

Some Interesting Facts about Hemp CBD Oil

Can CBD harm you? NO! It is so safe that it is present in abundance in mother's milk - when the baby nurses they are getting a good dose of these bliss-filled chemicals to build and nourish their ECS, to protect them against disease and to help stimulate the suckling response and to help relax and comfort them.

Think of cannabinoids like we do good bacteria in a probiotic - they are native to our systems. Just like science only recently realized we have a whole new 3-4 pound "organ" in our body that is the beginning of our immune system, it was only back a few short years in 1992 that the endocannabinoid system (ECS) was even discovered! Your own body's ECS produces cannabinoids, given the right amount of nutrients and Omega 3 fats. However, the vast majority of people are deficient in minerals and Omega 3s so their system can't make enough to protect them.

This is not an exact science - meaning you can't just base dose needed on size like we do medications. Don't stress out about that! While these are amounts suggested on the bottle, you can take more or less than that. Yes, we know it is expensive. We hope in due time hemp will be allowed to be grown in the US and then the prices will inevitably come down.

Whatever you decide on as far as the number of drops for a 24-hour continual coverage it is best taken every eight hours. Optimal absorption is delivered under the tongue in mucous membrane area by letting it sit there and mix with saliva for a few minutes before swallowing. Yes, we know it is not the best taste in the world especially with a good strong CBD like ours.

Since most people are deficient in Omega 3s we suggest a supplement so your own ECS might take the hint and better produce and regulate on its own. That way eventually as time goes on you might be able to get by with less CBD.

CBD is not just for disease conditions - it's also for healthy people who want to stay that way!