



CBD

THE COMPLETE GUIDE

Table of Contents

What Is CBD	1
How CBD Differs From Marijuana	3
The Marijuana Plant	3
The Hemp Plant	4
The Differences Between Cannabis and CBD	5
How CBD Works.....	6
CBD For Health: What The Science Shows	8
Migraines.....	8
Dravet Syndrome And Lennox-Gastaut Syndrome	9
Anxiety and Insomnia	9
Depression.....	10
Cancer And Its Symptoms	10
Acne Relief.....	11
Neuroprotective Properties – Brain Health	11
High Blood Pressure.....	13
Pain Relief.....	13
Other Health Benefits	14
THC Medicinal Benefits	15
What Makes THC Beneficial	15
Properties Of CBD	17
Terpenes.....	18
Prescription Versus Over The Counter CBD	20
Prescription CBD	20
Over the Counter CBD.....	20

Purity Levels Of CBD Products.....	23
3 Types Of CBD	23
The Entourage Effect.....	24
Other Compounds To Look For.....	24
How CBD Is Used: Administration Methods And Forms.....	26
Speed Of Various Administration Methods	27
The Difference Between Oil And Tinctures.....	29
CBD And Drug Interactions.....	30
11 Safety And Precaution Tips.....	31
CBD Laws By State	34
Final Thoughts	35

Disclaimer: This publication is for informational purposes only and is not intended as medical advice. Medical advice should always be obtained from a qualified medical professional for any health conditions or symptoms associated with them. Every possible effort has been made in preparing and researching this material. We make no warranties with respect to the accuracy, applicability of its contents or any omissions.

What Is CBD

According to Wikipedia, *“cannabidiol is a phytocannabinoid discovered in 1940. It is one of 113 identified cannabinoids in cannabis plants and accounts for up to 40% of the plant's extract.”*

CBD has become one of the most popular forms of alternative medicine. Since its legalization in several states, it is readily available and highly sought after. It is believed to have benefits for both physical and mental health.

Interestingly enough, there have been few human studies for CBD, and yet a Gallup Survey found that 1 in 7 adults use CBD Products

(<https://www.usnews.com/news/health-news/articles/2019-08-08/1-in-7-adults-use-cbd-products-gallup-survey-finds>).



Many forms of therapy under the alternative medicine umbrella are this way, with science behind the numbers of frequency of use. This tells us there is something to CBD that millions of people find beneficial.

Before considering CBD, you will want to know what it is, the possible benefits, what it is made from, and how to buy it. Of course, you should speak with your doctor before trying CBD or any other types of alternative therapies to be sure it is safe for you to use. The most crucial first step you can take is openly communicating with a doctor and be sure that CBD will not interfere with any of your medications.

CBD is a strain in the hemp plant that holds beneficial properties that people use all over the world.

- CBD stands for cannabidiol, which is the strain known for its medicinal properties.
- It has boomed in the health world, and many people are now adopting it in their daily health care routine.
- CBD is specifically taken from the hemp plant and not the marijuana plant.
- Using hemp for products became legal in 2018 and has created a booming industry. The hemp plant contains very little THC (tetrahydrocannabinol), the psychoactive compound in the marijuana plant that causes intoxication. Legally speaking, CBD must contain less than 0.3% of this strain to be sold on the market.
- CBD is incredibly new to the retail world but has been growing rapidly. You can now walk down the street of many American cities and find CBD shops, and other stores that sell CBD products.
- Some states still do not socially accept CBD and will not allow hemp to be grown or sold there. Depending on the state you live, you may not have the option to try CBD.



How CBD Differs From Marijuana

According to Harvard Health, *“CBD stands for cannabidiol. It is the second most prevalent of the active ingredients of cannabis (marijuana). While CBD is an essential component of medical marijuana, it is derived directly from the hemp plant, which is a cousin of the marijuana plant. While CBD is a component of marijuana (one of hundreds), by itself it does not cause a “high.” According to a report from the World Health Organization, “In humans, CBD exhibits no effects indicative of any abuse or dependence potential.... To date, there is no evidence of public health related problems associated with the use of pure CBD.”*

Many people use the word hemp and marijuana interchangeably. They are two entirely different plants and contain different components in them. They have two separate anatomies and are used for different things. In fact, they even look different! Marijuana and cannabis oils do something much different than hemp and CBD oils.

The Marijuana Plant

Unlike the hemp plant, this is a smaller plant that blooms. It is short, stocky, produces flowers, and has a very pungent smell. Every cannabis plant will have a stem and leaves that extend from nodes. Each plant will also have a cola or a cluster of buds at the very top of the plant.



