

# THE MIRACLE SUPPLEMENT TO MANAGE ANXIETY & STRESS



**MOLTAVITA**  
Best • Life • Now

# TABLE OF CONTENTS

<i>Chapter 1:</i>	What is CBD?-----	2
<i>Chapter 2:</i>	Does CBD Get You High?-----	7
<i>Chapter 3:</i>	Does CBD Show Up on a Drug Test?---	10
<i>Chapter 4:</i>	What Does CBD Stand For?-----	12
<i>Chapter 5:</i>	Is CBD Oil Legal in all 50 States?-----	14
<i>Chapter 6:</i>	CBD vs THC -----	17
<i>Chapter 7:</i>	CBD Benefits -----	20

## What Is CBD?

Though used for thousands of years, interest in Cannabidiol (CBD) oil and other CBD products have recently been on the rise due to the legalization of cannabis and more thorough education and research regarding its beneficial health properties.

CBD has a wide array of uses, comes in diverse product form, and can be delivered to the body in multiple ways. This makes CBD an attractive choice for those seeking alternative, natural treatment for pain, sleep issues, stress, and certain disorders.

While there is a plethora of information and research available regarding the uses, benefits, and science behind CBD, below are some of the most frequently asked questions to help you better understand the amazing world of CBD products.

## What Is CBD?

Cannabidiol (CBD) is a substance derived from the Cannabis Sativa plant that has been used for thousands of years to treat a variety of health conditions such as inflammation, chronic pain, and anxiety.

In fact, history points to evidence that ancient people have been cultivating hemp for almost 12,000 years. It has also been discovered that cannabis has been used to treat illness, and possibly enjoyed recreationally, in ancient villages in China as far back as 2900 BC.

More specifically, CBD is a form of a cannabinoid, which is a chemical compound that is naturally produced and regulated by the endocannabinoid system of the human body. Endocannabinoids have been documented to play a vital role in regulating processes and functions such as mood, sleep, energy, appetite, and memory.

While there potentially over 100 different cannabinoids produced by the cannabis plant, the most well-known ones are CBD and THC (tetrahydrocannabinol). THC is notorious for its intoxicating and psychoactive effects on the body, or the “high” feeling. However, CBD interacts with the cannabinoid receptors in a way that does not induce the intoxicating effect that THC does.

As a result, CBD is often an appealing option for those who may wish to avoid the hallucinogenic elements present in the THC compound.

However, many users of CBD products still question whether or not CBD could cause them to have a positive drug test. This is a valid question, considering that some CBD products may have THC added to them. But because CBD that is a hemp based contains miniscule levels of THC (less than .3% as outlined by federal regulations), it's not every likely to be detected on a drug test.

In fact, in order to potentially register a positive on a drug test, a user of hemp-derived CBD would have to consume extremely high doses of a product. A dosage that large would be potent and would absolutely result in a user feeling impaired.

CBD and cannabis have historically had a negative stigma attached to them, even in spite of their well-known healing properties. But in the past decade or so, as laws and regulations have begun to emerge and change around CBD and cannabis, CBD related products have exploded onto the market. This has allowed cannabis and hemp, as well as natural products associated with the, to be more widely embraced by the general public for their diverse therapeutic use.

As more bodies of research energy about the curative properties of CBD, the findings support that it can have incredibly beneficial results in treating disorders such as Alzheimers, epilepsy, Huntington's disease, arthritis, anxiety disorders, multiple sclerosis and many other diseases.

## What Is CBD OIL?

CBD oil is a concentrated liquid extracted from the Cannabis plant which is formulated, packaged, and sold to consumers for health purposes. There are different methods available for extracting the CBD oil and all have been found to be successful in creating a viable product.

The oil contains the CBD compound, along with a consumable carrier oil. This carrier oil helps to preserve the product as well as deliver the compounds to the body. The carrier oil used in CBD oil varies, depending upon the product manufacturer, but may include grapeseed oil, olive oil, cold-pressed hemp seed oil, and others.

The CBD oil can be bottle as a liquid, used in capsules, or infused in other health and beauty products such as balms.

## What Is CBD Oil Used For?

CBD oil is used to therapeutically relieve symptoms associated with a number of health issues, including insomnia, depression, muscle spasms, pain, and inflammation. Research has also shown it may be effective in treating Parkinson's disease, Epilepsy, and Glaucoma as well.

CBD oil is often an appealing choice for those seeking remedy from chronic joint pain, such as shoulder, hip, wrist, and jaw disorders. It helps to reduce inflammation, swelling, and stiffness often associated with joint disorders. Moreover, it addresses and relieves chronic pain that many people suffer from daily.

CBD oil that is combined with hemp oil can be an excellent addition to a skin and hair care routine, as it delivers restorative compounds and nutrients that moisturizes the skin, treats inflammation, and strengthens hair.

# What is CBD Good For?

Because CBD is known to be anti-inflammatory, anticonvulsant (anti-seizure), and have antibiotic properties, it is considered to be useful in alleviating symptoms related to various illnesses, diseases, and conditions. Ongoing studies and data point to the compelling fact that some of these conditions potentially treatable with CBD include neurological and autoimmune disorders.

More recent and compelling research is showing that CBD has a powerful effect on the treatment of cancer. When combined specifically with THC, it has been documented that CBD can work to fight off and destroy cancer cells.

The variety of ailments that CBD can help to treat and cure seem endless. In terms of overall health and wellness, some of the most commonly accepted and agreed upon benefits of CBD oil are:

Reduction of chronic pain, inflammation, blood pressure, tension, anxiety, nervousness, stress, and nausea. Conversely, CBD has been shown to increase a sense of calm, immunity, focus and concentration, balance, and coordination. Finally, CBD has additional properties such as anti-tumor, anti-anxiety, Neuroprotective, and analgesic. Based on all of these, there is valid and good reason that CBD has been called a “natural miracle drug”. Many people also use CBD oil as a natural remedy to relieve stress and promote relaxation of the body and mind.

