

Hemp

CBD OIL

for

PAIN RELIEF



A COMPLETE GUIDE TO HEMP CBD OIL AND
ITS NATURAL AND EFFECTIVE ABILITY
TO RELIEVE PAIN MENTALLY AND PHYSICALLY

J A K E W O O D

Also by Jake Wood

[Hemp CBD Oil for Pain Relief: A Complete Guide to Hemp CBD Oil and Its Natural and Effective Ability to Relieve Pain Mentally and Physically \(Includes Recipe Section\)](#)

Hemp CBD Oil for Pain Relief

*A Complete Guide to Hemp CBD Oil and Its Natural
Effective Ability to Relieve Pain Mentally and
Physically*

Jake Wood

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Introduction

Dealing with chronic pain can be disruptive to your life in many ways. If you miss your daily activities like walking, running, or even dancing, you may feel that you are stuck this way forever. Lucky for you, there is an answer and it is natural.

While aches and pains are a pretty normal part of life, it can seem pretty damaging mentally and physically when it happens every day. If you have ever felt this way, you most likely have already sought out other options. The problem is, most doctors want to throw a pill at the problem. When you get on medications, they most likely have a long list of terrifying side effects including death. At that point, you would rather deal with the pain.

It can be hard for your family and friends to understand the type of pain you are experiencing when it isn't happening to them. You may have even been told to suck it up every now and again. While this can seem like an unsolvable question, the answer to your issues may be easier than you expect.

In the chapters to follow, we will explain hemp CBD oil and how it can change your life for the better. You can say goodbye to the pain pills and the pain itself. CBD Oil has been linked to helping with a number of ailments. Whether you suffer from neck and back pain, fibromyalgia, inflammation, joint pain, or other chronic pain issues, CBD oil may be able to bring you relief.

On top of all of these incredible benefits, hemp CBD oil can also be beneficial for mental health. Whether you need help with epilepsy, anxiety, or just looking for a simple and natural appetite controller, CBD may be the answer for you. It is also extremely helpful for sleep which we can agree — we all need every now and then!

In this book, you will be learning everything you need to know about hemp CBD oil so you feel comfortable exploring it on your own. Starting with the first chapter, we will cover all of the basics. It will be vital for you to learn the origins of hemp CBD oil along with how and why it works. Also included in this chapter will be information on the difference between CBD oil and THC along with the legal status where you live.

Once you understand the basics, we will be going over the different ways of using CBD oil. You will be armed with information on how to buy the oil, the proper doses for your pain, and how to ingest it. These will change depending on a number of factors from age, weight, and the pain you are trying to treat. Just like with medications, it is possible to have too much of a good thing. The good news is that studies have shown that higher doses of CBD are not toxic, but you may feel a little funny! We will cover the side effects and adverse reactions in the sixth chapter.

To finish off your journey, the last chapter will involve recipes to make ingesting CBD oil a bit more enjoyable. Whether you want to enjoy it with breakfast in a sandwich or for dessert in a delicious chocolate cake, there is a recipe for that. The important part is that you feel comfortable using CBD oil by understanding how it works. When you are ready to get started, we will start from the top and learn the basics!

Chapter One: What is Hemp Oil?

Origins of Hemp CBD Oil

Before we begin learning how to ingest CBD oil, it is important you learn what it is and why it works. As of late, you may have seen that CBD is mentioned much more in society. There are stories in the news boasting about the incredible benefits of CBD oil and how it can change your life for the better. It is important to understand that while there are benefits, there is often a lot of confusion around what CBD oil actually is in itself.

CBD is short for cannabidiol. Cannabidiol is a naturally occurring part of the cannabis plant. Originally, it was found in the 1940s and thought to have no pharmaceutical activity. CBD is one of 113 identified cannabinoids in the hemp plant. The extract itself is able to act on the body's endocannabinoid system which is the reason that CBD oil is able to relieve chronic pain in different manners. We will be going further into the endocannabinoid system later in the chapter so you have a further understanding of how and why the CBD oil can work for you.

Hemp vs. Cannabis

Some individuals are reluctant to take CBD oil because they are afraid of “getting high.” This is where a thorough understanding of the difference between hemp and cannabis is going to be handy. CBD Oil is very low in THC and you will soon understand why.

First things first, it is easy to tell the difference due to the plants looking totally different. Cannabis is typically grown with a flowering bud that is short and wide. It is grown this way because it is meant for THC extraction and smoking. As for hemp, this plant is typically tall and narrow. It is low in THC and is grown for a number of different purposes.

Due to the different physical natures of the plants, hemp and cannabis offer different levels of THC that occurs naturally. THC is also a cannabinoid like CBD. The hemp plant is naturally low in THC levels and high in CBD. You can predict that the opposite is true for the cannabis plant. On average, hemp plants will only contain .3%-1.5% THC. The cannabis plant will have 5%-10%. So, what is the difference between THC and CBD?

CBD vs. THC

When people talk about getting high, it is because they ingested THC. This is the compound that causes psychotropic properties. Most medical marijuana companies bank on having plants that have the highest concentrations of THC in their plants. THC is the reason behind pain relief and euphoria. However, it can also increase some individual's paranoia and anxiety. It is also important to understand that THC is not legal in every state!

As you will be learning later in the book, CBD oil is associated with many benefits that THC can't touch. CBD is associated with reducing nausea, anti-inflammatory issues in the body, anxiety, and any chronic issues you may be struggling with. It is able to work with your endocannabinoid system in a different way than THC that brings you relief.

Overall, you can already tell that the two are very different, but for those who do not do their research, it can be hard for them to understand that there is a vast difference between the two. Now that you are armed with this information, we will dive into why CBD oil works with your system and how it can help take away your chronic pain.

Endocannabinoid System

Before we discuss how CBD works with your system, it is important you understand the biological concept behind the system itself. One of the most fundamental purposes of this system is homeostasis. Homeostasis is the concept that your biological system is maintained within a narrow range. Perhaps look at it like Goldilocks and the three bears. You don't want your system to be too hot or too cold. Instead, you want your body to regulate just right. This is true for our blood sugar levels, temperature, and more. If you want your body to function properly, the systems in your body need to be perfectly balanced. The endocannabinoid system is a vital part of maintaining homeostasis and making sure your cells are perfectly balanced.

There are three different components of your endocannabinoid system or ECS. The first key component is the cannabinoid receptor. These are found at the surface of the cell. Next, there are the small molecules that activate with the cannabinoid receptors that are the endocannabinoids. Finally, there are the metabolic enzymes that are in charge of breaking down the endocannabinoids once they have been used.

Cannabinoid Receptor

As mentioned above, the cannabinoid receptors sit on the surface of your cells. They are in charge of listening to any conditions that exist outside of the cell. These receptors are also in charge of transmitting any information on the conditions that are changing outside of the cell. In return, this is the kickstart of any appropriate response from your cells.

When it comes to cannabinoid receptors, there are two major ones including the CB1 and CB2. The CB1 receptors are the most abundant receptor type found in the brain. This is the one that interacts with THC and makes people feel high. CB2 receptors are typically more abundant outside of your nervous system such as the immune system. Though they are abundant here, CB1 and CB2 are found all through your body.

Endocannabinoid Molecules

Next are the endocannabinoids molecules themselves. These are produced naturally by cells within the human body. “Endo” means “within” which makes sense when you look at it as it is within the body. The two major endocannabinoids include anandamide and 2-AG. These are created from fat-like molecules that are located within your cell’s membrane. The endocannabinoids can be synthesized on demand, meaning they are created exactly when you need them as opposed to being stored for later use.

Metabolic Enzymes

The final piece of the puzzle is the metabolic enzymes. These are used to destroy any endocannabinoids that your body has used. The two major enzymes include FAAH and MAGL. FAAH is in charge of breaking down anandamide while the MAGL breaks down 2-AG. The enzymes themselves are in charge of using the endocannabinoids when they are needed but never longer. When this happens, the endocannabinoids are distinguished from creating signals in your body. As a whole, your ECS brings your whole body back to homeostasis. However, your ECS is in charge of several body balances. When it comes to CBD, the two main areas we will focus on is maintaining homeostasis. First, we will focus on the homeostasis in your nervous system and how it works with firing your brain cells. After, we will learn how your ECS helps maintain your immune system and inflammatory response within your body.

Endocannabinoid Regulation and the Nervous System

If you go back to your science class, you will recall that your brain cells are in charge of sending electrochemical signals to one another. Each one of your neurons listens to the others and decide if they will fire off a signal. However, it is important to understand that your neurons do not enjoy receiving too much input. This is where homeostasis comes into play. If your neurons are overloaded, it can be toxic for your brain. This is the point where endocannabinoids come into play!

Let's create a simple scenario where you have a single neuron that is listening to two other neurons in your brain. Imagine that one of the neurons suddenly becomes overactive and begins to send out way too many signals. What happens? At this point, the first neuron will create endocannabinoids to help connect with the overactive neuron. The endocannabinoid then travels to the overactive neuron that binds with the CB1 receptor. By doing this, the first neuron is able to quiet the overactive one and help bring back the homeostasis in your brain.

Endocannabinoids are known as retrograde signals. They are able to travel backward whereas information from neuron strictly flows in one direction. The signals travel from sender to receiver. These endocannabinoids allow the receiver to regulate just how much input they receive. This is why the neurons are able to send the retrograde signal back to an overactive sender.

Endocannabinoid and the Immune System

While endocannabinoids are great for our brains, they are also crucial for regulating how our cells function in our immune system. If you didn't know, inflammation is the body's protective reaction against any infection or physical damage in our immune system. The whole purpose of the inflammation is to help remove damaged tissue and pathogens. When an area is inflamed, it is produced by immune cells and fluids moving to help return your body to homeostasis.

The issue with inflammation is that it needs to be limited to a certain amount of time. When it lasts longer than needed, it begins to cause harm such as chronic inflammation and auto-immune diseases. If inflammation lasts too long, it gets directed toward healthy cells which are something that should not happen. This is where endocannabinoids come into play.

As a general rule, endocannabinoids have the ability to suppress and limit the inflammatory signal in the immune system. A professor at the University of South Carolina found that the body produced endocannabinoids when the immune cells are activated. This typically helps the body regulate any immune responses and seems to act as an anti-inflammatory agent. This way, the endocannabinoid is able to fight against the wide range of inflammatory diseases that can occur.

As an example, we will use a simple bacterial infection. When this happens, your immune cells should detect the presence of the bacteria in the first place. When this happens, your body releases pro-inflammatory molecules that signal your other immune cells to help fight off the intruder. At this point, endocannabinoids are released into your body as well which will assist with the inflammatory response. The endocannabinoids are able to regulate the amount of inflammation, so there is just enough to destroy the germ and prevent any excessive inflammation. When this happens, your body returns to homeostasis.

CBD Oil and the Endocannabinoid System

You may be asking yourself, well if I create my own endocannabinoid, why am I not high all of the time? To answer this, it is important to remember that CBD interacts with a few different receptor types in your brain. This means that while some plant cannabinoids activate with the cannabinoid receptors, they also interact with other receptors which is why it has a different effect.

CBD is capable of affecting the overall levels of endocannabinoids found in your brain. This is often known as endocannabinoid tone. When you ingest CBD, it will interact with the FAAH enzyme. As you will recall from a bit earlier, the FAAH enzyme is in charge of breaking down anandamide. The CBD will prevent the FAAH from breaking down the anandamide and help increase the levels in the body. When this happens, the CBD has been found to help with treating anxiety and other anxiety properties. The ability to bind to your receptors is exactly why CBD can help with any chronic pain or mental issues you may be dealing with.

Remember that the ECS is complex just like all of the biological systems in your body. It is possible for the ECS to go awry. If there is a deviation from homeostasis for too long due to external factors (excessive CBD oil), your ECS can lose time and space mode of action. When this happens, it can start affecting some inappropriate cells and will contribute to disease progression. This is why it is vital to learn how CBD oil works and how much is enough.

CBD oil is not going to be a cure-all. The ECS system is complicated and it is important you learn to listen to your own body. By understanding the homeostasis of your body, you now understand how ECS works at a cellular level. The presence of the ECS is vital across your whole body. Now that you understand this, it is also important you learn if CBD oil is legal before we move onto the next step.