A male cannabis plant will have a pistil which is contained by the stigma that bees can collect from to pollinate the female flowers. The female cannabis flower will have the bract, which is where the bees pollinate.

All cannabis plants will have something called trichomes, which are small odd shaped hairs to protect the plant. This is also the part of the plant that lets off the distinct “weed-like” smell you associate with cannabis.

The trichome is also responsible for many other terpenes, these are glands that produce the cannabinoids. These secreted glands also hold the THC and CBD in the marijuana plant. Each strain of cannabis plant will hold a different number of terpenes.

The Hemp Plant

Unlike its stocky, short cousin, this plant is tall and lanky. It is completely durable and could be one of the oldest plants that we know of.

Hemp is part of the cannabis family, but it does not get you intoxicated. It contains an entirely different chemical composition, which is also why it is federally legal to grow.

The coolest thing about hemp plants is that they start out as seeds, which are also technically nuts that you can consume. The hemp seeds have nutritional value, and can be added to salads, smoothies and eaten on their own to boost health. Milk and other food products are made from hemp, as well as industrial materials such as rope and clothing. Hemp plants naturally contain as little as 0.3% THC, so when consumed, you do not get a high.

The anatomy of the hemp plant is almost the same as that of a marijuana plant.

The difference is the stalk or stem of the hemp plant is thick and rough, almost like that of bark on a tree. Before flowering, you will never know which plant is female or male.

In industrial hemp used to create CBD, most plants are either all female or all male. However, when someone is growing hemp on their own, one plant could carry 50% female heads and 50% male heads. This creates a unique looking hemp plant.

The Differences Between Cannabis and CBD

Now that you know the difference between each actual plant, you may be wondering the difference between CBD oils and cannabis oils.

- Both oils can be used for medicinal purposes. However, cannabis oil will intoxicate someone due to its high THC levels, while CBD contains hardly any THC.
- Cannabis oil comes from the marijuana plant and contains high levels of THC.
- CBD oil can only contain 0.3% THC, and most times, it can be nearly completely strained out, meaning it will in no way impair you.

For both of these oils, you should consult a doctor before using them. Both CBD and cannabis oil should be used properly and safely.

How CBD Works

If you haven't figured out by now, CBD is an amazing product that you may want to try to invest in. This could change your entire self-care routine. There are now so many products to choose from and you have the tools to pick the best kind of product for yourself. Knowledge is power, and by reading this guide to CBD, you are accessing that power to live a healthier life.

So how does CBD work inside of our bodies?

Anything we ingest releases a chemical response, even when we eat foods.

Certain foods make us feel euphoric because of certain ingredients, others

make us feel angry. Either way, our body releases responses that roam throughout our whole body and the same goes for ingesting CBD.

First, you need to understand that our bodies consist of an endocannabinoid system. These receptors work with CBD to produce a range of effects. There are two types of receptors called CB1 and CB2, this system functions with or without CBD to push it along.

- CB1 receptors influence and help control our coordination, movements, pain responses, memory, appetite, and mood.
- CB2 receptors are in charge of inflammation, our nervous system, and pain.



Enzymes work in our body to break down the cannabinoids that enter our system. Then, the endocannabinoids search for receptors.

CBD does not directly bind with receptors but influences them to do certain things and adds a layer of protection. It helps activate certain receptors more than the body naturally can, which then leads to all of CBDs health benefits.

CBD For Health: What The Science Shows

Now that we know how CBD works in our bodies, you may be wondering what the actual health benefits are. There have been a few studies done on CBD, but more human research studies are needed for any conclusive results. If you are looking to manage something specific, your best bet is asking your doctor for their opinion and if it will interact badly with any other medications you may be taking.

CBD has been shown to be possibly beneficial for various conditions. While thousands of people love and use it, conclusive science is still out. THC (medicinal marijuana) also has its own benefits, but unlike CBD, THC does cause intoxication. This does not mean you should go out and smoke a joint, but it does mean you need to look at the whole plant and find out the benefits of both CBD and THC.



Migraines

CBD has been known to reduce migraines or chronic headaches in individuals. There is still little evidence it works for migraines. However, users have declared that it does reduce the symptoms of bad migraines. If you're looking for other natural treatments, managing stress levels is a really good way to manage migraines. You can do this through meditation and exercise.