While CBD treatment still seems to be in its infancy, despite being used by our ancient ancestors, many people may still have concerns about whether or not their products contain THC. Because CBD products derived from the hemp plant contain less than 0.3% THC, which is considered a “trace” amount, they do not produce a psychoactive or psychedelic sensation or experience in the user. This makes CBD an attractive option for those who require the healing benefits of CBD but don't wish to experience as a form of impairment with its use.

It's important to remind consumers to always check the labels of CBD products to be certain that they don't contain THC. Luckily, products that include THC should be clearly labeled to avoid confusion. Be sure to speak with your care provider if you have any worries about whether or not the CBD product you are using is indicated as safe for your unique needs and ailments.

# What is CBD Vape Oil?

CBD vape oil is just one of the many forms available for consuming and using CBD. Vaping CBD oil is a smokeless method of inhaling CBD oil and is controlled through a low temperature, heating mechanism. This can be through a portable slim vape pen or through a larger vaping device.

Vaping CBD oil has benefits such as being discreet, convenient, and portable. Many find that the vapor produced is less harsh and more pleasant to inhale than smoke.

# What States is CBD Oil Legal?

The generally accepted answer is that CBD oil is legal in all states based on the Farm Bill, which states that CBD products are legal to buy if they are made from low or zero-THC hemp.

However, the FDA has issued a statement that claims that it is illegal to sell any product that claims to have therapeutic benefits, or is marketed dietary supplement, unless the FDA has approved it.

Much has been debated and questioned when it comes to the legality and regulating of CBD. Even for lawyers, this topic has been one that can often be convoluted. This has caused manufacturers of CBD related products, and consumers, to proceed with caution when selling or purchasing CBD products. However, with the recent introduction and implementation of the 2018 Farm Bill, the legality of CBD have been more clarified and understood.

Based on this bills, CBD is technically legal now in all 50 states. What this bill did to help push the CBD market forward is to remove industrial hemp - and CBD derived from it - from the controlled substances list. This benefits not only consumers and companies producing CBD products, but also farmers who grow this cash crop. It's important to distinguish between CBD produced by hemp and CBD produced by the marijuana plant (which is still federally illegal because it contains THC).

Even though CBD derived from hemp is now federally legal in 50 states, local and state jurisdictions may take longer to jump on board. This means that certain states may still have laws on the books that seem to contradict the Farm Bill. Even with this groundbreaking legislation that makes CBD legal, it is recommended to check with your local jurisdiction to get a good feel for the wording of the law

## What is CBD Tincture?

While CBD oil and CBD tinctures are very similar in both health benefits and formula, they differ in their ingredients. CBD oil often just includes CBD and a carrier oil, whereas CBD tinctures are a combination of CBD oil other medicinal or herbal ingredients. Tinctures are taken orally or under the tongue and have a long shelf life due to their formulation process.

## What is Full Spectrum CBD?

Full spectrum CBD is a term to denote CBD products that includes all the hundred of cannabinoids present in the cannabis plant. Full spectrum CBD products, such as oil, include TCH and thus do have a psychoactive effect on the body.

Advocates of full spectrum CBD note the “encourage effect” of combining all cannabinoids in a product and believe that this can treat and heal medical concerns in a compelling manner.

# What is CBD Water?

CBD water is a new product to emerge on the market and is simply water infused with CBD. Much like water that includes added electrolytes or flavors, CBD water offers the health benefits of CBD with the added perk and convenience of hydration.

Most brands of CBD only provide a small amount of milligrams of CBD and require proper storage and preparation to preserve the medicinal qualities of the product.

# What is the Difference Between CBD Oil and Hemp Oil?

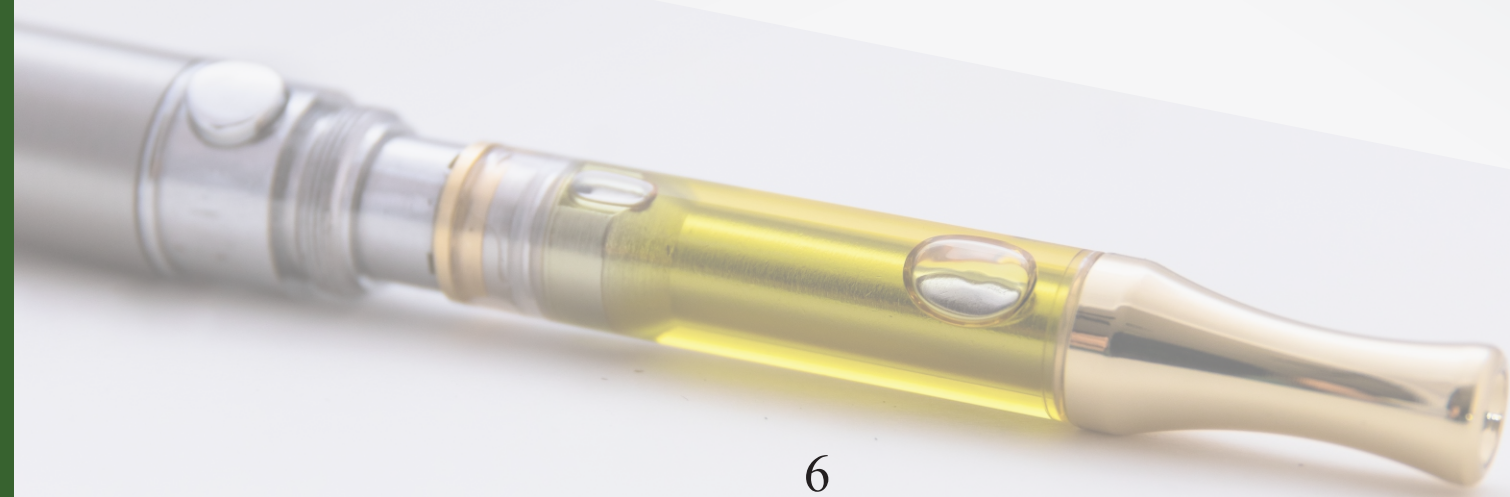
Both oil products are very similar but are created using different processes and parts of the plant. Each produce unique therapeutic health benefits and results.

