

HEMP OIL

& CBD

A CONCISE, STRAIGHTFORWARD BEGINNER'S GUIDE
TO HEMP OIL & CBD FOR BETTER HEALTH, BETTER MOOD,
AND FASTER HEALING



J O S H U A H A R R I S

Hemp Oil & CBD : A Concise,
Straightforward Beginner's Guide to
Hemp Oil & CBD for Better Health,
Better Mood and Faster Healing

By

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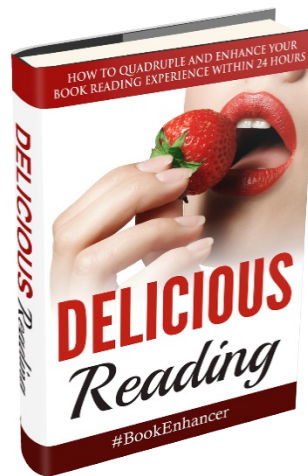
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Hemp Oil & CBD : A Concise, Straightforward Beginner's Guide to Hemp Oil & CBD for Better Health, Better Mood and Faster Healing

Hemp and CBD oils, while coming from the same plant, have different areas of origin and different composition. The two oils have different uses and the mechanisms of procuring these oils are also different. For Hemp Oil, while the plant is still Cannabis Sativa, it is one with reduced tetrahydrocannabinol (THC) to ensure that the effects of THC are minimized. Hemp oil comes from the seeds of the plant and is pressed out from the said leaves with some application of heat along the way. The oil contains minimum levels of the active ingredients as both CBD and THC levels are lowered thanks to the choice of plant species and the type of extraction method. Hemp oil can be used quite regularly because of the low amounts of active ingredients.

CBD oil is produced from the leaves, stems and buds/flowers of the Cannabis Sativa plant. The mechanism of extraction requires application of maximal amount of heat to ensure decarboxylation. This particular product contains CBD in higher quantities and since the component has medicinal value, it is stored away for more medical usage rather than a regular use.

Chemical Makeup and Effects

Cannabis Sativa has different chemical components that vary in the whole species and incidentally have different effects i.e. not every component of the group would act towards making the subject gain a 'high'. Similarly, the route of entrance into the body has an effect on how the body would engage with the substance.

There are two different types of cannabis mainly and these are:

Indica- Stubby plants with large leaves, high in cannabidiol content.

Sativa- Tall with thin leaves, high in THC content.

Following are the different chemical components of Cannabis Sativa:

Delta 9- tetrahydrocannabinol (THC)

This is reportedly the psychoactive component that causes the psychological changes for a brief period. These effects are far and wide and include reduction and sometimes absence of short term memory, loss of understanding time passage and sedation. This same component is involved in reducing pain and nausea because body has corresponding receptors. This component has been shown to cause anxiety while the other components counteract this particular effect of cannabis as a whole. This component causes fast heart rate and higher blood pressure. This very same component regulates the digestive track by increasing food cravings and metabolism. The pain relief for glaucoma and cancer patients is high.

Terpenes

These components provide the plant with its distinctive scent.

CBD

This is a cannabinoid that affects differently than the THC component. This chemical often regulates the metabolism of THC. Effects and uses include inflammation reduction, control of immune system, muscular relaxation, preventive effect on seizure, involuntary movement reduction, anxiety reduction, lowering of heart rate and blood pressure, psychological drugs, nerve protection antioxidants, nausea reducer,. There is also an associated benefit in cases of lung cancer, glaucoma and glioma.

Considering that the oil is derived from the plant, it can be assumed that all the chemical components will become apparent in the oils and the user would be accordingly affected but as luck would have it, this is not the case since the makeup of the two products is as following:

Hemp Oil

It is composed of:

Fatty Acids

- Linoleic Acid
- Eicosenic Acid
- Eicosadenoic Acid
- Alpha- Linoleic Acid
- Gamma- Linoleic Acid
- Oleic Acid
- Eicosanic Acid
- Stearic Acid
- Palmitic Acid

Natural Elements

- Cannabidiol (10mg/kg)
- THC (minute) (50mg/kg in cold pressed oil)
- Myrcene
- Beta- Caryophyllene
- Beta- Sitosterol
- Alpha- tocopherol
- Gamma- tocopherol
- Methyl salicylate

CBD

CBD while possibly present in an isolated form, differs in composition based on the type of the product used. If a medicinal CBD would be used by the person, the composition would have a low amount of THC. If however the regular CBD is brought for the use in following applications, the CBD would contain higher amounts of THC. THC can prove to be therapeutic at low levels.