Dravet Syndrome And Lennox-Gastaut Syndrome

One of the more prominent and proven uses of CBD is for seizures. According to Harvard Health Publishing, the strongest scientific support for CBD is in the treatment of one of the most awful childhood epilepsy syndromes, Dravet syndrome and Lennox-Gastaut syndrome.

One of the worst aspects of these conditions is they do not respond to antiseizure medications. But multiple studies have shown that CBD is able to not only reduce seizures but even eliminate them completely. This is the reason that the FDA has approved the first cannabis-based medication, known as Epidiolex which contains CBD and treats these conditions.

Anxiety and Insomnia

Harvard Health further states that CBD seems to be effective in alleviating anxiety, and insomnia, as research has found CBD to not only be helpful in falling asleep but also in staying asleep.

Many people worry about prescription anxiety medication which can cause dependence and other unwanted side effects. CBD seems to help many with anxiety, and it is not psychoactive (mood altering) or addictive.

Healthline cites a Brazilian study that included 57 male subjects who were given either oral CBD or a placebo about an hour and a half before giving a public speaking test. The results were fascinating in that those who received a 300 mg dose of CBD had a significant reduction in anxiety (symptoms including shaking,

increase heart rate, trouble focusing, and irritability) while performing the public speaking test.

Depression

Healthline reports that CBD oil has shown a lot of promise in treating depression, “using CBD has been shown to reduce anxiety and depression in both human and animal studies.”

Cancer And Its Symptoms

CBD may help reduce symptoms related to cancer treatment, like nausea, vomiting and pain.

One study that included 177 patients (Multicenter, double-blind, randomized, placebo-controlled, parallel-group study of the efficacy, safety, and tolerability of THC:CBD extract and THC extract in patients with intractable cancer-related pain; Johnson, et al) found a combination of CBD and THC yielded significant pain relief when administered in unison versus giving the study subjects THC alone.



Another study (Delayed nausea and vomiting continue to reduce patients' quality of life after highly and moderately emetogenic chemotherapy despite antiemetic treatment; Bloechl-Daum, et al) found CBD to reduce chemotherapy related vomiting and nausea, two of the worst side effects of cancer treatment.

Another exciting discovery occurred with animal studies (Preliminary efficacy and safety of an oromucosal standardized cannabis extract in chemotherapy-induced nausea and vomiting; Duran, et al) that found CBD to possibly have anticancer properties. The test-tube study discovered that concentrated CBD caused cell death in human breast cancer cells.

Another study found CBD to inhibit the spread of aggressive breast cancer cells in mice, The study states, *“In conclusion, CBD represents the first nontoxic exogenous agent that can significantly decrease Id-1 expression in metastatic breast cancer cells leading to the down-regulation of tumor aggressiveness.”* (Cannabidiol as a novel inhibitor of Id-1 gene expression in aggressive breast cancer cells; McAllister, et al).

Acne Relief

Test tube studies are promising in CBD being effective against acne, mainly because CBD contains anti-inflammatory properties and also is able to reduce sebum production (Cannabidiol exerts sebostatic and anti-inflammatory effects on human sebocytes; Balázs, et al) (Differential effectiveness of selected non-psychotropic phytocannabinoids on human sebocyte functions implicates their introduction in dry/seborrhoeic skin and acne treatment; Oláh, et al).

Neuroprotective Properties – Brain Health

Researchers believe that CBD may have the ability to benefit patients with neurological disorders, especially those suffering from multiple sclerosis and

epilepsy. More research is needed but scientists believe the initial results are promising.

A spray that combines THC and CBD called Sativex was found to reduce muscle spasms in those suffering from multiple sclerosis (Nabiximols (THC/CBD oromucosal spray, Sativex®) in clinical practice--results of a multicenter, non-



interventional study (MOVE 2) in patients with multiple sclerosis spasticity; Flachenecker, et al)

Other studies report improvements in sleep quality in those suffering from Parkinson's disease (Cannabidiol can improve complex sleep-related behaviors associated with rapid eye movement sleep behavior disorder in Parkinson's disease patients: a case series; Chagas, et al) (Effects of cannabidiol in the treatment of patients with Parkinson's disease: an exploratory double-blind trial; Chagas, et al).

An exciting long-term study administered CBD to mice with genetic predispositions to Alzheimer's disease and reported that CBD indeed helped to prevent cognitive decline in these mice (Long-term cannabidiol treatment prevents the development of social recognition memory deficits in Alzheimer's disease transgenic mice; Cheng, et al).

