

# CBD POWER

THE BEGINNERS GUIDE TO **CBD** AND HOW IT CAN  
**TRANSFORM** YOUR LIFE FOR THE **BETTER**



# **CBD Power**

**The Beginners Guide To CBD And How It  
Can Transform Your Life For The Better**

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# Introduction

The health benefits of CBD are well publicized and you may already be aware of how CBD can be used to manage pain. What you may not know is why CBD is so effective and the different health issues that it can help with.

CBD is now available in a range of different formats. If you are new to using CBD then the choice can be overwhelming. By reading this special report, you will know what format of CBD you need to use to manage your health issues.

This report is ideal for you if you are a beginner with CBD. We will cover all of the most important issues about CBD in this report so that you will know exactly what you need to do. CBD often gets a bad rap because of the myths that surround it. These myths are all untrue and we will explain why.

You deserve to know the truth about CBD and how it can help you so please read all of this short report. Do not deprive yourself of the life-changing properties of CBD. Let's get right into it!

In the first section, we will explain what CBD really is.

# What CBD Really is

It is essential that you fully understand what CBD is and what it isn't. A lot of people will not use CBD because they do not really understand it. We will avoid using too much technical jargon in this section so that it is easier for you to learn what CBD is.

CBD is short for Cannabidiol. It comes from the cannabis plant and is just one of around 100 compounds found in the plant. The cannabis plant has buds or flowers on it and this is where the gooey like CBD resin is located. Flowers on the cannabis plant are covered by mushroom like small structures which are called trichomes.

The role of these trichomes is to provide protection against UV radiation and excessive heat. These trichomes have glands and they contain some very effective medical compounds such as aromatic terpenes, THC and CBD. Trichomes also have properties which protect the plant from bacteria, fungus and insects. Insects become trapped in the gooey resin.

## **CBD will not make you “High”**

One of the major misconceptions about CBD is that it will make you high. This puts off a lot of people from using it and it is totally untrue.

The component of the cannabis plant that makes people high is THC (tetrahydrocannabinol).

Another misconception about CBD is that it is addictive. This is not the case so you do not need to be concerned about creating an addiction in your life by using CBD. A lot of people do not understand what CBD is and think that it is the same as smoking weed. Now that you know the truth you can make the right decision about CBD.

## **Different Strains of the Cannabis Plant**

The cannabis plant has a number of different strains. As you now know, CBD is found in the trichomes of the plant. But the amount of CBD available in the trichomes depends on the strain of cannabis plant. For example, industrial hemp which is low in resin has a lot fewer trichomes (and less CBD oil) than cannabis plant strains that have a high resin content. A high resin strain of cannabis plant usually contains high levels of THC and very small amounts of CBD so it is very important that you choose the right strain.

Once you have found the right strain of cannabis plant that is high in CBD oil, the oil needs to be extracted. There are different ways to extract CBD oil and the aim of these extraction methods is to produce



CBD and other components that are beneficial to health in the most concentrated form.

## **CBD Extraction Methods**

When CBD is separated from a cannabis plant it is in the form of a thick oil which is very potent. As CBD is soluble in both alcohol and oil, the extraction process normally involves the use of a chemical agent that will dissolve an alcohol or oil-based compound.

The most common, and probably the safest method for CBD extraction, is using CO<sub>2</sub>. When CO<sub>2</sub> is placed under high pressure and temperatures that fluctuate it turns to a liquid which separates out the active ingredients in the cannabis plant. Using specific temperatures, the CO<sub>2</sub> extraction methods can extract CBD purely rather than it being mixed up with other compounds.

Another method of extraction is through the use of ethanol. This method has been used for a very long time and in the 1800s it was used to create “Indian Hemp” which a lot of people used to overcome a number of health issues such as muscle spasms, pain, depression and anxiety. The use of ethanol for extraction was banned in the US in 1937 but now it has come back again as an efficient extraction method.

