

# THE **CBD** **PRIMER**

THE IMPORTANT FACTS ABOUT USING  
**CBD FOR HEALTH AND HEALING**



HEALING ESSENCE CBD

# The CBD Primer

## Everything You Need To Know About CBD for Health and Healing

*A Guide for the Perplexed*

*Presented by*  
**Healing Essence CBD**

**www.HealingEssenceCBD.com**

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*Thank you for requesting our information guide! We are happy to bring you the TRUTH about CBD – with real evidence to back it up! We hope you enjoy learning about our favorite plant, Medical Cannabis, and its amazing healing properties!*

*~ The Healing Essence Team ~*

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# What the heck is CBD, anyway?

CBD stands for Cannabidiol (pronounced, “canna-bid-DYE-all”), a naturally occurring element of the marijuana plant, or more properly, Cannabis Sativa. There is an entire class of molecules called “cannabinoids.” There are two cannabinoids that are the most abundant: CBD and THC. Tetrahydrocannabinol (THC) is the psychoactive (mind-altering) “get high” molecule. Cannabidiol (CBD) is the “get well” molecule – it provides many healing effects, and is not psychoactive at all. If you took a large dose of CBD, you may not even notice the effect – although some people might feel relaxed or sleepy.



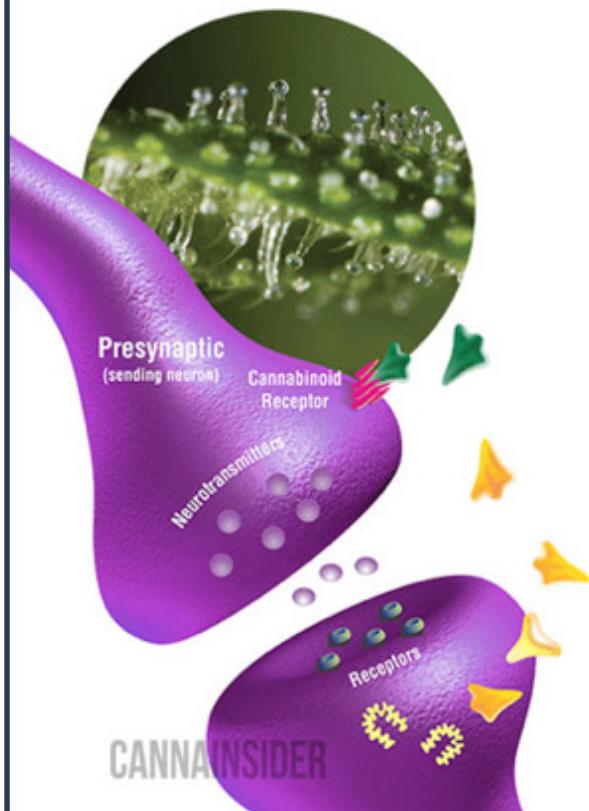
Purchased shutterstock photo.

CBD has been scientifically investigated extensively for the past ten years, and has been shown to have positive effects on a wide range of health problems, including treatment of rheumatoid arthritis and other autoimmune diseases, diabetes, nausea, bowel disorders, epilepsy, nervous disorders, and cancer. Cannabidiol can have a sedative effect, and is known to ease a number of symptoms from difficult conditions, such as relieving the awful feelings that follow chemotherapy. Dr. Sean McAllister, a scientist from the Pacific Medical Center in San Francisco, discovered that cannabidiol is a potent inhibitor of cancer cell proliferation, metastasis, and tumor growth. Based on his studies, it is thought that CBD may be an effective way to switch off the cancer-causing gene, providing patients with a non-toxic therapy to treat aggressive forms of cancer.

## The Endocannabinoid System

CBD, CBN and THC fit like a lock and key into existing receptors. These receptors are part of the endocannabinoid system which impact physiological processes affecting pain modulation, and appetite plus anti-inflammatory effects and other immune system responses. The endocannabinoid system comprises two types of receptors, CB1 and CB2, which serve distinct functions in animal health and well-being.

CB1 receptors are primarily found in the brain and central nervous system, and to a lesser extent in other tissues.



Tetrahydrocannabinol



Cannabidiol



Cannabinol

**CB1**

CBD does not directly fit CB1 or CB2 receptors but has powerful indirect effects still being studied.

**CB2**

CB2 receptors are mostly in the peripheral organs especially cells associated with the immune system.

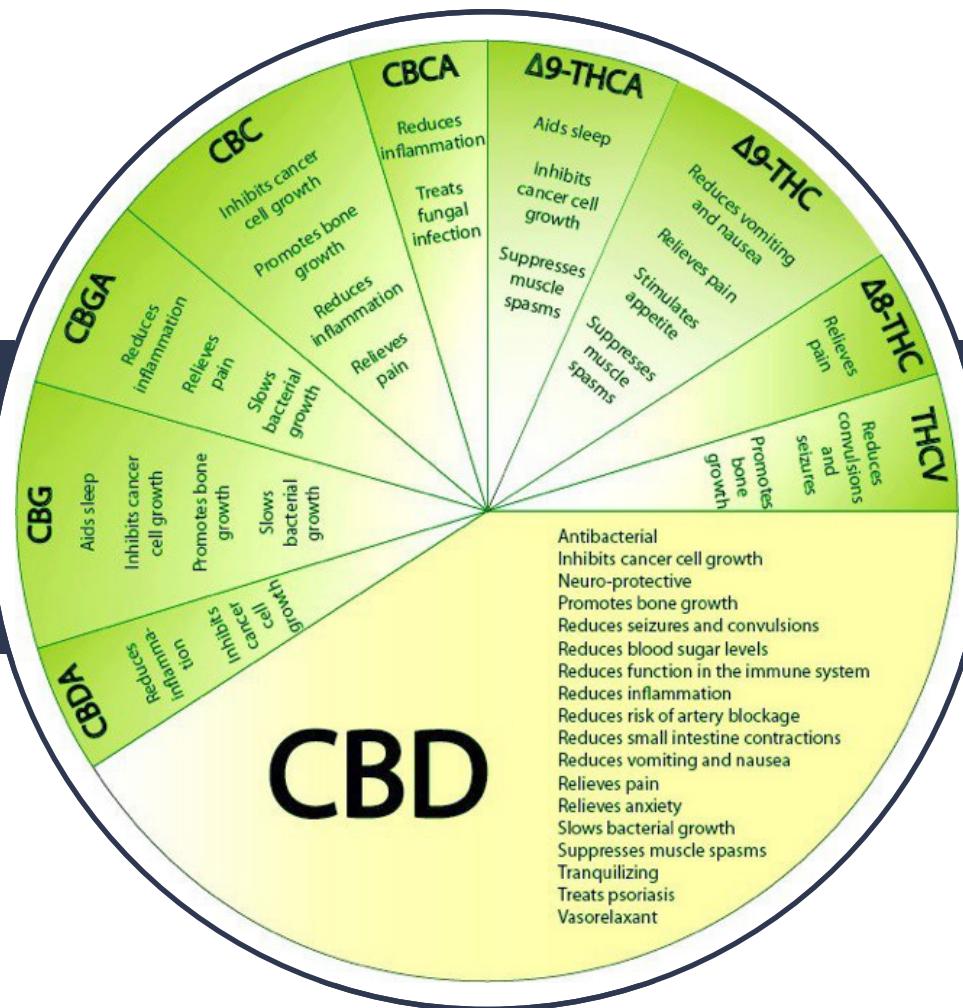
*Image courtesy of <http://www.cannainsider.com>*