CBD oil from hemp was found to help the following conditions in a study published in *Pharmaceuticals* (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4033945/>):

- Less severe anxiety and agitation in patients with Alzheimer's Disease
- Reduced brain inflammation in those with Alzheimer's Disease

- Lower risk of involuntary movements (dyskinesia) in patients with Parkinson's Disease
- Reduced impulsiveness and hyperactivity in people with Huntington's Disease

It's important to note that this research is still within its preliminary stages and future research must be done on humans to truly understand the full effects.

High Blood Pressure

The Mayo Clinic describes numerous studies that have found CBD to possibly help lower blood pressure. More research is needed to confirm these results.

Pain Relief

Due to CBDs anti-inflammatory properties, CBD may be an effective pain reliever. The CBD strain sends chemical signals throughout your body that tell the pain receptors to stop hurting. This is one of the biggest reasons why CBD is so popular. It is a natural way to defeat inflammation and pain under the umbrella of alternative medicine.

Studies have found CBD to be useful for chronic pain and reducing inflammation (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5922297/>).

Harvard Health describes a study that was published in the European Journal of Pain that reported reduced pain and inflammation from arthritis in animals.

They further cite another study that demonstrated just how CBD inhibited both neuropathic and inflammatory pain, both of which are chronic and some of the most difficult to treat and alleviate.

(<https://www.health.harvard.edu/blog/cannabidiol-cbd-what-we-know-and-what-we-dont-2018082414476>).

Other Health Benefits

CBD studies continue to be conducted and while more research is needed, a few possible promising benefits have arisen as a result.

Healthline reports these to be:

- The reduction of psychotic symptoms related to schizophrenia and other mental disorders.
- Substance abuse treatment.
- Animal and test-tube studies show promise in CBD having anti-tumor effects.
- Diabetic mice who were given CBD as a treatment yielded a 56% reduction in diabetes as well as greatly reduced inflammation.

THC Medicinal Benefits

There are actual health benefits of consuming THC, and a lot of the CBD you buy will contain 0.3% THC. This is not enough to intoxicate you, but it can be enough to receive the benefits THC offers.

Some researchers believe that you need both CBD and THC to receive any benefits from the solution. Once you learn about CBD, you will notice many brands contain small THC traces, which is one of the 200 chemical compounds found in the cannabis plant.

Many researchers believe that you need both components to yield the best effects and receive the full health benefits.

What Makes THC Beneficial

- **Buzz** - The CB1 receptors bind to the CB2 receptors and release a chemical reaction in the brain that causes a buzz. In other words, this is the component that intoxicates you and what legal marijuana is known for. However, this may not be the strongest selling point for legal marijuana.
- **Body** - Most of what you feel after consuming THC is because of the chemical changes in your brain. It is known to work with the other components to create a super-strong anti-inflammatory potion, making it great for pain management.

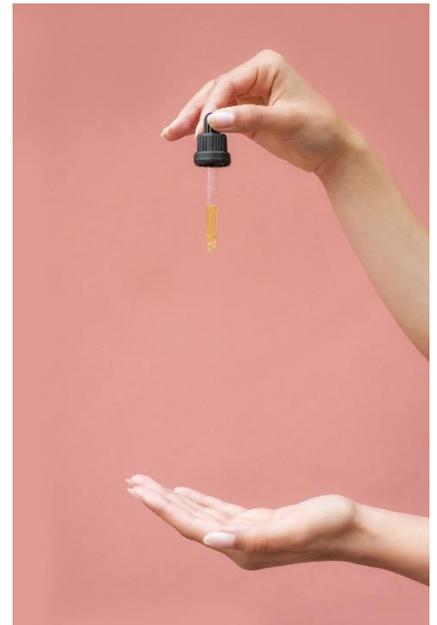
- **Hunger** – THC is used by AIDS and cancer patients to reduce nausea and boost appetite that is often affected by the diseases and chemotherapy treatment. THC stimulates the release of ghrelin, the hunger hormone (<https://www.sciencedaily.com/releases/2018/07/180717094747.htm>).
- **Sleep** - If you are struggling with sleeping disorders, using CBD with THC can really help this problem. Prescription sleeping pills can help with insomnia for a short amount of time, but after a while, your body becomes used to it, and they are highly addictive and so can be dangerous for long term use, but while THC can cause people to abuse it, physical dependence is not an effect of THC.

Properties Of CBD

Though not enough research has been done to prove that CBD helps all of these things. Researchers believe that the properties of CBD can help a lot of different types of people.