CBD Oil

This oil naturally contains CBD chemical in high amounts as the making of this oil ensures that all the other chemical components of Cannabis buds and leaves are left behind and majorly CBD remains in the oil.

The Good

Hemp oil and CBD can be used in a number of medical conditions, especially CBD oil. It should be remembered that the conditions mentioned in the following sections and the effects noted as a result, while true, were not necessarily healed by the use of oil. But it should also be remembered that these materials are present in the Hemp oil and CBD itself is a strong material, considering the book only aims to guide the user to use of these substances that would prove helpful in, for the sake of their health. A doctor should be seen before following any of the mentioned route of action alone. These conditions are listed as following-

Health

- i. Vomiting- CBD use in cancer patients that suffer through the effects of the chemotherapy in the form of nausea and vomiting, have shown a real difference in their condition following the use of this product. The results have shown to be comparable with other contemporary drugs that help stop vomiting in patients.
- ii. Glaucoma- The interocular pressure tends to rise in this condition

and this pressure once relieved leads to alleviation of symptoms. This affect appears because of the presence of CB1 receptors in the ocular apparatus.

iii. Cardiovascular Diseases- Hemp oil is derived from Hemp seeds and this provides it with the numerous benefit providing components. The polyunsaturated fatty acids provide the diet with beneficial component that stops the presence of long term heart diseases. Arginine content in the oil helps the individual's c-reactive protein in remaining low and that lowers the chances of heart attacks. The oil is extremely rich in the amount of protein building blocks i.e. the amino acid Arginine; this amino acid helps in the formation of Nitric Oxide that helps in the control of heart related functions like the blood pressure by contraction and relaxation of blood vessels, attracting platelets found in the blood towards a damaged site within the blood vessel, the leukocyte reaction to harm anywhere in the circulation as well as in breakdown of the wounds formed within the blood vessels.

iv. Stroke- CBD and THC work in conjunction at different times in the stroke event to protect the patient suffering from a stroke. Initially the ingestion of CBD ensures that the absence of blood doesn't take place for any part of the brain; this ensures that the blood supply is forever maintained and no symptoms hence show as a result of this intrusion. Next, CBD tends to stimulate the receptor for serotonin and that leads to a change in the behavior for better and additionally ensures that the person's organs continue to work as they did by ensuring their motor vitality. CBD is an amazing anti oxidant that works to stop the harm to brain matter and functions following the stroke. CBD is also known for increasing the security of the brain and its function by attaching to the serotonin's receptor. Finally after blood supply in a given area stops, it becomes unhealthy and the inflammation begins in that area to slowly take away the destroyed mass; this inflammation is prevented by

the attachment of CBD to not only CB1 receptor site but also the CB2 receptor site.

v. Arthritis- The direct placement of CBD containing gels have been found highly beneficial in the patients of arthritis as the placement caused a reduction in the swelling around patient's joints. The occurrence is a result of reducing of the inflammatory cycle that exists and causes the pain and damage to the synovial membranes which react by swelling. CBD basically stops this very cycle from beginning in the first place.

vi. Pain- CBD has shown its affinity towards reducing the pain felt by the way of the platelet activation pathways. The combination of CBD with THC, found in hemp oil would provided this very king of relief. Incidentally the pain caused by nervous system malfunctioning is also stopped by the intake of these combinations.

vii. Asthma- While asthma is the narrowing of the upper respiratory tract and thickening of the lining of the said respiratory tract through overzealous production of a material called mucus that leads to lowering in the amount of oxygen provided to the lungs and hence the body; the effect of THC is quite different yet similar as it causes the damaging of the working of the lungs but the same thing is capable of causing a relaxation or rather widening of the upper respiratory tract. The widening of the upper respiratory tract leads to a relief in the oxygen sector and hence one can easily breath.

