

CBD In a nutshell

75% of CBD “benefits” are placebo effect. Not because CBD does not work but because most people are using CBD with no CBD in it. It’s unlikely you’ll get actual CBD the first time you buy. If you’re giving “CBD” now, it’s 75% likely that there’s no CBD in it, and you’re benefiting from Hemp’s fatty acid antioxidant supplementation.

I didn’t like CBD for a long time. Mainly because it didn’t work, but there were two reasons for that.

1. People were trying HEMP OIL and Hemp Extracts with no CBD in it.
2. I was judging CBD performance without waiting long enough.

75% of the “CBD Oil” you buy has NO CBD in it, at all. No wonder it doesn’t work for so many people!

If you give ACTUAL CBD, long enough, you will get great results in:

1. Anxiety (Prevailingly, not “per dose”)
2. Arthritis and other sources of pain (After 4-6 weeks)
3. Possible immune-support and anti-tumor functions
4. Dog and cat dose: 0.25mg/lb of active CBD twice a day.

Consolation Prize: Even Hemp oil (from seed) or CBD-free hemp oil is healthy, antioxidant rich.

Hemp Oil benefits (even without CBD in it) are from its anti-oxidant properties. It’s rich in Omega 3-6-9 Fatty Acids. Good for inflammation and coat health.

BUT: If you want CBD – it has to say CBD in the ingredients list, and tell how many milligrams there is. **If it doesn’t say CBD as an “ingredient” it has no CBD.** There are no “code” terms that have any integrity anymore.

BE CAREFUL!!!! Even when a product says “250mg” - - Is it milligrams of CBD? Or milligrams of Hemp Oil? <= the biggest rip off going.

MOST Hemp Oil / CBD Oil lists something like 250mg to 15,000 mg on the bottle. THAT is almost always the number of milligrams of **HEMP OIL or Hemp Extract** in the bottle, not actual CBD. BE CAREFUL!

Listing “Full Spectrum Hemp Extract” is NOT a legitimate “CBD content”. Only 20% of an ‘extract’ is actually CBD. Extracts may make up 15mg of a solution. That’s 3mg net CBD. And even that’s doubtful.

HEMP SEED oil has no CBD at all. Most Hemp Oil you can buy has very little CBD in it, at all.

Once upon a time, the following terms meant that the product had a percentage of CBD in it. Not anymore: “PCR”, “Phytocannabinoid rich”, “Full Spectrum”, “Whole plant” – Were ‘code’ for CBD. Now those terms are used by *all* the companies, for *all* Hemp, and the meaning has been lost.

If your oil doesn’t list a SPECIFIC (by percentage or milligram) CBD Content, it does not contain CBD in any meaningful amount.