The Healing Sanctuary

S U P P L E M E N T S

CBD Oil (Hemp Oil)

- **Helps with Inflammation**
- **Eases Anxiety**
- **Reduces Pain**
- **Supports Bone Growth**
- **Neuroprotective**
- **Anti-Tumor/Cancer**
- **Improves Sleep**
- **Helps with Seizures**

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 and marijuana.

Marijuana contains high levels of the compound THC which has psychoactive effects. The hemp plant contains very low levels of THC and does not cause the psychoactive effects as those seen with marijuana.

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.**

What is it used for?

CBD has been shown in clinical trials to be very helpful for a number of conditions.

- **Certain Types of Seizures:** In 2018, the FDA approved the 1st CBD-derived pharmaceutical for certain types of seizures in pediatric patients.

- **Anxiety and Antipsychotic Effects:** Most people who use CBD admit that anxiety and sleep both improve tremendously on the oil.

- **Anti-inflammatory Properties:** 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, & an increase in bone growth.

How much should I take?

- **Topical product:** Apply to the area of pain 2-3 times daily.

- **CBD Drops:** It is recommended that you start off with 3 drops 1-3 times daily. Max dose is 1 dropper full (27 drops) 3 times daily. Place the drops under the tongue for 15-20 seconds then swallow.

  - **Start slow and increase as needed** to find the dose that is right for you. Taking before bed may help with sleep.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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