Dr. Raphael Mechoulam of the Hebrew University, Jerusalem, a Faculty member of their School of Medicine, has been studying cannabinoids for almost 50 years. He has pointed repeatedly to the benefits of CBD as a medication for epilepsy and seizure disorders, especially in children. He also studied diabetes in mice and concluded that CBD blocks the development of diabetes.

Marc Feldman at Imperial College, London, found that CBD reduced the inflammation of rheumatoid arthritis by 50% in mice. Cardiologists working with the mice at Hebrew University have found that a dosage of CBD immediately following a heart attack can reduce infarct size by about 66%.

The chart below shows the research-based correlation between different elements of the cannabis plant and the health effects that have been investigated. You can see that among all the cannabinoids, CBD offers the most benefits.

Health Effects of Marijuana	THC	THC-A	THC-V	CBN	CBD	CBD-A	CBC	CBCA	CBG	CBG-A	Benefits
Pain relief											Analgesic
Reduces inflammation											Anti-inflammatory
Suppresses appetite											Anorectic
Stimulates appetite											Appetite stimulant
Reduces vomiting and nausea											Antiemetic
Reduces contractions of small intestine											Intestinal antiprokinetic
Relieves anxiety											Anxiolytic
Tranquilizing / psychosis management											Antipsychotic
Reduces seizures and convulsions											Antiepileptic
Suppresses muscle spasms											Antispasmodic
Aids sleep											Anti-insomnia
Reduces efficacy of immune system											Immunosuppressive
Reduces blood sugar levels											Anti-diabetic
Prevents nervous system degeneration											Neuroprotective
Treats psoriasis											Antipsoriatic
Reduces risk of artery blockage											Anti-ischemic
Kills or slows bacteria growth											Anti-bacterial
Treats fungal infection											Anti-fungal
Inhibits cell growth in tumours / cancer											Anti-proliferative
Promotes bone growth											Bone-stimulant



Here is another chart, with similar information, about the cannabinoids and the potential medical benefits each one offers:

# What are CBD oil's benefits and uses? And how does CBD oil work to help the body heal itself?

FDA regulations and restrictions prevent us from making any health claims about the benefits of CBD. Statements have not been evaluated by the FDA and are not intended to diagnose, treat, or cure any disease. Always check with your physician before starting a new dietary supplement program.

Please do your own research on the positive benefits of CBD and other cannabinoids in natural cannabis oil. We recommend the following trustworthy websites: [www.ProjectCBD.org](http://www.ProjectCBD.org), [www.medicalmarijuana.procon.org](http://www.medicalmarijuana.procon.org), and [www.CBD4Health.com](http://www.CBD4Health.com). They all contain many excellent articles and scientific studies that show how cannabidiol affects the human immune system and helps the body heal itself. Learn about the latest breakthroughs in CBD research and treatment, then visit our site ([www.HealingEssenceCBD.com](http://www.HealingEssenceCBD.com)) to order the best, completely natural, CBD oil.