Is CBD Oil Legal?

While CBD oil becomes more popular among consumers, there is a general question as to whether or not CBD oil is legal. The truth of the matter is that the answer is rather confusing being yes and no. As of recently, the US Drug Enforcement Administration (DEA) created a rule stating that all cannabis extracts are considered a Schedule I substance including CBD. It was said that this rule needed to be created in order to conform to the United Nations treaty that is in control of controlled substances. However, while the DEA technically considers it illegal, it is still available in retail stores and online. This rule is very confusing for everyone including retailers, CBD manufacturers, and consumers alike. When it first came out, it was challenged in court by the CBD oil and hemp producers.

In more recent times, the DEA issued a clarification on the rule stating that THC, CBN, and CBD are all found in the cannabis plant that falls under the CSA definition of marijuana. At this point, the DEA does consider CBD illegal under federal law, however, the CBD laws vary from state to state which is where the confusion lays.

CBD is legal in forty-four states. As you learned, CBD is non-intoxicating. In twenty-eight states where marijuana is legal for medical purposes, the CBD products in these states are also covered under those legal protections. In the other sixteen states where medical marijuana is not legal, CBD is allowed for qualifying conditions such as muscle afflictions, nerve afflictions, and children with epilepsy. However, though the states allow CBD possession, there are no licensed dispensaries or supply infrastructures to sell it. This means that while registered patients can have it, they can't legally obtain it.

At this moment, four states have outlawed CBD. These include South Dakota, Nebraska, Kansas, and Idaho. These states consider all parts of the cannabis plant to be illegal, even though the CBD oil contains little to no THC. While these "drugs" remain punishable by arrest, they typically tend to be a low priority for law enforcement. In theory, it seems to be riskier to sell CBD oil as opposed to possessing it. It is important you are aware and abide by the laws in your state before taking CBD oil.

CBD for Recreational Use

While it is important to understand where CBD oil is legal, it is also vital you understand the rules regarding the legality of the product. As of right now, there are only eight states that allow both hemp and marijuana legal for medicinal and recreational purposes. These include Washington, Oregon, Nevada, Massachusetts, Maine, Colorado, California, and Alaska. If you live in any of these states, you will not need a prescription from a doctor.

CBD for Medicinal Use

As of now, there are forty-six states where you can use CBD for medicinal use with a prescription from your doctor. CBD is legal in these states, but the law on the THC-levels for the CBD and the conditions you treat with the oil will vary depending on where you are. The locations where CBD oil is legal for medicinal purposes include Wyoming, Wisconsin, Virginia, Utah, Texas, Tennessee, South Carolina, Oklahoma, North Carolina, Missouri, Mississippi, Kentucky, Iowa, Indiana, Georgia, Florida, and Alabama.

The other twenty-nine states have allowed full legalization to use CBD products that have derived from marijuana or hemp. These states include West Virginia, Washington, Vermont, Rhode Island, Pennsylvania, Oregon, Ohio, North Dakota, New York, New Mexico, New Jersey, New Hampshire, Nevada, Montana, Minnesota, Michigan, Massachusetts, Maryland, Maine, Illinois, Hawaii, Florida, Delaware, Connecticut, Colorado, California, Arkansas, Arizona, and Alaska. Before you purchase a CBD product from any of these states, remember that you will need a medical prescription from your doctor.

Hemp-Derived CBD Legality

In the chapters to follow, you will be learning more on the different types of CBD products. When discussing the legality of CBD, it will change depending upon how it is made. When the product is hemp-derived, it is completely legal. Hemp has no psychoactive effects, which is why it is legal in the United States. Typically, there is a stigma toward hemp-derived CBD because people are misled that it comes from the marijuana plant. As long as your product is hemp-derived, your CBD is in the clear.

Marijuana-Derived CBD Legality

If your product has been derived from a marijuana plant, it will contain THC. Due to this factor, the CBD will be legal in some states but not by others. Please refer to the list above to assure you can legally possess and purchase the CBD product. While it may be illegal in a majority of places, the stigma of Marijuana seems to be dissipating and gaining popularity among different crowds. For now, it is best to abide by the law.

As a general rule, hemp products that contain CBD are legal. However, CBD isolate products are not legal. In the chapter to follow, you will be learning the difference between CBD oil and Hemp CBD oil. In the current market, there is a lot of confusion on these being two different products. Once you understand the two, we will go into the benefits of CBD oil and how it can change your life for the better.

Chapter Two: The Difference between Hemp Oil and CBD Oil

As you will be learning in the chapter to follow, there are drastic differences between hemp oil and CBD oil. The issue is that people refer to “hemp” as a type of marijuana in which is used for both medicinal and recreational purposes. If you have no idea what the difference between the two is, you are not alone. “Hemp” should not be used as a general term for all marijuana products. They are different in many different ways from the species of origin, the parts that are used to produce the oil, the cannabinoid content, the usages of the product, and the production method. We will start with the origins so you have a full understanding of the differences between the two products.

CBD Oil vs. Hemp Oil: Species of Origin

There is a common misconception that CBD oil and Hemp oil are the same products due to the fact that they come from the same plant species. While this is true, it is important to understand that the cannabis plant has three species that include *Cannabis indica*, *Cannabis sativa*, and *Cannabis ruderalis*. The main difference between the two is that each of the oils comes from a different strain of the *Cannabis sativa* plant.

The number of marijuana strains is constantly growing. This is the reason many growers are able to breed their plants to present a number of different traits. The growers are able to change aspects of their plants including CBD count, THC count, color, aroma, and even flavor. This also means that they are able to create strains that exhibit low degrees of the traits stated above.

Although hemp oil and CBD oil come from the same species, the hemp oil is derived from a certain strain in which has a low cannabinoid count. On the other hand, CBD is found in a strain that is more popular and may have higher traces of cannabinoids. While the genealogy of the two can be traced back to the same plant, they are from different strains of the same species.

The third type of cannabis is *cannabis ruderalis*. This is a feral species of the plant, meaning that it is able to grow in an environment that is also inhabited by humans. Normally, it is unaffected by any disturbances in its environment. It is typically considered the “weed” of the weed family.

The major factor of the *Cannabis ruderalis* is that it is also naturally low in cannabinoids. Due to this, its genetics are vital for the breeding of *Cannabis indica* and *cannabis sativa*. The *Cannabis ruderalis* has an auto-flowering strain whereas the other two types will grow their flower based on how much light they get. Typically, the *Cannabis ruderalis* reaches full maturity in twenty to thirty days no matter how much light it has received. This is a vital trait for both consumer and producer when it comes to making CBD products.

CBD Oil vs. Hemp Oil: Parts for Production

Another common misconception for understanding the difference between CBD oil and Hemp Oil is where the oil is produced from. True, they come from different strains of the plant, but they are also produced from the different parts of the plant as well.

When it comes to the hemp oil, this product is derived from the seeds of the hemp plant. The same can be said for products such as coconut oil, almond oil, and even olive oil. CBD oil is produced from the stalks, leaves, and the flowers from the Cannabis sativa plant. The stalks, leaves, and flowers of the hemp plant have other purposes but do not contribute to the production of hemp oil.

The key difference here is that the hemp plant is not medicinal like the Cannabis sativa plant. The hemp plant itself is very low in cannabinoids, meaning that it also does not have any psychoactive qualities either. The main focus here is the cannabinoids found in each product.

What are Cannabinoids?

Earlier in the book, we dipped into what cannabinoids are but it will be important you understand what they are. Cannabinoids are the chemical compounds that have the ability to act on the receptors in your brain. Two of the more common types include CBD and THC. There are also other compounds such as:

- Cannabinol (CBN)
- Tetrahydrocannabivarin (THCV)
- Cannabigerol (CBG)
- Cannabichromene (CBC)
- Cannabichromenate (CBCA)
- Cannabidolic Acid (CBDA)
- Tetrahydrocannabinolic Acid (THCA)
- Cannabigerolic Acid (CBGA)

As of now, 113 different cannabinoids have their own medicinal and psychoactive purposes. Cannabinoids are important as they are just another difference between CBD oil and hemp oil. By understanding the purpose of them, you will be able to make the decision about which product is best for your purposes.

CBD Oil vs. Hemp Oil: Content of Cannabinoid

The companies and individuals who grow marijuana will typically focus on THC and CBD. They are able to cross these strains to help create different versions in order to increase one and decrease the other. By having so many different products, they are able to tackle a number of issues people may have. For example, strains that are high in CBD and low in THC have the ability to have medicinal effects while losing any psychoactive high. The same is true for the opposite, high THC levels and low CBD levels to increase the trip.

When it comes to Hemp oil and CBD products, they are both low in THC compared to some other products that come from marijuana. In most countries, it is required that these products need to have a THC concentration of .3% or lower in order to be considered a hemp product.

Due to such low levels of THC, there is no way to experience a high. The difference between the two products is that CBD oils will have higher THC counts. Usually, the concentration is kept between one and five percent. By doing this, companies are able to maximize any medicinal effects while still staying under the legal limit. The percentage will range depending on the strain used to produce the oil.

Another major difference and common misunderstanding are that hemp oil is low in CBD count. Typically, they only contain about 3.5% CBD. Due to the low concentration of CBD, it is pretty useless if you are looking to use it as a medical treatment. As you will learn in the next section, it still has purposes of its own.

As for CBD oil, the count is typically around 20%. With the high concentration, it makes CBD oil ideal for treating medical issues like depression, anxiety, and nausea. In this book, we will be covering all of the incredible benefits CBD has to offer. If you are still interested in hemp oil, we will list some of the uses you can have with it.

Hemp Oil for Food and Industrial Usage

If you are looking for an extra substance for your diet, hemp oil is the way to go. It is an excellent product to use in recipes as it is high in vitamin B2, vitamin B1, magnesium, potassium, vitamin e, omega-3, and omega-6!

You may find that hemp oil can also be found in a number of industrial products. These include paint, plastics, bio-diesel fuel, soaps, lotions, and shampoos. While they are found in these products, the main benefits typically are for nutritional purposes. Some of the other benefits include:

- Lower blood fat levels
- May help prevent degenerative conditions in organs and heart
- Helps moisturize skin
- Can help promote a healthier immune system
- Provides nutrition for your brain

It is important to remember that with most products, there will always be some side effects that come with the benefits. Much like with other oils, there are some side effects if you choose to include hemp oil in your diet. The side effects are as follows:

- Can affect blood's clotting ability
- Possibly cause digestive issues in some individuals
- Will produce harmful peroxides when exposed to high heat
- Contains unhealthy amounts of polyunsaturated fatty acids

CBD Oil vs. Hemp Oil: Production Method

A final difference between hemp oil and CBD oil is the method which both of these oils are produced. Hemp oil can be produced by pressing hemp plant seeds. During this process, the oils are extracted out of the seeds just like with other oils like coconut, olive, and peanuts. As for CBD oil, it is produced through the process of solvent extraction.

Solvent extraction is completed by forcing a solvent such as CO₂, butane, or alcohol across the plant matter. When this happens, the trichomes, terpenes, and cannabinoids are separated. At this point, the solvent evaporates and leaves behind the cannabinoid for the CBD oil.

If you are looking for a product that helps relieve pain and other issues, hemp oil is not what you are looking for. As you will see in the chapters to follow, CBD oil is going to be most beneficial if you are looking to fix issues like chronic pain. When you are ready, it is time to move onto the third chapter where we will be discussing how to use CBD oil from buying to ingesting.

Chapter Three: How to Use CBD Oil

Now that you have a thorough understanding of CBD oil and what it is, it is time to get to the good stuff — buying your first CBD oil! Of course, we are not just going to throw you into the market on your own. There is an art to selecting the CBD oil or product that is perfect for you!

In order to do this, we will focus on a few different buying criteria. If you were unaware, hemp-based CBD products have the ability to come in all shapes and sizes! You can rest assured that there will never be any shortage of choice. There is a CBD product for everyone.

The following chapter will contain some criteria we feel is most important. We will go over the different tastes, your price budget, the immediacy of CBD effects, how easy it is to use, and the different concentrations. The more you learn, the easier your purchase will be! When you are ready, we will get started on learning the different concentrations.