CBD oil is crafted using the whole plant, including flowers and stalk, and includes the CBD cannabinoid.

Hemp oil is made from the seeds of the hemp plant and formulated with the cold pressing process. It does not contain CBD but does include a blend of various nutrients such as Vitamin E, protein, and healthy fatty acids. Hemp oil is often used in the beauty industry as well as in cooking.

In terms of a beauty routine, hemp oil can restore skin elasticity, address inflammation and problem areas, and moisturize. But hemp oil has also been long revered for its ability to strengthen hair and reduce the amount of breakage. It's an excellent and natural addition to any skin or hair routine.

CBD is touted as a remarkable natural curative for good reason. Because it's non-habit forming and is a botanical remedy, it is a safe alternative for those who wish to avoid more conventional forms of treatment. Whether you experience chronic or temporary pain, are seeking natural aids for cancer treatment, are interested in relieving anxiety disorders, or are addressing joint pain, CBD may be the perfect choice to boost your overall health and wellness.



## Does CBD Get You High?

Newcomers to the world of CBD and cannabis often have many questions about the health benefits, formulation method, and side effects of CBD products. One of the most frequently asked questions is around how CBD makes people feel and if it gets you “high”

It is important to be an educated and informed consumer when it comes to purchasing and using CBD so that each individual can address their diverse health and wellness needs. There are many misconceptions and myths, as well as misinformation, when it comes to the topic of CBD, hemp, and cannabis. Dispelling those myths is an important step in removing the stigma that has been unnecessarily attached to CBD.

This article will dive into the questions and concerns in detail, such as the compounds in CBD and how those react in the body, so that you can be confident about making informed choices around CBD.

## Does CBD Get You High?

Because CBD does not contain the cannabinoid THC (tetrahydrocannabinol) it does not produce the psychoactive effect normally associated with cannabis products. CBD doesn't impact the way your mind processes so won't experience the mental fog or haziness that you may if consuming products that include THC.

For this reason, CBD is often an attractive option for those who wish to bypass the “high” feeling and opt to instead capitalize on the other relaxing and medicinal benefits of CBD.

## Does CBD Oil Get You High?

THC-free CBD oil will not get you “high” nor make you feel any of the other physiological effects that come with the consumption of THC. While CBD oil may include trace amounts of THC (less than .3% required by federal standards), it is not enough to create any sort of altered state. In fact, the high CBD content and low THC levels make it a potent and therapeutic combination that benefits many people dealing with symptoms such as pain, tension, and inflammation.





# How Does CBD Make You Feel?

Regardless of which method of consumption or application used for CBD treatment, most people report feeling an overall sense of relaxation and calm after using CBD products. The chemical compound in CBD can help induce sleep, combats panic attacks, and reduces feelings of anxiety.

Those who use CBD also attest to experiencing relief from pain, inflammation, and even nausea. On top of all of the healthy benefits, CBD tends to improve a person's overall mood and sense of wellbeing.

Remarkably, CBD has been shown to be a safe and effective treatment for any neurological disorders as well to relieve symptoms of general illnesses. This means that CBD is often used to treat disorders and diseases such as: Arthritis, Parkinson's disease, Epilepsy, Glaucoma, Anxiety disorders, Alzheimer's, Type 1 Diabetes, and many others.

Because CBD can be used in many ways - such as ingested orally, taken under the tongue, or applied topically to skin – it is effective and easy to use for people of most any age.

The next portion of this article will address specific CBD products and if they cause the feeling of “being high”.

## Does CBD Gummies Get You High?

CBD Gummies do not contain a level of THC that would produce psychoactive effects. These are an often-used product because of their neutral taste and how discreet they are to administer. CBD gummies are available in a multitude of flavors and CBD dosage levels and help to sustain a long-term feeling of overall relaxation.

CBD edibles are a convenient way to administer CBD and to feel the relief from a variety of symptoms. Many people often enjoy the taste and flavor of CBD edibles as well, making them a great choice for those who may be tentative to trying CBD. However, it's important to remember that CBD edibles do not product mind-altering effects of the feeling of being “high”. Instead, most people feel a sense of peace and reduction of tension within 10-30 minutes of consuming a CBD edible. Edibles also come with different levels of CBD dosage (in milligrams) so talk to your care provider or CBD company representative to learn more about appropriate dosages for your symptoms.

## Does CBD Tincture Get You High?

A CBD tincture is a combination of CBD oil, a carrier oil. Sometimes it may contain other herbal or medicinal compounds as well. Like all CBD products we've highlight these do not contain THC and will not get you “high”. A CBD tincture is simply yet another method for dosing CBD and may be referenced due to its ease and lack of strong taste. Because a tincture is bottled, some people prefer this product due to the fact that it cannot melt like a CBD gummy or edible might.

# Does Vaping CBD Oil Get You High?

Vaping has become another popular method for ingesting and using CBD. It involves the use of a heating element to produce a vapor that is inhaled through a vaping device. CBD vapes do not contain THC (unless otherwise noted) and so they simply help to de-stress the body, relieve pain and tension, and treat neurological disorders.

## Does CBD Isolate Get You High?

CBD isolate is a pure, crystalline powder that contains 99% pure CBD and none of the oil, leaves, or chlorophyll contained in the hemp plant. Because of this, it also does not include THC and there is not psychedelic nor cause the “high” associated with cannabis.

CBD isolate is included in a variety of forms, including in lotions, salves, CBD water tincture, and more.

For those who are sensitive to THC or may be concerned about THC appearing in a drug test, CBD isolate can be a great choice.

Regardless of the form or packaging the CBD products come in, they have been proven to have a multiple of positive benefits when treating certain symptoms. Because these CBD products lack the THC compound, many people are far less hesitant to use them and feel safe knowing that they can experience all of the health benefits of CBD without feeling “high” or altered.



## Does CBD Show Up on a Drug Test?

With the emergence of CBD products on the market, and the incredible health benefits purported by the use of CBD, many people are curious about how CBD may interact with their system. Specifically, a frequently asked question is about whether or not CBD shows up as a positive on a drug test.