Alcohol that is deemed food-grade is also used to extract CBD oil for the cannabis plant. This process creates very high-quality CBD oil which people can ingest orally. Another effective method of extraction is the use of hydrocarbons. Here propane, hexane or butane is used for the extraction. Extracting with hydrocarbons can be very effective as it can separate the valuable terpenes and cannabinoids from components that are unwanted such as chlorophyll.

Hydrocarbon extraction can be dangerous though because they are very flammable. If a user of hydrocarbon extracted CBD vapes the substance, then this can cause them harm especially if they have a compromised immune system.

The final CBD extraction method is using olive oil. This is a simple method that is also cost effective. You can even do this at home if possessing the cannabis plant is legal where you are. The cannabis plant needs to be heated in an oven as this will convert CBDA into CBD and THCA into THC. Then you need to steep the plant in olive oil and strain and sift the oil from the plant. There is one problem with olive oil extraction which is that the THC is not removed from the oil so when it is consumed it can make you high.

In the next section, we will discuss how using CBD can change your life...



# **How using CBD can change your life for the better**

The first thing to say here is that CBD has been used effectively for medical purposes in a number of different cultures around the world since ancient times. It can help you as well. You need to know that CBD is a natural substance and not a drug created by man. Too many people are taking harmful prescription drugs these days.

Taking CBD for pain relief is a much safer alternative to prescription drugs. CBD has a proven track record for providing effective pain relief for many different medical conditions and there are no potentially harmful side effects to worry about. Here are some of the ways that taking CBD can change your life for the better:

## **Use CBD for Chronic Pain Relief**

Many studies have confirmed that the anti-inflammatory effects of CBD are very effective for the management of pain. Studies of this include relieving the pain of neck and back pain, migraines, arthritis, fibromyalgia, neuropathic pain and even cancer pain.

## **CBD can reduce Inflammation**

If you experience an injury then there will be inflammation in your body. Sometimes this inflammation can become a chronic problem that can have a significant impact on your organs and tissues. Chronic inflammation is never a good thing and it is behind a number of health issues such as diabetes, asthma, ulcerative colitis, Crohn's disease and cancer.

A review was conducted in 2015 by Bioorganic and Medicinal Chemistry and this revealed that the use of CBD was effective in reducing inflammation fast. It does this by utilizing several of the body's pathways.

## **CBD and the Management of Anxiety and Depression**

Research studies have proven a direct link between low levels of serotonin and anxiety. In tests performed on rats, the National Institute on Drug Abuse found that using CBD reduced stress. They then recommended that using CBD would help with the management of GAD (General Anxiety Disorder).

You have a central nervous system as well as a peripheral nervous system. CBD interacts with specific receptors found in these systems. Scientists cannot explain the exact way that this interaction takes place but they believe that the use of CBD changes serotonin signals which have a major impact on mental health.

There was a study in 2014 that discovered that CBD created an anti-anxiety and antidepressant effect. A lot of anxiety and depression is caused by stress and a review in 2018 revealed that CBD can reduce this stress.

## **CBD and Diabetes**

The reason that CBD can help people with diabetes is because it has an anti-inflammatory property. Diabetes is primarily an inflammatory condition and CBD can help to reduce this. There was a study in 2016 which was published in Clinical Hemorheology and Microcirculation which revealed that mice treated with CBD resulted in a reduction of pancreatic inflammation which prevented the onset of diabetes.

In addition to this, the study showed an overall reduction in the activity of immune cells which can be a cause of inflammation. The use of CBD

has also been proven to lower resistance to insulin and to moderate blood sugar levels in people suffering from Type 2 diabetes.

## **The use of CBD with Autoimmune Diseases**

There are different kinds of autoimmune diseases but the thing that they have in common is that they confuse the immune system to believe that good cells are harmful invaders. As a result of this, the immune system will attack good cells in the body as if they were dead.

It is known that CBD has anti-inflammatory properties and so it should be effective in relieving the pain caused by autoimmune diseases. Research continues in this area to determine just how effective CBD is with autoimmune disorders.

