



HEALTH AND WELLNESS ONLINE, LLC

THE SKINNY ON CBD OIL

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CBD OIL

DISCLAIMER

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Meet Dr. P.



Hi! I am Dr. Donna Poppendieck, more commonly known in the college classroom as Dr. P. I have been involved in the addiction treatment and prevention community for the past 22 years and have been teaching mental health in universities for about 15 years. I have licensure in chemical dependency treatment as well as certification in the prevention field. I am an educational psychologist and a health and wellness coach. Having grown up in a family with drug abuse, and having successfully healed myself from autoimmune disease, I am always interested in exploring legitimate, evidence-based pathways to full and complete health and recovery. This resource explores the use of CBD oil for physiological and mental health and also how it may be helpful in healing from the trap of substance use. I hope you enjoy this information!

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WHAT EXACTLY IS CBD?



CBD stands for cannabidiol. It is the second most active ingredient in cannabis (marijuana). It is also found in the hemp plant, which is a cousin of the marijuana plant. CBD, while being a part of the marijuana plant, does not cause a 'high'. Even the World Health Organization (WHO) reported that CBD oil exhibits no evidence of potential for abuse or causing dependence.

CBD oil can be derived both from marijuana and hemp plants. However, THC (tetrahydrocannabinol), another cannabinoid, is more prevalent in the marijuana plant than in the hemp plant, which only has very small amounts of THC. As most of us know, it's the THC that has the ability to make us 'high'. To avoid getting high, your product must contain equal or more parts of CBD than THC. Remember – **you can't get high from CBD oil!**

CBD IS HOW OLD?



CBD oil use, although very trendy now, has been **established since about 2727 BC** when an emperor used a cannabis-based tea to treat poor memory, malaria, and gout.

CBD Central says that in the mid-1800s, William B. O'Shaughnessy published a medical report on uses for cannabis. It is reported that **Queen Victoria used cannabis to treat menstrual pains**. In 1911, many states started either requiring prescriptions for hemp and marijuana or making it illegal. In the 1940s, Illinois University isolated CBD for the first time and noted its lack of psychoactive effects. It was in 1940 that a group of scientists from Illinois University isolated CBD for the first time. This opened them up to the fact that there were active compounds in the cannabis plant that did not have psychoactive qualities now known to come from THC. In the 70s, some states began decriminalizing cannabis, after the war on drugs began.

In the 80s and 90s, CBD oil was noted for being able to relieve pain. In the 90s, California legalized medical marijuana use, and British pharmaceutical doctors began to conduct CBD medical trials. In 2004, a family's use of CBD oil made headlines when it cut their young daughter's seizures down from 300 per week to just a few. CNN Health reported that three to four milligrams of oil per pound of the girl's body weight stopped the seizures. The "marijuana" being used is very low in THC and high in CBD. She is not getting high! Also in 2012, the states of Colorado and Washington were the first to legalize recreational marijuana use. Today many states are following suit. Many have legalized both medical and recreational marijuana use, and CBD oil, with some restrictions imposed by some states, is now legal in all but 4 states, although some report it has been legalized in all states.

HEALTH BENEFITS/RISKS



CBD oil is touted to have **positive effects on many conditions, from mental health to physiological health**. Some of these claims include relief for anxiety and stress, anti-seizure effects, neuroprotective so beneficial for conditions like Alzheimer's, MS, Parkinson's, and strokes.

The most-researched condition in conjunction with the use of CBD oil is seizures. In an open-access article, Iffland and Grotenhermen conducted a review of clinical studies using both people and animals, mostly those with seizures and psychotic disorders. They reported on the fact that **CBD is deemed safe to use in humans, has a good safety profile with few side effects**, and of course, called for more research!