viii. Cancer- Cancer is basically characterized by the abnormal growth of cells, these cells are a danger to the human's organs as they erode into them and try to control their functions on their own; interestingly for every tumor mass in the body there is a blood supply to sustain the tumor. Hemp oil is important in this regard because of its inherent properties as a solution that stops the abnormal cellular growth and

promotes their death and the effect; similarly this oil has shown its effect on the formation of new blood vessels that ultimately provide supply to the tumor. Basically hemp oil provides the benefits of treatment while limiting the side effects to more psychological spectrum. However dosages of the oil needs to be maintained at such levels where they become effective and that is done by ever increasing doses that ultimately sideline the psychological effects of the substance.

Mental Health

ix. Multiple Sclerosis- People who suffer from multiple sclerosis suffer through the worst of pain and muscular spasms. The management of pain is of utmost importance in these people. Physicians are observing that people have taken to using CBD of the medical variety to limit this particular pain and the relief from pain is so definite that numerous patients of this disease are using CBD to not only stop the pain but also the muscular spasms that they suffer through. The amount of CBD taken by the patients varies from person to person but since this material has been called safe, people can buy it easily and use it to heal themselves.

x. Epilepsy- CBD has been used in numerous studies for the treatment of Epilepsy. The use of this natural product led to changes in the condition of the patients to a new level considering most of the patients had been told that there was no drug that could help them get better. The patients showed a steady decline in the number of seizures that they experienced. Not only was there a reduction in the number of seizures experienced, there was also an improvement in the level of activity of the patients, their ability to speak properly, the language and the way they functioned in their daily routines(their motor skills improved!).

xi. Parkinson's Disease- The intake of CBD basically helps in lowering

the destructive chemicals in the brain that cause the decline in the Parkinson's disease; smoking CBD/THC combination has shown its own benefits in numerous studies. The stimulation of CB1 receptor eventually leads to the lowering of Parkinson's disease's symptoms.

xii. Huntington's Disease- The effects of CBD in these patients have been ambiguous at best as some studies on the use have exposed that the use of CBD doesn't lead to a lessening of the symptoms. However on the other of the spectrum are the newer studies that have shown that not only is the chorea scale shows a progress in good direction but so does the cognitive state of the patient. Consumption of CBD hence is a luck thing in this case since one can benefit from the use or they can just be another person who tried to get better through CBD.

xiii. Schizophrenia- CBD has helped in improving the state of mind of people suffering with this disease; however it is very important to remember that it is the medicinal CBD that's purely CBD that helps these patients by stopping the hallucinations. If there is even a slight presence of THC in the CBD then it is more than likely that the patient would have the hallucinations from the moment of ingestion.

xiv. Anorexia- The chemical receptors by the name of CB1 found in the nervous system have strong links to the eating capabilities of the person. The stimulation of this receptor has been seen as a result of attachment of THC as well as CBD. The stimulation of this receptor results in the increase in the drive of an individual to consume food. The receptor activation stimulates hunger in the anorexics even when they have strong resolve; THC and CBD are both present in the Hemp oil.

xv. Tourette's Syndrome- The syndrome characterized by changes in the normal behavior of the individual from a very young age and a presence of 'tics' that are motor in nature. The tics have known to be

positively slowed with the use of THC and what is more, the changes in the behavior following the onset of this disease also dissipate with time and use of this material.

xvi. Alzheimer's Disease- THC found in the hemp oil has the ability to bind to the causal factor for the Alzheimer's disease i.e. AChE and as a result helps stop the collection of Amyloid material that effectively decreases the functions of an individual. With the use of THC, there has been shown a decline in the motor abnormal movement of the limbs; this points towards the positive effect of Hemp oil if used in such patients as the oil contains THC even though it is minimal. It should be remembered that the presence of such materials in the drug themselves is usually within the micro gram range and so the small amount found in the oil should not be an issue.

xvii. Obesity- While CB1 stimulation helps people to gain weight whenever desired; its down regulation can have an opposing effect on the hunger of the individual. If it were to be considered that an opposing unit of substance was attached to the very same cannabinoid receptor then it is possible that the need to eat constantly, would also decline with time. Such is the case of Rimonabant, a drug that attaches to the site and produces anorexic effects; however the drug has been considered psychologically dangerous because of its suicidal ideation effect in the users. It should be remembered that the very thing is possible because research showed how this particular receptor found inside the body, that specifically attaches to THC and CBD is capable of changing diet pattern.

xviii. Insomnia- CBD intake has been associated in research with a reduction in the motion of the eye ball during the time when an individual is just falling into deep sleep. Further still the ability to reduce anxiety is also related to the ability of the substance to make a

person fall asleep thanks to the anxiety reducing effect itself.