## **CBD and the Treatment of Skin Problems**

It is possible to obtain CBD in a topical format and this can be effective in the treatment of skin problems such as psoriasis, dermatitis, and acne. CBD will provide additional moisture to the skin and is also effective in the reduction of oil production.

These things can help to relieve itching and pain. There have also been encouraging signs that the use of CBD can help to reduce the pain that some skin disorders create.

## **CBD and Cardiovascular Disorders**

The anti-inflammatory properties of CBD may also be able to lower the risks of a cardiovascular problem such as high blood pressure.

A study conducted in 2009 showed that the use of CBD was able to reduce the blood pressure of rats when they were subjected to high levels of stress. Humans participated in a study in 2017 which showed the reduction in blood pressure from the use of CBD compared to those participants that were given a placebo.

## **CBD and Neuropsychiatric Issues**

There was a review of several previous CBD studies in 2019 that revealed that CBD had potential anxiolytic and anti-psychotic properties. The review also concluded that the use of CBD could reduce addiction to things like drugs.



Recently, more studies have shown that CBD can be effective with PTSD (Post Traumatic Stress Disorder). It was shown to help some PTSD sufferers reduce the number of negative memory replays and nightmares that they experienced.

In the next section, we will discuss the most common forms of CBD...

# The Most Common Forms of CBD

You can obtain CBD in a number of different forms. Choosing the right form of CBD is very important so in this section we will look at the 6 most common forms of CBD available today.

## CBD Tinctures

A CBD tincture is created using a solvent such as olive oil or ethanol. You consume the CBD from a tincture by placing the drops onto your tongue or taking the drops orally. When you consume CBD drops from a tincture, they are directly absorbed into the blood vessels that exist in your mouth.

When you add the CBD drops in your mouth using a tincture you need to wait at least 1 to 2 minutes so that it can be absorbed before swallowing. If you swallow the tincture drops immediately then it will take a lot longer for them to have an effect on you.

People that use CBD tinctures usually find that it takes anything from 15 to 60 minutes to experience the full effect of the drops. In most cases, the effects will last from around 6 to 8 hours.

As a beginner with CBD it is best if you start with a low dose at first. A good example of this is 2.5 or 5 milligrams of CBD in the tincture. Always use high-quality CBD tinctures and make sure that you read the label to know exactly what the CBD dosage is.

## CBD Capsules

People that are experiencing digestive problems or seizures are recommended to use CBD capsules. You can also use CBD capsules to assist with other health issues such as glaucoma, anorexia, and acne.

When you take a CBD capsule you need to give it time to dissolve in your stomach. After this, the CBD is distributed around your body through your blood stream. Swallowing a CBD capsule causes your intestines to absorb the compound and then send it to your liver. It usually takes at least an hour to feel the effects of a CBD capsule if you have an empty stomach. If you have eaten recently, it can take as long as 3 hours. Be sure not to take any more CBD capsules until 3 to 4 hours after consuming the last one.

It is normal for the effects of a CBD capsule to dissipate after approximately 6 hours on average. This is for the psychoactive effect but other effects of the capsule may last for as long as 12 hours. Those

suffering from chronic issues can benefit from the longer lasting effects of CBD capsules.

## CBD Vaping

CBD is available in vape form and people use this because it is the quickest way to absorb the compound in the body. The CBD reaches the brain prior to passing through the liver so when you vape CBD you will feel the effects in a few minutes or even a few seconds.

Usually, the effects of a CBD vape will dissipate in around 2 to 3 hours. Getting the CBD into the system in the fastest possible way can help to tackle issues such as nausea. With the fast effects of vaping, you can change your dosage quickly. Some people do experience a “high” from CBD vaping but this doesn’t last very long and you can make adjustments to your next dose easily.

There are some risks with CBD vaping though. You can become addicted to vaping and if the CBD is not in the purest form, then it can contain harmful substances like the fats and oils associated with MCT. Eating these is usually safe but it has not been proven yet if they are safe to vape.