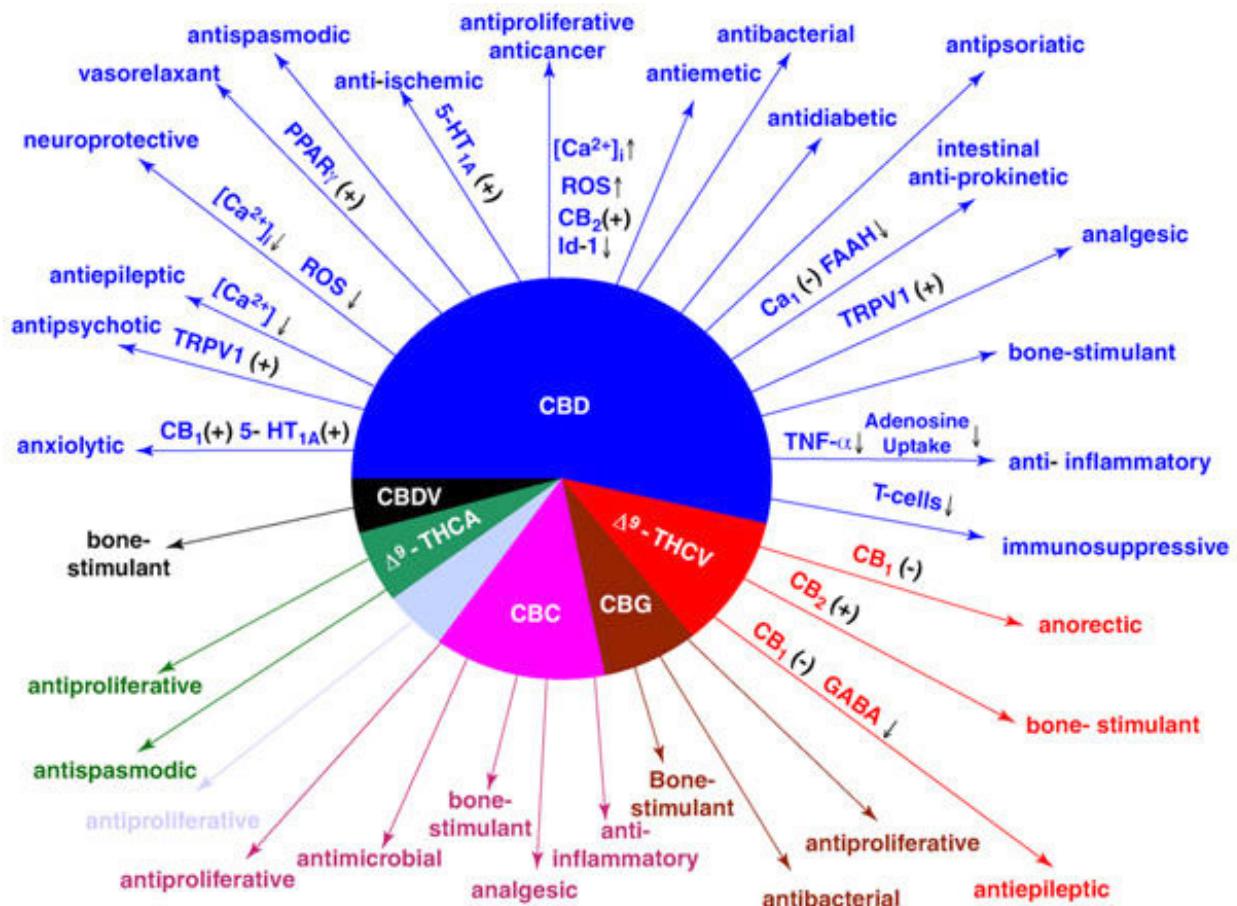


Image courtesy of *TRENDS in Pharmacological Sciences*

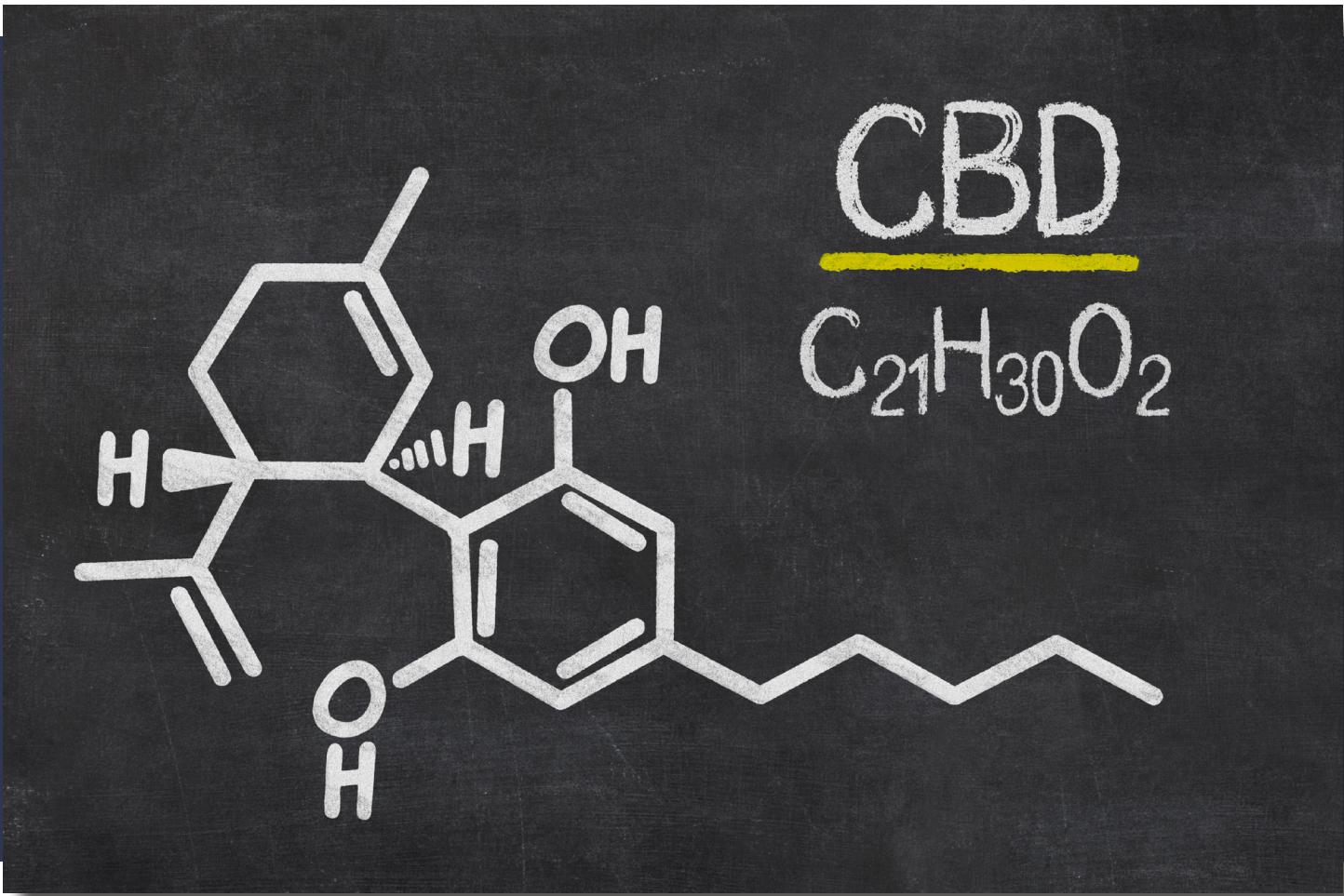
# Which CBD products should I use for my medical condition?



Our company produces and sells dietary and food supplements. We cannot suggest any of our products for the prevention, treatment or cure of any disease or ailment. In accordance with U.S. regulations, we cannot and do not make any health claims regarding CBD oils or any other dietary supplement.

People from all walks of life, with a wide variety of medical problems and issues, are using our CBD oils. We get repeated praise for the quality of our products. If you suspect that you may have a disease, or if you are seeking help because you have a disease, please consult a qualified medical professional.

