

THE ULTIMATE GUIDE TO **CBD OIL**

Everything That You Need To Know



VETERANS
CBD



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CHAPTER 1

Introduction



Many people have heard about CBD oil, but don't fully understand what it is. The Ultimate Guide to CBD Oil is here to clear up some misconceptions about this extremely useful medicinal oil.

Homeostasis

As defined by **Merriam-Webster**: “a relatively stable state of **equilibrium** or a tendency toward such a state between the different but interdependent elements or groups of elements of an organism, population or group” CBD oil helps the body work towards achieving homeostasis.

THC Levels

The most important difference between hemp and marijuana are the THC levels found in each plant. THC is short for Tetrahydrocannabinol. It's what gives marijuana its psychoactive properties. The THC levels in hemp (and thus CBD oil) are much lower, making CBD oil legal throughout the United States.

CBD Oil Comes From Hemp

There are two main types of cannabis plants. The first is the marijuana plant. Although marijuana is now legal for both general and medicinal use in many parts of the United States, the federal government still has it classified as a Schedule I drug. This means that it's illegal in the eyes of the federal government, but not every state.

Hemp, on the other hand, is the other type of cannabis plant. Parts of it are turned into string and twine, while other sections are made into CBD oil.

Clearing Up Any Confusion

Now that you understand the basics of CBD oil and THC levels, we're going to go more in depth. In the following pages, you'll learn much about them, as well as how you can treat various medical conditions with CBD oil.

What Is CBD Oil?



To put it simply, CBD oil is oil that's extracted from the hemp plant. It's made into a liquid that you can smoke in a vaping device, as well as gummies, powdered isolates and capsules.

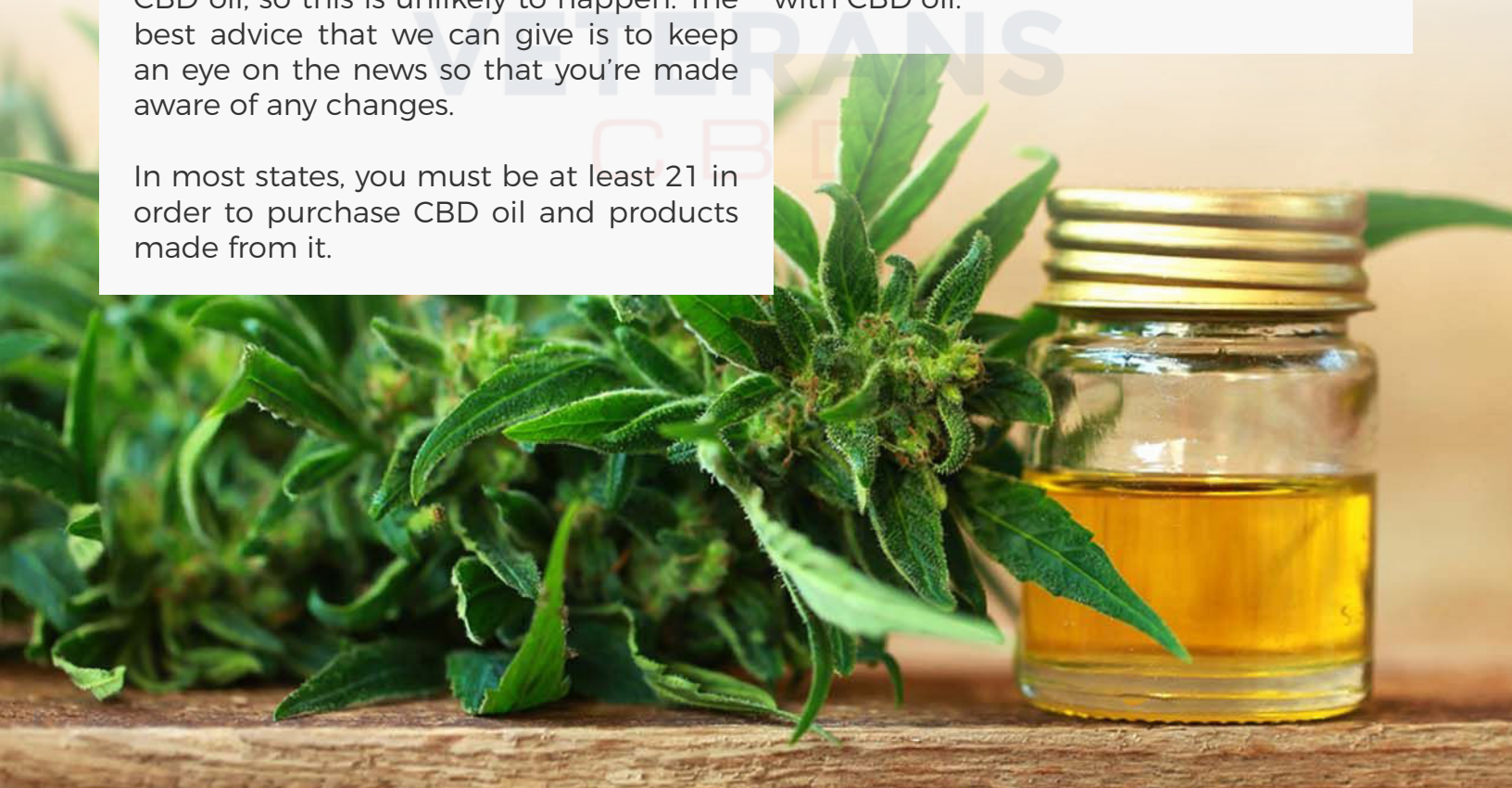
Is It Legal?