Criteria Number One: CBD Concentration

One of the main qualities many people search for in their CBD oil is the concentration levels. Typically, you will want the most bang for your buck! There is no reason to spend your hard-earned money on a product that will hardly touch your issues.

To figure out the concentration levels, you will want to search the label for the number of milligrams of CBD in the product. Typically, the concentration is clearly listed so it should be easy to find. This number will be the one you want to pay attention to. You should not be misled by the total volume of the oil itself as it isn't really important. By knowing the total milligrams of CBD, this will help you compare prices of other products and in turn, figure out which is the better value.

With this in mind, note that some labels will show the percentage of CBD as opposed to the total milligrams. The percentage is the ratio of CBD for all of the liquid volume. As an example, picture a CBD oil that says 1,000 milligrams of CBD in 1,000 milligrams of hemp oil — this would be 10% CBD. Luckily, the percentage amount is being phased out of labels to help their customers purchase the product easier.

Daily CBD Serving Size

Much like with anything we consume, CBD can only have a maximum efficiency if it is used consistently. The same can be said for a daily multivitamin if you take one. As you will be learning a little later, CBD can have a delay in effect because your body needs to learn how to adjust to the chemical compounds in CBD. Typically, it will take seven to ten days to work in full effect.

As a beginner, we suggest consuming two to three milligrams of CBD a day to start out. This will change under a number of factors such as cannabinoid tolerance, body weight, and metabolism. If you start out on three milligrams and feel nothing, you can always start with five milligrams and increase once you have a full understanding of how the CBD works with your body.

You already know that there are no dangerous components or psychoactive components in CBD products. It is perfectly safe to increase your serving size to your optimal concentration. However, in order to not waste any of your precious product, it is always safe to start small and work your way up. If you need help, you can always talk to your doctor to find the proper level for your ailment or disease.

Did you know that CBD oil can also work for pets? If you have a pet that suffers from an ailment or disease that you want to treat with CBD, ten milligrams per ten pounds of body weight is recommended. You should always read the label before administering anything just to be sure that the product you choose is indeed pet-friendly.

Criteria Number Two: Length of Effects and Immediacy

Once you have figured out the proper concentration for you, it is time for you to decide two factors — how long should the effects last and how quickly would you like to feel them? Once you have decided on this, this will change the way you ingest the CBD oil.

1. Orally

If you take CBD orally such as candy, concentrate, or capsule, it will typically take anywhere from twenty minutes to two hours to feel the benefit. Overall, the effects last around four to six hours once they hit your system. Typically, when CBD absorbs into your system slower, the effects

will last longer. If you want something to act quicker, it will provide you with short-term relief.

1. Topically

CBD also comes in products such as creams and balms. When applied, it typically takes up to an hour for an individual to feel the effects. The good news is that the product can last up to five hours to provide some relief.

1. Sublingually

Sublingually means that the CBD is taken under the tongue. Normally these products will come in the form of a spray or drops. When taken, it will take anywhere between twenty to forty minutes to work. Once it kicks in, sublingual CBD can last between four and six hours. This is a pretty popular way to ingest CBD as it kicks in fairly quick and lasts for a good amount of time to help relieve pain.

1. Vaporizer

When CBD is ingested through a vaporizer, the CBD benefits hit almost immediately. On top of this, the effects also last for a few hours. While this seems like a great option, this brings us to our next point — ease of use. Obviously, not everyone owns a vaporizer in the first place. If this seems like your favorite option, it may be worth investing in one for the benefits.

Criteria Number Three: Ease of Use

If you are a beginner, the ease of use will be a major factor for you. If you choose the wrong product, you could be discouraged to use the product to help with your pain. This is why we will spend a good amount of time going over your options. There is a product out there for you! Choosing one that is easiest for you will make this a better experience for you.

Luckily, CBD is a very simple product to use. This is attributed to the different forms that you will be able to purchase it in. In the final chapters, we will be providing some delicious recipes to use CBD oil in helping you get started in the first place.

If you choose a different form, CBD can be a little bit trickier. As an example, we will take CBD vape oil. This product will require a vaporizer

which not everyone owns or knows how to work. If you are a true beginner, try starting with the oil or tincture. These products are portable, easy to use, and discreet if you need it to be. When it is easy, it is easy to keep track of your daily servings of CBD. It's a win-win for everyone!

Criteria Number Four: Flavor

While this isn't one of the top criteria, flavor and taste are important for some people. If the taste of your CBD is important, there will be a number of factors you will want to consider. You will want to keep in mind — the higher concentration CBD products will have a more “hemp” flavor.

If you are looking into products like concentrates or pastes, these typically will have a hemp flavor. If you are unaware of the taste of hemp, it is typically described as a grassy or earthy taste. This flavor isn't for everyone, but it can always be mixed with some of your favorite recipes, hint hint.

If it is the flavor you are looking for, you will want to try edibles, tinctures, and vape oils! These products come in all flavors like fruits, chocolate, vanilla, and even mint. If you know that hemp flavor isn't for you, these flavored products will be your best bet.

You will want to note that with these products, there will always be a slight flavor of hemp. If you don't want to taste the hemp at all, you can always try CBD capsules. With these easy to swallow products, they are the only ones that are completely flavorless.

Criteria Number Five: Price

When you make a decision on anything, the price will typically play a role in your decision-making. If you are a true beginner to CBD, there is no reason to drop a lot of money on a product that you are not sure will even work for you. As for the products themselves, the price typically varies.

The good news is that with all of the information from above, you now know how to get the best bang for your buck! Of course, some CBD products will be more affordable compared to the others. All of the qualities from above such as longevity, quantity, and immediacy will impact the cost of the product. You will want to take all of the criteria into account before you make a final decision. With that being said, it is time to

learn all the different CBD products to select which will be best for you truly!

Choosing Your CBD Product

With a thorough understanding of CBD and some criteria you should base your decision on, it is time to learn all of the different CBD products on the market! As a beginner, you may feel overwhelmed with all of these choices. Before we move on, make a list of criteria that is important to you. In the section to follow, you will be learning how to use the products, the benefits, and the downfalls of each product. This way, you can choose the best product for you before even walking into the store!

CBD Tinctures

If you are a beginner, CBD tinctures are going to be the perfect product for you. The tinctures are versatile and easy to use! There are many different products you can choose from, in different concentrates and all different kinds of flavors! Whether you get a simple spray or an oil, there is one for every type of person.

Benefits

Flavor

As mentioned earlier, the flavor of hemp isn't for everyone! With CBD tinctures, there is a wonderful variety of flavors so whether you are a fruit person or a mint person, you can enjoy the CBD benefits and enjoy the flavor as well!

Easy to Use

As a beginner, you may feel intimidated taking CBD for the first time. With this product, it is as simple as a few drops of oil, a couple of sprays, or a quick drop under the tongue. There is no need for fancy products especially if you are just starting out.

Fast Working

Finally, CBD tinctures act quickly when applied. On average, they can work between ten and fifteen minutes. This is a great choice if you need relief from your pain quickly.

Downfalls to Consider

Droppers vs. Sprays

As a beginner, it will be important to concentrate on your serving. If you choose a spray tincture, this allows a consistent serving every time you use it. Dropper versions of this can be a little trickier for some. We are not saying that it is impossible, but it is certainly something you will want to consider.

Strength

If you are not a real beginner, tinctures may not be a product for you. These are most ideal for novices as they are typically not as strong as other products. If you are well aware of the CBD you require and you need a higher concentration of it, a tincture probably will not do the trick. Instead, you may want to consider a paste or concentrate for a stronger experience.

How to Use

For the tinctures, you will want to drop or spray the product under your tongue and swish the CBD around your mouth for ninety seconds. Once this time has passed, you will swallow it. The CBD will first be absorbed under your tongue and also in your stomach. Typically, it will take ten to fifteen minutes for the effects to kick in and can last anywhere between two to six hours. The length of effect will change depending on the strength of the product.

CBD Concentrates and Pastes

Are you looking for a stronger CBD product? A concentrate or paste will be the direction to go as they are generally the strongest CBD products to be found available on the market. These products are typically mostly hemp oil, meaning that they are more likely to be higher in CBD Concentrate. This product is normally found in a tube and has great value when it comes to the cost of the product.

Benefits

As mentioned above, a CBD concentrate offers great value. Typically, they contain ten times more cannabidiol compared to other CBD products. For most consumers, a three-gram tube is able to last up to a few months if it is used daily. If you are short on cash, this could be a good option for you!

Concentration

If you are looking for a product with high CBD concentration, a paste and concentrate will be your best bet. These products were designed to deliver a strong serving size in a quick and simple manner. Even if you are a beginner, this is still a good product to start with.

Full Effect

Due to the nature of the paste and concentrate, the effects work fairly quickly and can last for a long time. Typically, a concentrate will only take ten to fifteen minutes to work. Once the effects kick in, the product will last up to twelve hours.

Downfalls to Consider

Serving Size

As a beginner, you may be overwhelmed with the serving size of a paste or concentrate. With these products, a small serving still delivers a high amount of CBD. Until you are used to the effects, you may want to start with a simpler product.

Flavor

Pastes and concentrates generally have a strong hemp flavor. If you are not used to or if you do not enjoy the earthy flavor, you will want to pass on this product. With such a high concentrate of CBD, the flavor of hemp can be hard to mask.

How to Use

If a paste or concentrate is your product of choice, ingesting it is fairly simple. All you will need to do is squeeze a serving size — a grain-of-rice sized portion onto your tongue. Once in place, swish the product around your mouth for ninety seconds and then swallow. The effects will kick in pretty quickly and will last from six to twelve hours depending on the strength of the product.

Topical CBD

If you suffer from muscle soreness, inflammation, or joint pain, there are CBD-infused oils, balms, and lotions for that. They are simple to use and come with some amazing benefits for your consideration. The CBD is absorbed into your skin for localized relief.

Benefits

Target Areas

The CBD lotions and balms allow customers to provide effective and quick treatment to problem areas. The product also provides a sense of relaxation and calm throughout the whole body when used properly.

Lasts Long

If you need a product that lasts long to help relieve pain, a CBD lotion or balm will be your best option. Based on the strength, these lotions can last six to twelve hours. This way, you will be able to take care of muscle pain without having to think about it for a while.

Easy to Use

Using CBD lotion is the same as using any lotion. All you need to do is apply it to the areas that need relief and you are set! This is one of the main reasons this product is very popular.

Downfalls to Consider

Act Slow

While the product does last longer, the lotions and balms typically take a little bit longer to kick in compared to other CBD products. If you need a product that will relieve the pain quickly, you may want to choose something else.

Only Targeted Area

CBD topical products were created to help localize pain relief. If you have multiple places where you are in pain, you may want to consider a CBD

product that acts as a catch-all. If it is specific joint pains such as knees you need help with, a lotion will be a great option.

How to Use

All you will need to do with a CBD topical is rub it over the desired area. When you apply the lotion or balm, be sure to cover the area to experience the greatest of benefits fully. Once applied, the effects will kick in after one or two hours. Depending on the strength, the effects will last six to twelve hours.

CBD Capsules

The next option we have to offer are CBD capsules. These are pills that will contain CBD in powdered form. In general, the pills contain 15 to 26 milligrams of CBD which is higher than a normal recommended serving size for beginners. If you are not used to the effects of CBD, this may not be the best option for you. The reason it may be would be the inability to stand the hemp flavor. CBD capsules are both odorless and tasteless.

Benefits

Last Long

The reason CBD capsules are different from other products is that they are digested directly in your stomach as opposed to the tongue first. When this happens, the CBD takes a little bit longer to get into your bloodstream. Typically, the capsules will take one to two hours to kick in. Once the effects start, they will last between six and twelve hours. This number will vary depending on the strength of the product.

Tasteless

For some people, no taste is a major plus. Some products that are flavored to cover the hemp flavor are still too strong for some people. The capsules are odorless and tasteless which some people prefer.

Easy

The capsules of CBD are one of the easiest products to consume compared to other versions. They are easy to carry on the go and can be taken much like any other type of pill. With an easy capsule, you will also be aware of how much CBD you are ingesting, allowing you to keep the level consistent as you begin to adjust to the effects of CBD.