# What is CBD Oil?



CBD can be derived from many parts of the cannabis plant, and there are many ways of extracting it. For example, you can extract CBD from the flowers of cannabis strains that contain high amounts of the CBD molecule. It can also be extracted from the stalks of the hemp plant, a fibrous variety of cannabis with long, strong stalks, and few flowering buds, which is grown for industrial purposes. You can use chemicals such as alcohol or butane to extract the CBD, or you can use high pressure and CO<sub>2</sub> (carbon dioxide), or you can use edible oils, such as olive, sunflower, or coconut. Some of these methods are more extreme and therefore efficient (such as butane), but they can leave harsh chemicals in the finished “oil,” which you would not want to consume, especially if you’re already sick. Look for cannabis that has been extracted with an edible oil or alcohol – substances that you would normally eat, or CO<sub>2</sub>, which is the safest of the extreme extraction methods. Avoid CBD that is extracted with any industrial chemical.

Hemp is a hardy, easy-to-grow variety of cannabis that is useful for making paper, clothing, rope, and plastics. Some of our early Presidents grew hemp for these purposes, and our Constitution is written on paper made of hemp. It is NOT, however, a substance you would want to eat. It does contain CBD, and the Federal Government of the U.S. allows industrial hemp to be imported and sold for some purposes, and this caused many companies to claim that their CBD was “legal to buy, ship and consume in all 50 states.” This is patently false. CBD derived from any variety of cannabis is a Schedule 1 drug, according to the Food and Drug Administration’s stated policy.

In addition, hemp grown outside the U.S. can contain residue from industrial farming, such as chemical fertilizers, pesticides, and fungicides. Physician Bonnie Goldstein, M.D., one of the leading lights in cannabis medicine, says, “Do not buy hemp oil! The industrial hemp plant is not grown for human consumption and may contain dangerous chemicals, toxins, or heavy metals. If the product says, ‘CBD is a natural constituent of the hemp plant,’ it is made from hemp – and is not recommended!”

Medicinal Cannabis Extract  
Prepared and distributed  
according to California  
health and safety codes  
11362.5 (B) (1) (A) & 11362.7 (H)  
and California state law  
Prop 215 & SB 420  
Shake well before use.  
Store in a cool, dry place.  
Keep safe from children.

Bottled 12/10/15  
Expiration Date 12/10/16  
½ oz. 15 ml, 250 mg.

**HEALING**  
*Essence*



Chocolate Mocha  
CBD oil infusion  
1 oz.

Premium Extra Strong Organic Cannabis Tincture

Ingredients: CBD Rich Cannabis, Coconut Oil and natural flavors

17 mg/ml CBD, 0.70 mg/ml THC  
Dose: 1/2 - 3 ml. (10-60 drops)  
Add to food, juice or take full strength  
[www.HealingEssenceCBD.com](http://www.HealingEssenceCBD.com)

We produce our CBD oils from the best place to find CBD: the flowering buds of organically grown medicinal cannabis. We ensure that our cannabis is grown without any chemicals, using organic fertilizers, and natural pest control. We extract our oils without chemical processing, using a gentle, hand-crafted and proprietary method. Our goal is to bring out all the goodness of the natural plant, as close to its nature state as possible. We consider it to be a plant-based nutritional supplement.

We operate under California State Law, which allows the sale of medical cannabis. Thus, we can only sell our products to people inside our state. If you live outside of California, we have some recommendations for you below.

Most marijuana strains have been cultivated to contain high amounts of THC and low amounts of CBD, so they have the biggest “get high” effect. Other strains have less THC and more CBD. The strains we have cultivated are on the far end of that spectrum. They contain very high amounts of CBD and only trace amounts of THC. Consequently, they don’t alter your consciousness, and they have a wide range of helpful and health-supporting natural plant molecules (phytochemicals).

One of the most important things to look for when you choose medical cannabis products is the CBD-to-THC ratio. The CBD oils we offer at Healing Essence CBD are always in the range of 22:1 to 25:1 CBD:THC. This makes it ideal for people looking to gain the health-promoting benefits of CBD without the ‘high’ of THC.

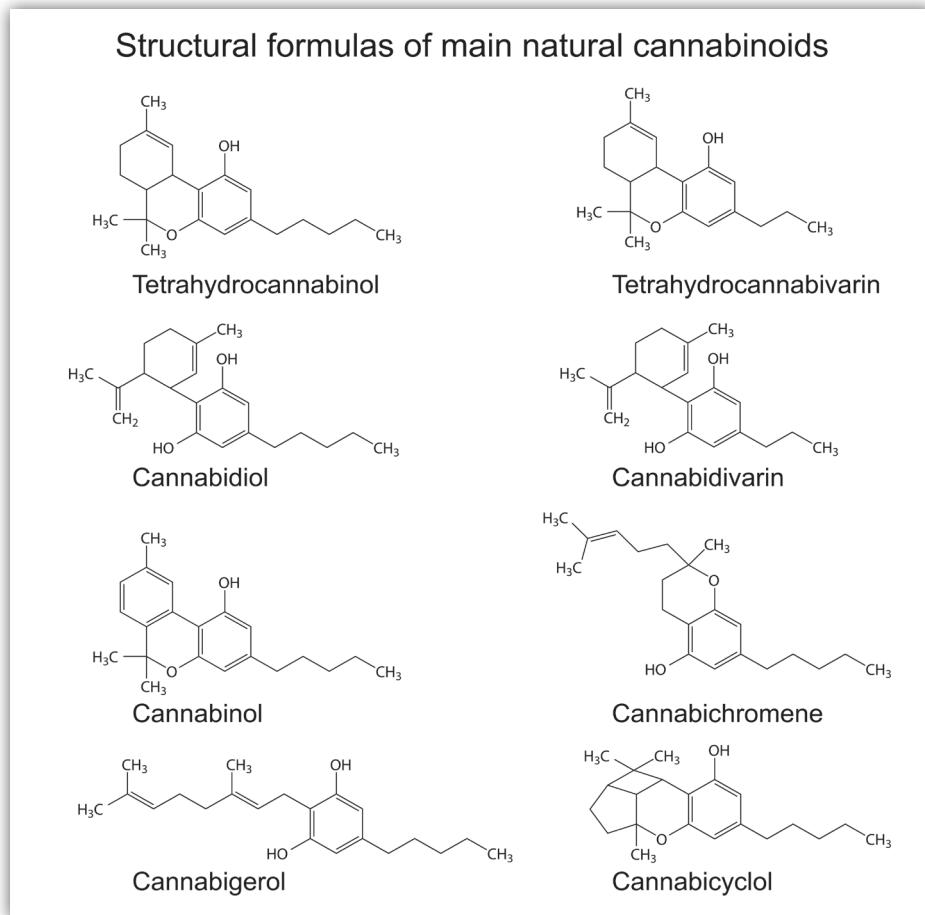
# What's in CBD oil besides cannabidiol (CBD)?