The short answer here is yes, kind of. Since CBD oil doesn't contain the same concentrations of THC as hemp, it is legal in most states. With that said, you do need to be cautious about taking CBD products over state lines. You should also stay informed about the legality of it in the state in which you reside. Its legality can be overturned depending on your state legislature. However, many lawmakers understand the medical importance of CBD oil, so this is unlikely to happen. The best advice that we can give is to keep an eye on the news so that you're made aware of any changes.

In most states, you must be at least 21 in order to purchase CBD oil and products made from it.

Does It Get You High?

CBD oil is made from the hemp plant. This means that it doesn't contain the same levels of THC, the psychoactive compound in marijuana. So, no, it won't get you high. However, the reactions that you receive after vaping or ingesting a CBD oil product depend on your body's chemistry. Everyone reacts to it differently. But, as far as getting the "munchies" or feeling "stoned" as people do after smoking marijuana? That won't happen with CBD oil.



How Does It Affect The Brain and Body?

Taking CBD oil for a medical condition tends to make the user feel “normal.” What do we mean by this? Well, if someone with a seizure disorder ingests CBD oil, the frequency of their seizures tends to lessen or subside. Until the medication wears off, that person feels normal again.

Even though CBD oil contains a tiny percentage of the THC found in marijuana, it affects the brain and body in similar ways. This is done through a series of cell receptors in the brain and body. Studies have shown that the human body already has a system in place to process what are called cannabinoids. They are formed when you ingest products containing even small amounts of THC, such as CBD oil. It’s called the endocannabinoid system, or ECS.

The endocannabinoid system is used to handling things like fatty foods, which it processes as well. Once a cannabinoid molecule enters your body, this system picks up on it. The two main cannabinoid receptors in a single cell are called CB1 and CB2. CB1 receptors directly affect the central nervous system, while CB2 receptors are aimed at the gastrointestinal tract, peripheral nervous system and immunity cells.

When you ingest or inhale (through a vaping system) CBD oil, the endocannabinoid system gets to work. It processes the cannabinoid molecules sending them to the receptors in your brain and body. From there, the molecules work on calming you down, improving your motor control, soothing your pain and helping your body regulate your temperature, among other things.

There are many medical uses for CBD oil, all of which play an important role in helping with these functions.

Best Ways to Consume CBD

The four main ways to consume CBD are by either vaping the oil or placing drops under the tongue, eating the gummies, taking the capsules or ingesting the isolates. Let’s go over each one in some detail.

CBD Oil

CBD oil is the most popular form. It’s sold in liquid form and is ready to be added to a vaping device or dropped under the tongue. When you go to purchase CBD oil, you’ll find a number of different concentrates available. These concentrates will tell you the exact percentage of THC in each oil.