This article will address several different types of CBD products and whether or not they impact the results of a drug test.

First, it's important to remember that CBD (Cannabidiol) is a compound that is part of the cannabis plant. This plant has over 100 cannabinoids, concluding the most commonly known ones such as TCH and CBD.

The way that cannabinoids impact the receptors of the Endocannabinoid system has been well documented and researched. While our bodies naturally produce cannabinoids, supplementing with the use of products such as CBD oils and tinctures has become useful in therapeutically treating many disorders and symptoms of disease.

CBD products are not psychoactive because they do not contain TCH (tetrahydrocannabinol), which produces the famous “high” or mind-altering effect. Instead, CBD works to relax the body and mind without creating a mental fog or haze. It's important to note that some CBD products may have THC included in them, however, this will always be noted on the product label.

For all other THC-free products, a consumer need not worry that they may feel high with the use of them and can rest easy when it comes to the topic of drug testing.

## Does CBD Show Up on a Drug Test?

The short answer is no, CBD itself does not show up on a drug test nor would a drug test show positive if you used a CBD (THC-free) product.

CBD that is a hemp based contains miniscule levels of THC (less than .3% as outlined by federal regulations). This low level of THC is not likely to ever be detected by a trust test. A CBD user would have to consume extremely high doses of a product for it to potentially register a positive on a drug test. In that case, such a dosage could result in user impairment and would never be recommended

However, some CBD products may include a combination of both THC and CBD. If so, these products are clearly labeled and marketed towards those who specifically seek this powerful and potent combination. CBD products that contain THC would make a user feel “high” and could create a positive test result on a drug test.

In summary, it's generally accepted the THC-fee CBD products should not be a concern for those who may have to take a drug test.

# How Long Does CBD Stay in Your System?

Most studies show that while CBD generally stays in the body for approximately 5-7 days, it is virtually undetectable in the system. This means that not only does this natural product not cause a high but is not likely to ever show up as a positive on a drug test.

Certain biological characteristics and traits may play a role in how long CBD remain in the system, including: age, body weight, gender, metabolism, and dosage. Every person absorbs CBD in a different way but, because it does not contain THC, it should not interfere with a drug test result.

## Does CBD Oil Show Up on a Drug Test?

Because CBD oil does not include THC, the compound that causes one to feel “high”, it will not show up as a positive on a drug test. Once again, it's important to be certain that the CBD products you are purchasing and using do not have THC included in the combination of ingredients. These will always be labeled accordingly and should be rather obvious to the consumer.

## Does CBD Vape Oil Show Up on a Drug Test?

Vaping is also another popular way to use CBD and can be an enjoyable experience for many users. Those who purchase and use THC-free CBD vapes need not be concerned about the oil creating a positive result on a drug test. This is one reason that CBD products, including vape oil, have been widely used and are helping CBD become more openly accepted.

## Does CBD Show up on a Hair Drug Test?

Keeping in mind that CBD contains no traceable amounts of THC, use of CBD products should not result in a positive on any kind of drug test (including a hair drug test). Consumers using CBD can feel safe and confident knowing that they are receiving all of the health benefits of CBD but none of the mind-altering or “high” effects that THC would produce.

## Does CBD Lotion Show Up on a Drug Test?

CBD lotions are a great choice for those who wish to be able to experience the amazing healing benefits of CBD without ingesting it. Products such as lotions and balms are trending because of this and can simply be applied to the skin. Not only do they help soften and moisturize the skin but can relieve tension and pain in the body. These products are THC-free (unless otherwise notified) and will not show up as a positive on a drug test.

Responsible use of CBD products means that you are an informed consumer and that you make it a priority to bring any questions or concerns to your health care provider. That said, CBD products are popular because they don't contain THC and won't interact in a way that could create an alarming, positive drug test.

## What Does CBD Stand For?

With the widespread and ongoing legalization of cannabis, more and more people are curious about products containing CBD. This article will help to break down elements pertinent to CBD and how it relates to the cannabis and hemp industry. Because all of the terms and abbreviations associated with cannabis can be overwhelming, this article seeks to eliminate much of the confusion.

CBD is an acronym for Cannabidiol, which is a substance derived from the Cannabis sativa plant. Believe it or not, CBD has been used to treat numerous health-related symptoms - such as stress, chronic pain, tension, and inflammation - for millennia. Even our ancestors understood the healing powers of cannabidiol and most likely used it for very similar reasons that people do now.

CBD is naturally occurring in the human body and is a form of a cannabinoid, which is a chemical compound produced and regulated by the endocannabinoid system. Besides treating pain and inflammation, endocannabinoids can also effectively regulate processes and functions such as memory, sleep, mood, energy, and appetite.

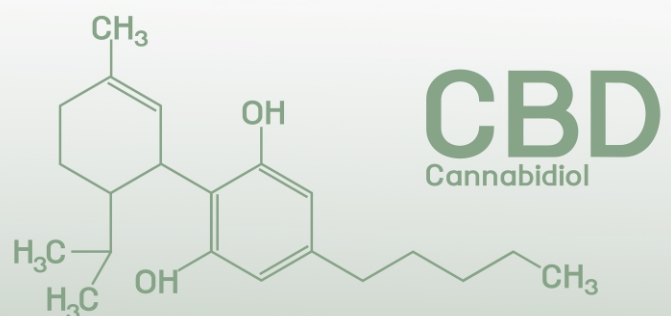
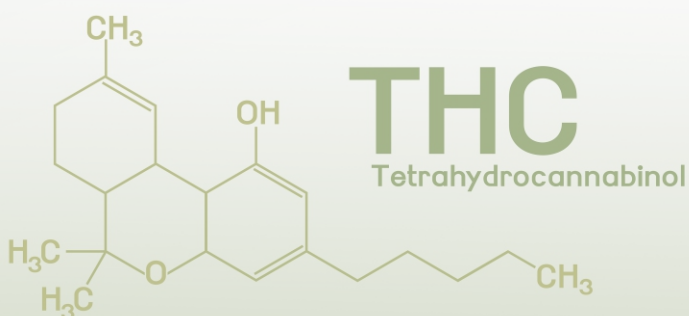
The impressive healing effects of CBD are also expanding into the treatment of cancer. What makes CBD a unique option, as opposed to chemotherapy or radiation, is that CBD seems to only select the cancer cells to destroy. Traditional forms of therapy such as chemotherapy and radiation destroy even the surrounding healthy cells and can lead to other complications. Thus, CBD is beginning to be researched as a viable intervention in cancer treatment.