CBD oils can contain more than 100 different molecules, which is typical of most plant-based extracts. The group of molecules called cannabinoids include CBD (cannabidiol), THC, CBC, CBG, CBN, and many others. (Standard laboratories are not yet able to identify all of the components.)

In addition to cannabinoids, there are many other types of natural molecules and phytochemical (plant) compounds, including amino acids, vitamins (including B1, B2, B6, D, & E), carbohydrates, fatty acids (including omega 3 & 6), trace minerals (including magnesium, iron, calcium, potassium, and zinc,), chlorophyll, carotene, flavonoids, ketones, nitrogenous compounds, alcohols, glycosides, alkanes, pigments, terpenes, and water.

The terpenes are an interesting group – they are the chemicals that provide plants with flavor and smell. Some of their names sound like their smell, such as Pinene, the smell of pine trees, Bergamotene, the smell of bergamot flowers, and Limonene, the smell and flavor of lime. If you like chemistry, here are other terpenes found in CBD oils: Beta-caryophyllene, Terpinolene, Linalool, Myrcene, beta-Phellandrene, beta-Pinene, alpha-Pinene, trans-alpha-Bergamotene, Nerolidol og Phytol, , alpha-Humulene, delta-3-Carene, and (E)-beta-Farnesene. Whew! Aren't you glad there won't be a test?



As with all natural products, there are natural variances in cannabis, based on the particular strain. Each strain varies in odor, flavor, appearance, and yield, and these qualities can also vary depending on the growing method, location, growing season, time of harvest, elevation level, weather, soil type, and other factors. With more than 100 different molecules in the plant, and all of these factors at play, every batch of cultivated cannabis shows variation. That's why it's important to buy products that are extensively tested, batch by batch, to ensure the quality of the product and the accuracy of the label.

You're going to be putting your cannabis products into your body. So make sure the products you consume are organically grown, processed without the use of harsh chemicals, and free from pesticides, toxins, and industrial by-products.

# How does CBD taste?

Marijuana tastes like... well, marijuana. It's a pungent green plant with a very particular smell (although the smell varies widely, depending on the terpene profile of the particular strain). It's not the sort of thing you would naturally pop into your mouth, like you would blueberries or ice cream. Most people are able to tolerate the taste, and even develop "an acquired taste," in a short period of time.



For some people, the taste has to be masked. You can add CBD oil to drinks such as orange juice, or foods such as vegetables, or even bake it into chocolate cookies. Or, you can purchase flavored oils, which are designed to mask the taste as much as possible and make it more palatable. There are many edible products that contain CBD, although most edibles are made for the THC "get high" marketplace. Be sure to check the THC:CBD ratio before consuming any edible product, and if it does contain THC, take a very small dose to test out the impact on your consciousness. Edibles take longer to "come on" than oils or alcohol-based extracts, so wait for at least an hour before taking any more.

The taste of CBD oils also depends on how the CBD is extracted from the plant. In our oils, we use food-grade liquid coconut oil and organic sunflower seed oil to extract the nutritious elements from the plant. By weight, these are the predominant elements in each bottle of Healing Essence CBD oil. Other companies use alcohol, which makes a very strong and astringent sensation in your mouth, or concentrated CO<sub>2</sub> oils, which can have a very strong taste, even when diluted. Some companies offer capsules that you can swallow like vitamins in order to escape the taste issue completely. There are even CBD suppositories for certain conditions!



We worked extensively with flavor experts to formulate our flavored oils, seeking tastes that would be as appealing as possible. After months of research and tasting, we arrived at two flavors: Chocolate-Mocha, which is sweeter, and Lemon-Ginger, which is slightly tart and savory. We use only organically sourced and natural flavors that have been derived from fruits and plants, such as cacao, coffee, lemon, and ginger. We enhanced the taste with a touch of stevia, an organic plant-based sweetener, to make them taste fantastic.

If you're a beginner, we recommend starting with one of our flavored oils, which appeal to more than 90% of our customers. Or try our starter set with all three, including our All Natural, with no added flavoring.

# Is CBD more effective with or without THC?

THC and CBD are the two most common constituents of cannabis, and in many cases, they work well when combined. Scientific studies have established that CBD and THC interact synergistically to enhance each other's therapeutic effects. British researchers have shown that CBD potentiates THC's anti-inflammatory properties in an animal model of colitis. Scientists at the California Pacific Medical Center in San Francisco determined that a combination of CBD and THC has a more potent anti-tumor effect than either compound alone when tested on brain cancer and breast cancer cell lines. Extensive clinical research has demonstrated that CBD combined with THC is more beneficial for neuropathic pain than either compound as a single molecule.

The reason we provide CBD-only products (with little or no THC) is based on the preference that many people have to avoid the psychoactive effects of THC. There are many diseases and ailments that respond very well to CBD alone. We strongly recommend that you do your own research, through one of the reputable informational websites noted below. Our sister company, Synergy Wellness ([www.SynergyCBD.com](http://www.SynergyCBD.com)) offers a complete range of products, including those containing THC. It is a Medical Cannabis Collective, and to purchase from the company, you need a California Medical Cannabis Card in order to register as a member. This can be done on their website.

It appears from the research that THC works as a catalyst, making CBD work better. There is just enough THC in our CBD products (less than 0.3% by volume) to provide most of the desired medicinal effects without the psychoactive effects induced by THC.

# What is the best method of extraction?

Our CBD oil extracts are made with a simple, hand-crafted and low-temperature process of oil infusion, which is the most natural and least toxic method of extracting CBD from whole cannabis flowers.

CBD and THC can also be extracted with the use of dangerous solvents, such as benzene, hexane, pentane, or butane, flammable hydrocarbon gases found in petroleum. These are toxic solvents that should never be ingested by human beings – especially if you are ill. Cannabis oils made with these neurotoxic solvents may leave residues that can compromise immune function and impede healing.