A vape is an electronic device that is small enough to hold in one hand and runs on batteries. There are numerous types of these devices that are all designed to turn a liquid, like CBD oil, into a vapor that can be inhaled. They usually have different settings that can help you control how much of the oil is in each “hit” that you take off of the device. The vapor consists of the CBD oil, as well as a bit of water and several other minor, non-harmful elements.

Some vaping devices can turn a solid compound, such as CBD isolates, into an inhalable vapor as well. It all depends on how they are designed.

CBD Gummies

CBD gummies are exactly what they sound like. They are fruit-flavored gummy treats that contain CBD oil. You're probably familiar with the concept, as there are plenty of gummy candies and vitamins on the market. However, you don't want to confuse these CBD gummies with the candy variety.

CBD gummies are designed for people who want the medical benefits of CBD oil without having to use a vaping device or ingesting capsules. The fruit flavor makes them more palatable, and they are simply eaten when needed.

There are two ways to make CBD gummies. Some manufacturers make the gummy treats and then spray on the CBD oil, while others infuse the gummies with it. The latter is the best method, as they are more concentrated and you receive the same amount of CBD oil in each gummy. There is less control with the spray-on version.



CBD Isolates

CBD isolate is a powdered form of CBD oil. The manufacturing process is quite interesting. The CBD oil is removed from the hemp plant and then it is purified and filtered until all that remains is the powder. This powder is crystalline in form and consists of pure CBD.

You can use CBD isolate in a number of different ways. You can place a measured amount of the powder under your tongue. Once it's dissolved, the CBD will go directly into your bloodstream. The CB1 and CB2 receptors in your body will take it from there. You can also infuse CBD isolate into another type of oil, such as those made from coconuts and avocados. From there, you can ingest the oil in your coffee or yogurt. Watch out though, because once CBD reaches its boiling point (320 degrees Fahrenheit), it loses its potency.

CBD isolate can also be added to other supplements, mixed into honey or even turned into a more concentrated form of vaping oil. There are many options for people who choose this version of CBD oil, all of which are valid.

CBD Capsules

CBD capsules, like the gummy version, are exactly what they sound like. These capsules are sold in different strengths and contain CBD oil, along with other healthy compounds. You take CBD capsules as you would vitamins or other oral (pill-form) medications. They are great for people who don't want to inhale CBD oil or ingest it in gummy or isolate form.

THC Concentrates on CBD Oil



Now that we've gone over the various forms of CBD oil, let's go over another important facet of it - THC concentrates. This refers to the amount of THC that is in the CBD oil. Yes, even though CBD oil comes from the hemp plant, not the marijuana plant, it does contain a small amount of THC.

THC Concentrates

Let's start off by defining the word "concentrate." According to the Merriam-Webster dictionary, a concentrate is "a substance made by removing water or another diluting agent; a concentrated form of something, especially food". What does this mean? Well, in this case, "concentrate" refers directly to the amount of THC in the CBD oil.

If you go to purchase CBD oil, you'll see the concentrate listed directly on the bottle. This is either listed as a percentage or in milligrams. Either way, the higher the percentage or milligram, the more THC you'll be receiving in each dose. As long as the THC levels are below 5%, then you're consuming a CBD oil product. If the concentration of THC is above that, you're in marijuana territory, and an entirely different set of laws must be followed.

Why Is There A Difference?

There are two main things to keep in mind here. The first is as we've already mentioned, marijuana falls under a different group of regulatory laws. CBD oil is allowed in more states than medical and recreational marijuana. The second is that CBD oil is a better medical treatment.

We'll provide an example to illustrate this:

People with anxiety tend to react negatively to the high amounts of THC, such as the ones found in marijuana. It will amp up their anxiety, make them feel paranoid and doesn't help with the condition. CBD oil containing a lower amount of THC, but a number of different compounds, is much better for anxiety. It's calming and helps people with anxiety take their minds off of everything that, well, makes them anxious, for lack of a better word.

This is why CBD oil is viewed as more of a medicinal treatment.