## **CBD Oral Sprays**

If you are suffering from multiple sclerosis or some form of muscle spasticity, there have been studies which show that using a CBD spray can be an effective and safe way to relieve symptoms.

## **CBD Edibles**

You can get CBD in edible format such as gummies. When you eat a CBD gummy it is going to take time for your digestive system to process and distribute the CBD so it will take a while for you to experience the effects. This can take between 3 to 4 hours and you must not eat any more CBD gummies until this time has elapsed.

## **CBD Gels, Lotions and Creams**

People with skin problems can use a topical form of CBD such as a gel, a lotion, or a cream. You will rub the topical CBD into your skin and this can provide fairly fast pain relief for joints and muscles. When you use topical CBD treatments they are not normally absorbed by your blood stream so there is no concern about side effects or getting “high”.

In the next section, we will discuss the important things you need to be aware of with CBD...

# **Important things that you need to know about CBD Products**

When you are looking for CBD products, we recommend that you seek those produced from high-resin cannabis plants that have unfertilized flower tops. These types of cannabis plants are better for the extraction of CBD oil than low-resin plants or industrial hemp.

Several cannabis plant harvesters have managed to create varieties of high-resin plants that have a level of CBD greater than 10%, while the level of THC is lower than 0.3%.

## **Use a Licensed Dispensary for your CBD Products if possible**

Some states have made the selling of medical cannabis legal and if you reside in one of these states then we strongly recommend that you go to a licensed dispensary for your CBD products. In cases where your state has not legalized medicinal cannabis you can purchase CBD products online but you need to be a lot more careful with this.

CBD products sold online are not subject to any regulations so you can be taking a risk with the dosage of CBD in these products. In some cases, online sellers will brand products that are derived from hemp as CBD products.

There was a test conducted by the American Medical Association where they checked 85 CBD products available online and found that nearly 70% of them did not have the correct CBD dosage amount on the label. Some of the most popular hemp derived CBD products were also shown to have major discrepancies in another study.

Online sellers of CBD products claim that their products contain full spectrum CBD oil but this has been proven to be false in a lot of cases. A lot of these products are created using CBD isolate instead of using a whole plant rich in CBD oil.

Something else to be aware of is that some hemp products are highly processed and contain solvent residues that are toxic. They can also contain artificial flavors and colors as well as other contaminants.

## **Which CBD Products should you Trust?**

For those that live in a state where CBD is legal then go for products from licensed dispensaries as these have strict regulations and standards



applied to them. Always go for CBD products that are created from hemp grown in the United States.

If you need to go online for your CBD products then always look for CBD products that are full spectrum. Beware of products that have a pure CBD label or claim to be free of THC. A full spectrum CBD product will contain a number of compounds which usually includes a small amount of THC. In some states, THC is illegal so you need to go for “broad” spectrum CBD products that still have other compounds but do not contain any THC.

## **What to Avoid when Choosing CBD Products**

You need to be careful when purchasing CBD products online. It is not permitted by the FDA for CBD companies to make any claims about the health benefits of their products so if you see this then do not purchase them.

With CBD edibles such as gummies you need to avoid products that are made from corn syrup and have artificial coloring. These products are often described as CBD infused.

If you want to go for vape cartridges containing CBD hemp oil then avoid those that use thinning agents such as polyethylene glycol or propylene glycol as these are toxic. Look out for other toxic additives with vapes and avoid those that contain agents for flavoring.

Some companies claim that their CBD products are extracted from hemp stalks and / or seeds. This is nonsense as there is no CBD in hempseeds and only tiny amounts found in stalks.

Before you purchase any CBD products online, we recommend that you contact the companies and ask them specific questions. You owe it to yourself to know everything about the CBD products that you are using.

In the next section, we will discuss the most common myths about CBD...

# The Most Common Myths about CBD

There are a lot of misconceptions and myths about CBD and a lot of people avoid using because of these. In this section, we will look at some of the most common CBD myths and explain why they are not true at all.