Strength

Generally, CBD capsules will have a high concentration of CBD. This is a benefit if you are aware how much of the CBD your body needs to experience the benefits. The problem is, if you do not need fifteen to twenty-five milligrams, you will just be wasting your money. As a beginner, this may not be your best option.

Downfalls to Consider

Concentration

As a beginner, you most likely have no idea what your CBD “sweet spot” is. If you start out with fifteen milligrams, you may be ingesting too much. With each capsule being a certain portion, this can be difficult to control serving size. If you are more advanced and know how much CBD you need, capsules are a good option for you.

Expensive

CBD capsules are typically more expensive due to the convenience of them. As you learned, they are higher in concentration, have no flavor, and are completely portable. Due to all of these factors, customers end up paying a bit more for them. If the price is an issue for you, consider another product that will be more cost-effective in the long run.

How to Use

Taking a CBD capsule is as simple as taking any other pill. All you will need to do is place the pill on your tongue, take a sip of water, and simply swallow. Remember to pay special attention to serving size so you do not waste the product.

CBD Vape-Oil

This product is a liquid for vapes that have been infused with CBD. The vape oil is heated by a vaporizer or e-pen so that the liquid turns into a vapor. By doing this, consumers are able to inhale and absorb the CBD through the lungs in a safe manner.

Benefits

Flavor

If the flavor is important to you, a CBD vape oil will be one of your better options. Whether you prefer coffee, chocolate, butterscotch, or even a fresh mint, there is a wide range of flavors for each type of person. Vaping is a pleasant way to enjoy CBD.

Works Immediately

CBD vape oil works straight away due to being inhaled into the lungs. By doing this, you will be bypassing breaking down the CBD in your skin or in your stomach. The effects work right away but may not be for everyone.

Downfalls to Consider

Equipment

We understand that not every person owns an e-pen or vaporizer. If this is the product you choose, you will need to invest in one of them. If cost is a factor for you, the cost of the vape oil and equipment can add up. If you are a first-time user, this probably isn't the best option for you. As you learn your body and begin to enjoy the benefits of CBD, this could be an option down the line.

Complicated

One of the downsides of vaping is the learning curve. If you have never installed or smoked a vaporizer or e-pen, it can seem a bit complicated. As a beginner, stick with a simple product to start out with. You do not want to overwhelm yourself with learning the effects of CBD and a new piece of equipment at the same time. It can be easy to lose focus on why you are doing this in the first place.

How to Use

If you choose vape oil, all you will need to do is add a serving of the vape oil to your e-pen. Luckily, there are pre-loaded e-pen tips for easier access to the CBD. Once it is placed, you will inhale the vapor and exhale. You will want to repeat this action three to five times for maximum effect. You will feel the benefits kick in almost immediately and will last one to six hours varying on the strength of the product.

CBD Edibles

Last but certainly not least, there are the CBD edibles. These are foods that are infused with CBD. If you do not want to smoke or vape your CBD, this is a wonderful alternative. Luckily, these products come in a number of different foods such as chocolate, gummies, cookies, and other delicious candies. They also come in a number of flavors which makes them a fairly popular product.

Benefits

Concentration

When it comes to edibles, they come in a wide range of concentrations. Some products have a high concentration compared to other CBD forms. By doing this, a little bit of an edible can bring you a long way.

Flavor

As mentioned earlier, the hemp flavor isn't for everyone. CBD edibles come in all different flavors, shapes, and sizes. With so much on the market, there is a high chance you will be able to find one you will enjoy.

Quick and Long Lasting

Another reason edibles are so popular is due to the fact they work quickly and last long. On average, edibles can last up to twelve hours dependent upon the strength of the product. They are absorbed through the stomach so that they can work even quicker.

Easy to Use

If you know how to eat food, you will know how to eat a CBD edible. The one thing you will need to watch is not eating too much! The candies can be tempting but remember that you will need to get used to the effects of CBD before you get to crazy with the candy!

Downfalls to Consider

Cost

Due to the ease, convenience, and novelty, edibles tend to be a bit more expensive. Some of these products are also higher in CBD concentration which can add to the cost of the product.

Serving Size

When you are eating what looks like normal candy, it can be hard to stop at just one serving size. Unlike with normal candy, one more piece isn't just one more piece. In general, each piece will have a certain percentage of CBD Concentrate. This will be something you will want to keep track of and also keep out of tiny hands who may think this is normal candy!

How to Use

If you eat candy or sweets, you can eat a CBD edible. Choose out the serving size and consume as desired. Once you have ingested the product, the CBD will be absorbed through your stomach and the effects should kick in after an hour or two. Once this happens, the effects will last six to twelve hours depending on the strength of the product.

Why CBD Oil May Not Work for You

When people first start taking CBD, they often expect instant results. The lack of results can lead to individuals giving up on the product altogether. If it seems like CBD isn't working for you when you first start taking it, it could be due to a number of reasons.

If you are starting CBD as a true beginner, it will be important that you set certain expectations. You should realize that depending on the CBD product you choose, your results may not happen for several weeks. In order to overcome this, perseverance will be your key. If that doesn't work, there are several culprits behind why CBD doesn't work for you or may stop working at some point. By understanding these reasons, you may be able to fix or adjust things to your benefit.

Optimal Dose

When you first start CBD, it can be difficult to find your optimal dose. Most people either take too much or too little. This is one of the main reasons the effectiveness is hindered for true beginners. Unlike with most medications, it is hard to have a "right" dose for the average person. Your dose will change depending on your type of condition, your weight, body chemistry, and the severity of the issue. In order to find your optimal dose, you will have to go through a trial and error process.

Bioavailability

The bioavailability of a CBD product is the percentage of CBD that enters your bloodstream. Due to the many different ways of ingesting CBD, there are different levels of bioavailability. Depending on the product you choose, less may be getting into your system than you originally thought. For this reason, you may want to try to up your dose if you don't feel you are experiencing any benefits.

Genetics

Some individuals genetically have higher levels of natural endocannabinoids in their system. As of now, research has shown that as many as 15-20% of people are predisposed and while this is generally a good trait to have, it can mean these individuals receive fewer benefits from CBD oil.

Tolerance Level

As you start taking CBD more, your body will naturally begin to build up a tolerance to the substance. When this happens, you may need to raise your dose in order to experience the benefits from CBD. At some point, you may hit a plateau. If this happens, you can always take a break from CBD to allow the receptors for the endocannabinoids to reset. Usually, people will take a break for a couple of weeks before returning to their normal schedule.

Good Product

Before you purchase a CBD product, you will want to do thorough information. With a market that is saturated with products, it can be hard to tell the real CBD products from the fake. In the section to follow, we will be providing you with all of the information you need to purchase a CBD product that will work best for you.

[How to Identify High-Quality CBD Oil](#)

With CBD gaining popularity, unfortunately, the wrong people are trying to take advantage of the growing business. In the current market, there are varying degrees of quality standards for CBD products. As a general rule, you can assume that you get what you pay for. If something seems ridiculously cheap, the ingredients in it are probably as well. However, there are times you could pay a premium just for a brand name and it may not be the best product on the market!

Before you go about purchasing your CBD product, there are several factors you will want to keep in mind. By going in with all the facts, you will have a higher ability to avoid any scammers trying to get your money. The following criteria can help you avoid the bad companies and seek out the trustworthy ones.

Customer Reviews

Before you purchase any products, always look for the proof that a company is what it claims to be. With reputable companies, they will have raving reviews. As a suggestion, look for companies who verify the purchase in the first place. Often times, companies can “fake” their reviews to make it seem like they are better than they are. Take the time to review a company’s product page for any recent reviews. By doing this, you can avoid biased opinions and base your purchase on real customer experiences.

Crazy Health Claims

If you are reviewing a product and something seems off, it is best you listen to your gut. Many of the scam companies make claims that their product can CURE a particular disease or ailment. While CBD does have incredible benefits, it isn’t created specifically to help with a specific disease. As you do your research, pay special attention to the language the company uses. If there are any unreasonable or unverifiable claims related to health, it is probably a scam.

GMP Facility

Legitimate companies will always have the GMP logo on their website. GMP means Good Manufacturing Practices. This ensures that CBD

products are produced according to a certain standard. The agency is in charge of several factors including the control of authorization, licensing of the product, and the sale of the product according to certain guidelines. As a company, they will need to adhere to the guidelines to make sure their products are always of high quality and remains consistent that way.

Third-Party and Lab-Tested

When purchasing a CBD product, the company should be able to provide a COA or Certificate of Analysis. By doing this, you ensure the quality of the product when it has been tested by a third party. All products you purchase need to be tested for other contaminants, heavy metals, and mold. Third parties will also make sure that your product contains the claimed amount of CBD.

Industrial Hemp Product

A final way you can tell a quality CBD product from a scam is accruing the products are made from industrial hemp. By doing this, you can be sure that the product is legal in your state. If the product is marijuana-based CBD, you need to be made aware as it could be illegal and get you in a lot of trouble. The sign it is legal is that the CBD product needs to have less than .3% THC to be considered a hemp product.

Where to Buy CBD?

Now that you have been armed with all of this incredible information on CBD, the next question is, where can you buy it? Luckily, it is readily available at any store that sells cannabis products. Remember that not all CBD products are created equally. You will want to do your research before making the big purchase.

On top of these stores, you can also look for CBD products online. Online, you are at a higher risk of running into a scam site. Please use the information from above to avoid a bad situation. Simply pick your product, look for a trustworthy seller, and make the jump! You have all of the information you need to make the purchase. You can go into it knowing you have done your research.

In the next chapter, we will be going over the incredible benefits CBD has to offer. Whether you suffer from neck and back pain, joint pain, depression, or anxiety, CBD may be able to bring you relief. If you don't want to throw medication at the problem, it is always worth a shot!

Chapter Four: Hemp CBD Oil for Pain Relief

With all of the information provided thus far, your brain is most likely spinning. Starting a new concept such as CBD oil can seem overwhelming, but remembering the big picture is important. Whether you are dealing with a chronic pain issue, anxiety, depression, or a number of other issues, you know one thing — you do not want to deal with this any longer. CBD oil may be the answer you have been looking for. In the chapter to follow, we will be going over all of the ways hemp CBD oil can provide relief for pain. Be sure to stick around for the chapter to follow for all of the mental health benefits CBD has to offer. If anything, it may be worth a shot when nothing else has worked for you.

Chronic Pain Management

Pain is something we all experience at some point in our life. For others, that pain can last for longer than twelve weeks making it chronic. In the pharmaceutical world, it can be easy just to throw some drugs at the pain. What happens when these drugs come with health risks and unpleasant side effects? Every person isn't always willing to take a drug to help their pain and this is where CBD oil can come into play.

Chronic pain can arise for a number of reasons. For most people, the pain is caused by an initial injury that never heals completely. A possible reason for this could be your brain chemicals. In a perfect world, these chemicals are meant to block the pain sensations caused by the injury. If you experience chronic pain, these chemicals may not be working properly.

By taking CBD, the chemicals have the ability to disrupt the activity between your pain receptors and your body. When it enters your blood system, your body will start to release “feel good” neurotransmitters such as dopamine and serotonin. When this happens, it can ease any pain or discomfort you may be feeling.

Multiple Sclerosis

Unfortunately, multiple sclerosis is a chronic condition that continues to damage the spine and nerve cells. When this happens, it can create speech impairment, blurred vision, fatigue, and impaired mobility. In some cases, individuals have stated an experience that feels like numbness in the limbs. There have been studies done that CBD could be used as a benefit for MS patients.

The first big question is, what causes MS in the first place? As with other illnesses of the brain, it is hard to understand what triggers the disease. It is known that MS causes damage to the nerves in the brain creating the physical problems that follow. The hard part of this disease is that symptoms are not always noticeable at first. As the symptoms become more severe, they begin to leave scars on the protective layers of the nerve. It can be hard to spot, making it hard to treat.

Researches attempted to use CBD to help with the symptoms and it seemed to work! Cannabinoids, as you know, are found in CBD create pathways across the immune and non-immune cells. Thanks to the anti-inflammatory properties of CBD, it seemed to have helped with the symptoms related to MS without having any psychoactive effects. When the CBD kicks in, this usually helps improve mobility and takes away the edge of pain they may be experiencing. While it isn't a complete cure, it is helpful in making everyday activities and sleeping much more comfortable.