## What does CBD stand for in medical terms?

While CBD has been widely used as a therapeutic treatment in the health-conscious community, it is now being recognized by the medical community as a compelling method for treating a variety of symptoms. CBD, or cannabidiol, is a natural form of medicine that physicians are accepting even as a valid remedy for neurological disorders such as Parkinson's disease and Alzheimer's.

In fact, there are new treatment uses being discovered for CBD every year and the supply of CBD products has subsequently increased with the demand. The CBD market includes products such as lotions, balms, tinctures, oils, water, nutritional supplements, and even CBD for pets.

Because CBD products do not contain THC (unless otherwise noted) they are hailed as an excellent choice for those who need relief from symptoms of chronic pain, nausea, or certain diseases but want to feel clear-headed and not experience the “high” feeling.



## What does CBD stand for in hemp?

CBD (cannabidiol) is technically sourced from the hemp plant, which is a variety of the species *Cannabis sativa*. Both hemp and Marijuana belong to the same species, but hemp contains a specific enzyme that marijuana lacks, which is an enzyme that produces CBD.

Hemp is also very valuable for its industrial uses including being used in health and beauty products, construction materials, clothing, and rope.

In terms of the CBD produced from the hemp enzyme, it can also have numerous beneficial impacts on conditions such as insomnia, diabetes, and epilepsy.

## What does CBD stand for in weed?

The cannabis plant is often called by a plethora of names, including hemp, reefer, weed, pot, and marijuana. While hemp and marijuana are different varieties of the plant, weed is a nickname that rose to popularity in the late 1980's. You can often hear this slang word being used in movies or on social media.

Whether cannabis is referred to as pot or weed, CBD (cannabidiol) is the compound specifically produced in the hemp species of the plant.

## What does THC and CBD stand for?

CBD (cannabidiol) and THC (tetrahydrocannabinol) are terms most often heard when discussing cannabis or searching for products containing these compounds.

THC is famously noted for its intoxicating and mind-altering effects on the body, or the “high” feeling. However, CBD does not induce the psychoactive effects in the same way THC does because it interacts with the cannabinoid receptors in a different way.

This means that CBD does not leave one with the mind fog or haze that is often used to describe the effect of THC on the body. Because CBD is THC-free, it has become a very appealing option for many people who wish to not feel “high” or otherwise altered.

While CBD (cannabidiol) has certainly been used for thousands of years, the resurgence of its popularity has had beneficial results for those who use it to treat disorders and numerous symptoms. As research and studies on the medicinal and therapeutic impacts of CBD continue to become more accepted, CBD products will likely become a part of most households in the future.

## Is CBD Oil Legal in All 50 States?

The landscape of CBD legality and regulation can be an overwhelming and confusing one to unravel. This is based on several different laws and bills, as well as the verbiage included in such laws. Many companies and consumers still find themselves puzzled by whether or not certain CBD products and treatments are legal in their state.

This article will provide you with details needed to better understand the details around the legality of CBD and products such as CBD oil.

Despite the fuzziness of certain laws, the good news is that CBD is technically legal now in all 50 states. This is due mostly to the groundbreaking 2018 Farm Bill, which is officially titled the Agricultural Improvement Act of 2018. This bill helped to legalize CBD by legalizing industrial Hemp, removing it from the controlled substances list.

By doing this, farmers and ranchers can now legally produce the hemp cash crop while still retaining their federal farm benefits. This was a huge move not only benefiting farmers and the hemp industry, but also benefiting manufacturers of CBD-related products. In turn, consumers benefit by being able to legally use CBD to treat a variety of symptoms and disorders.

It's important to understand what CBD is and how it's derived, because the source determines its legality. CBD, or cannabidiol, comes from the hemp species of the Cannabis sativa plant. Marijuana is another species of cannabis but doesn't include the enzyme needed to produce CBD, which is a cannabinoid. Thus, CBD is specifically harvested from the hemp plant, which is why it is now considered legal to sell in all 50 states.

The catch is that CBD derived from marijuana is not federally legal. Because both marijuana and hemp are members of the cannabis family, the subtleties and similarities can lead to confusion.

In order to address this, the US government classifies hemp as “any plant of the cannabis family that contains less than 0.3% THC.” Therefore, any plant within the cannabis family that contains greater than 0.3% THC is classified as “marijuana”.

It's important to note that with the introduction of any new bill, it may take states and local jurisdictions longer to get on board with the new changes. There are four generally accepted jurisdictional categories that each state can be included in, which helps determine the legal reception of CBD-related products such as CBD oil.

Below is a breakdown of these jurisdictional categories.

*Below is a breakdown of these jurisdictional categories.*

- **Friendliest states**

states (these laws allow the sale of industrial hemp-derived products)-: *Alaska, Colorado, Illinois, Indiana, Oklahoma, Kentucky, Maryland, Missouri, New York, North Carolina, Oregon, Rhode Island, South Carolina, Tennessee, Utah, Texas, Vermont, and Wisconsin.*

- **Friendly states**

(these laws outline that industrial hemp grown in a Farm Bill-compliant agricultural pilot program is explicitly exempted from the definition of marijuana): *District of Columbia, Hawaii, Kansas, Montana, New Mexico, and North Dakota.*

- **Gray Area states**

(these laws do not include explicit prohibitions against the retail sale of industrial hemp-derived CBD products but do have exemptions in the law that argue for the legality of hemp-derived CBD products): *Arkansas, Delaware, Florida, Connecticut, Georgia, Idaho, Iowa, Louisiana, Maine, Massachusetts, Nebraska, Minnesota, Mississippi, New Hampshire, New Jersey, Pennsylvania, Virginia, and Washington.*

- **States with Concern**

(These laws include no explicit prohibitions against the sale of industrial hemp-derived CBD products. However, the retail sale of industrial hemp-derived CBD products may be at risk due to recent law enforcement actions): *Alabama, Arizona, California, Michigan, Nevada, Ohio, South Dakota, West Virginia, and Wyoming.*

## Is CBD oil legal in Texas?

Though CBD derived from the hemp plant is technically legal in all 50 states, Texas is included in the jurisdictional category of “friendliest states”. This means that there is little to no risk of either selling CBD products and CBD oil or of purchasing and using these products in the state of Texas.