Mood Enhancement

CBD and hemp oil have shown amazing results in changing the emotions of the patients, this is one of the qualities however that are already known to mankind as of yet, the products work on the affected people in following manners-

xix. Depression- Serotonin is the neurochemical that is responsible for making people happy; research actually highlights its strong influence in the depression patient's condition. Tryptophan is a substance that metabolizes into the active serotonin that activates the happiness in depressed individuals. Tryptophan has been reported as something that increases in the blood/serum levels as a result of the presence of CBD and THC in body, and this means that the free tryptophan is utilized in best possible ways to form serotonin and lead to a happy mood of the individual. If however the amount of CBD in blood is highly available (as a result of CBD oil ingestion), the CBD would itself stimulate the serotonin receptors and thence change the mood of the person.

xx. Bipolar Disorder- CBD helps in this situation by attaching with the serotonin receptor or by increasing the serotonin precursor in the blood of the individual, later serotonin itself binds to the receptor and brings about a bout of happiness. On the other hand research has shown that the manic phase of this disorder also benefits from the use of this material when used alongside the usual drug for mania relief i.e. lithium. CBD actually tends to remove the negative effects of lithium itself and help make the patient feel normal.

xxi. Post Traumatic Stress Disorder (PTSD)- PTSD is basically a type of stress or anxiety that occurs thanks to the conditioning of the human

mind because of a past tragic event that caused them harm in some manner. As a consequence of this conditioning, people suffering from this condition feel an increase in their blood pressure level, heart rates and breathing rate following the exposure to a trigger. The condition can however be mitigated by the use of CBD as CBD tends to lower the settling in of the anxiety; further still the administration of CBD helps in lowering the reactions of the heart and the lungs. There is also the possibility according to research that the reaction is mounted in parts with the help of receptor that usually binds with serotonin.

xxii. Anxiety- CB1 receptor aka the cannabinoid receptor is also involved with producing effects that can help in modulating the anxiety in people. The receptor if activated by THC in low levels, has the effect of reducing the anxiety in an individual. However it should be remembered that the level of material ingested (hemp oil in this case) would need to be in control since a very high amount of ingestion would lead to an increase of anxiety.

Research on the subject is ongoing. There are numerous diseases that have had their responses checked on animal subjects and few have been transferred to human subjects. The medical information should be followed tentatively and under the supervision of the physician so that the proper protocol and doses are used without exacerbating the current medical condition or ruining the effects of the other drugs working on the body.

It should also be remembered that the details differed in the research subjects even though the chemical components entailed THC and CBD, which are present in Hemp oil and CBD. It is the strain of the plant that would ultimately dictate how strong the psychic effects are on one's person. It is thus best if the product is taken from a known seller or center so that variety that would best provide benefits is used by the patient.

The Bad

Adverse Effects and Drug Interactions

- Cannabinoids cause a decline in the saliva production from the salivary gland and it can lead to xerostomia (dry mouth) which opens up floodgates for another round of oral health problems.
- Studies show that the consumption of cannabis has an effect on addiction behavior i.e. it increases this behavior.
- Schizophrenia is more likely to be found in chronic users of cannabis.
- Its use can lead to Amotivational syndrome which encompasses lack of emotions, stunted response, change in personality, lack of concentration, absence of clear memory and modification in memory.

Since the research on these oils is just beginning, it is hard to come by but since the oils contain certain amounts of THC and CBD, it is valid to be concerned about these particular health issues.

- The blood levels of warfarin and diclofenac tend to remain the same for long times as CBD slows down their metabolism.
- Rifampicin reduces the CBD levels by inducing its digestion in the body.
- Ketoconazole heightens the CBD level by stopping the digestion of the chemical.
- Clobazam levels also augment with the use of CBD and hence its dosage needs to be monitored.

