

THE “HIGH” POINTS OF MARIJUANA AND HEMP OILS

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Knowing the difference between CBD oil and Hemp oil is critical in understanding what a provider is treating or trying to improve. First, yes, they come from the same plant: Cannabis. There are two main strains or species. C. sativa and C. indica. Sativa plants, usually referred to as hemp plants, typically have a higher cannabadiol compounds and low tetrahydrocannabinol (THC), the mind altering compound, while the Indica plants, usually referred to as the marijuana plants, are cultivated for the higher THC concentrations. It is important to note that what matters about any CBD oil or hemp oil product is not which plant it comes from, rather, what the exact THC level is and is that THC level properly documented in production. It is NOT about what is claimed on a label, rather the proper documentation of ingredients from plant to product. NEVER trust online companies without trusting the source of documentation. Unfortunately, hemp and marijuana have been grouped together in the political arena since the 1970 Substance and Control Act declared them to be the same. Bummer. Bummer because of the multiple myths and dogma that has inhibited the medicinal use of hemp and CBD oil over the years.

Marijuana has a THC concentration anywhere from 5 to 30%. The term “hemp oil” can be confusing. Hemp oil can refer to ***hemp CBD oil***, ***hemp seed oil***, and ***hemp essential oil***. Hemp oils have less than 0.3% THC levels so there is no mind altering issues. ***Hemp seed oil*** and ***hemp essential oils*** are derived from the seed of the plant and have no CBD molecules in them. There is no medicinal effect. ***Hemp CBD oil*** is derived from the stems, flowers, and leaves of both the Sativa and Indica species of Cannabis plant. Misconceptions about ***hemp CBD oil***

derive from the truth that the CBD concentrations in the dry weight of hemp (Sativa) plants are lower than that of the marijuana (Indica) plants. No matter which plant the ***hemp CBD oil*** comes from, it is the processing and extraction quality and concentration that matters, not which plant the product comes from. CBD is CBD

Another important consideration is where and how the plants are grown. The Cannabis plant can pick up pesticides and other toxins quite easily. So it is important to know exactly where the plant is sourced for the product. You want an organically grown, lab tested and verified product. This is my issue with random retail store or Amazon, internet sourced products. You never know exactly what you are getting. If it is cheap, there is likely a quality issue.

Benefits of hemp CBD oil use:

1. Relieves pain and inflammation
2. Reduces anxiety and mood swings
3. Reduces the need for medications with harmful side effects
4. Relieves nausea
5. Has antipsychotic effects
6. Help treat seizures and relieves nausea
7. Treats other neurological disorders and symptoms of neurological disorders such as MS and
8. Promotes cardiovascular health and lowers incidence of diabetes

And finally, yes, Hemp Derived CBD oil is legal in all 50 states. There are four states where Marijuana-derived CBD oil is not legal: Idaho, Kansas, Nebraska and South Dakota. These states will come around within the next 5 years.

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