CBD properties can include:

- **TNF-A** - This is a protein that helps resistance of infection. This can be used to fighting cancerous cells and signal healing properties throughout the body. It can also help fight against certain infections in the body. This can lead CBD to be very beneficial for some people.
- **TRPV-1** - This compound is found in CBD and helps regulate body temperature and is known to help regulate pain. It works with TRPA1, which is an irritant receptor that mediates and detects noxious stimuli in the surrounding environment.
- **CB-2** - This is another protein and is naturally occurring in the body. It influences someone's immune system, and CBD naturally has this protein that may help enhance this substance in your body. It is a key component in fighting inflammation.
- **5-HT1-A**- These are receptor agonists called neuromodulation. Agonists must bind to receptors that activate a certain kind of response in the body. In this case, this protein, and the reaction of the combination may lower



blood pressure through heart rate. This can be exceptionally good for anyone who struggles with high blood pressure.

Terpenes

Terpenes are responsible for the smell of the flower and can add to the healing effects of CBD.

Examples Of Terpenes

- **Alpha-Bisabolol** - This is a mildly floral scent that is also found in chamomile. This is not a major terpene but is noteworthy. It is typically found in beauty and skincare products. It is found in CBD, and may help treat acne, among other things and includes anti-inflammatory, soothing, and antimicrobial properties.
- **Guaiol** - This is an amazing terpene though it is also not considered a major one in CBD. It is used for several different kinds of natural medicines and smells of fresh pine trees. It is known for its anti-inflammatory and antimicrobial properties and contains antioxidants.
- **Beta-Caryophyllene** - This terpene is one of the most common ones found in cannabis plants and has some incredible properties. It is the only non-cannabinoid that activates CB2 receptors in our endocannabinoid system. It can also be found in cloves and rosemary. It helps fight against chronic pain, contains antinociceptive properties meaning it blocks pain, and contains antioxidants.

- **Alpha-Humulene** - This is found in cannabis but is also found in hops that give beer its bitter taste and an odd smell. It has a very earthy and spicy scent that cannot be forgotten. This terpene helps control appetite and is also antibacterial and anti-inflammatory.
- **Alpha-Pinene** - Another common terpene found in cannabis plants that smells of pine trees and nature that is also seen in some citrus fruits, many trees, and even balsamic resin. The properties that characterize this terpene are memory retention, alertness, and a decrease in anxiety or depression.
- **D-Limonene**- This terpene smells fruity and delicious and is commonly found in the cannabis plant. This terpene can help with anxiety, depression, inflammation, and boost your mood.

This list is by no means exhaustive of the terpenes you can find in a CBD product. There are over 200 types of terpenes found in cannabis and hemp plants. Everyone experiences these terpenes differently, and some experimenting may be needed to figure out what works best with your body.

Prescription Versus Over The Counter CBD

CBD has hit the market across the United States and has entered many retail stores. You can find CBD products in many different stores. Beauty stores carry CBD topicals, health stores carry tinctures, and smoke shops carry CBD juices for vapes. But what exactly is the difference between over the counter and prescription products?

Prescription CBD

There is currently only one prescription CBD medication approved by the FDA that you can get from a doctor. This is called Epidiolex and is used to treat Lennox-Gastaut syndrome, Dravet syndrome and tuberous sclerosis complex in those who are 1 year of age or older. Other benefits are being tested and more human studies are needed for conclusive results. Epidiolex has been through many trials and has proven to work.



Over the Counter CBD

CBD is now very easy to find, there are many websites you can order it from and many more places that carry it on hand where it has been legalized. However, it is crucial you get CBD from a trustworthy place. When buying over the counter or in a regular store, there will be a few key components that you will want to look for to make sure it is a high-quality CBD oil.

- **Third-Party** - This is a style of testing that ensures that it is CBD oil. If a company does not have a certificate saying that it has third party lab testing done, steer clear from it. The testing place should not be affiliated with the company itself. It is a way for the company to remain transparent. There should be no funny business when buying CBD.
- **Dark Bottles** - No CBD should ever be in a clear or plastic bottle. Sunlight can oxidize the oil and make it less potent and less effective. Due to this, many companies have figured out that if the oil is placed in a dark glass bottle, it will keep its effectiveness. If it comes in a clear plastic bottle labeled CBD, avoid it.
- **Price** - Creating CBD is not only time consuming but it can also be very expensive. If a price is too low, it may not actually be CBD. It is incredibly dangerous to consume liquids, of which you do not know the exact ingredients. It is super important to pay attention to the price, it should never be too good to be true. Always aim for \$40 - \$50 CBD oils with third-party testing.
- **Location** - Be sure you know where the hemp was located and where the CBD was made. Hemp is an amazing plant and can absorb many things from the ground, which it then transfers to the CBD oil that is made from the hemp. If the ground had chemicals in it before the hemp was grown, it could be toxic to humans.