Fibromyalgia

While not much is truly known about fibromyalgia, many people across the world have been diagnosed with it. Unfortunately, this is a painful condition that manifests in different parts of the body. Mostly, the pain is found in the skeletal and muscular tissue. Before the 1980s, the condition wasn't looked at seriously but today there are more than 10 million people in the United States alone that suffer from this disease. How do you treat it?

To understand how to treat an issue, one must understand how it is caused in the first place. It is believed that fibromyalgia is caused by stress. Stress in the body causes pain through the fibers, often making the whole body hurt which can be very disruptive in daily activities.

As you learned, the body has a pain-regulating system where the endocannabinoid system is found. When individuals ingest CBD, it helps

provide relief by reducing the pain and inflammation in the body. It also thought that for those who have fibromyalgia also have a deficient endocannabinoid system. By supplementing with CBD, this may also offer some relief for the symptoms of fibromyalgia.

Inflammation

Inflammation is another symptom that many individuals experience in their life. The thing is, inflammation can be both good and bad. When your body has inflammation in normal areas, this helps your body heal. In this manner, there is a purpose behind the inflammation. You can look at it as your body's 911 signal. If it senses a problem, it is going to send immune cells to fix the area.

When your body responds to an area, the cells send a signal back to either protect against toxins or recruit other immune cells. When this happens, cells known as cytokines are released into the area. When this happens, you will notice pain, heat, swelling, and redness. This is the start of the healing process and most of the time it works! However, for those with chronic disease, this process gets started and never truly stops. CBD can help your system calm down and bring down the inflammation. The CBD reduces the number of inflammatory cells in a populated area to help reduce inflammation.

The benefits of CBD oil helping inflammation can help a number of different issues including rheumatoid arthritis, migraines, joint disorders, and muscle pains. For most people that use a CBD supplement, they found major improvements with their pain caused by inflammation. If you have tried a number of different products to help, CBD may be worth a shot!

Epilepsy and Seizures

At this moment in time, epilepsy is a disease that has no cure. However, it is possible to take a supplement such as CBD oil to help minimize the frequency, intensity, and duration of the seizures. When you give people the ability to do this, it can help improve their quality of life. Scientists have found that CBD oil can help control the occurrence of seizures in certain patients.

Seizures and epilepsy seem to happen in the first place due to an electrical system malfunction in the brain. In simple terms, it seems as though impulses chaotically pass through the brain, forcing an individual to

change their movement, behavior, and reactions. There seems to be a wide range of reasons people have epilepsy. Some seem to have genetic predispositions to brain diseases. For most, doctors are unable to point out one solid cause for the illness.

While there are several treatments for epilepsy, CBD seems to be a rising treatment as it is natural and has low risks. When individuals ingested CBD, they found that the frequency of seizures stopped altogether or diminished enough to improve the quality of their life. It seems though high concentrated doses of CBD oil has the best benefits for those who suffer from epilepsy and seizures.

Cancer

One of the most exciting benefits of CBD oil is the apparent effect of the chemicals on cancer and tumor growth. A study done at the University of Rostock in Germany found that CBD oil has the ability to reduce the size of tumors or eliminate them all together. It seems as though the antioxidants found in hemp oil can reduce a person's risk of cancer in the first place. While more research is being done on the benefits of CBD on cancer patients, it is an exciting natural prospect!

Alcoholism

Recent studies have found that CBD may have a positive effect on several different types of addictive behaviors. CBD can be beneficial in the intervention and prevention of addictive behavior of substances such as cocaine, alcohol, cigarettes, and even cannabis. When it comes to alcoholism, it seems that a consumer builds a tolerance to the substance, meaning they eventually need to consume more to experience the same effect as before.

The issues come when a person dependent on alcohol quits and experiences withdrawal symptoms. Some of these symptoms include tremors, heart palpitations, fatigue, irritability, anxiety, and depression. In some cases, these withdrawals become extreme and can affect a person's life to the point where they begin to abuse the substance to keep the painful symptoms away.

When alcoholism was studied, it was found that there is an increase in CB1 receptors once alcohol is injected into the bloodstream. It was also found that there is a decrease in this receptor when alcohol use was

withdrawn for a month. As you first learned, CBD oil contains the chemicals that can bind with these receptors, resulting in the brain receiving its “reward” it is craving. The cannabinoids act as a neuroprotective against any cell damage, therefore making it a perfect therapy choice for people trying to kick their alcohol addiction.

While these are just some benefits of CBD oil, it can also help with mental health and other issues. Stick around for the next chapter to learn about all of those incredible benefits. Once we have gone over those, you will be learning the side effects of CBD oil which will be important information to have on hand.

Chapter Five: Hemp CBD Oil for Mental Health and More

On top of the wonderful benefits related to pain relief you just learned about, CBD has much more to offer! As you will be learning, CBD oils can be beneficial for a number of mental health issues such as depression and anxiety. It can also be used as a sleep aid and appetite control therapy. It may not be a miracle oil, but it sure seems like it!

Acne

If you walk into any drug store, you can pick up a face wash and see a long list of ingredients. Sometimes, these ingredients can have harmful side effects. Sure, they may work for some people, but at what cost? Many people suffer from acne. Perhaps you can take care of it with natural CBD oil!

Studies have shown that the endocannabinoid system has a key role in regulating your sebum production. For some individuals, their system produces too much sebum, creating the acne in the first place. CBD oil may be the answer in calming the sebaceous glands and regulating the oil production.

Anxiety/Depression

Anxiety is caused in individuals for a number of different reasons. It has been found that CBD can help reduce the feeling of anxiety, speech problems, and any cognitive impairments individuals may suffer from. This is due to the fact that CBD has the ability to interact with our serotonin receptors. These receptors are in charge of our stress levels and mood.

The cannabidiol in the CBD will also boost the endocannabinoid levels helping our body naturally produce more chemicals that help put us in a better mood. CBD will also boost anandamide in individuals who suffer from depression and anxiety. For most people, the body will only produce this chemical when it is needed. When anandamide is produced, it is supposed to be broken down by the faah enzyme. CBD has the ability to

block FAAH enzymes from being produced, meaning that anandamide will last longer, creating lower levels of stress and anxiety.

CBD does a number of things on our system and can benefit just about everyone. The oil is able to reduce anxiety in social situations, activate the adenosine receptors in order to calm us, reduce hyperactivity, and calms the limbic system which triggers anxiety in the first place. If you want to take care of anxiety in a natural way, CBD oil is the way to go.

Insomnia

Do you have insomnia? So do 70 million other people in the United States. Luckily, CBD is a natural way to treat insomnia effectively. In a study done on rats, different doses of CBD were administered to compare their sleep habits to rats who receive no CBD. It was found that the rats who were administered CBD had a longer amount of sleep time compared to the control group. It was also found that the rats were able to fall asleep quicker and develop a healthy sleeping and waking pattern. On top of this, it was also found that when CBD was administered, it promoted wakefulness during the day. It is a win-win situation!

Boost Immune System

If you get sick often, you may have a weak immune system. Studies have shown that CBD products have positive effects on the immune system. It is thought that CBD can help regulate an immune system that may be overactive. By doing this, it can decrease the chance an individual reacts to certain allergens. It is also beneficial for individuals who suffer from autoimmune diseases. In most other cases, autoimmune diseases can be difficult to treat with other medications.

Appetite Control

Weight loss is a very popular trend to follow. If you are looking to control your appetite, CBD oil could be beneficial for you. When ingested, CBD releases hormones into your system that not only help control your hunger but can also create lasting satiety. When you optimize these levels, you will develop a healthy appetite. As your appetite decreases, your weight will follow!

Heart Health

If you have heart issues, CBD oil can be beneficial for you as it is very helpful with the cardiovascular system. Once ingested, the oil enhances vasorelaxation of the arteries. When this happens, it can help protect your heart against vascular damage that is usually caused by inflammation from a high glucose environment. At this moment in time, studies are still being done to explore the proper dosage to bring the most benefit to cardiovascular health.

The list from above is just some of the benefits CBD oil could bring to your life. It also has some of the following benefits if you aren't convinced just yet.

- ADD and ADHD
- AIDS
- ALS
- Anorexia
- Antibiotic Resistance
- Arthritis
- Asthma
- Diabetes
- Endocrine Disorders
- Glaucoma
- Hepatitis C
- IBS
- Kidney Disease
- Liver Disease
- Motion Sickness
- Obesity
- OCD
- Psoriasis
- PTSD
- Schizophrenia
- Skin Conditions
- Vomiting/ Nausea

As CBD grows in popularity, more research will be done. We understand that CBD is able to benefit the human body in a number of different ways. With that being said, there are some side effects that you will want to be aware of. In the next chapter, we will go over these side effects so you know both sides of CBD and how it can interact with your body.

Chapter Six: Side Effects and Adverse Reactions of Hemp CBD Oil

While CBD is a natural substance from a hemp plant, it is possible that it still holds some side effects for certain people. CBD offers wonderful healing and therapeutic benefits, but even as a natural substance, it still reacts with our endocannabinoid system. The question to ask here is, what are the side effects and what makes them happen?

As of a few years ago, it was thought that CBD had no negative side effects. Over the years, only a few side effects have been identified. Luckily, none seem to be life-threatening, but it is still important information to have when considering purchasing CBD products.

CBD and Toxicity

We mentioned earlier that one benefit CBD has to offer is the fact that it is non-toxic even at higher doses. There was a study on mice where scientist administered 10-400 mg of CBD per day, over a total of thirty days. After the thirty days, there was no toxic effect even with the higher doses. It should be noted that if you are pregnant or breastfeeding, there isn't clear evidence on the effects of CBD during these times. At the time, it does appear to be safe, but if this is your first-time using CBD, perhaps you should wait for this time period to be over before you begin experimenting with different doses.

Another study shows that CBD should be taken with caution is if you have Parkinson's disease. It was found that higher doses of CBD could worsen symptoms like tremors. At lower doses, CBD was able to improve the tremors, but at this point in time, more research needs to be done.

Dry Mouth

Some individuals who ingested CBD have reported a "cotton mouth" sensation. This could be due to the cannabinoid receptors found in our submandibular glands. These glands are in charge of producing our saliva. When these receptors are affected by CBD oil, this could leave your mouth

dry. This really isn't a danger to your health at most, it will just make you thirsty.

Drowsiness

Another side effect of CBD could be drowsiness. This is more likely to happen to those who use higher doses of CBD. If you ever find yourself tired after taking CBD, you will need to avoid operating machinery or driving until you gain more energy. Drowsiness could be a sign that your dose is too high. When CBD is dosed appropriately, it should make you feel full of energy and awake.

Low Blood Pressure and Lightheadedness

If you are taking a high dose of CBD, this could lower your blood pressure. Often times, when this happens a few minutes after you ingest your CBD, it could make you feel light headed. Luckily, this side-effect is temporary. However, if you are taking CBD for your blood pressure, you should consult the CBD option with your doctor first.

Pharmaceuticals

Studies have recently found that higher doses of CBD have the ability to stop enzymes in your liver from metabolizing drugs. This enzyme is known as a P450 enzyme. Fun fact, eating grapefruit also effects these enzymes! If you are on any drugs for your health and still wish to use CBD, have a discussion with your doctor to discover any interactions you may want to avoid.

Appetite Reduction

If you have heard anything about THC, it may be the fact that it stereotypically gives people the "munchies." The opposite can be said for CBD. Studies have shown that CBD has the ability to suppress and reduce appetite. When you first ingest CBD, you may end up losing weight due to consuming fewer calories. For some, this may seem like a benefit, but it is something you should be aware of.

Brain Fog

Another side effect with CBD could be impaired clarity or "brain fog." Some individuals have reported feeling spaced out after they take CBD. This could be caused by the downregulation of your sympathetic nervous

system. In most cases, higher dosages of CBD come along with the cognitive impairment and the drowsiness. It could also be caused by the decreased production of neurotransmitters, brain waves, and stimulatory hormones.

