



All you  
need to  
know!

# HAPPIER AND HEALTHIER WITH CBD

The New free E-Book Form The Real CBD



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# INTRODUCTION

Deciding to try CBD products is unfamiliar territory for most people and throws up lots of questions with often long and complicated answers.

In this guide, we will answer some of the most commonly asked questions, such as: Is CBD safe to take? What could CBD help treat? And how much CBD should you take?

At The Real CBD we feel passionately about CBD's health-giving benefits, but acknowledge that there is a lot of confusing information out there. We feel it's vitally important for you to make an informed decision, especially when it comes to your health and well-being.

More and more people are turning to CBD oil for relief from an array of ailments, including inflammation, anxiety, chronic pain, and irritable bowel syndrome.

If you are curious about the benefits you might enjoy by taking CBD oil but are brand new to using it, don't worry! With this e-book, you'll learn all you need to know to begin using CBD.

We hope that this guide will equip you with the knowledge to buy the most suitable, high quality CBD product to help you to a happier and healthier life.





# WHAT IS CBD?

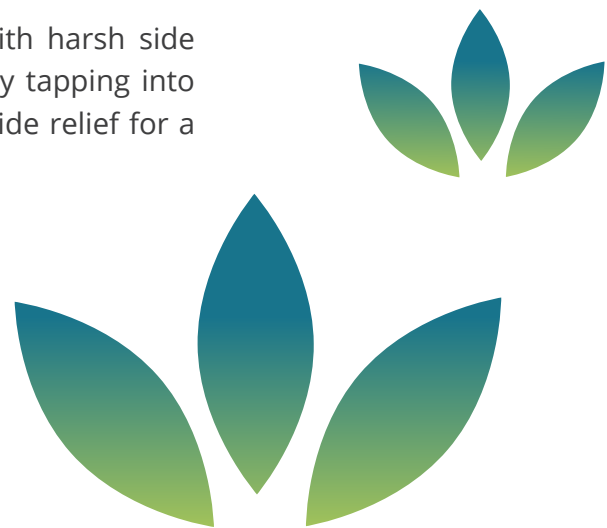


Cannabidiol (CBD) is a naturally occurring compound found in the resinous flower of cannabis/hemp, a plant with a rich history as a medicine going back thousands of years.

Today the therapeutic properties of CBD are being tested and confirmed by scientists and doctors around the world. A safe, non-addictive substance, CBD is one of more than a hundred “phytocannabinoids,” which are unique to cannabis and gives the plant its robust therapeutic profile.

CBD is closely related to another important medicinally active phytocannabinoid: tetrahydrocannabinol (THC), the compound that causes the high that cannabis is famous for.

Many people are seeking alternatives to pharmaceuticals with harsh side effects – “medicine” more in synch with natural processes. By tapping into how we function biologically on a deep level, CBD could provide relief for a long list of ailments.



# EENIE MEENIE MINEY MOE.....



## HOW TO CHOOSE THE RIGHT CBD BRAND?



Because CBD products are not yet regulated by the Government, not all brands or products can be trusted for their safety or effectiveness. This leaves it up to you to do enough homework to differentiate one from the other.

But how do you tell which CBD products will do what they say from those that you're probably best avoiding because, not only do they not work, but they could potentially do you harm?

Here is a checklist:

- Where is the Hemp from?
- Is it grown organically?
- How is it extracted? (Should be CO2 extracted)
- Is it Full Spectrum?
- Is it 3rd party lab tested?
- Does the website seem trustworthy?
- Can you find any reviews of the product?
- Test the customer service by writing to them asking questions



If all of the above seem to be in order and you feel comfortable buying the product, then it probably is OK.

# WHAT COULD CBD HELP TREAT?



CBD is relatively new and only few scientific studies have been made. Such studies take a long time and are very expensive to make. Most of the information are anecdotal and we can of course not promise anything.

CBD brings homeostasis (balance) back into the body, so that it is capable to heal itself. So it is not the CBD that does the healing – it is our amazing body which get the tools (cannabinoids) to do the healing. Some people need a lot of CBD and others a little, to experience the same healing powers. CBD has shown to help with:



- Inflammation (arthritis, sports injuries, Fibromyalgia etc.)
- High Blood pressure
- Pain
- IBS, Crohns Disease
- Migraines
- Anxiety and Depression
- Better Sleep
- Increase Bone density
- Asthma
- Psoriasis, Eczema and Acne
- Better life quality to cancer patients
- Fighting fungus



Remember that all is VERY individual how and how fast you react to CBD. You need patience to feel the effects of CBD, as it doesn't work as conventional medication. You need to fill up your own endocannabinoid system – and that is as individual as ex. your pain threshold.