## Is CBD legal in Florida?

Florida is considered to be in the jurisdictional category of a “grey area” state, which simply implies that the state's laws do not include explicit prohibitions against the retail sale of industrial hemp-derived CBD products. That said, Florida doesn't differentiate hemp from marijuana.

This has caused some lawyers to argue that hemp is still illegal in Florida until new laws and legislation is created to state otherwise. However, Florida's legislature passed Senate Bill 1020 which will allow the use of CBD oils that contain up to 0.3% THC starting July 1st.



# Is CBD legal in North Carolina?

Because of its inclusion in the in the jurisdictional category of “friendliest states”, CBD products derived from hemp are legal to sell and purchase in the state of North Carolina.

# Is CBD legal in New York?

New York is also on the list of “friendliest states” in the jurisdictional categories. This is good news for manufacturers and retailers of hemp-derived CBD as well as good news for consumers of CBD products.

As the politics and legality of CBD continue to evolve and shift, individuals suffering with chronic pain and illness continue to swear by the healing properties of CBD. Cannabinol (CBD) has been purported to treat symptoms such as nausea, inflammation, anxiety, muscle tension, insomnia, and nervousness.

In addition, CBD users have also reported remarkable success with remedying symptoms from disorders such as Multiple sclerosis, Tourette's syndrome, schizophrenia, and post-traumatic stress disorder (PTSD).

CBD products are now available in a variety of forms, including tinctures, vape pens, salves, lotions, hydrating water, oils, edibles, and capsules. This makes CBD an easy and accessible choice for many, due to its convenience, portability, and ease of consumption and dosing. Because these products allow for CBD usage to be discreet, they've become appealing to people of all ages and health needs.

With additional research and support, CBD will continue to be a natural treatment and option for those seeking relief from pain and illness. As the stigma around cannabis and hemp dissipate, more options will open up for an even wider CBD market and audience.



## CBD vs THC

In the wide world of cannabis, it's easy to get lost in the sea of terminology and acronyms associated with the industry. You've likely heard of “CBD” and “THC” but may be wondering what these terms mean and how they are different. This article will shed light on the differences and similarities between CBD and THC as well as outline the effects that each may have on the human body.

CBD (Cannabidiol) and THC (Tetrahydrocannabinol) are both compounds found in the Cannabis sativa plant. While both interact with the receptors in the Endocannabinoid system, they do have slightly different functions and impacts on the body and brain. The endocannabinoid system regulates functions such as appetite, mood, coordination, balance, sleep cycles, and much more.

The way that cannabinoids activate specific receptors throughout the body work is by producing pharmacologic effects. These effects are generally most notable in the central nervous system and the immune system.

CBD is a compound, or cannabinoid, produced by an enzyme found in the hemp plant. THC, on the other hand, is a cannabinoid produced in the marijuana plant and quite notably alters the body and mind with psychoactive effects (or the feeling of being “high”).

Interestingly, both hemp and marijuana are a variety of species of the cannabis plant. However, the hemp plant doesn't produce THC. Thus, CBD doesn't contain any THC compound. What this means to users of CBD is that they can avoid the “high” effect and won't notice any additional mind-altering effects other than a relaxed state of being.

## CBD vs THC for Pain

The cannabis plant is renowned for its curative and healing properties in relation to pain. CBD and THC both work to reduce inflammation and muscle tension, which make them a safe and natural treatment for chronic or temporary pain. Because CBD doesn't make a user feel “high”, many opt for this choice with seeking relief from pain.

However, the combination of CBD and THC together has proven to be a formidable and powerful relief from pain and can often have longer-lasting effects. Along with relief from pain, those products that contain both THC and CBD will feel an overall body or mind “high” and other potential psychoactive side effects. These products should be clearly labeled with their ingredients so that consumers can be well-informed of the inclusion of THC.

As always, it is recommended to consult with a care provider prior to the use of any additional treatments or options to be certain they are compatible with your unique health needs. Because CBD and THC products are natural, they are often a safe choice for individuals seeking relief from pain.

## CBD vs THC for Cancer

Continually emerging evidence prove that cannabinoids can help retard the growth of cancer and inhibit blood cells that lead to further growth of tumors. Additionally, cannabinoids help to manage many of the side effects of cancer such as pain, fatigue, and nausea. However, studies related to the monitoring of cancer cells have shown that cancer cells die when specifically exposed to THC.

Research related to how CBD and THC may be used for cancer treatment is mounting as people look to more natural remedies for relief. The general outlook on conventional cancer treatments, such as chemotherapy and radiation, is that they are harsh on the patient and may cause additional negative side effects. As more and more cancer patients seek treatments that have less potential risk, and are more tolerable, CBD and THC are a viable and appealing option.

## CBD vs THC for Anxiety

When it comes to symptoms of anxiety, both CBD and THC have been proven to be beneficial in combating effects such as tension, stress, and panic attacks. Studies conclude that CBD oil derived from hemp can be a promising treatment for a variety of anxiety disorders, including panic disorder, social anxiety disorder, obsessive compulsive disorder, PTSD, and generalized anxiety disorder.

Because THC affects individuals' differently some may experience heightened paranoia or even greater anxiety with products that include THC. However, certain strains of cannabis now offer low-THC, high-CBD strains that offer anxiety sufferers other options and doesn't include the feeling of being "high". The option to use THC-free CBD products, such as oils or edibles, is also another recommendation for those who don't want to experience the psychoactive effects of THC.

