

What is CBD

CBD is a cannabinoid derived from US hemp leaves and buds. It is all-natural, safe and it has been proven to treat, heal and potentially cure. CBD is legal in all 50 states. CBD is not regulated by the FDA. No one has ever overdosed or died from neither cannabis nor CBD.

What are cannabinoids

Cannabis plants contain more than 60 chemical compounds, called cannabinoids. These molecules attach to specific receptors in the endocannabinoid system, most notably in the brain and the immune system. CBD is non-psychoactive and effectively safe for adults, children and pets and is proving to be one of the most medically important compounds of all time.

Scientists discovered two primary receptors: Cannabinoid 1, or CB1, and cannabinoid 2, or CB2. CB1 receptors are abundant in the brain. When activated, they play a crucial role in motor control, memory processing, and pain perception.

Sublingually

The most popular sublingually method is a tincture. Using a dropper full of liquid CBD tincture and holding it under the tongue for a minute or two before swallowing allows the mucus membranes of the mouth to absorb CBD.

Ingestibles include: Tinctures, drops, sprays, capsules, gummies, brownies, food and beverages.

Bioavailability:

Tinctures 40 - 50%

Capsules and edibles 4 - 20%

Onset:

15-30 minutes for Tinctures

30-60 minutes for Edibles

Duration: 2-4 hours

Pros: Convenient, discreet, doesn't harm lungs, tinctures are fast acting and familiar

Cons: Edibles are slow to take effect

(What are Cannabinoids continued)

THC binds to these CB1 receptors. CBD binds to CB2 receptors, which are active in the immune system. In this way, it is able to reduce inflammation, relieving pain at its source, and influence immune response to a myriad of medical conditions. It also regulates the immune system itself, which is vital for optimal health.

Full Spectrum vs CBD Isolate

When CBD is referred to as full spectrum or whole plant CBD, it means that the CBD contains all other cannabinoids found in the cannabis plant including Cannabinol (CBN), Cannabigerol (CBG) and Tetrahydrocannabivarian (THCV) to name a few. Along with these cannabinoids, full spectrum CBD also contains trace amounts of Tetrahydrocannabinol (THC), but in very low concentrations (up to 3%), resulting in very minimal psychoactive stimulation.

CBD Isolate is simply purified CBD that has been extracted from the cannabis plant and isolated from the other cannabinoids.

Topically

Applying CBD on your skin will provide targeted relief to a specific area. The skin absorbs CBD so that it can interact with cannabinoid receptors nearby. Useful for inflamed joints, muscle pain, arthritis, chronic pain and more.

Topicals include: Salve, creams, massage oils, bath bombs

Bioavailability: Insolates CB2 receptors around targeted area. Does not enter bloodstream.

Onset: 10-30 minutes

Duration: 2-4 hours

Pros: Easy for targeting specific areas, bypasses liver, long lasting

Cons: Semi-inconvenient

Bioavailability

For CBD to work, your body must first absorb it. This means that it must find its way from its point of entry and into the bloodstream, from where it can travel around the body to interact with cannabinoid receptors.

How it does this will depend on how you consume it, called the route of administration. The method of ingestion will greatly affect the uptake, distribution, and elimination of the CBD compound in your body. This is vitally important information, since the method you choose will determine how effective cannabinoid therapy will ultimately be in helping you overcome your medical issues.

Route of administration methods

Sublingual: Tinctures, Sprays, Lozenges,

Edibles: Gummies, Cookies, Food and Drinks

Pill Form: Capsules & Gel Tabs

Inhalation: Vaping CBD eJuice

Topical: Salves, Creams, Massage Oils

Inhalation

Inhalation, such as vaping, is an effective method of delivery and preferred by many because the body absorbs it quickly this way. Effects are near immediate, making it a good option for anyone needing pain relief now instead of hours later.

Inhalation methods: Vaping CBD eJuice

Bioavailability: 40 - 70%

Onset: Almost instantly

Duration: 45min-1 hour

Pros: Easy to use, fun, social, relief with oral fixation, help quit smoking

Cons: illegal in many public stores and restaurants, semi-inconvenient

Dosage

There is no established recommended daily allowance of CBD. CBD is only approved federally for use as a nutritional supplement leaving consumers unsure of how much to take.

10-40 mg per day is a starting point for the average consumer looking for wellness benefits like mental clarity, improved sleep, relief from arthritis, chronic pain and reduced inflammation.

For sleep disorders, 40-160 mg are often used.

Epilepsy and schizophrenia treatment can range from 200-1,200 mg/day.

Body weight, cannabinoid sensitivity, and desired results should all be considered.

The key is to experiment. Start low, go slow.

Choose a specific dose and time(s) of day, and do it consistently for 7-10 days. After that time, the endocannabinoid system will be primed and dosage can be adjusted as needed.

Nature's Reward

CBD Information Pamphlet