The most important thing you can take away from this section is that you need to research your CBD before consuming it regularly. Be sure that the brand you are

using is open and honest about what is in the bottle, where it came from, and if it was tested. If anything starts making you feel funny or sick, stop taking it immediately.

Purity Levels Of CBD Products

Any legit company or brand will go out of their way to get third-party tested because it shows their hemp is the best. Each third-party certificate will verify the purity and the levels of purity for each CBD product.

There are two different kinds of purity levels to look for.

1. The USA made sticker and an organic seal. This means that there are no other terpenes, and it is organic CBD. However, you will still want to look for a third-party testing certificate to verify this is true.
2. 99% CBD

You will also need to learn the difference between bottle labels and what they mean. There are going to be three labels to look for, all carrying a different kind of CBD.



3 Types Of CBD

1. **Full Spectrum** - This has other terpenes plus THC. It contains all the phytonutrients from the plant and can make it especially effective for those who are interested in having small amounts of other terpenes. It can be pure, but not purely CBD.
2. **Broad Spectrum** - This contains other ingredients from the hemp plant besides the THC compound. This is great for anyone who wants to take large

amounts of CBD every day as there will be no chance of a false positive on a drug test, but you will receive the health benefits of the other terpenes.

3. **CBD Isolate** - This is the purest form of CBD. During the straining process, they remove all other terpenes and produce only CBD to mix with the oil.

Full spectrum CBD oils will always be priced higher because they are more in demand. Though there has not been enough research conducted, there is some evidence that the full hemp plant and all the compounds are needed to reap all its benefits.

The Entourage Effect

Though it has a fancy name, the idea is really simple to understand. Researchers believe you need the full plant to receive any sort of benefits. The entourage effect means that the plant is using all its compounds to work together inside of your body for you to see results. Each compound or terpene found in CBD can help bring out therapeutic properties.

Other Compounds To Look For

Here is a list of other things to look for when choosing a full spectrum CBD oil.

- **CBN** - Cannabinol, this can be beneficial for a sleep-aid.
- **CBC** - Cannabichromene can help increase the way your brain cells work and make connections.

- **CBG** - Cannabigerol is the compound that works with our endocannabinoid system. This is the compound that can affect mood and our pain responses.
- **CBDA** - Cannabidiol acid this is what CBD is before it is exposed to heat!
- **CBDV** - Cannabidivarin this is the compound that is known to help reduce seizures in CBD.

Source: <https://royalcbd.com/cbd-isolate-vs-full-spectrum-broad-spectrum/>

Due to these other components choosing full spectrum CBD oils over pure CBD oils may be more beneficial to you.

The most important thing to do is to sit down and write out your health concerns. Identify which terpenes help your specific needs and determine if CBD isolate will do the trick or if you need a full spectrum.

How CBD Is Used: Administration Methods And Forms

CBD is so widely popular that companies all over the world have figured out how to



do different things with it. You can now take CBD in a variety of ways. You may have to try a few different methods until you find one that works best for you.

There are so many varieties and types of CBD oils that you have complete control over what you take when you take it and the dose you take it at.

- **Capsules** - These are small pills that you can take that are usually full spectrum and easy to take with other daily vitamins. Capsules are often used for insomnia and pain conditions.
- **Creams** - This style of CBD is for topical use only. It does not get into the bloodstream but will still help fight off inflammation and pain such as that from arthritis and other chronic pain conditions and if you have any skin conditions it may also help battle those.
- **Inhalers** – Come in a vape-like form, that is usually dosed out for you. One pull of the vape is one dose of CBD, there are usually around 200 puffs per inhaler and every puff is the recommended dose.
- **Gummies** - By far the yummiest way to take CBD, this is a great choice for anyone who wants a dose of deliciousness with a side of health benefits.

Usually, two gummies are the recommended dose, but you will always want to read the directions and recommended use. Depending on the brand, they will come in a few different flavors.

- **Edibles** - Another yummy way to take CBD is by taking edibles! Typically, when we think of edibles with think of marijuana and THC. However, CBD edibles are available and they are delicious, and full of all the rich nutrients CBD can provide you.
- **Drinks** - This is a relatively new way to consume CBD, but a lot of health and wellness places have started carrying them. It takes about two or three hours to fully digest liquid CBD.
- **Oil** - This is the most common way to take CBD and is readily available. It is a mixture of oil and the strained CBD. There are many different types of oils, and you will want to pay attention to the different kinds. If you are unsure of which CBD oil to choose from, ask the sales associate working. They will be able to provide full details of the various available products.