Beware of companies that try to convince you that using a hydrocarbon method is safe. It is not. The founders of Charlotte's Web mentioned that they use a rotary evaporator, which indicates they are using a solvent, but they do not indicate which one. Solvents are supposed to be removed after processing, but we would rather you not take a chance that this type of toxic chemical could enter your body. Inhalation of butane residue can cause cardiac and respiratory problems.

Some companies use pharmaceutical-grade ethanol, or grain alcohol, to extract THC or CBD. Although alcohol is generally recognized as safe for human consumption, it destroys the plant's waxes, leading to a less potent oil. This method does not separate out chlorophyll, so the end product appears dark green, and is harsh in the mouth unless mixed with other foods or liquids.

Another industrial process is “subcritical (or supercritical) CO<sub>2</sub> extraction.” This method uses carbon dioxide under high pressure and extremely low temperatures to isolate and extract the elements of the plant. This method is expensive and involves complex equipment and expertise. It creates a thick, tar-like substance that must be de-waxed through another industrial process, then diluted for consumption. However, the method does preserve most of the plant's cannabinoids, terpenes, and flavonoids, and it is the second safest method, after oil extraction.

We prefer to use organic oil infusion methods because they utilize only natural organic materials, with no industrial processes required.

# Is CBD from Hemp as good as CBD from marijuana?



The short answer is **NO**. The specific molecule CBD is the same, whether made from marijuana or hemp. CBD can also be constructed by combining chemicals in a laboratory. The question is: Which would you rather consume? A product derived naturally from flowers? Or one that must be chemically processed from large amounts of a plant grown for industrial purposes (not for human consumption) and chemically processed?

Our strains of cannabis have abundant natural CBD content, in addition to many other healthy nutritional substances, and they require only minimal, hand-crafted processing. We begin with organic plant-derived flowers, and add only organic, natural oils (coconut oil or sunflower oil), and natural plant-derived flavors. It's the safest combination to consume.

Cannabis, and hemp in particular, is a “hyper-accumulator,” meaning it easily absorbs contaminants from the soil as it grows. If the soil is polluted with toxic chemicals or heavy metals, the plant will likely contain them, as well. Some hemp is grown organically, such as in Europe, where EU organic standards are enforced, but there are many companies that use hemp from countries such as China, where there are no environmental restrictions on the use of chemical fertilizers, fungicides, mold inhibitors, and pesticides.

In addition, most industrial hemp does not contain enough THC to activate and potentiate the medicinal benefits of CBD.

All cannabis extracts should be tested by independent accredited laboratories with accepted analytical methods to ensure that the extract is free from pesticides, heavy metals, or microbiological contaminants. Look for information about the source of the material and lab results on the company's websites before you purchase any cannabis product.

We strongly recommend that you consume only natural, cannabis-derived CBD oils, like the ones we produce, and avoid hemp-derived products wherever possible.

## How Does Your CBD Oil compare to Charlotte's Web CBD Oil?

Charlotte's Web CBD Oil is extracted from one of about 50 different strains of industrial hemp, all of which have low THC levels and high enough CBD that it can be extracted through chemical processing. As we stated above, just because industrial hemp is legal, it does not mean you should consume it.

Our products are NOT made from industrial hemp. They are made from the flowers of the cannabis plant, a particular strain that naturally produces a high percentage of CBD and a very low percentage of THC.

So our short answer is no, it is not similar to Charlotte's Web CBD Oil. And we are very proud of that fact. While the single molecule of CBD is the same from one CBD product to the next, testimonials from people who have tried both products end up choosing our product because they get better results, and would rather consume a natural plant than an industrial feedstock.

## What is the percentage of CBD in your product?

We use special strains of organic cannabis plants that produce beautiful flowers that contain approximately 18% CBD. The remainder includes chlorophyll, terpenes, other cannabinoids, and other phytochemicals.

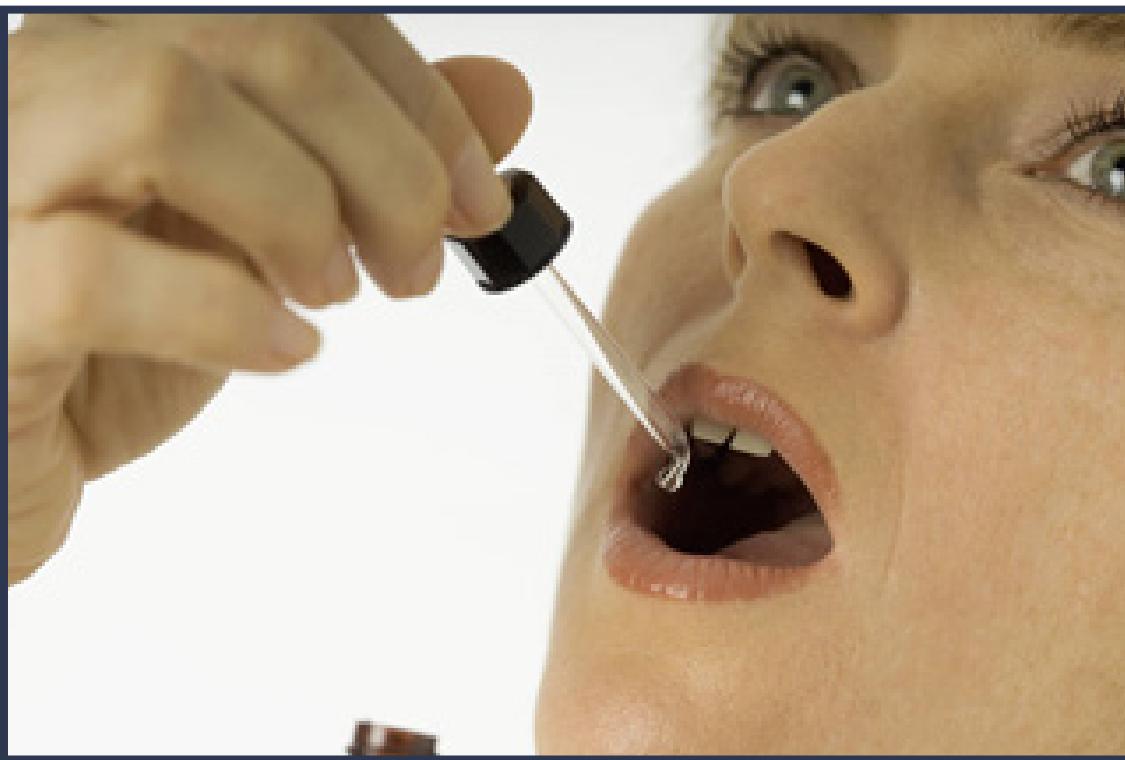
Our gentle process of oil extraction increases the percentage of CBD to approximately 75%, and the percentage of THC to less than 1%. The remaining 24% consists of other molecules. Our cannabis growers are committed to using the best organic and sustainable practices, and the plants are grown under different climate conditions and soils. Consequently, there are natural variances in the contents of each plant.