## CBD is better with no THC

A lot of people believe that CBD is more effective if it doesn't contain any THC. This is not true. CBD products that contain some THC are more effective than those that have no THC.

Studies have shown that CBD and THC together work in tandem and they will each enhance the natural healing properties and therapeutic effects of each other.

## **CBD converts into THC in your Stomach**

We are not sure where this myth comes from as it is a strange one. People are cautious about CBD because they think that it will make them high. But there have been comprehensive clinical trials which prove that even with high CBD doses there are no THC high effects. In fact, the right doses of CBD can neutralize or significantly reduce any high effects from THC.

## **CBD is medicinal and THC is for Recreation**

It is completely untrue that THC does not have any medicinal properties and is only for recreation. At the San Diego Scripps Research Center scientists reported that THC is able to inhibit an enzyme that creates a plaque found in people suffering from Alzheimer's.

Marinol is a single molecule THC product that is used as an appetite booster as well as an effective treatment for nausea. The FDA has approved this product, classifying it as a Class III drug meaning that it is less addictive than other drugs.

## **High Doses of CBD are more effective than Low doses**

It depends on the CBD products that you are using. You will need higher doses of CBD isolates than you will whole plant CBD products. But it is not the best idea to use low doses of single molecule CBD products either. Experts suggest that the right combination of CBD, THC, and other components can be even more effective when using low dosages.

## **There are no Psychoactive Properties in CBD**

While CBD will not get you intoxicated like alcohol, it is not true that it contains no psychoactive properties. CBD can be powerful for changing your mood but there is no “high” effect that you can get from alcohol or THC. The truth is that the psychoactive properties of CBD are not as strong as those in THC.

## **CBD is the same as a Sedative**

If you take high doses of CBD then it might make you feel a bit drowsy and want to sleep (this is good news for insomnia sufferers). But taking more moderate doses of CBD can provide you with a mild energy boost.

It is wrong to believe that CBD is a sedative. However, it may help with the restoration of good patterns of sleep because it can create more melatonin in your brain when you are sleeping at night.

Not only that, but taking CBD should help to reduce any anxiety which means that you can experience a higher quality sleep for a longer period of time.

## **Psychoactivity from CBD is a bad side effect**

The big pharmaceutical companies want you to believe that any “high” you experience from a cannabis derived product is a serious side effect that you need to avoid. They are against anything that can result in a state of euphoria. But euphoria is a Greek word that means a state of well-being.

The psychiatrist, Dr Tod Mikuriya, states that we should think of CBD and other cannabis products as medicines. They do have psychoactive

properties, like a number of other medications, but they are not intoxicants that have some therapeutic properties as side effects.

# Conclusion

In this special report you have learned CBD can provide you with numerous health benefits which include the reduction of anxiety and the effective management of pain.

But the truth is that CBD does a lot more than this. Studies have proven that it can help to reduce cancer symptoms and unpleasant side effects such as vomiting and nausea and a lot more.

In addition to this, more studies of CBD have found that it can provide benefits such as reducing blood pressure levels as well as improving the circulatory system and protecting the heart.

The best thing about taking CBD is that there are few to no side effects as there are with the vast majority of medications. Your risk with taking CBD to improve the quality of your life is minimal.

Our aim with this special report was to provide you with greater insight into what CBD is and what it isn't. Now that you know this and the benefits that CBD can offer, we encourage you to give it a try.

Follow the advice in this special report to ensure that you purchase the right CBD products!



# Essential Resources

Use these essential resources to understand more about CBD and its benefits:

## **CBD Safe and Effective?**

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/is-cbd-safe-and-effective/faq-20446700>

## **9 Science Backed Benefits of CBD Oil**

<https://www.forbes.com/health/body/cbd-oil-benefits/>

## **How to Shop for CBD**

<https://www.consumerreports.org/cbd/how-to-shop-for-cbd/>

## **Using CBD Oil for Pain Management**

<https://www.healthline.com/health/cbd-oil-for-pain>