

Cannabis therapy

At one time I would have assured you that CBD was useless. Correction, in 2018, I **did** assert that CBD was useless.

Why should you consider it?

Cannabis therapy has indications for anxiety, epilepsy, pain from arthritis, other sources of pain, nausea, and too; cannabis oils contain extremely high levels of antioxidants and other healthy compounds.

The Western prescription medications I can prescribe for anxiety have no beneficial side effects. The Western prescription medications I can prescribe for arthritis such as Deramaxx, have no additional benefits.

Cannabis therapy is extremely safe. “CBD” stands for “Cannabidiol” which is found in fairly high amounts in hemp flower that is grown for the purpose of CBD production. The plant is Cannabis sativa, only it’s a cultivar that is *intended* for CBD production.

When trying to make sense of CBD, here are simple statements of fact to help orient you.

1. CBD is legal.
2. CBD comes from the ‘hemp’ plant, a strain of Cannabis sativa.
3. THC oil is only legal in certain states.
4. THC comes from the ‘marijuana’ plant, a different strain of Cannabis sativa.
5. CBD all by itself is half as effective as a mixture of CBD and THC oils.
6. The ‘hemp oil’ that you see on Amazon.com contains no CBD, because Amazon has a strict policy to limit CBD sales on its platform.

To get **ACTUAL** CBD you need to visit websites like:

- <https://canna-pet.com/>
- <https://www.honestpaws.com/>
- <https://www.cbmd.com/>

CBD has been called “***The greatest placebo effect since magnet therapy***”

I have this on the authority of one of the accountants for Diamond CBD, one of the largest CBD distributors in the United States. This accountant is personally known to me.

The reason the mainstream CBD experience is substantially a *placebo* effect is because more than 75% of the “CBD oil” that you might see marketed contains no CBD at all. 75% of the people who claim to be having amazing results with CBD are just giving Hemp Oil which by its formulation typically contains little to no CBD.

There are two ways to find real CBD oil: CBD Listed and CBD unlisted Levels.

You can visit websites such as the above. They will have the CBD content of their products listed in a central location on their website, ***but seldom listed on the bottle for regulatory reasons.***

Alternatively, when you find CBD oil, for example at **CBDMD.com** the most reassuring of all, to see the CBD content listed on the very bottle you purchase.

While Hemp Oil is relatively *inexpensive*, CBD is somewhat expensive. Currently, you can find 2000 to 3000 mg of CBD for about \$100-\$150 these days, ^{June 2019}

I recommend CBD oil or tincture, because you can dose it with considerable accuracy. The dose for a dog or cat is a quarter of a milligram per pound once or twice a day. The effects build up over time, for certain conditions. My customers report improvement in anxiety and arthritis in 4 to 6 weeks.

I think one of the major factors influencing the onset of action is the quality of the CBD oil. I think most hemp oils (including if not especially hemp *seed* oil which will have no CBD in it at all), has a delayed onset of benefit because it is primarily antioxidant and does not trigger any positive change in the Endocannabinoid system. Real CBD Oils should provide improvement markedly quicker and more strikingly than sham Hemp oils could be expected to.

I will be producing this document again in 2020 with more clinical feedback and experience. You may stay tuned to my website which is **Johnsonvet.com** for various updates and additional pieces of information.

To close this discussion let me recap the high points:

- CBD is used for anxiety, depression, epilepsy, arthritis, pain, appetite, nausea.
- CBD oil has numerous collateral benefits to its primary or intended purpose while 'drugs' like Fluoxetine or Meloxicam do not.
- CBD oil needs to be researched by the consumer to establish beyond a shadow of a doubt that there is in fact a CBD in the oil you are using.
- 75% of the "CBD [hemp] oil" on the market contains no CBD at all.
- CBD is safe for pets.
- I recommend CBD tincture or oil, but there are gummy's and biscuits too.
- CBD is dosed at 1/4 mg per pound once or twice a day.