The Possible: How to Make the Oils

Hemp Oil

Hemp oil can be made in the comfort of one's home if one has all the necessary ingredients and equipments to make this particular oil. Hemp seed oil extraction is done commercially most of the time but it can be done in this basic manner as mentioned in the following lines:

Recipe requires:

Heat source (torch, lamp)

Hemp seeds

Domestic/Home Oil press

Collection unit (Jar)

Instructions

- The main ingredient and the only ingredient of this oil i.e. 'Hemp Seed' leaves out oil once it gets heated. So the apparatus for making the oil would need to be heated, which is the press.
- The press, once it has been sufficiently heated for about a period of 15-25 minutes, would be now filled with hemp seeds.
- The crank would be turned till the seeds are wholly pressed and the oil starts coming out of the other side of the press.
- The oil would be contained within a collection unit of choice.
- The cranking and renewal of seeds in the press would continue until the requisite amounts of oil have been collected.

- Once done, remove the dried out shells of the hemp seeds from inside the press.

The oil produced in this manner would be of a higher concentration than the one created by the industries. Incidentally, this oil would have higher amounts of active ingredients and should be used with caution.

CBD Oil

This oil extraction is different from and yet somehow similar to hemp seed oil extraction because even though it is the pressure that helps in extracting out the oil, it doesn't bring out the CBD into the mix alone rather it allows in more chemicals to settle in. Heat application for longer periods however allows the oil to mature into a state where only CBD is present in the oil.

Recipe requires:

Coffee grinder

1 cup of chosen oil (coconut oil or olive oil)

14gms Buds and Leaves of CBD

Oven

Stove

Deep pan with a lid

Containers

Dish cleaning towel/cloth

Sieve (cheesecloth)

Instructions

- Place the leaves and the buds into the coffee grinder and grind them all.
- Take the grounded material, spread the grounded material into a tray and place it into an oven for an hour and a half at 220° F for the sake of decarboxylation.
- Take the baked and grounded material and place it into a jar that already contains the chosen oil.
- Ensure that the chosen container has been correctly closed and there

are no chances of opening of the container.

- Take the deep pan and fill it with water, place it on the stove and start boiling the water.
- Place the dish cloth in the same pan and place the jar into this pan while the water has started boiling.
- The cover of the pan will be placed back on the pan.
- The jar with oil, grounded leaves and buds would remain in the boiling pan of water for about 180 minutes to ensure that the heat helps in the release of CBD into the oil.
- Once the time limit has passed, let the stove be off and let the water cool down so that the jar could be taken out*.
- Pass the components of the jar through cheesecloth and collect the produced product into a jar that can be used for numerous purposes.

*While the product of the boiling can be taken out after 180 minutes, this is not necessary. The creator, if s/he desires to make a stronger concoction, can repeat the process indefinitely for the period of 2-3 days; i.e. continuous heating and cooling for periods of 180 minutes.

CBD Tincture

This recipe would provide the patient with a quick fix of the CBD components as it is placed sublingually (beneath the tongue) and reaches the blood circulation much more quickly and a small amount is utilized.

Recipe requires:

CBD buds and leaves

Alcohol (High Quality)

Container

Coffee grinder

Deep Pan

Oven

Stove

Sieve

Instructions

- Grind the buds and the leaves in the coffee grinder and then collect them in a separate container.
- Bake the grounded material in the oven for about one and a half hour at 220° F.
- Take the grounded material and a jar full of alcohol and mix them together; ensure secure closure of the container.
- Create a water bath for the jar while the water is at a temperature of 170° F.
- Let the jar sit in the water for a period of 20 minutes.
- Once the 20 minute period is over, pass the mixture through a sieve and then save the tincture in an air proof container till needed.

Tinctures provide high quantity of chemical content through small quantity of doses and should be kept close by those who find benefits from use.

Other Recipes

In addition to a manual on how to make the products, this text also intends to guide the readers on how to utilize the product in different styles. The positive thing about such a provision is the possibility for the patients who suffer from the conditions that can benefit from hemp oil and CBD use. The patients would be able to make their own oils in bulk without having to pay hefty amounts of money for these products and they will have recipes to help them easily consume the oils.