WHAT TO LOOK FOR WHEN PURCHASING CBD OIL



You must be careful when buying CBD – due to its extreme popularity, coupled with an unregulated industry, it may be hard to tell good quality CBD oil from 'snake oil,' where you may not even find any CBD oil in it. Buyer beware! To ensure you are getting a high-quality product that is free from undesirable elements and legal, here are some great tips:

- 1. Check the THC content** (as well as double-checking the laws in your state regarding CBD oil...they may have restrictions on the THC content).
- 2. Read the ingredients.** Some products contain potentially damaging ingredients like propylene, artificial colors, artificial flavors, etc.
- 3. Understand the CBD terminology.** CBD isolate has been extracted from the hemp plant and isolated from all other cannabinoids like THC, resulting in a pure product. Full-spectrum CBD has also been extracted from hemp but has not been isolated from other cannabinoids, etc. It will include THC.
- 4. Determine dosage.** If you are looking for a specific dosage, it may require a little bit of math! However, it is always better to work with a competent health care provider who is familiar with dosing CBD oil.
- 5. Learn to read CBD lab reports.** A legitimate manufacturer will be able and willing to provide you with a valid lab report or certificate of analysis. Consult your health care provider.
- 6. Check reviews.** As with other products, it is wise to check reviews of other users to see satisfaction levels with the product and the service!

DO NOT TAKE WITH CERTAIN DRUGS!



These drugs may be contraindicated when consuming CBD Oil:

- Steroids
- HMG CoA reductase inhibitors
- Calcium channel blockers
- Antihistamines
- Prokinetics
- HIV antivirals
- Immune modulators
- Benzodiazepines
- Antiarrhythmics
- Antibiotics
- Anesthetics
- Antipsychotics
- Antidepressants
- Anti-epileptics
- Beta-blockers
- PPIs
- NSAIDS
- Angiotensin II blockers
- Oral hypoglycemic agents
- Sulfonylureas.



AS ALWAYS, WORK WITH A COMPETENT PROVIDER TO DETERMINE WHAT IS SAFE AND HELPFUL TO YOU.

CBD OIL USE WHEN IN RECOVERY



Hazelden Betty Ford Foundation only recommends CBD oil use for people in recovery if it is FDA-approved and is prescribed. They cite the largest risk to be the amount of THC it contains (it is not government regulated and may contain more THC than what is on the label).

It would be dangerous to take a product that could trigger someone in recovery from substance abuse and addiction to start using again! To avoid this, know precisely what your product contains and work with a professional.

INCLUDING CBD OIL AS PART OF A COMPREHENSIVE HEALTH CARE PLAN



For many, CBD Oil is a wonderful supplement that may be incorporated into one's health care plan. However, it is important to note that **nothing can take the place of eating a healthy, well-balanced diet**, inclusive of fresh, preferably organic or local produce. If you eat meat, always consume healthy products which have no added hormones, antibiotics, or other chemicals. Be careful of consuming too many starchy products from grains and starchy vegetables, as these may cause systemic inflammation.

Again, it is advisable to work with a very competent health care provider on a comprehensive health plan that works for you! Sometimes it is beneficial to combine working with holistic and conventional providers (integrative health care). Regardless of whether you want to work with a holistic or conventional provider (or both), always do your due diligence in selecting providers and products!

Supplements are another great addition to one's health. Do not add them because of what you may have heard they are good for; instead, talk to your healthcare provider about what makes sense for you.

If you are concerned about your genetic expression, you may find it useful, working with your provider, to take a DNA SNP (single nucleotide particle) test from a reliable lab which may suggest supplements for quieting adverse genetic expression.

Always get plenty of exercise – not too much and not too little!

Incorporate mindfulness practices into your daily life. This helps reduce stress and centers you so you are more focused and calmer. This may take the form of yoga, Bible study, or breathing exercise.



CHOCOLATE CBD TREATS

INGREDIENTS

- 1 cup butter or coconut oil
- 1 cup dark chocolate, broken into pieces, or chocolate chips, preferably dark ones (75% cacao)
- A little honey if you want it sweeter, to taste, or use a safe sweetener like stevia
- 1 tsp vanilla extract - optional
- CBD oil, 10-20 mg (to start)
- You can add other ingredients, like peppermint oil, nuts, seeds, etc. Use your imagination!

PREP TIME

- Prep | 3 m
- Cook | 10 m
- Cool | 3 hours
- Ready in | 3 hours & 13 m

DIRECTIONS

01

Melt the butter and dark chocolate together either with a double boiler or in the microwave. Be sure to stir constantly and be careful not to burn the mixture.

02

Cool the chocolate mixture, and then stir in the vanilla extract, CBD oil, honey, or stevia. Stir in any extra ingredients you want.

03

You can pour this mixture into a mold, and either refrigerate or freeze. Once hardened, cut into pieces and enjoy.

CBD OIL

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