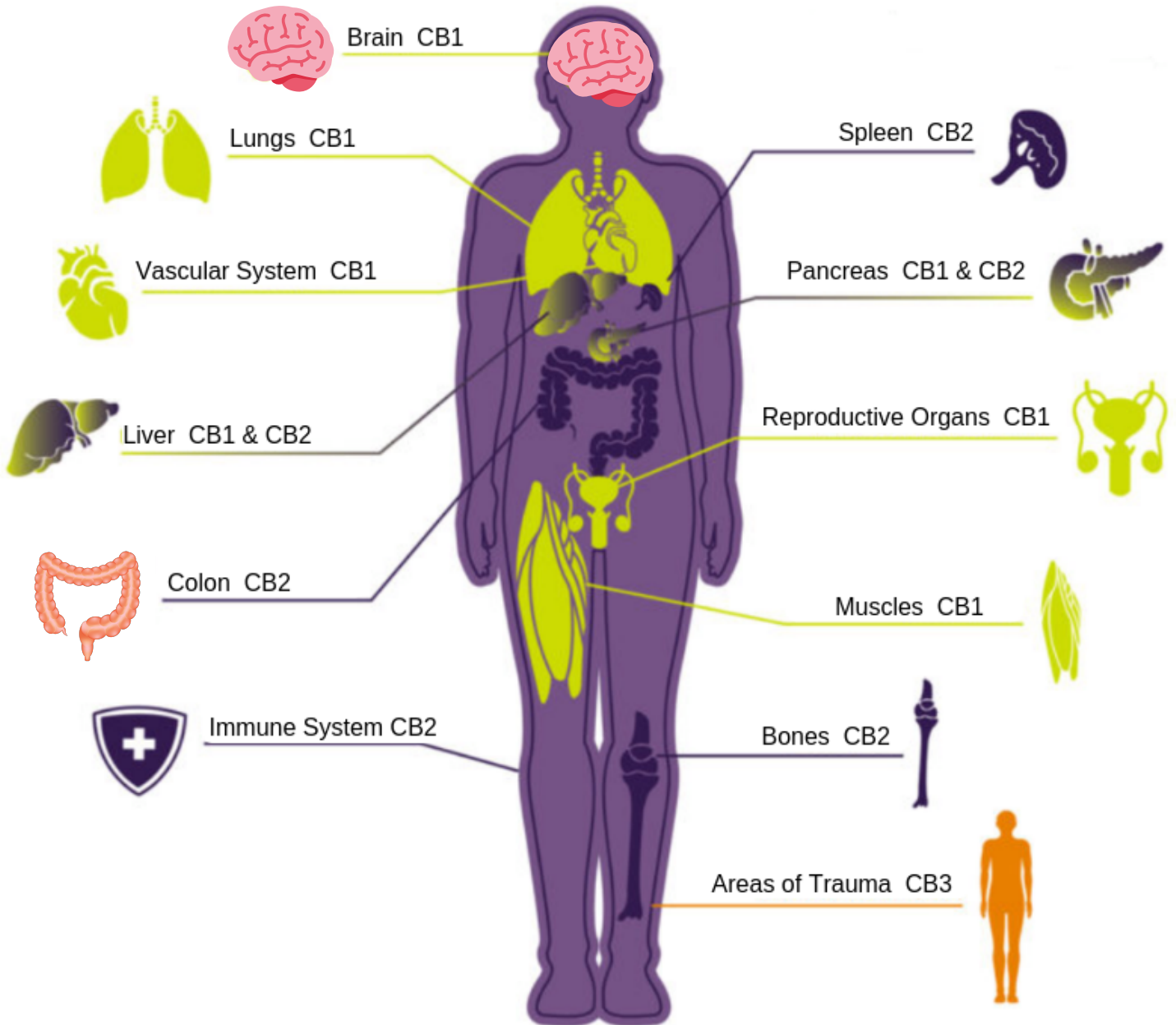
**Hemp** IS federally legal with a THC limit of 0.3% or less. Hemp is specifically grown for low THC to meet these federal requirements. Cannabinoid products derived from hemp are available in full spectrum and isolate, for example: CBD and CBG, which you won't find in marijuana dispensaries. Because hemp is not as highly regulated as marijuana, you want to make sure that you are doing your due diligence and ask for a certificate of analysis from anybody that provides these products to you. This is also important because hemp and marijuana look and smell the same.

**Marijuana** is NOT federally legal in all 50 states. As of today there are limited states that have legalized for recreational and medical use. Marijuana is highly regulated in these states like Washington and California. There are strict laws about advertising marijuana, and they only offer products that include THC, CBD and other limited cannabinoids in restricted low dosing. Any CBD products sold at a licensed dispensaries will have 3% THC or more, which is one of the Washington State requirements. If you are concerned about having even trace amounts of THC in your products, I would not suggest visiting a dispensary.