## CBD vs THC Effects

Many users of hemp-derived CBD report feeling nothing more than a relief from their symptoms and a sense of calm and peaceful relaxation. It can help them combat stress and anxiety, as well as alleviate symptoms of a host of diseases.

However, the effects of THC are typically more pronounced and noticeable, both by the users and others. Depending on the form of consumption, THC products leave the user feeling a variety of mind-altering effects while also treating chronic pain or other afflictions.

# THC High vs CBD High

While cannabidiol (CBD) does not produce a feeling of being “high,” it does relax the overall body and mind. This is generally a welcome side effect for those experiencing pain or difficult symptoms of other illnesses. CBD relieves joint pain and inflammation, helps to treat neurological disorders, can help remedy insomnia, and offers certain properties for many other ailments.

For users who choose a product with THC, they will experience all of the benefits of CBD along with a “body high” or “mind high”. The extent of these psychoactive effects will differ with every person and how they metabolize the THC. Some may experience a longer “high” than others or psychoactive effects such as paranoia or anxiety.

CBD and THC work hand in hand to offer a natural solution to many diseases and chronic illness. They have been proven again and again by a wide body of research to be compelling in their curative abilities. However, being informed on how they interact with the endocannabinoid system, as well as how the effect every individual person, is important to making an informed and education decision about their use.

---

## CANNABIDIOL vs TETRAHYDROCANNABINOL

---

PERCENTAGES OF USERS THAT THREAT EACH SYMPTOM WITH CBD OR THC

<b>CBD</b> Cannabidiol	<b>48%</b> Joint pain and inflammation	<b>THC</b> Tetrahydrocannabinol	<b>54%</b> Joint pain and inflammation
<b>28%</b> Severe and/or chronic pain	<b>34%</b> Migraine	<b>32%</b> Severe and/or chronic pain	<b>38%</b> Migraine
<b>24%</b> Arthritis	<b>26%</b> Nausea	<b>28%</b> Arthritis	<b>31%</b> Nausea

---

## CBD Oil Benefits

Whether or not you've used CBD (cannabidiol) it's likely that you've heard of this emerging natural health treatment. CBD has been used for thousands of years to address a variety of disorders and to supplement overall wellness.

While some people use CBD products to treat chronic pain issues such as arthritis or back pain, others offer positive feedback about how it helps to relieve related symptoms of diseases such as Parkinson's disease and Crohn's disease. It seems almost impossible that one tiny molecule from the Cannabis sativa plant can offer such a restorative and healing outcome. However, continued research and studies around CBD seem to prove that it has incredible therapeutic benefits on a large number of ailments and maladies.

CBD (cannabidiol) is a specific compound produced and derived from the hemp plant, which is a species of the cannabis plant. It is classified as a cannabinoid, a compound naturally produced by the fascinating Endocannabinoid system of the human body. This system regulates a number of processes in the body, such as sleep cycles, mood, appetite, and fertility. Supporters of CBD use claim that supplementing the body's natural CBD production can help address a multitude of health issues. Science continues to back up this claim as well and new laws and regulations have even helped to legalize hemp-derived CBD products in all 50 states.

The largest pharmacy stores, such as CVS and Walgreens, both recently came on board with a recent announcement that they would be stocking CBD products on their shelves in certain states.

## What are CBD Oil Benefits?

The way in which cannabinoids such as CBD interact with the Endocannabinoid receptors (CB1 receptors) produces feelings of overall calm and relaxation in the body. This is one of the main reasons that it has been found to help with anxiety and pain, as well as with neurological disorders.

Additionally, the CB1 receptors in the brain help to manage pain, bolster coordination and movement, produce clearer thinking, regulate emotions and mood, balance appetite, and restore memory.

CBD use is also prevalent in those who wish to include it as preventative health care. Because of its wide spectrum of uses and clear benefits to overall health, CBD is quickly emerging as one of the most sought-after natural treatments.

If we take a brief peek into the history of CBD use, we understand that the first reported medicinal use of cannabis was likely to be around 2900 BC in ancient China. However, hemp has been cultivated as far back as 12,000 years ago in a village of Taiwan. Clearly, hemp and cannabis plant have been used to heal and treat disease since the dawn of human civilization, proving its miracle powers.

During the conquest of the Roman empire, the Romans discovered fields of hemp in various regions of China and collected the plants to bring back to Italy. Pedacius Dioscorides, a Greek botanist and physician, documented over 600 strands of cannabis and detailed their medicinal purposes and power.

Up until the past decade, CBD and cannabis had a negative stigma attached to them, despite their scientifically known curative properties. Since laws and regulations have begun to change around CBD and cannabis, many CBD related products have risen in popularity in the past decade. As a result, cannabis and its hemp species has enjoyed wide acceptance and therapeutic use by a large population of consumers.

## A List of CBD Oil Benefits

There are a multitude of benefits from the use of CBD oil. The list below includes the most commonly accepted and agreed upon benefits of CBD oil in relation to overall health and wellness.

- **Reduces:**

tension, anxiety, stress, nervousness, nausea, chronic pain, inflammation, blood pressure

- **Increases**

immunity, sense of relaxation, coordination, balance, focus

- **Can treat**

ADHD, seizures, PTSD, neurological disorders, insomnia

- **Additional Effects**

Neuroprotective, analgesic, anti-tumor, anti-anxiety

Many people who are interested in using CBD oil and other related products still voice concerns over whether or not they include THC or will make them feel “high”. Because CBD products derived from the hemp plant contain less than 0.3% THC, which is considered a “trace” amount, they do not produce a psychoactive or psychedelic sensation or experience in the user. Those who use

CBD products are cautioned to always read the labels to ensure that THC hasn't been added to them. For many, the combination of CBD and THC can be a potent and incredibly healing substance for certain conditions. However, if you are specifically trying to avoid the effects of THC, it's important to be informed on the ingredients in your CBD products.

# Are there CBD Hemp Oil Benefits?

CBD derived from hemp contains less than 0.3% THC (Tetrahydrocannabinol), which means that it not only delivers the amazing health benefits but does not induce the psychoactive effect of feeling “high”. The benefits of CBD hemp oil include everything listed above, as well as bringing about a relaxed state of calm.