# HOW TO TAKE CBD?

Once you have chosen the right brand you can now venture into finding out which product you want to choose. You have a few options and we are going to explore them here:

## Orally in forms of oil

The most popular form of CBD oil delivery is sublingual, due to the high bioavailability of the mucous membranes found in the mouth and under the tongue. Some people who try CBD oil don't find the taste particularly pleasing, so if putting CBD oil or paste under your tongue doesn't work for you, maybe try another delivery method. Taking CBD in capsule form works very well too

## Inhalation or Vaping

If you are taking CBD to help any condition related to your lungs or airways, you may want to try vaporising CBD. This form of administration is inhaled and absorbed directly into the bloodstream through the lungs.

## Topical Application

Topical CBD can come in a number of forms, like an oil, salve, lotion or even a patch. When you have an area of the body that's in pain, you can use topical CBD the way you would a lotion to help combat the discomfort. You need to apply it liberally.. Choosing a product with a high concentration of CBD and making sure that you apply enough to get into your skin's pores will give you the best results.

## Eat your CBD

Though it might take longer for CBD edibles to kick in – anywhere between 30 minutes to two hours – the result is that the effects last longer than with inhalation. Generally, with edibles, the compound is combined with other food products. As a result, the CBD is released more slowly and over an extended period as food is digested

## Through the Bellybutton

Many people don't know about this Ayurvedic method of applying oils in and around the belly button. This technique is called the Pechoti intake method. According to Ayurvedic text, it's said that the Pechoti gland is located behind the belly button. It is believed that every human has a Pechoti gland and it is connected to more than 70 million nerves, tissues, and organs throughout the body. Yes, 70 MILLION!

# IS CBD SAFE TO TAKE?



Generally speaking - it is safe for most people to take daily CBD, but there are a few precautions you should be aware of before adding it to your daily routine.

If you're considering using CBD oil, you should speak to your GP or other healthcare professional to ensure that it is safe and appropriate for you to do so.

This is particularly important if you are experiencing any concerning symptoms, if you have any pre-existing conditions or if you are taking any medication including blood thinning medication and calcium channel blockers.

Although the use of CBD is controversial, it seems to be tolerated by most people. It has, however, caused hypotension and light-headedness in a small number of people. As it does not contain large amounts of the THC part of the cannabis plant, the oil will not induce a 'high'.

To make absolutely sure you are taking CBD the right way, we recommend to "start low and go slow" - this meaning to start with a low dosage (small amount of drops) and slowly increase the daily amount, until you experience the desired effect.





# CBD DOSAGE EXPLAINED



A very common question - but unfortunately there is no direct answer. We all are different with unique DNA and body composition.

There are countless variables such as weight, diet, metabolism, genetics, environment, product consistency, and more that make a universally prescribed dosage impossible.

Having said that most people who are new to cannabidiol begin their journey by starting with the minimal suggested CBD dosage on any product, then gradually increasing the dose until they achieve the desired results.

Analysis suggests increasing the amount of CBD you take every 1-2 weeks by 25mg until you find symptom relief. Counteracting with decrease by 25mg if symptoms worsen

Additionally, you might find it useful to record your daily experiences in a notebook so you can accurately narrow in on what works and feels best for you.



**Our motto is:**

## **START LOW AND GO SLOW....**

This means to start on a low dosage (amount of drops) and keep increasing the dosage every few days until you find the relief you are looking for.

## **Too much CBD can worsen your symptoms!**

# DO YOU GET “HIGH” FROM CBD?



A common misconception among people is that CBD produces a psychoactive high, because it is derived from the cannabis plants. Although CBD produces some noticeable effects, it does not make people feel high like other cannabinoids do, namely THC (tetrahydrocannabinol), which is found in high concentrations in marijuana.

Full Spectrum CBD products do contain THC, but it's possible for trace amounts of THC to be in CBD products, it's typically not enough to induce a euphoric effect. It is actually important that the CBD product is full spectrum CBD oil – i.e. containing the legal trace amount of THC to give you the best effect – it is called The Entourage Effect.

So the short answer is - NO, CBD won't make you feel high. CBD in very high concentrations is reported to produce an uplifting effect, but rarely do we come across people needing servings that high.





# CBD AND REGULAR DRUG TESTING



If you are considering taking CBD oil on a daily basis for your long-term health, then you might be wondering if you could pass on a drug test? As CBD oil is made from the cannabis plant, many people question if it would show up positive on a drug test?? Either by traffic control, on a workplace or in the sports club.