Depression

While some people take CBD for their depression, it is possible it could have an adverse effect. The CBD works across multiple neurotransmitter systems and has the ability to decrease systemic inflammation. In some individuals, this could cause depression when the neurochemical is incompatible with the CBD. If you become depressed while taking CBD, you may want to look at the dosage you are consuming. If you have a history of a neuropsychiatric disorder, you are at a higher risk of experiencing depression as a side effect.

Heart Rate

For the most part, people who use CBD find that it calms and relaxes them. As mentioned earlier, CBD can lower blood pressure and slow down the heart rate. Some people have said that their heart rate increases. This could be due to dose size and a stimulating effect due to CBD having the ability to increase alertness. If you experience a change in heart rate, you will want to discontinue taking CBD and getting checked out by your doctor.

Diarrhea

In some trials of CBD for psychotic disorders, one of the more common side effects was diarrhea. If you experience gastrointestinal distress, an upset stomach, or diarrhea, you will want to have a chat with your doctor to see if it is safe for you to use. He or She may suggest taking on the over-the-counter drug known as Imodium to go along with your CBD.

Irritability

While most people take CBD to lower their stress, anxiety, and irritability, some experience it as a side effect. It is possible this stems from an incompatibility with your neurochemicals. If your pre-existing neurochemistry does not respond to the CBD, it could lead to moodiness, irritability, and depression. If you have a pre-existing neuropsychiatric disorder, you are at a higher risk of this side effect.

Insomnia

While sleep aid is a benefit of CBD, insomnia is a possible side effect. For some individuals, a higher dose of CBD creates altering properties. When your dose is too high, you will most likely find your sleep quality to be impaired. If you find yourself suddenly unable to sleep, try taking your CBD in the morning. If that doesn't work, you can always adjust your CBD dosage to find your sweet spot.

Variables for CBD Side Effects

As you can see, several side effects could come with taking CBD oil. The good news is that there is a number of variables that could be causing the side effects in the first place. In the section to follow, we will be going over CBD dose, administration, sourcing, and duration of use so that you can avoid these side effects and experience the incredible benefits of CBD oil.

Low and High CBD Dosage

Your CBD dosage is directly related to the size of your body and your tolerance. Depending on how much CBD you take, this will change your side effects and how severe they are. Side effects happen because individuals use a higher dose than their tolerance can handle. The higher the dose, the more prominent the side effects could be. While CBD may make you feel drowsy at a low dose, this will be amplified at a higher dose, most likely put you to sleep. If you experience any of the side effects listed from above, try adjusting your CBD dosage.

Administration

The way you administer your CBD could have an influence over the side effects you experience. First, you will want to take a look at if you eat before ingesting your CBD or not. Some individuals find that their side effects are more severe on an empty stomach. The opposite is true for others, it all depends on how your body reacts to CBD in the first place.

Another factor you will want to look at is your mode of administration. Depending on the method you choose, this will affect the metabolism and bioavailability of the CBD. If you administer the CBD transdermal, this will reduce any gastrointestinal side effects. If you find one way bothering you, try using a different mode of administration.

Finally, take a look at your timing. If CBD makes you wide awake, you will want to avoid taking it at night. Once you understand how CBD affects your body chemistry, you will find the perfect time to take CBD so you experience all benefits and no side effects.

CBD Attributes

Depending on the CBD formula you purchase, it could contain certain attributes that are bothering your system. Some of these attributes could be sourcing, purity, potency, contaminants, and additives. When you administer CBD that has any of these, you increase your risks of experiencing side effects.

As for additives, you will want to use pure CBD. By doing this, you can lower your risk of side effects. When choosing your brands, do your research. We have already provided you with some ways to select a company you can trust.

By purchasing a good product, you also reduce your risk of purchasing CBD with contaminants. These contaminants could be molds or pesticides that are present in low-quality CBD. While these cheap CBD oils are tempting, remember you get what you pay for.

With that being said, cheap products can also affect the purity and potency of your CBD oil. When your CBD has a potent formula, it may increase the risk of side effects. When purchasing CBD oil, pay special attention to these aspects so you can avoid the risk of side effects.

Concurrent Substance

If you are currently on any medication, this could increase your risk of side effect while also using CBD. As you learned earlier, CBD can induce interaction effects with other medications. This could be due to the fact that CBD interacts with the hepatic CYP3A and CYP2C enzymes. If you are on medications, be sure to discuss with your doctor any potential side effects from the CBD.

Duration

The duration of CBD oil is going to influence the side effects you experience. Over a short period of time, individuals become more prone to side effects as their body and brain become more adjusted to the substance. Over a longer period of time, it is possible that the side effects will subside as your body becomes adjusted. However, other side effects will emerge if you continue long-term CBD treatment. Over time, this causes tolerance and corresponding dosage increase. If you have increased recently and started experiencing side effects, consider giving your body a break and starting over again.

Genetics

Genetics will play a major role in CBD side effects. Some genes used in your metabolism will influence how quickly your body metabolizes CBD — with this will come some side effects. As you use CBD more, you will learn how it affects you and how you can avoid any unwanted side effects.

Lifestyle

We make different lifestyle choices on a daily basis. From our diet, hydration level, stress level, and sleep quality, we are all different. This is another reason that CBD may have a different effect on you. If you have a poor diet, are under a lot of stress, and lack proper sleep, you have a higher risk of experiencing unwanted side effects. If you clean up your choices, you could decrease the risk of bad side effects.

Medical Conditions

Unfortunately, certain medical conditions can also increase the risk of unwanted side effects. A good example of this is Parkinson's disease as it can increase tremors as a side effect. Other medical conditions known to react poorly to CBD include neuropsychiatric disorders, cerebrovascular conditions, and hypotension. If you have a medical condition of any of these, you may want to discuss with your doctors some natural alternatives to CBD.

Chapter Seven: Hemp CBD Oil Recipes

With a thorough understanding of CBD, it is time to get to the fun part — cooking with CBD oil! Some people do not enjoy ingesting CBD oil directly and that is perfectly okay! In the chapter to follow, we will be providing you with many hemp CBD recipes. Whether you want to enjoy your CBD with breakfast or slip it into dessert, you are sure to find a delicious recipe!

Tips and Tricks of Cooking with Hemp CBD Oil

At this point, you have learned that there are several ways on ingesting CBD oil. While some of the more common methods include vaping and tinctures, you can also use it in your cooking! Many people choose to use CBD oil in their meal preparations as the oil can have a bit of a bitter flavor. When you add it to your foods, it can get rid of the unpleasant aftertaste. If you are just beginning with CBD, we will provide you with several tips and tricks to cooking with it!

Sweet or Savory

For the most part, you will find that cooking with CBD oil will have a strong focus on baked goods and sweets. Generally, this is done to cover up the bitterness that comes with CBD oil. Luckily, it is also efficient in savory dishes as well.

What you may not know is in order to cook with CBD, it will need to be infused in an oil fat-based ingredient such as butter or coconut oil. Before you start cooking, we will provide you with recipes for both. In some recipes, the instructions call for an alcoholic spirit as opposed to the fat. If you find this, you will want to be mindful of avoiding beer and wine as it is not a great carrier for CBD oil due to the fact they are water-based.

Temperature

As you begin cooking with CBD oil, you will want to pay attention to the temperature which you cook it. When you warm up CBD oil, this can help increase the effectiveness, but at temperatures that are too high, the heat begins to kill the active components of CBD. As a general rule, CBD evaporates at any temperature higher than 230 degrees Fahrenheit.

When cooking, you will want to make sure that you never place the oil directly on the heat. When you heat the oil itself at high temperatures, you will lose the terpenes which are in charge of the CBD benefits. Also, when you heat the oil directly, it will become bitterer which can ruin your meals.

Serving Size

If you are a true beginner of using CBD products, you most likely do not have a clear understanding just yet of your proper dosage. When you start to cook with CBD, you will want to start small. Some people make the mistake of adding too much CBD to a recipe. When this happens, it just leads to wasted oil, terrible flavor, and strong compound effects leading to unwanted side effects. When you are starting out, remember that less is more.

You will also want to consider starting out with making smaller batches. This way, you can test a recipe to see if you even enjoy it before wasting too much of your precious oil. The more you become comfortable with cooking with CBD, the more dishes you will be able to make in the future!

Along with understanding your dose, you will want to do your math when cooking with CBD oil. You will always want to be aware of serving size so you have a full understanding of how much CBD oil you are ingesting. To figure out this number, you will want to divide the milligrams of CBD oil used by the number of servings in your recipe. This number will provide you with a general amount of CBD oil you are ingesting.

Storage

Before we jump into the fun recipes, all you need to know is that cannabinoids are sensitive to light and heat. Once you initially make your oil or butter and infuse it with CBD, you will want to make sure you keep it in a cool, dark environment. With that being said, it is time to get to the fun of cooking with CBD!

CBD Infused Butter

Ingredients:

- Water (4 C.)
- CBD Hemp Oil (10 g.)
- Unsalted Butter (2 C.)

Directions:

1. Begin by cutting your unsalted butter into smaller pieces.
2. Next, you will want to take a medium-sized saucepan and place it over low heat.
3. Once the saucepan is in place, add your CBD hemp oil, water, and butter pieces into the warm pan. You will cook this on a low heat for three to four hours.
4. As you cook these ingredients, stir the mixture every thirty minutes and allow mixture to thicken.
5. Once your ingredients appear to be glossy, remove your butter from stovetop and allow the mixture to cook for a few minutes.
6. After a few minutes, pour your butter into an airtight container and place in the fridge.
7. It will take around two hours for butter to solidify and it will be ready to be used in any of your favorite recipes in place of the normal butter.

Note: When it comes to CBD oil dosage, feel free to increase or decrease depending on your own needs. Remember that the math will be important in order to understand CBD dosage. The recipe above includes two cups of butter and ten grams of CBD hemp oil. Say the CBD oil contains 2,400mg of CBD. This means that each tablespoon of CBD butter will have 150mg of CBD.

CBD Infused Oil

Ingredients:

- Cooking Oil of Choice (1 C.)
- CBD Hemp Oil (10 g. or own dose)

Directions:

1. Slow Cooker: Place the oil and CBD oil in slow cooker and place on low for four to six hours. Be sure to stir occasionally so it blends well into your oil of choice.
2. Stove Top: Place oil and CBD oil in a medium saucepan over low heat and simmer for three hours. If needed, add water to help avoid burning. Remember to never exceed 230 degrees.
3. Once your oil is infused, place in an airtight storage, and it will stay good for several months.

Breakfast Recipes

Green Morning CBD Smoothie

Prep Time: 10 minutes

Servings: 1

Calories: 345 kcal

Fat: 5.6g

Protein: 26g

Carbs:56g

Net Carbs: 45g

Ingredients:

- Nonfat Milk (.5 C.)
- Plain Yogurt (.5 C.)
- Banana (.5)
- Spinach (1 C.)
- Honey (1 t.)
- CBD-infused Oil (2 T., vary depending on your personal dose)
- Strawberries (.5 C.)

Directions:

1. Place all of the ingredients from above into a blender and blend until smoothie.
2. Pour into your favorite glass and enjoy a healthy smoothie!

Banana and Peanut Butter Breakfast Smoothie

Prep Time: 5 minutes

Servings: 1 smoothie

Calories: 335 kcal

Fat: 19g

Protein: 13g

Carbs: 34g

Net Carbs: 30g

Ingredients:

- Banana (.5)
- Milk (2 C.)
- Peanut Butter (.5 C.)
- CBD-infused Oil (2 t.)
- Ice Cubes (2 C.)

Directions:

1. Place all of the ingredients from above into your blender and blend on high for thirty seconds.
2. Pour the mixture into your glass and enjoy the benefits of the CBD!

CBD Breakfast Bake

Prep Time: 1 hour

Servings: 6

Calories: 340 kcal

Fat: 25g

Protein: 18g

Carbs: 17g

Net Carbs: 16g

Ingredients:

- Eggs (2)
- Milk (1 C.)
- Bisquick Mix (.5 C.)
- Shredded Cheese (1 C.)
- Frozen Hash Browns (1.50 C.)
- Onion (.5)
- Bell Pepper (.5)
- Pork Sausage (1 Package)
- CBD-infused Oil (2 t.)