Speed Of Various Administration Methods

The time between consumption and feeling the effects depends on certain factors.

- The quality and potency of the CBD product
- Method of administration
- The dose
- Individual biological factors including, your weight, if you have a full or empty stomach gender, metabolism, and experience with taking CBD.

Generally, the most significant determinant is the method of administration. Here are a few examples:

- **Vapes or Inhalers** – Vaping is the fastest and most efficient delivery of CBD. *Effects are felt within 5 to 10 seconds, almost instant.* Since this method of administration is very fast absorption, the effects with vaping will only last a short time, typically wearing off within 3 hours or so.
- **Oils** – Ingesting CBD oil takes about 2 hours to feel the effect.
- **Capsules** – typically it takes about 30 minutes to feel the effect of CBD in pill form. Pills produce the longest lasting effects of any other administration method.
- **Gummies and Edibles** - These take the longest to kick in because your body must break them down and digest them. This is also one of the least effective ways to take CBD because, by the time the body breaks down the food to get to the CBD, there may be very little that can enter your bloodstream. Edibles can take 2 or more hours to feel the results and the effects typically last for about 8 hours. *The time of effect depends on several factors, including your metabolism, if your stomach is empty or full and the strength of the particular product.*
- **Drinks** – *Can take some time to take effect and the effects may last up to 24 hours.*
- **Topicals** - Only a small amount of CBD in cream form absorbs into the bloodstream and topical CBD forms target the CN2 receptors in skin cells to

activate the endocannabinoid system. *The time effect takes place varies and depends on the CBD content of the particular lotion or cream.*

- **Tinctures** - If you hold these drops under your tongue for 45 seconds, *you should feel the effects within 1 hour.*

Note: While oral administration takes the longest time to feel the effects it produces the longest lasting effects.

The Difference Between Oil And Tinctures

CBD oil is strictly the CBD with a base. However, tinctures can be a mixture of CBD, a base, and vitamins. With tinctures, it is important to look at the ingredients to understand exactly what you are taking.

If you are not careful, certain vitamins and minerals added into the tinctures can negatively impact your body. A tincture will also usually have an alcohol base rather than an oil base. Despite these small differences, they have the same benefits.

CBD And Drug Interactions

Drugs.com says, *“Side effects of CBD may include nausea, tiredness and irritability, and it may interact with some medications, such as warfarin.”* Furthermore, *“Because CBD is currently marketed as a supplement, it is not regulated for safety and purity. Which means you cannot be sure if the product you are buying does contain CBD at the dosage listed, or if it contains any other (unlisted) ingredients.”*

The best way to start taking CBD is by talking to your doctor and figuring out if CBD will interact badly with any of your medication. If you are thinking about taking CBD, it is important to have open communication with your doctor who will tell you all of the possible outcomes of taking CBD with what you are taking.

One of the questions you will want to ask your doctor is about CYP3A4. This is an enzyme that helps metabolize the CBD in your system. However, when on medication, these medicines also interfere with CYP3A4, meaning CBD and the medication would be competing. This makes it less effective. If your medication affects this enzyme, CBD may not be the right choice for you.

11 Safety And Precaution Tips

- A brand that sells CBD should be open and transparent. If something feels off or seems sketchy, it would be best to skip it if it is not well packaged.
- According to Harvard Health, *“a significant safety concern with CBD is that it is primarily marketed and sold as a supplement, not a medication. Currently, the FDA does not regulate the safety and purity of dietary supplements. So, you cannot know for sure that the product you buy has active ingredients at the dose listed on the label. In addition, the product may contain other (unknown) elements. We also don’t know the most effective therapeutic dose of CBD for any particular medical condition.”*
- In a statement on their website, the FDA says, *“The FDA understands that there is increasing interest in the potential utility of cannabis for a variety of medical conditions, as well as research on the potential adverse health effects from use of cannabis. To date, the FDA has not approved a marketing application for cannabis for the treatment of any disease or condition. The agency has, however, approved one cannabis-derived drug product: Epidiolex (cannabidiol), and three synthetic cannabis-related drug products: Marinol (dronabinol), Syndros (dronabinol), and Cesamet (nabilone). These approved drug products are only available with a prescription from a licensed healthcare provider. Importantly, the FDA has not approved any other cannabis, cannabis-derived, or cannabidiol (CBD) products currently available on the market.”*