Drug Tests and Side Effects



Before you start using CBD oil to treat a medical condition, you need to understand how it can affect a drug test. You also need to know about any potential side effects that may appear.

Drug Tests

One thing that many CBD oil users fear are drug tests. Whether these tests are needed to get or keep a job or court-mandated ones, people are worried that they may test positive on them.

There's no easy answer here. While the amounts of THC in CBD oil are low, there's no guarantee that you won't test positive for the drug. It all depends on how sensitive the test is and the concentration of CBD in your system when you take it.

For the most part, the non-psychoactive compounds in CBD do not show up on drug tests. You might, however, end up with a false positive result. Legally, we cannot guarantee or even state that it won't show up on a drug screening.

Since CBD oil comes from hemp and not the marijuana plant, it contains different compounds than marijuana itself. This does make it less likely to appear on a drug test unless that test has been set up to detect CBD oil and everything that it contains.

In summary, you should just use caution when using CBD oil for a medical condition and be aware that you might end up with a false-positive result on a drug test.

Potential Side Effects

The potential side effects of CBD oil are:

- ▶ **Dry mouth**
- ▶ **Low blood pressure**
- ▶ **Drowsiness**
- ▶ **Lightheadedness**
- ▶ **Nausea**
- ▶ **Vomiting**
- ▶ **Diarrhea**
- ▶ **Changes in appetite**
- ▶ **Psychosis**
- ▶ **Anxiety**
- ▶ **Depression**

However, in many cases, the side effects are slight or nonexistent.



Conditions Treated By CBD Oil



By now, you should have a full understanding of what CBD oil is. You know that it comes from hemp and can be purchased in different forms. Now we're going to discuss some of the medical conditions that it can treat.

Pain Relief and Pain Management

Given the panic surrounding the opioid crisis, it's no wonder that CBD oil has become a popular treatment for pain.

There are two main types of pain – chronic and acute. Chronic pain is pain that occurs on a regular basis. It could be daily, or it could come and go over a matter of days or weeks. If someone has back problems, then they probably suffer from chronic back pain. The other type, acute pain, is temporary. A sprained ankle or broken arm causes acute pain.

Both types of pain can be treated with CBD oil. Many studies have shown that pain is lessened by CBD oil, and since it has none of the addicting or physical side effects of opioids, it's viewed as a better treatment option.

In order to treat pain with CBD oil, you'll need to follow a plan that involves taking certain dosages of CBD at particular times. This could be either when the pain flares up or before it has a chance to. At this point in time, the FDA does not have any regulations in place regarding CBD oil for pain management. However, you should speak with a doctor before using it.

Anxiety

Anxiety is another condition that is treated with CBD oil. There are three main types of anxiety. They are social anxiety, general anxiety (also known as GAD or General Anxiety Disorder) and panic disorders. CBD oil has positive effects on those who are suffering from any of these types of anxiety.

The main symptom of social anxiety is a fear of speaking up in public. People with this form of anxiety don't do well in crowds, won't enjoy parties full of people (even if they know several attendees quite well) and even have issues eating or ordering food in public.

GAD is a form of anxiety that's categorized by chronic worry. Those with GAD may appear calm on the outside, even if they're panicking on the inside. Even if everything in a GAD sufferer's life is going well, they will still come up with things to be anxious about.

Panic disorders are characterized by panic attacks. These can come on at any moment with little warning. Symptoms of a panic attack include a rapid heartbeat, heighten blood pressure, problems breathing, shaking and an overwhelming need to get outdoors.

As we stated earlier in our example scenario, THC tends to make anxiety worse. The paranoia and other effects of the psychoactive compounds in THC can have a negative effect on those with anxiety. CBD oil is quite different.

You can treat general anxiety with several different types of CBD oil. It can be vaped, ingested in the isolate form or eaten in gummies. The capsule form is also effective. However, if you have panic disorder, you are better off vaping CBP oil or using the isolate. Both will take effect much more quickly.



Cancer

When we state that CBD is a treatment for cancer, what we actually mean is that it's a good treatment for the side effects of cancer treatments. These treatments, including radiation and chemotherapy, come with a number of side effects, such as nausea, vomiting and lack of appetite. CBD oil can help with all of them.