Directions:

1. Start off by heating your oven to 400 degrees.
2. While the oven heats up, you will want to cook the onion, sausage, and pepper in a medium-sized pan over medium heat. Be sure to cook the sausage through until there is no pink left in the middle.
3. Once all of these ingredients are cooked, stir together this mixture with the hash browns and cheese. Once well combined, drizzle your CBD-infused oil in and stir well.
4. In a separate bowl, mix the biscuit mix with the eggs and milk. When this is done, pour the sausage mixture into a greased baking dish and top with the biscuit mix.
5. Bake this dish in the oven for forty-five minutes. If desired, sprinkle

some cheese on top and bake for another minute or so.

6. Remove from oven and cut into serving sizes for a delicious and filling breakfast.

CBD Breakfast Burritos

Prep Time: 1 hour

Servings: 10

Calories: 338 kcal

Fat: 22g

Protein: 19g

Carbs: 18g

Net Carbs: 16g

Ingredients:

- Flour Tortillas (1 Package)
- Salsa (.75 C.)
- Shredded Cheese (.75 C.)
- Diced Green Chilies (1 Can)
- Eggs (12)
- CBD-infused Butter (2 t.)
- Onion (.5)
- Pork Sausage (1 Lb.)

Directions:

1. To start, you will want to cook the pork sausage and onion. You can do this over medium heat in a medium pan. It should take you about ten minutes to brown the sausage.
2. In another skillet, melt your CBD-oil over a low heat and beat in the eggs and chilies. Scramble all of these ingredients together for three minutes and then mix with the sausage.
3. Spoon a half cup of the mixtures into a warm tortilla and top with salsa and shredded cheese. Once this is done, your meal is ready to be enjoyed!

Slow Cooker Apple Oatmeal

Prep Time: 5 hours

Servings: 4

Calories: 346 kcal

Fat: 17g

Protein: 6g

Carbs: 46g

Net Carbs: 40g

Ingredients:

- Molasses (1.50 t.)
- CBD-infused Oil (.25 C.)
- Apple (.75 C.)
- Water (1.75 C.)
- Ground Cloves (.10 t.)
- Ground Allspice (.25 t.)
- Ground Ginger (.50 t.)
- Ground Nutmeg (.50 t.)
- Ground Cinnamon (1.50 t.)
- White Sugar (.25 C.)
- Rolled Oats (2 C.)

Directions:

1. For a super easy breakfast, simply place all of the ingredients from above into a slow cooker and set on low for five to six hours.
2. Be sure to stir all of the ingredients every few hours to be sure they are well blended.
3. Remove from slow cooker, portion, and enjoy!

Buttermilk CBD Pancakes

Prep Time: 25 minutes

Servings: 12

Calories: 220 kcal

Fat: 8g

Protein: 8g

Carbs: 30g

Net Carbs: 28g

Ingredients:

- CBD-infused Butter (.33 C.)
- Eggs (3)
- Milk (.50 C.)
- Buttermilk (3 C.)
- Salt (.75 t.)
- Baking Soda (1.50 t.)
- Baking Powder (2 T.)
- White Sugar (2 T.)
- All-purpose Flour (3 C.)

Directions:

1. To start, take a large bowl and mix together your salt, baking soda, baking powder, sugar, and flour.
2. In another bowl, mix together the melted CBD-butter, eggs, milk, and buttermilk.
3. Once this is done, heat a frying pan over medium heat.
4. While this warms up, mix together the dry and wet mixtures to create a batter.
5. Next, scoop the batter to create pancakes and brown on both sides.
6. Serve warm for an enjoyable breakfast.

Banana Nut Muffins

Prep Time: 30 minutes

Servings: 12

Calories: 165 kcal

Fat: 5g

Protein: 3g

Carbs: 28g

Net Carbs: 26g

Ingredients:

- Walnuts (.25 C.)
- Lemon Zest (1 t.)
- CBD-infused Oil (3 T.)
- White Sugar (.75 C.)
- Banana (1 C.)
- Salt (.10 t.)
- Baking Soda (.25 t.)
- Baking Powder (1.50 t.)
- All-purpose Flour (1.50 C.)

Directions:

1. Start off by heating your oven to 350 degrees.
2. While this warms up, take a large bowl and mix together the salt, baking powder, and flour.
3. In another bowl, mix in the lemon zest, CBD-oil, sugar, and mashed banana together.
4. Next, toss both mixtures together to form a dough. Toss in walnuts when it is done.
5. Now that you have the batter, fill a greased muffin tin and bake for twenty to twenty-five minutes.
6. Remove from the oven, allow to cool, and you have a quick snack!

Lunch Recipes

Chicken Noodle CBD Soup

Prep Time: 30 minutes

Servings: 6

Calories: 161 kcal

Fat: 6g

Protein: 13g

Carbs: 12g

Net Carbs: 10g

Ingredients:

- Dried Oregano (.50 t.)
- Dried Basil (.50 t.)
- Carrots (1 C.)
- Egg Noodles (1.50 C.)
- Cooked Chicken Breast (.50 Lb.)
- Vegetable Broth (1 Can)
- Chicken Broth (4 Cans)
- Celery (.50 C.)
- Onion (.50 C.)
- CBD-infused Butter (1 T.)

Directions:

1. Begin by placing a large pot over medium heat.
2. Once in place, add in the CBD-infused butter followed by your onion and celery. Cook these for around five minutes.
3. When these are tender, add in your broths with the noodles and spices.
4. Bring everything to a boil and then reduce heat.
5. Simmer the ingredients for twenty minutes before removing from heat and serving.

Baked CBD Potato Soup

Prep Time: 40 minutes

Servings: 6

Calories: 748 kcal

Fat: 50g

Protein: 28g

Carbs: 50g

Net Carbs: 48g

Ingredients:

- Sour Cream (1 C.)
- Shredded Cheese (1.25 C.)
- Baked Potatoes (4)
- Milk (7 C.)
- All-purpose Flour (.50 C.)
- CBD-infused Butter (.33 C.)
- Bacon (12 Slices)

Directions:

1. Begin by cooking your bacon in a skillet over medium heat. Cook until browned and then set to the side.
2. In a large pot, melt your CBD-infused butter and whisk in your flour until the ingredients are smooth. Once this is done, stir in the milk, potatoes, and onion.
3. Bring the pot to a boil and then reduce heat. Allow the ingredients to simmer for ten minutes.
4. Once this time has passed, add in the sour cream, cheese, and bacon. You can season with salt and pepper if desired. Once ready, remove from heat and serve.

CBD Chicken Sliders

Prep Time: 40 minutes

Servings: 6

Calories: 262 kcal

Fat: 15g

Protein: 25g

Carbs: 7g

Net Carbs: 6g

Ingredients:

- Chopped Garlic (1 T.)
- Parmesan Cheese (.25 C.)
- CBD-infused Butter (2 T.)
- Parsley (.50 C.)
- Onion (.5)
- BBQ Sauce (.33 C.)
- Cheddar Cheese (.75 C.)
- Cooked Chicken (3 C.)
- Dinner Rolls (1 Package)

Directions:

1. To begin, heat your oven to 350 degrees.
2. Take a medium bowl and toss the cooked chicken with your parsley, onion, BBQ sauce, and cheddar cheese until well blended.
3. Next, take a cooking sheet and place the bottom roll on. Once in place, divide the chicken mixture over the top and place top bun on.
4. With the sandwich in place, melt the CBD-infused butter and brush over the bun. Top off with parmesan cheese and cook in the oven for twenty minutes.
5. Remove the cooking sheet, allow the sandwiches to cool slightly and serve!

Simple Salmon Salad

Prep Time: 10 minutes

Servings: 4

Calories: 154 kcal

Fat: 10g

Protein: 14g

Carbs: 3g

Net Carbs: 2g

Ingredients:

- Green Onion (1)
- Chili Powder (1 t.)
- CBD-infused Oil (1 t.)
- Mayonnaise (2 T.)
- Red Onion (.33 C.)
- Boneless Salmon (1 Can)
- Celery (3)

Directions:

1. Begin by chopping all of your ingredients into bite-size pieces.
2. Take a large bowl and mix everything together until well blended.
3. Be sure to stir in the CBD-oil thoroughly and enjoy!

CBD-Infused Hummus

Prep Time: 30 minutes

Servings: 16

Calories: 70 kcal

Fat: 6g

Protein: 2g

Carbs: 4g

Net Carbs: 3g

Ingredients:

- Chickpea Flour (.75 C.)
- Water (2.50 C.)
- Garlic Powder (.50 t.)
- CBD-infused Oil (.25 C.)
- Ground Fennel Seed (.50 t.)
- Ground Cumin (.50 t.)
- Lemon Juice (.25 C.)
- Tahini (.24 C.)
- Salt and Pepper to Taste
- Hot Sauce (Dash)

Directions:

1. To start off, you are going to want to take a small bowl and mix together the hot sauce, fennel, cumin, lemon juice, tahini with the salt and pepper.
2. Next, you will heat your CBD-infused oil in a medium pan over medium heat and toss in your garlic powder. Once the oil is simmering, pour in the water and chickpea flour. Be sure to stir so the mixture becomes smooth.
3. Once smooth, reduce the heat and cook for fifteen minutes or until the mixture thickens.
4. When the time has passed, scoop the chickpea mixture into a bowl

and add in the tahini mixture.

5. Mix together well and serve with your favorite bread or vegetable.

PB, Banana, Bacon and Honey Sandwich

Prep Time: 20 minutes

Servings: 1

Calories: 493 kcal

Fat: 26g

Protein: 23g

Carbs: 48g

Net Carbs: 42g

Ingredients:

- CBD-infused Butter (1 T.)
- Honey (1 T.)
- Peanut Butter (2 T.)
- Banana (1)
- Bread (2 Slices)
- Smoked Bacon (2 Slices)

Directions:

1. Start off by cooking the bacon over medium heat until it is crisp and brown.
2. While the bacon is cooking, you will want to toast your bread.
3. Once the bread is done, spread the butter over both sides then place the honey and peanut butter on top.
4. Finally, layer the cooked bacon and your sandwich is ready!

Black Bean and Corn Salad

Prep Time: 25 minutes

Servings: 4

Calories: 257 kcal

Fat: 8g

Protein: 9g

Carbs: 37g

Net Carbs: 27g

Ingredients:

- Cilantro Leaves (.33 C.)
- Red Bell Pepper (1)
- Black Beans (4 C.)
- Lime Juice (1 T.)
- Rice Vinegar (2 T.)
- Red Onion (.50)
- Corn (2 C.)
- CBD-infused Oil (1 T.)
- Salt and Pepper to taste

Directions:

1. To start, you will want to take a small bowl and mix together the CBD-infused oil with the vinegar, lime juice, salt, and pepper to create your dressing.
2. Next, prepare your vegetables by chopping them into small pieces and then mixing them all together.
3. Toss the vegetables into your dressing. Add in cilantro and serve as a delicious side.

Dinner Recipes

CBD Chicken Casserole

Prep Time: 40 minutes

Servings: 4

Calories: 466 kcal

Fat: 24g

Protein: 33g

Carbs: 29g

Net Carbs: 28g

Ingredients:

- Mushrooms (.25 C.)
- Onion (.25 C.)
- Sour Cream (1 C.)
- CBD-infused Oil (2 t.)
- Cream of Chicken Soup (1 Can)
- Chicken Breast (4)
- Crackers

Directions:

1. Start this recipe by heating your oven to 350 degrees.
2. While the oven heats up, take a medium pan and cook your chicken in the CBD-infused oil. Once the chicken is cooked through, remove from heat.
3. In a small bowl, combine the mushrooms, onions, soup, and sour cream.
4. Place the cooked chicken into a baking dish and top with the soup mixture.
5. As a final touch, crumble crackers over the top.
6. Cover the baking dish and cook in the oven for thirty minutes.
7. Remove from oven, allow to cool and serve for a beneficial and delicious dinner.