- **Ease into it** - Do not start with the highest dose of CBD. If you find a brand you trust, the best way to start is by taking the lowest dose and working your way up. When you find a comfortable dose, take it twice daily until you feel a difference. If you do not believe it is working, take a break. You may notice the difference after you stop taking it. If that happens, you can start at the dose you left off at and resume taking it the way you did before you stopped.
- **Oils** - If you are taking a tincture or oil, be sure to take the recommended dose by using the dropper as many times a day as the bottle says. Hold the oil under your tongue for the proper amount of time, usually 30 seconds. This is one of the best ways to get it into your bloodstream faster. It works much quicker than edibles or gummies that have to digest before you see effects.
- **Consult Your Doctor** - Having a doctor you trust is of the utmost importance, even if you are not planning on taking CBD. It has been a recurring theme in the guide, but it is essential to talk to your doctor about your CBD plans.
- **Feeling Funky** - If you feel funky or think it may be interacting with your medication or your body in a bad way, stop taking it immediately. There are times when CBD is not good for people and will do more harm than good. This can also happen if the hemp plant absorbed any chemicals in the ground and is not pure. It is incredibly important to the CBD oil is third-party tested and certified.

- **Legality** - Be sure you follow any state regulations where you live when consuming or buying CBD products.

The main thing is to feel comfortable and confident about the product you are taking. There is no strict guideline on how to take it, how long to take it, when to take it, or how much to take. Every person is different and will experience different reactions from CBD.

Some experimenting will be required to take this product and to find out how what works best for you.

CBD Laws by State

2020 CBD LAWS BY STATE			
State	Hemp-sourced CBD For Any Use	Marijuana-sourced CBD For Medical Use	Marijuana-sourced CBD For Recreational Use
Alabama	Legal	Legal	Illegal
Alaska	Legal	Legal	Legal
Arizona	Legal	Undecided	Illegal
Arkansas	Legal	Legal	Illegal
California	Legal	Legal	Legal
Colorado	Legal	Legal	Legal
Connecticut	Legal	Legal	Illegal
Delaware	Legal	Legal	Illegal
Florida	Legal	Legal	Illegal
Georgia	Legal	Legal	Illegal
Hawaii	Legal	Legal	Illegal
Idaho	Illegal	Illegal	Illegal
Illinois	Legal	Legal	Legal
Indiana	Legal	Illegal	Illegal
Iowa	Legal	Legal	Illegal
Kansas	Legal	Illegal	Illegal
Kentucky	Legal	Illegal	Illegal
Louisiana	Legal	Legal	Illegal
Maine	Legal	Legal	Legal
Maryland	Legal	Legal	Illegal
Massachusetts	Legal	Legal	Legal
Michigan	Legal	Legal	Legal
Minnesota	Legal	Legal	Illegal
Mississippi	Legal	Illegal	Illegal
Missouri	Legal	Legal	Illegal
Montana	Legal	Legal	Illegal
Nebraska	Illegal	Illegal	Illegal
Nevada	Legal	Legal	Legal
New Hampshire	Legal	Legal	Illegal
New Jersey	Legal	Legal	Illegal
New Mexico	Legal	Legal	Illegal
New York	Legal	Legal	Illegal
North Carolina	Legal	Illegal	Illegal
North Dakota	Legal	Legal	Illegal
Ohio	Legal	Legal	Illegal
Oklahoma	Legal	Legal	Illegal
Oregon	Legal	Legal	Legal
Pennsylvania	Legal	Legal	Illegal
Rhode Island	Legal	Legal	Illegal
South Carolina	Legal	Illegal	Illegal
South Dakota	Unclear	Illegal	Illegal
Tennessee	Legal	Illegal	Illegal
Texas	Legal	Illegal	Illegal
Utah	Legal	Legal	Illegal
Vermont	Legal	Legal	Legal
Virginia	Legal	Legal	Illegal
Washington	Legal	Legal	Legal
Washington, D.C.	Legal	Legal	Legal
West Virginia	Legal	Legal	Illegal
Wisconsin	Legal	Legal	Illegal
Wyoming	Legal	Legal	Illegal

Source: <https://www.cbdoil.org/cbd-laws-by-state>

Final Thoughts

CBD is a widely used product that thousands of people believe to help with them a variety of issues, including migraines, anxiety, pain relief, insomnia, and skin conditions.

CBD can be beneficial for many different people, but you will want to ease into it, note your reactions and make sure it is good for your body. CBD will never intoxicate you but will want to use it safely and communicate what you are doing with your primary doctor.