If you are taking a full spectrum CBD oil which contains trace amounts of THC, then the THC could build up in your fat tissue and give a positive reading on a drug test. The tests today are so ancient that they “only” test if THC is present or not. It does not test the levels of THC.

This goes for urine tests, blood tests and saliva tests.

So if your job is dependent on regular drug testing, or you are a professional athlete, we recommend you to take a broad spectrum CBD oil or a CBD oil made only with CBD Isolates.



# DOES CBD OIL HAVE ANY SIDE EFFECTS?



Before you decide to start to take CBD, do the research and speak with your healthcare practitioner to cover all of your bases. You should look at the benefits, dosing methods and dosage, additives and of course the risks involved with taking CBD.



In the beginning of your new CBD regimen some common side effects could be:

- Drop in blood pressure (be careful if you take medication for Hypertension).
- Dry mouth
- Nausea
- Drowsiness
- Feeling light-headed
- Diarrhea
- Restless
- Headaches

In most cases these symptoms will pass once you have taken the CBD oil for a few days. If they persists you should take a smaller dosage and maybe less frequent. Feel free to play around with the dosage and the frequency to find your own "sweet spot"

**We can not recommend to take CBD oil if you are on blood thinning medication (not including Aspirin).**

# CAN YOU GIVE CBD OIL TO YOUR PET?



All mammals have an endocannabinoid system, so your beloved pet will benefit as much as you, taking a daily CBD product.

A growing number of veterinarians believe cannabidiol (CBD) products can be effective in treating an array of conditions in our pets. To name a few:

- Allergies
- Anxiety
- Appetite
- Arthritis
- Chronic Pain
- Deteriorating Quality of Life
- Inflammatory Bowel Disease
- Inflammation
- Joint & Mobility Issues
- Phobias (Fireworks, Thunderstorm)
- Seizures
- Skin Problems



**Standard recommended starting dosage:** 1 mg – 5 mg CBD per 5kg (10 lbs) of body weight. Start with a dose on the low end of the range. Occasionally improvements will take more than one treatment. To control pain, give approximately every 8 hours. For other uses, or to break unwanted behaviour patterns give once or twice a day. **Remember that you cannot overdose and there is no toxicity associated with CBD.**





# CAN YOU TAKE CBD OIL IF YOU ARE ON MEDICATION?

When you take a medication or other substance, your body has to metabolize it, or break it down. Drug metabolism happens throughout the body, such as in the gut, but the liver does a big part of the job, too.

A family of enzymes called cytochrome CYP450 does the important work of converting foreign substances so they can easily be eliminated from the body.

But some medications or substances affect CYP450, either by slowing or speeding up drug metabolism. That change in metabolism rate can alter how your body processes the medications.

If you then take CBD while on these medications, your body can't work to process the CBD as effectively.

If your body is metabolizing a medication too slowly, you may have more medication in your system at one time than intended — even if you've stuck to your normal dose. An increased level of a medication in your system could exaggerate its effects.



Look for the grapefruit warning!! Grapefruit warnings are common in several types of medications, but not all medications within a category will require the avoidance of grapefruit. Check your medication's insert information or ask your doctor.