However, all of these facts have little impact on how much pure cannabidiol (CBD) ends up inside each bottle of our CBD oil. We are able to control the amount of CBD in each bottle by simple scientific dilution.

Our CBD oils have approximately 17 mg of CBD per ml of oil. That adds up to 500 mg of cannabidiol in each ounce. Our 2-ounce bottles contain 1,000 mg of CBD, for example. The final amount of actual cannabidiol (CBD) in each bottle will always be the same, regardless of the plants we start with, or the batch results, because of our final process of making every bottle consistent.

Our CBD oil is 100% natural, and it contains absolutely NO synthetic CBD or chemically-derived CBD. Be wary of companies that use synthetic CBD in their products and claim it to be natural!

## What is the best way to ingest CBD?



We suggest taking CBD oil as a dietary supplement, and recommend it be taken by dropper directly into the mouth. Our naturally flavored oils, Lemon-Ginger infusion and Chocolate-Mocha infusion, are a delicious way to enjoy taking your daily supplement. Add our Completely Natural version to other foods, such as orange juice or applesauce. It can be added to anything but do not cook or microwave what you add it to, since heat may disrupt some of the important nutritional elements contained in our natural CBD oil.

# What's the ideal serving size for me, and how often should I take it?



We cannot tell you what the ideal serving size would be for you. It depends on many factors: your body size, your metabolism, your health condition, and the ailment you may be treating.

A physician who specializes in the use of medical marijuana, told us, “The basic formula is between .25mg and 2 mg per pound daily. A person with cancer might take 2 to 3 mg per pound per day. If a person is taking their medicinal herb in three doses per day, the total daily amount would be divided by three. Children and small-bodied people would obviously require less than large-bodied adults.”

A standard eyedropper dispenses approximately 0.05 ml per drop, so 20 drops adds up to 1 ml. Oil, water, and alcohol have different viscosity, so the drops per ml can range from 17 to 23, depending on the liquid, but 20 drops = 1 ml is a “good enough” estimate.

1 ml. of our oil contains approximately 17 mg of CBD.

20 drops is a bit less than 1/2 dropper in our 1 oz. bottles. It's around 1/3 dropper in our 2 oz. bottles. Count drops if you want to know exactly how much CBD you're ingesting.

In a 1 oz. bottle, there is 30 ml. of oil, which is about 600 drops, containing approximately 500 mg of CBD. 2 oz. bottles have 60 ml. and about 1200 drops, containing approximately 1000 mg of CBD. 1/2 oz. bottles have 15 ml of oil and about 300 drops, containing approximately 250 mg of CBD.

Each person has a unique body chemistry, body weight, history, tolerance built up over time, unique digestion system, and body chemistry. It has been reported that the best way to begin is with very small doses, 3 times daily, one hour before meals. It was recommended that this continue for up to two weeks, to see whether your condition improves. If it doesn't, increase the dosage slightly, and use it that way for one full week, and increase it again the next week, until you find relief.

As your body gets accustomed to a particular dosage level, your needs may change, requiring either a higher or lower dose for your body to be "balanced and happy." Scientific literature says that it takes some time (approximately two weeks) for the endocannabinoid system to come on line and settle into the right zone for your body. If your body reacts negatively in any way, reduce the dose you're taking until the negative reaction is no longer happening. What works for one person is very different than what works for another person. This is why we suggest an experimental approach to determine the optimal serving for you or your loved one. Inadequate (not enough) doses apparently do not target receptors sufficiently, and excessive doses (too much) can over-stimulate and actually deactivate receptors, which reverses the benefits. Your correct dose is the range in between these two extremes. (Note: More is not necessarily better!)

**From 1850 to 1936, cannabis was used as the primary medicine for more than 100 separate illnesses and/or diseases in the U.S.**



One additional note on this topic: your body builds a storage of cannabidiol in the body, unlike most nutritional supplements. Cannabidiol is fat-soluble, and can stay bound to the cells in your body for weeks. After a few weeks of using CBD oil, you may need less oil to get the same effects as you got from your original dose.

We strongly recommend that you ask your doctor for advice (especially a doctor familiar with medical cannabis as a treatment for your particular ailment). Ultimately, however, you are responsible for the quality of your health, and for determining the correct dose for you. We also recommend that you study the scientific literature on one of the trusted information sites we mentioned above.

## **What is the safety record of CBD (cannabidiol) oil? Are there any negative side effects?**

Cannabidiol (CBD), and other phytochemical constituents of cannabis are considered to be generally safe. In thousands of years of use of cannabis, we know of no recorded fatalities or major illnesses as a result. CBD extracts are a modern invention. To date, we know of no negative side effects from the use of naturally derived CBD. We are certainly concerned about toxins, such as solvents, pesticides and herbicides, that can be found in industrial hemp products, which is why we only sell naturally derived oil-extractions of CBD from organic plant material.

In only a couple of cases, clients have complained of mild stomach pain after taking our products. This lasted only an hour or two, and it subsided after 2 to 3 days of use. If this happens, we recommend lowering the dose by half, and if it continues, by half again, until the body adjusts to this new compound.

Some people experience a shift in body sensation or perception due to the relaxing effect of CBD on the nervous system. If you haven't experienced this relaxation effect before, it can feel a bit weird. (Some people call it a "body high.") We suggest that you relax and enjoy the experience! If you resist it or worry about it, it can stimulate an unpleasant emotional state (dysphoria).

Because CBD is not psychoactive, it is not likely that the very small amount of THC that occurs naturally is having this effect, although some people are super-sensitive and may "feel it" more than others. We do not recommend taking extremely large doses of our products for any reason.

