**Hello! Come on in!**

**What brings you in? Have you tried CBD before?**

-Pain, anxiety, depression, skin conditions, arthritis, cancer treatment side effects, nausea, GI issues, looking for your pet, PTSD, smoking cessation, sleep concerns, immune support, ADHD, autism, social support, diabetes concerns, nerve issues… the list goes on.

*We are here to help and would love to walk you thru what you need to know.*

You may have researched information and you maybe know nothing so we will explain it all to make sure you have a good understanding. Education is very important to us to make sure you are well informed.

So… CBD is sourced from the same plant species as marijuana, it is called the hemp plant. The difference between CBD and marijuana products is that CBD does have the psycho-active effects that you have with marijuana; it is non-psychoactive. Non-psychoactive mean it does not alter your mental ability, how you process, or get you high. Psychoactive means that it does alter your mental ability, how you process, and has the potential to get you high. The source for CBD is low in THC which is why these products can be used without the concerns that you hear of marijuana. They are processed by CO2 extraction. They can either completely remove the THC and leave a little in the product, the legal limit of 0.3% or less.

The primary function of CBD is to reduce inflammation and hyperactivity within the body. Almost every ailment or issue there is within your body, can be traced back to inflammation or hyperactivity.

You have a naturally occurring system within your body called the Endocannabinoid System which has two receptors CB1 and CB2. Those receptors lie within the central nervous system in your brain and your immune system.

When you take CBD it binds to those receptors and thus decreasing inflammation, hyperactivity and thus giving relief to symptoms. It is supporting the body to regulate and “run” the way it was designed to; this is why it can be for general health maintenance or any concern a customer has. Customers will report improved sleep, better energy levels, reduced anxiety/depression, better digestion, pain relief, to name a few.

Some of the key factors in choosing a CBD product that is right for you is knowing where your CBD is being sourced, if they use third party testing and whether they are nano-emulsified. Why are these factors important? Because CBD is in an unregulated industry, there have been issues with products being filled with synthetics and fillers; companies can lie about how much CBD is in a product. So finding products that have 3rd party testing verifies that what the bottles says is indeed what you are paying for, so that you too get the full therapeutic benefits of your CBD product.

Nano-emulsification is a technique in how the CBD product is made. This patent pending, proprietary technique, allows for the CBD molecule to be made very small, thus giving your body the ability to easily absorb 80- 90% or greater of the CBD with each dose that you take! If a product is not nano emulsified, you will only absorb about 10-30% of the CBD with each dose, depending on the person.

We work very hard to find only they very best brands on the market, that are reputable, honest and working with us to bring you products that maximize the therapeutic effects to bring you relief to your symptoms at the best cost.

**So where should you start?**

Our primary product that we suggest everyone to start with is our nano-emulsified water soluble. You take it twice a day in any liquid you wish... water, coffee, juice, soda, doesn't matter. We suggest using a small medicine cup or filling half of a dixie size cup to take the dose. Each dose lasts roughly 12 hours so when you take twice a day you get 24 coverage to keep those symptoms under control. There is research that shows the more consistently CBD is taken, the better the relief in the long run.

The reason the waters soluble is our primary and most important product is it works at the core of the issue, healing internally, and acts as a long acting agent to relieve your symptoms round the clock.

Our water soluble comes in broad and full spectrum. Broad spectrum has 0% THC. Full spectrum has the legal limit of 0.3% THC or less in it for a few more beneficial effects depending on symptoms and severity. Why is some THC left in some products? It’s called the Entourage Effect; when CBD and THC are paired together, they can work together.

Some people will have the tendency to reduce use of their CBD once they start feeling better by taking less or not as often. The problem with doing this is your body has to catch back up every time to get the endocannabinoid system back under control.

It can take some time to adjust dosing and allowing it time to work until relief of symptoms occurs... anywhere from 1-3 days up to two weeks. For anxiety and kid related concerns we usually see more towards 1-2 weeks. Pain type concerns are typically faster... days up to a week.

The water soluble is available in different flavors of grape, natural and orange. The milligrams are 300, 600, 900, and 1200. The 900 and 1200 are limited in flavors

Typically, depending on severity of concerns, we recommend staring at 300mg or 600mg. There is no standard dosing and it is all trial and error to begin with.

For any customer we always recommend the water soluble first.

We also carry a pain cream that is applied topically... like rubbing it on your neck, temples, back, or any area of pain or tenderness. We have a lot of customers use this and love it. It’s 1500mg which is a high amount and it is also nano emulsified! So there is maximum absorption. It comes in a 2 oz jar, 500mg pump bottle or trial sizes of 5 grams. The pain cream is broad spectrum, so NO THC.

We also have edible options like hard candy and gummies which are good options for added relief; we refer to these as using like ibuprofen or medications for anxiety where you can pop a piece of candy whenever pain/anxiety is worse for given reasons. The gummies come with and without THC (broad versus full) and the hard candy comes in broad (without THC).

**What else?**

We have skin care options, tea, coffee, lollipops, lotions, flower and prerolls, vape products.

Check out our online store for a full description of each product option.

*Do you have further questions? PLEASE reach out, we want you to have full access to the information you need during this time related to COVID.*

***Here’s a quick break down:***

**::Pain/inflammation, GI, nausea, nerve pain, diabetes, autism, smoking cessation::**

-Full spectrum water soluble

-Topical creams

**::Anxiety, PTSD, depression, ADHD::**

-Broad spectrum water soluble

-Edibles (hard candy, gummy bears)

**::Sleep concerns PLUS these concerns above::**

-We suggest to go broad in this case. You can still get good pain control, for example. THC can sometimes be aggravating to sleep.

**::Skin concerns::**

-Full Spectrum water soluble

-Facial Cleanser, Blemish Serum

-Free and Clear lotion

-Shampoo (yes, you read that correctly… believe it or not, we have had many customers use the shampoo for acne, psoriasis, and eczema and had great success)

**::Pet concerns::**

-Full spectrum pet tincture (given twice a day just like the water soluble for humans)

-Pet treats (given as needed for extra support)

-Concerns with pets: pain, arthritis, old age, social anxiety/separation, cancer, storm anxiety, appetite support, to name a few.

**::Flower, vape, and prerolls flower::**

-The fastest way to get CBD is by inhalation. These can be used for all of the concerns above as well. Typically, customers use it for pain and anxiety. The flower comes in whole bud and 1 gram prerolls. The flower is the purest form of CBD you can get and reserves the whole plant, providing maximum therapeutic exposure. These are smokable products.