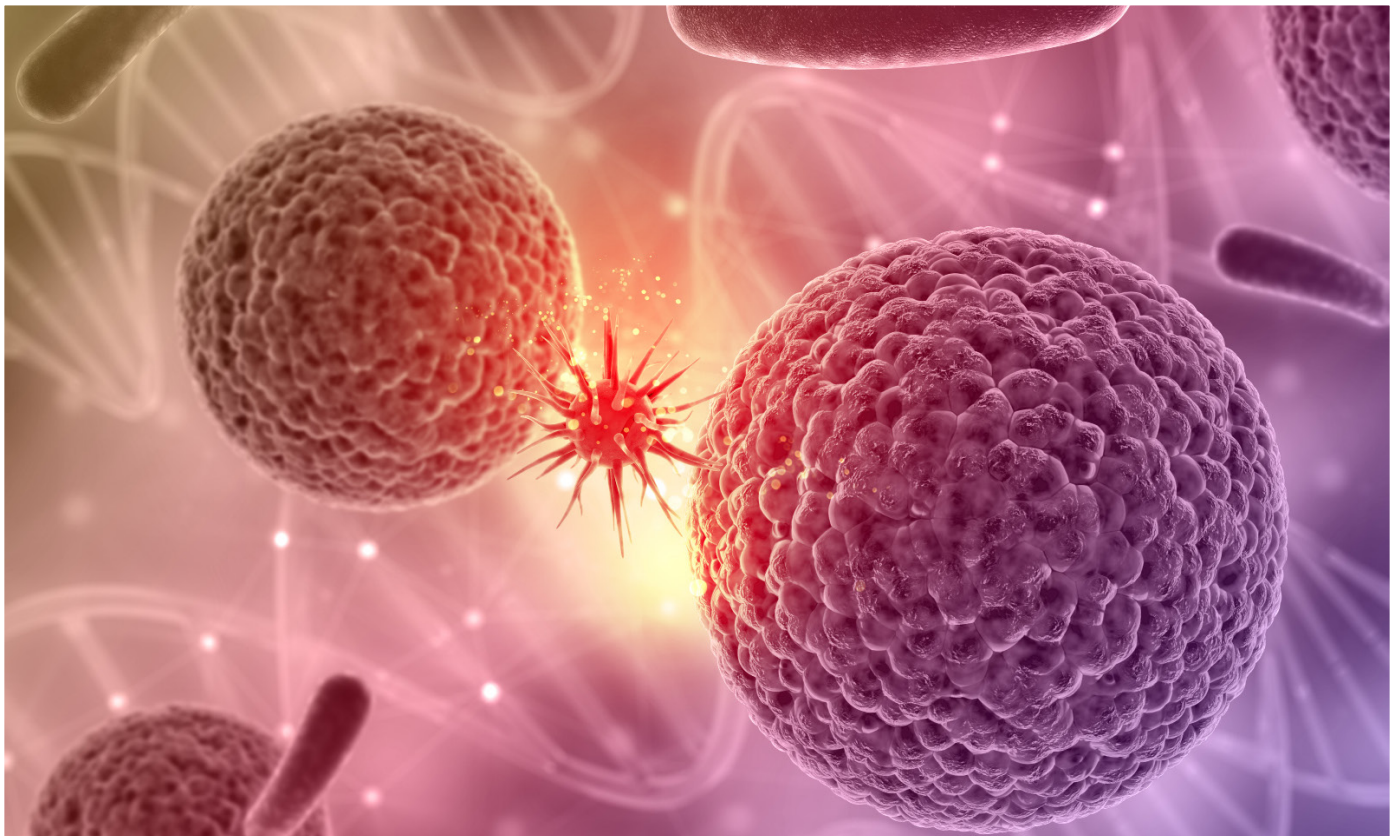
# CBD FOR CANCER PATIENTS?

CBD alone can not help cure cancer. The active cannabinoids in the cannabis plant are like your internal endocannabinoid system (ECS). Your body's endocannabinoids are responsible for keeping your body in balance. When your body is out of balance and in a state of stress, your endocannabinoids work, over time, to correct this imbalance. The cannabinoids in the cannabis plant enable your body to restore this balance, which is one of the reasons why cannabis works so well for you if you have cancer.

The whole plant is needed when helping to combat cancer, and this includes THC – high doses of THC. THC encapsulates the cancer cells and makes them “commit suicide” which then keeps them from mutating and grow.

CBD oil can give better quality of life when being treated for cancer. Helping lighten the terrible side effects of chemotherapy- and radiation treatment. Getting back the appetite so you can eat a healthy and nutritional diet while fighting the disease.

Make sure you inform your doctor about your CBD regimen if you are to receive cancer treatment, this is including any medication for cancer.



# CBD IS A NEW BEGINNING!

By starting a daily CBD regimen you not only help your body into homeostasis, which is its young natural state, you also create a longer and better life for yourself. It is the beginning of a healthier and happier everyday - It could be the end of feeling sick and in pain.

Making healthy choices and using CBD daily, will make you realise how you should feel. Making it a habit will be the best choice you have made in a long time. You will thank yourself in a few weeks and never look back.

Because CBD does not have any bad side effects, you really don't have anything to lose to try it out. Just make sure that you speak to someone with CBD knowledge, to get the right product for you!... and HAVE PATIENCE!! Its is not like a conventional medication that works within 20 minutes – you have to give CBD time to do its magic!

If any of our many returning clients stop taking The Real CBD, they often realise that the CBD drops have actually helped them in more ways than they originally started out treating. An example could be taking CBD for high blood pressure and when having a break or trying another CBD Brand – you could realise that it also helped you to sleep better or keep more calm and relaxed.

Thank you for taking your time to read our E-Book, if you want to know more about our products, please feel free to seek information on our website [www.therealcbd.com](http://www.therealcbd.com) or send us an email on [info@therealcbd](mailto:info@therealcbd). You can also give us a call and speak to an expert.

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