No matter the type of cancer, you're likely to encounter the debilitating side effects of these standard treatments. Normally, a single chemotherapy or radiation treatment can lead to tiredness, as well as the aforementioned vomiting, nausea and lack of appetite. When these are left unchecked, the person fighting cancer becomes even weaker. Yes, cancer itself can lead to physical weakness, but when the treatments cause this to get worse, the situation becomes dire. This is why CBD oil is such a good option.

Medical studies have shown that CBD oil has a calming effect on cancer patients. It will not restore their energy entirely, but it will relieve some of the anxiety that having cancer causes. This alone gives them a slight energy boost. On top of that, it can make the patient hungry again and calm any lingering nausea.

The type of CBD oil used depends on the type cancer itself. Obviously, someone with lung cancer won't want to use a vaping device. In most cases, the CBD gummies, isolates and capsules are preferred.

Depression

THC, the main psychoactive compound found in marijuana, is not a good treatment for depression since it's actually a depressant. However, since CBD oil contains very little THC, the opposite is true - it's a great treatment option.

Depression is a mental illness caused by an imbalance in the brain. It is characterized by constant and extreme pessimism, feelings of hopelessness, problems concentrating or making decisions and irritability. Physical symptoms include problems sleeping or staying awake, extremely low energy, headaches, digestive issues, aches and pains and even issues sitting still. On top of this, many people with depression begin to have suicidal thoughts and may even begin planning their own deaths.

In most cases, depression is treated with prescription medications, most of which have harmful side effects. CBD oil is a better option, as it has fewer side effects and a more organic effect on brain chemistry. CBD oil has an effect on both serotonin and dopamine. Serotonin controls sleep cycles and mood, while dopamine plays a large role in motivated behavior. When both are working properly, a person's depression lessens.

CBD oil in all of its forms - oil itself, isolates, gummies and capsules - can help treat depression.

Inflammation and Arthritis

Inflammation is a general disease that consists of inflamed and painful joints. It's often known as arthritis, although there are several other conditions that fall into this category.

As with pain, there are several types of inflammation. We mentioned arthritis, which is a painful condition in which the joints in the body become swollen, hot and reddened. Rheumatoid arthritis is the prime example. The other is osteoarthritis. This is a breakdown of the cartilage that holds the joints together. As a result, the bones in those joints begin to rub together causing pain, swelling and impaired movements. Both rheumatoid and osteoarthritis are chronic conditions. They can be treated, but not cured.

The second type of inflammation is a short-term version. Sometimes the joints, such as those in the elbows, wrists, knees and ankles become swollen and painful due to overuse. Examples of this are tennis elbow and carpal tunnel syndrome. Both flare up from time to time causing plenty of pain until they are treated.

CBD oil in all of its forms, including isolates, the oil itself, gummies and even capsules can help treat the pain that comes from inflammation. On top of this, the compounds within CBD oil even help the inflammation go down helping promote healing when possible.



Migraines and Other Headaches

There are several different types of headaches, although migraines are the worst of the lot. A migraine is a headache that appears on one single side of the head. It brings about nausea, dizziness, a lack of appetite, clouded thinking and even sensitivity to light. Some people with migraines even see halos or minor hallucinations. As you can imagine, a migraine is a debilitating headache, and it's even worse knowing that they can last for several days at a time.

The other types of headaches bring about pain and discomfort, but they aren't anywhere near as bad as migraines. A stress headache feels like someone has put a band around your head and tightened it. The pain often starts at the neck and works its way around your head. A sinus headache occurs in the forehead region and often follows a path downwards over the nasal sinus cavities.

No matter the type of headache you have, CBD oil will bring about some relief. The pain receptors that are targeted by the compounds in CBD oil, the same ones that work so well on inflammation and general (chronic and acute) pain also will alleviate headaches.

The form of CBD oil that you choose depends on the severity of your headache and how quickly you want to treat it. For example, gummies and capsules aren't recommended for migraines, due to the nausea and stomach upset caused by a headache. Instead, choose vaping or isolates. You don't want to vape if you have a sinus headache, but the other forms of CBD oil will work well. Finally, all four forms of CBD oil will help a tension headache.