CBD Butter Chicken

Prep Time: 1 hour

Servings: 4

Calories: 448 kcal

Fat: 31g

Protein: 32g

Carbs: 10g

Net Carbs: 9g

Ingredients:

- CBD-infused Butter (.50 C.)
- Chicken Breast (4)
- Garlic Salt (.50 t.)
- Crackers (1 C.)
- Eggs (2)
- Salt and Pepper to taste

Directions:

1. Begin by heating your oven to 375 degrees.
2. While this heats up, take a small bowl and beat together your two eggs.
3. Place your cracker crumbs into another small bowl and create an assembly line to make the process easy.
4. Next, take the chicken and dip in egg. Once it is wet with egg, dip and cover with the crumb pieces.
5. Place the covered chicken onto a greased baking sheet and place butter on and around the chicken pieces.
6. Pop the sheet into the oven for forty minutes and your dinner will be ready!

CBD Mac and Cheese

Prep Time: 30 minutes

Servings: 3

Calories: 417 kcal

Fat: 17g

Protein: 23g

Carbs: 44g

Net Carbs: 40g

Ingredients:

- Parmesan Cheese (.25 C.)
- Mozzarella Cheese (.50 C.)
- Cheddar Cheese (.75 C.)
- CBD-infused Butter (1 C.)
- Chicken Broth (1.50 C.)
- Elbow Macaroni (1.50 C.)
- Almond Milk (1 C.)
- Salt and Pepper to taste

Directions:

1. Begin by adding the broth, almond milk, and macaroni together in a medium size pot. Cook over a medium-heat until macaroni is tender and cooked through.
2. Once the macaroni is done, stir in the different cheeses, CBD-infused butter, and spices. Stir everything together so it is well blended.
3. Portion out and dinner is served!

Pizza Pasta

Prep Time: 45 minutes

Servings: 6

Calories: 513 kcal

Fat: 29g

Protein: 32g

Carbs: 32g

Net Carbs: 28g

Ingredients:

- CBD-infused Oil (2 t.)
- Mozzarella Cheese (2 C.)
- Pepperoni Sausage (4 oz.)
- Spaghetti Sauce (1 Jar)
- Onion (1)
- Lean Ground Beef (1 Lb.)
- Rotini Pasta (8 oz.)

Directions:

1. You will want to start this recipe by heating your oven to 350 degrees.
2. While the oven heats up, boil your pasta and cook for eight to ten minutes.
3. Once your pasta is cooked, you will want to do the same with your beef and onion over medium heat. Cook until the ground beef is cooked through and then mix with the spaghetti sauce.
4. In a baking dish, layer the pasta with the beef mixture and pepperoni.
5. Finally, top the dinner with the shredded mozzarella and cook for thirty minutes.
6. Remove the baking dish from the oven. Allow to cool and enjoy!

Chicken CBD Alfredo

Prep Time: 25 minutes

Servings: 4

Calories: 900 kcal

Fat: 40g

Protein: 40g

Carbs: 100g

Net Carbs: 92g

Ingredients:

- CBD-infused Oil (2 t.)
- Milk (.33 C.)
- Mixed Frozen vegetables (1 Package)
- Alfredo-Sauce (1 Jar)
- Mushrooms (1 Can)
- Chicken Breast (2)
- Linguine (1 Lb.)

Directions:

1. Begin by cooking the linguini in boiling water until it is al dente. Once cooked, remove from heat and drain the water.
2. While your linguini is cooking, you will want to take a medium saucepan and cook the oil, chicken, alfredo sauce, vegetables, milk, and mushrooms until cooked through.
3. Portion your pasta and serve with warm alfredo sauce over for a hearty meal!

Grilled Mixed Veggies

Prep Time: 40 minutes

Servings: 6

Calories: 100 kcal

Fat: 5g

Protein: 2g

Carbs: 15g

Net Carbs: 13g

Ingredients:

- CBD-infused Oil (2 T.)
- Rosemary (2 T.)
- Thyme (1 T.)
- Beets (2)
- Red Onion (1)
- Red Potatoes (4)
- Sweet Potato (1)
- Carrots (2)
- Red Bell Pepper (2)
- Butternut Squash (1)
- Salt and Pepper to taste

Directions:

1. Start off by heating your oven to 475 degrees.
2. While the oven warms up, prepare all of the vegetables by peeling them and dicing them into small, bite-size pieces.
3. Next, take a medium bowl and toss the vegetables in the spices and the CBD-infused oil.
4. Place the vegetables on a roasting pan and place in oven for forty minutes.
5. Remove from heat and serve with a favorite protein.

Dessert Recipes

Warm Apple Pudding

Prep Time: 40 minutes

Servings: 6

Calories: 384 kcal

Fat: 17g

Protein: 4g

Carbs: 58g

Net Carbs: 56g

Ingredients:

- Apples (2 C.)
- Ground Cinnamon (1 t.)
- Milk (1 C.)
- Salt (.25 t.)
- Baking Powder (2 t.)
- All-purpose Flour (1 C.)
- White Sugar (1 C.)
- CBD-infused Butter (.50 C.)

Directions:

1. Begin by heating your oven to 375 degrees.
2. While this heats up, take a small bowl and mix together the milk, salt, baking powder, flour, sugar, and CBD-infused butter.
3. Peel your apples and mix with the cinnamon. Pop the apples into a microwave safe bowl and cook for two to five minutes.
4. Finally, toss the apples into the batter and place in a baking dish. Cook everything for thirty minutes or until the top is a golden-brown.
5. Remove from the oven and serve with your favorite ice cream!

Fudge CBD Brownies

Prep Time: 30 minutes

Servings: 20

Calories: 230 kcal

Fat: 12g

Protein: 3g

Carbs: 29g

Net Carbs: 27g

Ingredients:

- Walnut Halves (.50 C.)
- Salt (.5 t.)
- Baking Powder (.50 t.)
- All-purpose Flour (1.50 C.)
- Eggs (4)
- Vanilla Extract (1 t.)
- Cocoa Powder (.50 C.)
- CBD-infused Butter (1 C.)
- White Sugar (2 C.)

Directions:

1. To start, pre-heat your oven to 350 degrees.
2. Next, take a small bowl and mix all of the ingredients from above until well-blended.
3. Place the ingredients into a greased pan and bake for twenty to thirty minutes.
4. Remove from heat, slice into squares and enjoy!

CBD Fruit Cobbler

Prep Time: 1 hour

Servings: 4

Calories: 385 kcal

Fat: 13g

Protein: 5g

Carbs: 65g

Net Carbs: 64g

Ingredients:

- Sugar (1 T.)
- Fresh Berries (2 C.)
- Milk (.75 C.)
- Salt (.25 t.)
- Baking Powder (1 t.)
- Sugar (.75 C.)
- All-purpose Flour (.75 C.)
- CBD-infused Butter (4 T.)

Directions:

1. To start, heat your oven to 350 degrees.
2. While this heats up, you will want to melt your CBD-infused butter and then add in your baking powder, $\frac{3}{4}$ cup of sugar, flour, and salt.
3. Once this is well mixed, add in the milk to form the batter for the cobbler.
4. When the batter is made, pour it into a baking pan and spread your fresh berries over the top.
5. For a final touch, sprinkle one tablespoon of sugar over the top and place in the oven for fifty to sixty minutes.
6. Remove from the oven. Allow to cool slightly and serve with ice cream.

Chocolate CBD Cake

Prep Time: 1 hour

Servings: 12

Calories: 157 kcal

Fat: 6g

Protein: 3g

Carbs: 25g

Net Carbs: 23g

Ingredients:

- Water (.50 C.)
- Vanilla Extract (1 t.)
- CBD-infused Oil (.25 C.)
- Milk (.50 C.)
- Egg (1)
- Salt (.50 t.)
- Baking Soda (.75 T.)
- Baking Powder (.75 T.)
- Unsweetened Cocoa Powder (2 T.) (.25 C.)
- All-purpose Flour (2 T.) (.75 C.)
- White Sugar (1 C.)

Directions:

1. Start by heating your oven to 350 degrees.
2. While this is warming up, take a large bowl and mix together the salt, baking soda, baking powder, cocoa, flour, and sugar.
3. Once mixed together, add in the vanilla, CBD-infused oil, milk, and eggs.
4. Finally, add in boiling water and create the batter.
5. When everything is blended together, pour the batter into greased pans and bake in the oven for thirty to thirty-five minutes.
6. Remove from oven. Allow to cool slightly and enjoy.

Creamy CBD Peanut Butter Cookies

Prep Time: 45 minutes

Servings: 36

Calories: 132 kcal

Fat: 8g

Protein: 4g

Carbs: 14g

Net Carbs: 12g

Ingredients:

- Salt (Pinch)
- Baking Soda (2 T.)
- Eggs (2)
- CBD-infused Oil (1 T.)
- White Sugar (2 C.)
- Peanut Butter (2 C.)

Directions:

1. Start by heating your oven to 350 degrees.
2. While the oven heats up, take a medium bowl and mix together the sugar and peanut butter. You will want to be sure you blend it together well until it is smooth.
3. Once these are together, gently stir in the eggs and oil. After, add in vanilla, salt, and baking soda to create the dough for your cookies.
4. Next, roll the dough into one-inch balls and place on a greased baking sheet.
5. When cookies are in place, press a fork into the back of them to create a crisscross shape.
6. Finally, pop the sheet into the oven for eight to ten minutes.
7. Remove from oven and you will have easy CBD-infused treats!

Chocolate CBD Mug Cake

Prep Time: 7 minutes

Servings: 1

Calories: 600 kcal

Fat: 30g

Protein: 7g

Carbs: 82g

Net Carbs: 78g

Ingredients:

- Vanilla Extract (.25 t.)
- Water (1 T.)
- CBD-infused Oil (2 T.)
- Milk (3 T.)
- Baking Soda (.10 t.)
- Unsweetened Cocoa Powder (2 T.)
- White Sugar (.25 C.)
- All-purpose Flour (.25 C.)

Directions:

1. To start, place all of the dry ingredients including the baking soda, pinch of salt, baking soda, cocoa powder, sugar, and flour into a large, microwave-safe mug.
2. Once mixed together, stir in the vanilla extract, water, CBD-infused oil, and milk.
3. Pop the mug into the microwave for about two minutes or until it is done in the middle.
4. Enjoy with some ice cream for a single-serving, CBD infused dessert!

Chocolate Chip CBD Cookies

Prep Time: 1 hour

Servings: 24

Calories: 298 kcal

Fat: 16g

Protein: 4g

Carbs: 39g

Net Carbs: 37g

Ingredients:

- Walnuts (1 C.)
- Chocolate Chips (2 C.)
- All-purpose Flour (3 C.)
- Salt (.50 t.)
- Hot Water (2 t.)
- Baking Soda (1 t.)
- Vanilla Extract (2 t.)
- Eggs (2)
- Brown Sugar (1 C.)
- White Sugar (1 C.)
- CBD-infused Butter (1 C.)

Directions:

1. Begin by heating your oven to 350 degrees.
2. While this is warming up, take a small bowl and mix together the brown sugar, white sugar, and the CBD-infused butter.
3. Once these are combined, you can add in the eggs one at a time. When the eggs are blended in, you can also stir in the vanilla extract.
4. Now, you will want to dissolve the baking soda in the hot water and then add into the batter with the salt.
5. Last, stir in the nuts, chocolate chips, and flour to create your batter.
6. When you are ready, scoop the batter onto a pan and pop in the oven

for around ten minutes. Once the cookies are done, they will brown on the edges and will be ready to eat!

Conclusion

Congratulations! You are officially a CBD expert. With all of the information you just read, we hope you feel comfortable getting started with CBD so you can experience some of the incredible benefits it has to offer. Before we send you off on your way, let's recap a little about what we learned.

- The Endocannabinoid System
- How CBD works
- The Legal Status of CBD Oil
- CBD v. THC
- The difference between Hemp and CBD Oil
- How to Ingest CBD
- How to Identify High-Quality CBD Oil
- The Amazing Benefits of CBD Oil
- Adverse and Side Effects of CBD Oil
- Delicious CBD Oil Recipes for Breakfast, Lunch, and Dinner

If you ever have any questions, feel free to refer back to the chapters of this book. It can seem overwhelming starting a new “medication” but remember that CBD is all natural and is nontoxic. It all comes down to finding the proper dose for your condition. Whether you are trying to help a chronic pain issue or a mental health issue, CBD may be able to help you. If anything, it is worth a shot.

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