Some useful recipes are noted in the following lines:

CBD Vegetable Oil

This oil would pave the way for dishes that would be infused with CBD. This would open the doors to more adventurous recipes.

Recipe requires-

- 250gm CBD
- 250gm vegetable oil (or any cooking oil of choice)
- Pan
- Stirring ladle
- Grinder
- Sieve or a cheesecloth
- Stove
- Container

Instructions

- Take out the grinder and start grinding out the CBD.
- Once the CBD is ground out, take it and mix it with the oil.
- Place the mixture in a pan that is on low heat. Keep this pan on low heat for about eight hours so that the oil takes up all the chemicals from the CBD without getting deactivated in the whole process.

- Take the mixture after it has been cooked and cooled to room temperature and pass it through the chosen sieve mechanism. Whatever the chosen mechanism might be, refrain from applying pressure on the CBD as this would increase the presence of unwanted chemicals in the oil.
- Store the oil in a container.

Cooking oil that has been tinged with CBD, would help in easily cooking up things that would have CBD content.

CBD Butter

Butter is a commodity that can be utilized in a number of different recipes be it sweet or savory, there is always room for the buttery taste and texture to make its place. So there should be a go to recipe for making a butter that has the therapeutic effects of CBD. Getting CBD to remain in the butter is a tedious task since it can evaporate and make the whole venture useless. The mentioned recipe however ensures that the butter gets all the positive values from the CBD oil for the users.

Recipe Requires-

- Butter ½ kg
- CBD oil 15 ml
- Water 950 ml
- Pan
- Stove
- Stirring ladle

Instructions

- Chop the butter down to small pieces.
- The small pieces of butter should then be placed into the pan along with the CBD oil and the water.
- Place the pan on the stove on a low heat.

- The pan would remain on the stove for almost 4 hours.
- Stir the pot at an interval of 30 minutes to ensure that the different mediums do mix and the consistency of the mixture is uniform.
- Switch off the stove after the mixture has come together, around the 4 hour mark.
- Place the mixture in a carrier box that should be then refrigerated for 10- 12 hours before consumption.

Butter would melt easily if more of it is easily touching the hot pan. The pan would not have to be heavily heated and so nothing would evaporate. The water ensures that the content combines while slowly evaporating itself.

The CBD butter would be easily included into the cookies that people consume regularly; additionally it can be slathered on top of the savory dishes to add a dash of the CBD into the dish.

CBD Cream

While this cream is not edible, it is applicable in places where the patient feels any pain and particularly tends to help with patients who have swelling at different points on their bodies.

Recipe requires-

Pan

Stove

Oven

Cheesecloth

Parchment for baking

Container

375 ml Carrier Oil (Coconut oil)

2-3 drops Essential Oil

80ml Olive Oil

43gm Beeswax

10gm CBD

Instructions-

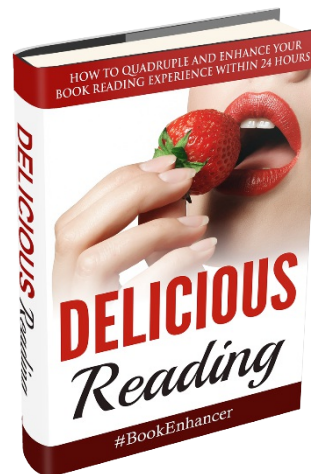
- Place the olive oil along with the coconut oil into the pan that has been placed on low level flame on stove top.
- Mix the two oils together but keep them at low flame so that they do not evaporate.
- Place the CBD buds on the baking pan in the oven for half hour at a temperature of 240°F to decarboxylate the buds.
- Once the CBD buds have been taken out of the oven, let them into the oil mixture and start stirring the mix and continue to do so for about half an hour.
- Once the oil mixture has cooled down, let it go through the cheesecloth to remove the particles of the CBD buds.
- Take the beeswax and add it into the pan just so it can be melted.
- Once the beeswax has melted, combine it with the oil infusion till it becomes uniform.
- Pour the mixture into a container.

This cream can be used on various body parts to stop the progression of swelling and relieve distressing symptoms.

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