Seizures

A seizure starts in the brain. The brain's electrical pathways become abnormal, either due to your brain's chemistry or an external (as in "outside of the brain") cause, forcing your body to shake uncontrollably. As you can imagine, these are sometimes scary, both for the people watching someone seize as well as for the person having the seizure.

In some cases, seizures are caused by a blow to the head, a high body temperature or some other medical issues. In others, they are genetic and a part of a condition known as epilepsy. Although there are conventional medications that can treat seizures, many of them have serious side effects or are not as effective as CBD oil.

There have been many studies that prove the effectiveness of CBD oil on people with seizure disorders. These studies examined children and adults who have epilepsy that results in grand mal (major) seizures that aren't controllable by so-called "traditional" prescription medications. In almost every case, CBD oil caused the seizures to halt for a period of time allowing the person to live an almost normal life.

The best type of CBD oil for seizures is either isolates or the oil that is inhaled through a vaping device. These both take effect quite quickly and calm down those electrical pathways in the brain.



ADHD

ADHD stands for Attention Deficit Hyperactivity Disorder. People with ADHD find it hard to focus on one single thing at a time, although they go through phases where they will get sucked into an activity and only concentrate on it for far longer than is normal.

People with ADHD have a chronic condition. They can treat it, but it won't go away. Some of the symptoms will lessen, especially if they use CBD oil as a treatment method, but they will have to keep using it every day. Otherwise, their symptoms will come back.

CBD oil essentially helps calm down the overactive synapses in the brain. It will help you focus on the task at hand, without going overboard on it. Basically, it makes someone with ADHD slow down and feel like they aren't as bothered by distractions.

All four of the main forms of CBD oil will help someone treat their ADHD symptoms. These include gummies, oil, isolates and even capsules. What it comes down to is the recommendation of your physician regarding which form to choose and how often you need to use your CBD treatment.



Autism

Autism is a spectrum disorder. As the saying goes, "if you've met one person with autism, then you've met one person with autism." Depending on the severity of the condition, children with autism can be nonverbal, sensitive to light and sound, have food-based issues that go beyond simple picky eating and issues processing instructions and learning new things. There are many other symptoms that fall into this spectrum, and some children may have only a few of them or a number of them. It all depends.

On top of this, some children - and even adults - with autism can have a number of related disorders, such as epilepsy. As a result, they might be treated with several conventional medications at once, instead of one single treatment that works well, like CBD oil.

The one thing that's constant about autism is the fact that CBD oil is a good treatment. A recent study showed that it helps to "dampen" the overstimulation that occurs in the brain. This overstimulation usually ends up leading to extreme negative reactions to things like noise and bright lights. Additionally, CBD oil affects the GABA neurons in the brain in a way that makes social activities more tolerable to people with autism.

The type of CBD oil that you choose depends on the person with autism. Gummies, isolates, capsules and even vaping the oil may work, but it depends on the person's choice. For example, if you have a hard time getting your child with autism to eat new foods, then gummies may not be your best option.

Fibromyalgia

Fibromyalgia is sometimes misdiagnosed as being chronic pain. While it does cause chronic pain due to a breakdown of cartilage in the joints (leading to inflammation and arthritis), fibromyalgia is actually an autoimmune disease. It occurs when the body begins to attack itself.

Pain, as we already mentioned, is the first and most important symptom of fibromyalgia. Others include brain fog (called “fibro fog”) in which the sufferer isn’t able to concentrate on anything. Fatigue, forgetfulness, altered moods and problems sleeping are the additional symptoms. For some reason, women are mostly affected by this disorder.

The conventional treatments for fibromyalgia vary. They can include prescription medications that work on lessening one or more of the symptoms, as well as talk therapy. However, CBD oil is becoming one of the best options.

Since most people with fibromyalgia are diagnosed as adults, they can use any of the four main types of CBD oil to lessen their symptoms. CBD oil, whether it’s in the form of oil, isolates, gummies or capsules, can take care of the brain fog,

help promote sleep, level out mood swings and even help with the chronic pain that stems from fibromyalgia.



