



Hemp Oil

CBD or cannabidiol is a naturally occurring compound in the hemp plant with many amazing health benefits. CBD oil can be extracted from a number of different plants including the hemp plant but also marijuana. Marijuana contains high levels of the compound THC which has psychoactive effects. Hemp plant contains very low levels of THC and does not cause the psychoactive effects as those seen with marijuana.

What is it used for?

CBD has been shown in clinical trials to be very helpful for a number of conditions. CBD can be very beneficial for people who suffer from certain types of seizures. In fact, just this year the FDA has approved the first CBD derived pharmaceutical for certain types of seizures in the pediatric population. Other studies support its use for anxiety and antipsychotic effects. Most people who use CBD admit that anxiety and sleep both improve tremendously on the oil. CBD also has anti-inflammatory properties and can be very beneficial for those with chronic pain and autoimmune disease. Some early research also shows possible neuroprotective benefits, anti-cancer and tumor suppression effects, and increase in bone growth.

IN SUMMARY:

- Helps with inflammation
- Eases anxiety
- Reduces pain
- Supports bone growth
- Neuroprotective
- Anti-tumor/cancer
- Improves sleep
- Helps with seizures

Is it legal?

Several years ago the federal government stated that CBD derived from hemp is legal as long as it contains less than 0.03% of THC. In Idaho, hemp oil is only legal if the THC is completely taken out of the plant. Therefore, the products we carry contain no THC.

How much should I take?

If you are using the hemp Targeted topical product this can be applied to the area of pain 2-3 times daily. If you are using CBD drops it is recommended you start off with 3 drops 1-3 times daily. The max dose is 1 dropper full (27 drops) 3 times daily. Place the drops under the tongue for 15-20 seconds then swallow. You will find the dose that works well for you as you start slow and titrate up. If you do not feel like you are getting improvements then use a higher dose. If you take the oil before bed this may help with sleep.