See the chart below to identify how each cannabinoid receptor works with different parts of your body

# Cannabinoid Receptors



## How do I know what my dose should be?

Dosing isn't the same for everyone. Each person reacts different to cannabinoids based on their genetic make-up, weight and ailments. We suggest micro-dosing, which mean starting low and working your way up until you achieve your happy place. Below is a credible website that will help you find the correct dose for you. **YOU CAN'T OVERDOSE** on cannabinoids, so don't stress to much about taking a little more that you should. Your body will naturally metabolize it! Cannabinoids are also non habit forming, so you can't get addicted.

[cbddosagecalculator.com](http://cbddosagecalculator.com)

## How will cannabinoids interact with my current medication?

Cannabinoids such as CBD may interact with other medications you may be taking. **ALWAYS** talk to your doctor, especially if you are taking any heart medication or blood thinners.

### Drug Interactions Checker

Type in a drug name and select a result from the list. Repeat the process to add multiple drugs. When complete, save your list for future reference or check for interactions immediately.

Drug Name

My Interactions List (Unsaved)

cannabidiol

Claritin (loratadine)

We have found a helpful chart online that will allow you check for possible drug interactions with your current medications. Check it out!

[www.drugs.com](http://www.drugs.com)

## What are the different ways I can take cannabinoids?

There are many different way to take cannabinoids. How you decide to take them will depend on you. You may also want to consider whether or not your job does drug testing. There are **full spectrum or broad spectrum** oils that have all of the good benefits of the plant, but have trace amounts of THC below 0.3%, which is federally legal. If you would prefer not to have trace THC in your products, then you might want to consider a **THC Free product**, which is when the THC has been completely removed from the extract.

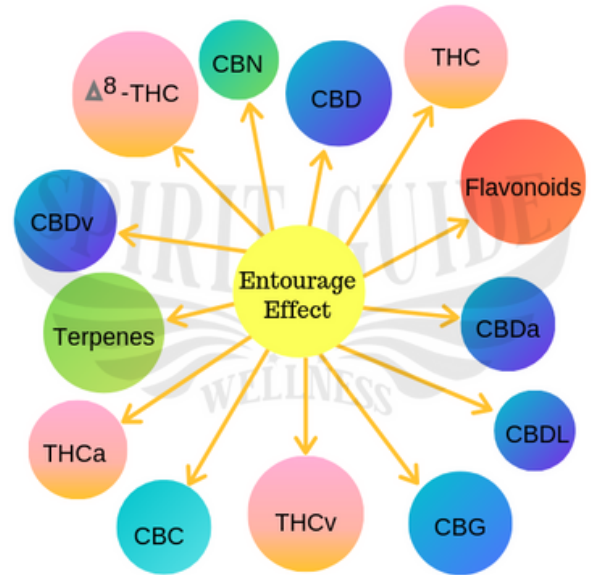
## How should I take cannabinoids?

Tincture RSO Paste  
Capsules Infused Drinks  
Infused Edibles  
Bath Bombs & Salts  
Lotions Salves  
Vape Flower Patches  
Soaps Shampoo  
Dissolvable Powders

There are quite a few different options for how you want to administer cannabinoids. There are many different products on the market from low to high quality, and **QUALITY** is most important when making your choice. Keep in mind that each product absorbs differently, and some have a strong flavor, so you may need to try a couple before finding what works best for you. Don't give up! Also make sure to ask for a Certificate of Analysis from your source. This will ensure that they have done their job to ensure that it is a quality product.

## Benefits of Full Spectrum?

The hemp plant contains over many cannabinoids besides CBD that have health benefits. It also includes terpenes and flavonoids too. Having all parts of the plant help give you what is called the "entourage effect". That's when each part works together to get the maximum benefit.



## Benefits of THC Free?

THC free is when the cannabinoids known as Delta-9thc and Delta-8thc, have been removed from the extract. These cannabinoids are the only known psychoactive cannabinoids in the plant. With THC Free, there is the ability to isolate specific cannabinoids that may work better for severe pain and anxiety.

### DISCLAIMER

*Inhaling certain fine particles that can cause health risks, such as respiratory irritation and as well as shortness of breath. This can make health conditions such as asthma and heart disease worse, so please check with your doctor to make sure that using a product in this manner is right for you.*

*There have not been enough studies done to show that cannabis products are safe for pregnant women. Again, please check with your health professional prior to consuming these products.*

## Call for a free consultation today!