## CBD Oil for Pain

With its ability to suppress and treat pain, CBD oil has proven itself quite useful in the treatment of a number of disorders. As such, researchers have suggested that CBD oil is a viable treatment for chronic pain. Many people who suffer with joint and back pain find that CBD oil is a powerful component of their healing and relief. Even those who don't suffer with chronic pain often find relief with occasional use of CBD oil, such as those experiencing cramps or sore muscles.

## CBD Oil for Anxiety

For sufferers of anxiety, CBD oil can be one of the most potent and relied-upon treatments. It has been shown to reduce panic attacks, restore a sense of calm and clear-headedness, and lower blood pressure. Because it is easy to use, and available in several convenient dosing methods, CBD oil is an excellent choice for anyone dealing with the onslaught of anxiety. CBD can bring on an almost instant sensation of calmness and tranquility, help an anxiety sufferer breathe easier, and allow them to focus.

## CBD for Sleep

Many people deal with the challenge of sleep issues or insomnia. This can interfere with their daily life in many devastating ways. Because CBD relaxes the body and the mind, it has been shown to be a natural and helpful way to treat exhaustion and sleep issues. For users young and old, it can also help them wind down before sleep, aiding in the regulation of circadian rhythm.

## CBD Oil for Migraines

CBD oil helps to relieve migraines and headaches in a few important ways. First, it is known to reduce inflammation as well as pain, both of which are complements of migraines. Because CBD oil doesn't have mind-altering effects, or bring about drowsiness, it can be effective at reducing the debilitating symptoms of migraines.

## CBD for Depression

Thanks in part to the mood stabilizing benefits of CBD, it has been used as a natural treatment for depression. Supporters of CBD for depression also claim that it doesn't have many of the negative or harmful side effects of pharmaceutical treatments, such as fatigue, nausea, and insomnia.

## CBD for Life

As previously mentioned, CBD has such a vast array of beneficial effects on the human body. As such, it's a supplement of choice for many people wishing to boost their overall health and wellness. It can aid in everything from stress to pain as well as balance and stabilize mood.

## CBD for Autism

CBD has been touted as a powerful remedy for many of the symptoms and behavioral issues associated with Autism. Even in young children, CBD can help to reduce impulsivity, increase attention span, reduce hyperactivity, and aid in better sleep. Additionally, CBD can help to treat seizures that may accompany a person with Autism.

## CBD Oil for Back Pain

Treatment of pain is one of the most widely accepted uses for CBD-related products such as CBD oil. It has been successful used by many who suffer from temporary or chronic back pain. Because hemp-derived CBD doesn't not alter the mind or induce the feeling of being “high”, many people with back pain find it to be an appealing option.

## CBD Oil for Seizures

Thanks to its neuroprotective properties, CBD oil is often selected to naturally treat seizures and disorders which may be accompanied by seizures. It can help reduce the amount of seizures that occur as well. This is important as a treatment of disorders such as epilepsy.

## CBD Oil for ADHD

With its ability to improve focus and concentration, while bringing about a state of relaxation, CBD oil can be used to successfully treat ADHD (Attention-deficit/hyperactivity disorder). Because CBD oil derived from the hemp plant doesn't contain levels of THC that alter the mind, it has been used to safely treat ADHD in people of all ages.



## CBD for Arthritis

The CBD compound works miracles on the symptoms of arthritis, due in part to its ability to reduce inflammation and pain associated with the disease. Because CBD can be applied topically, as well as ingested orally, sufferers from arthritis have many different options to consider when using CBD.

## CBD for Fibromyalgia

Those who deal with the chronic symptoms of Fibromyalgia often experience pain, insomnia, and anxiety. CBD has been shown to be especially effective at reducing all three of these symptoms. One of the most compelling and promising aspect of CBD for treatment of fibromyalgia is that it can help to combat endocannabinoid deficiency, which is present in the disease.

## Hemp Oil for Pain

While hemp oil does not contain CBD, it has been shown to reduce pain specifically in relation to inflammation. This means hemp oil is often used as a natural treatment for pain and muscle tension.

## Hemp Oil for Skin

Because hemp oil is high in antioxidants, omega-3 and -6 fatty acids, it makes it an excellent choice for skin health. It can help to moisturize, increase elasticity, and be a helpful treatment for helpful treatment for a variety of skin issues, including psoriasis, eczema, acne, rosacea, and dermatitis. It is an excellent addition to any natural beauty routine.

## Hemp Oil for Hair

The incredible fatty acids and nutrients found in hemp oil help to strengthen hair and create healthy shine. It aids in moisturize the hair, prevents breakage, and can even stimulate hair growth.

When it comes to natural, safe, and effective healing, CBD is definitely a top choice. Both consumers, and a growing body of science, show that CBD can successful remedy: pain, anxiety, sleep, migraines, depression, Autism, back pain, seizures, ADHD, Fibromyalgia, and Arthritis - just to name a few. In addition, hemp oil is noted for its ability to boost the health of skin and hair.

Both hemp oil and CBD oil derived from the hemp plant are TCH-free, which means that consumers don't have to worry about feeling "high" or experiencing any psychoactive effects from their use. It's important to note that some CBD products do offer an inclusion of TCH and this combination does include the mind-altering, psychoactive effects. These products will be clearly labeled and noted if they do contain THC.

Additionally, CBD has also been shown to not have addictive properties, so it is safe for people of all ages and medical needs to use. Always check with your care provider prior to using any supplement, including CBD, to be sure it is a viable option for your treatment.

While there is still a segment of the population who isn't fully informed of the benefits of CBD, or believes there to be unsubstantiated risk with its use, the medical-backed research continues to emerge showing that CBD is a feasible and efficient treatment for a host of disorders and illnesses.

Although the list of ailments that CBD can naturally combat, prevent, and remedy is vast, the complete benefits of CBD are not even all known yet. However, as demand for CBD products continues to increase, so will the demand for more studies that help to prove its powerful healing properties.