# Why are CBD (cannabidiol) oils products so expensive?

Our CBD-rich oils are produced only from the flowers of organic medical cannabis. Other companies use imported hemp (a commercial plant grown for industrial uses such as rope, clothing, and plastics). Hemp, when grown overseas, is difficult to monitor. Much of it is grown with the use of fertilizers, pesticides and insecticides, or processed with industrial solvents.

We guarantee that our products are grown locally and organically, produced minimally, and tested rigorously to ensure the highest quality products available. It's an expensive proposition, unfortunately. Legalization has lowered the cost of growing in some states, and we are hopeful for progress in Federal legalization.

If price is a significant concern, we suggest that you make your own oil extractions, if you are able to do so. Many states now allow those with medical conditions to grow their own cannabis, which is the best way to ensure the quality of the products you consume. There are many excellent books and articles that can guide you through the process of growing your own high-CBD cannabis strains and extracting the CBD naturally.

We are looking for ways to lower the cost of our products for consumers, and we offer a discount program for those in financial need. [Contact us](#) for more information.

# Is hemp seed oil the same as CBD oil?



No. Hempseed oil, which can be found at grocery stores, is produced by cold pressing the seeds of the hemp plant. It is considered to be a great nutritive food, and may provide some health benefits, but it contains only a trace amount of CBD. Our oil is made from special strains of cannabis flowers that are grown specifically to produce a high level of CBD, which is widely studied and recognized for its potential healing properties, and very low levels of THC. Hempseed oil is not CBD oil.

## Will I get ‘high’ taking CBD Oil?

No. Our CBD oils are made from strains of cannabis with very low amounts of THC. There is no known psychoactive effect from CBD itself. If you feel something weird or odd after taking our products, it is likely the result of your nervous system relaxing in a way that it hasn't before. We suggest lying down, relaxing, and enjoying this new state. Some people refer to it as a “body high,” because it does not affect cognition. If you resist it, you can put yourself into an uncomfortable emotional state. If this happens, lower your dose to half of what you took before. And any effects like this will only last an hour, or two at the most. As your tolerance and familiarity build, and you find your right dosage, it will happen less and less often.

# What kind of testing and analysis are performed on your products?



We have a very strict internal quality assurance system, and we use a third-party testing laboratory to analyze every batch of our CBD oils. We check for cannabinoid potency, heavy metals, bacterials, microbials, mycotoxins (fungals), and pesticides. Our CBD oil blends also get tested to confirm that our products contain the amount of cannabidiol (CBD) stated on the label.

In February of 2015, the FDA issued warnings to a number of companies because they were marketing products improperly, or labeling them improperly. Some of their CBD products contained no CBD at all! Beware of slick companies claiming to sell “legal” hemp oil. There are a lot of unscrupulous people entering this business, people who see the potential for money and have no scruples about selling or marketing products that may cause harm. Please use caution and educate yourself.

Healing Essence guarantees the quality of its products, and offers a money-back guarantee for any remaining product – for any reason, and for up to one year after purchase.

**DISCLAIMER:** This information guide contains general information about diet, health and nutrition. The information is not advice, and should not be treated as such. The general information in this guide is provided “as is” without any representations or warranties, express or implied. Healing Essence CBD (“Company”) makes no representations or warranties in relation to the health information.

# About Healing Essence CBD

We specialize in selling hand-crafted organic cannabidiol (CBD) oils from natural cannabis flowers, the best source for nutritional support and optimizing health and healing.

We have been producing the highest-quality organic cannabis products for more than seven years, with thousands of satisfied customers. Our website is dedicated to CBD-only products. We ship our CBD oils throughout California on a daily basis. (Federal law prevents us from shipping our products out of state.)

Our mission is to bring the healing essence of the cannabis plant to individuals who are suffering from disease, ailments, disorders, or pain, and to support every individual's right to heal themselves. We support our patients by recommending that they use every possible resource – western medical interventions, ancient eastern wisdom, and natural herbal formulas.

Our strict sourcing and business practices are designed to have minimal negative impact on the environment, and to offer products of the highest quality, as close to nature's source as possible. We use organic and sustainable growing methods, recyclable packaging wherever possible, and low-tech, hand-made manufacturing processes to minimize the use of harmful chemicals in the environment.

We are dedicated to fair and favorable relationships with all our suppliers, including our wonderful farmers, harvester, and processors. When we make our products, we say ancient prayers over them, asking that their healing properties be optimized for our clients and customers. We love what we do, and we allow that love to infuse the products and inform our every action in business.



Healing Essence is privately owned, fully insured, and trusted by thousands of users. We use third-party laboratories to analyze our products and ensure that they are accurately labeled and of the highest quality possible. We are committed to offering exceptional customer service, because you ARE our business.

We have a Certificate Of Analysis (COA) for every product we sell, and third-party laboratories analyze our products to ensure the accuracy of our labeling and the high quality of our products.

More than 5,000 people have used our products successfully. Over 50,000 bottles have been produced and sold, and over 10,000 orders have been successfully delivered with no problem.

We offer a 100% money-back guarantee for any unused portion of oil, with no questions asked, even if you just change your mind. Limitations do apply; see **Store Policies** for more.



# Active in Our Community

We are actively involved in supporting legislative change through numerous organizations, including NORML, the National Cannabis Industry Association (NCIA), California Grower's Association, Hemp Industries Association (HIA), and American Civil Liberties Union Foundation (ACLU).

We support CBD research and donate 1% of our profits to medical research and service organizations such as:

- CURE- [cureepilepsy.org](http://cureepilepsy.org)
- Autism Research Institute- [autism.com](http://autism.com)
- National Multiple Sclerosis Society- [nationalmssociety.org](http://nationalmssociety.org)
- Multidisciplinary Association for Psychedelic Studies- [MAPS.org](http://MAPS.org)



Please feel free to [Contact us](#). Provide a phone number if you would like a call back. We will contact you promptly to answer your questions.

Visit  
[www.HealingEssenceCBD.com](http://www.HealingEssenceCBD.com)  
to check out our products, and to order directly on our website.

We hope this information guide has proven useful and informative!  
We are here to answer your questions and guide you toward the best healing options we can provide.

Thank you for contacting us!