Diabetes

Diabetes is a medical condition that occurs when too much sugar ends up in your bloodstream on a constant basis. This isn’t because you eat too many sugary snacks. Instead, it’s caused by a malfunctioning pancreas that isn’t producing enough glucose to function.

There are two types of diabetes. Type 1 is usually diagnosed in children, which is why it’s often called juvenile diabetes. It occurs when the pancreas produces no or very little insulin. The other version, Type 2 is based on insulin resistance. Adults are commonly diagnosed with this version of the disease, many of whom are overweight or obese. With Type 2 diabetes, the body stops responding properly to insulin. If you catch this form soon enough, particularly when it’s in the pre-diabetes phase, it can be reversed.

The main treatment for diabetes is injected insulin. A person takes their blood sugar reading and then injects the amount of insulin needed to correct it to the appropriate levels. CBD oil will not help with this part of the treatment, but it can help your pancreas work better, lessening your need to inject insulin at all.

The main hallmark of Type 2 diabetes is inflammation in the pancreas. CBD oil, as we’ve already discussed, can help with this inflammation. However, you cannot use CBD oil gummies. Instead, you must stick with the other options which include oil, isolates and capsules. If those studies are correct, the CBD oil will help heal the pancreas and prevent insulin resistance.

Parkinson's Disease

Thanks to actors and athletes like Michael J. Fox and Muhammad Ali, most people are at least familiar with Parkinson's Disease. This disease affects the nervous system causing tremors, rigid muscles, problems walking and writing and a loss of balance. Over time, as the disease progresses, those suffering from it will have problems talking and might even lose control of automatic movements like blinking, smiling and swinging your arms when you walk.

The main cause of Parkinson's Disease is the loss of dopamine in the brain. Many of the treatments for it focus on restoring the levels of dopamine, making the brain function normally for a period of time before the treatment must be taken again.

Since the compounds in CBD oil can affect dopamine in a positive way, this is a crucial method of treatment that has few side effects.

The tricky part for Parkinson's Disease patients is finding the best way to take CBD oil. Many choose to use a vaping device or use isolates simply because they take effect much more quickly.



Neuropathy

Neuropathy is a disease that's caused by damage to the nerves in your feet and hands. Often called peripheral neuropathy, it leads to weakness, numbness and pain. Although it mainly targets the feet and hands, it can occur throughout the body.

The peripheral nervous system, which is affected by neuropathy of all types, is to blame for this disease. Usually, in a normally functioning peripheral nervous system, when you touch something cold, your brain receives a signal that says, "oh hey - you touched something cold. Stop doing that". With peripheral neuropathy, for some reason, the nerve endings go into overdrive and begin making you feel sensations such as numbness and pain for no reason.

Most of the time, there's no main cause of peripheral neuropathy. It can come on without warning. However, it can be caused by some sort of trauma, Type 2 diabetes or an autoimmune disease. Scientists blame inflammation in the body for neuropathy regardless of any preexisting conditions.

Since CBD oil is a proven way to relieve inflammation throughout the body, it's a good treatment for neuropathy. It must regularly be taken in order to ensure that the inflamed areas of the body calm down.

All four forms of CBD oil (isolates, oils, gummies, and capsules) are recommended treatment options for neuropathy. You have your choice of how you'd like to take it.

Pets/Dogs

CBD oil will not harm pets. It has no poisonous effects and can help with certain conditions including pain, anxiety, inflammation and seizures. However, THC is poisonous for pets, so you should not give your cats, dogs or other pets any form of marijuana.

Before you start a CBD oil treatment, check with your veterinarian. Most will recommend capsules, isolates or oils, but the concentration and amounts vary depending on the size of your pet.



CHAPTER 6

Conclusion



As you can see, CBD oil has a number of important uses. It can help relieve pain and anxiety, keep seizures at bay and even improve functioning in someone with Parkinson's disease.

Hopefully, this Ultimate Guide to CBD oil has cleared up some of the mystery surrounding CBD oil. You now know the basics of this very important medical treatment.

