



SunKissed Health

BEGINNER'S GUIDE TO USING

CBD Oil

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Beginner's Guide to Using CBD Oil

Disclaimer:

This eBook was written by Samantha Kelley, M.A. I am not a doctor or mental health professional and cannot be held liable for the information written here.

This book is meant to provide information about CBD oil, what it is, and the potential health benefits.

It is not intended to provide medical advice. Do not use it as an alternative to seeking help from a medical or mental health professional.

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Introduction

If you have been hearing about “cannabidiol” (a.k.a. “CBD oil”) recently, you aren’t alone. Through the federal legislative Farm Bill, which passed in December 2018, hemp and hemp-derived CBD are now legalized for production in all 50 states.

Although both hailing from the *cannabis sativa* plant, CBD does not contain the tetrahydrocannabinol (THC) which is present in marijuana and responsible for the “high” or psychoactive effects that accompany it.

Moreover, CBD does not affect mental focus or ability to make decisions. Instead, it provides natural health benefits like an overall calming effect, reduction in stress and anxiety, chronic pain reduction, and may even prevent seizures. Here is a beginner’s guide to what CBD is and how it can be used.

Health Benefits of CBD Oil

As a summary, CBD oil can provide the following health benefits:

- Relieve anxiety
- Reduce stress
- Help with chronic pain
- Lower diabetes risk
- Help you lose weight
- Reduce inflammation
- .. and many more benefits!

Keep reading to learn all about CBD oil and find out if it is the right option for you.

Chapter One – Introduction to CBD



Curious to learn more about CBD? If so, you have come to the right place. The following sections are going to give you more insight into what CBD is, how it can be used to benefit your body and mind, and different ways to use it.

The Difference Between CBD and THC

Over the years, the debate about the usefulness of hemp related plants has always been a hot topic. Today in the new political climate, many countries have been moving to decriminalize these plants and their relatives, and at the center of it all are the two most famous chemicals that come from these plants, CBD and THC.

Efforts to silence these movements has resulted in a large amount of misinformation being spread in the public view, so many people have no idea that there is a difference between CBD and THC.

THC

Tetrahydrocannabinol, also known as THC, is the psychoactive chemical found in marijuana.

THC shares many of the attributes of another chemical found in these plants called, CBD.

Researchers have long praised THC for its ability to help people to treat loss of appetite, nausea, and various types of pain. The use of THC has been considered controversial because THC delivers some effects that could be considered unwholesome by a few. While still under study, the medical community has made allowances for it to be used as an alternative to other treatments in cancer and AIDS patients.

THC Effects

When people smoke or take THC in a concentrated form, many people have remarked that they generally experience feelings of relaxation, and that they are less prone to feeling various pains.

The primary reason that it's been allowed some use in medicine is because of its ability to help sick people regain their appetite. This has been especially effective for AIDS and cancer patients who have to deal with treatments that may halt their desire to eat entirely. THC is also effective in getting people who suffer from eating disorders to eat.

CBD

CBD is a non-psychoactive chemical found in the cannabis plant. In recent years CBD has been used as an alternative treatment for anxiety, depression, and other disorders that can keep a person from being able to relax. It has even been used to treat animals for stress, and it can help fight gut infections. It can be cooked into food at low temperatures, or it can be taken in tinctures.

CBD Effects

There aren't a lot of effects besides its anti-inflammatory properties, and its ability to reduce that amount of anxiety that people and animals encounter, but more studies are needed to establish exactly how useful it can be in the future. Researchers have remarked that it's probably best to avoid taking large amounts of CBD when you plan to work or have to operate machinery.

4 Ways to Use CBD

Now that you understand the basics of what CBD is and how it differs from THC (a common point of confusion), let's talk about ways to use it.

With so many debates raging over whether or not people should use CBD in one of its various forms, misinformation campaigns aimed at damaging the reputation and public perception of CBD's are being launched on a monthly basis.

This is because companies that rely on selling treatments might lose money if the general public were to discover an alternative to the products that have been created to replace natural remedies. You may have heard that CBD's have lots of benefits, but you may not have heard how you can use it.

Vaporizer Pens

In today's new technologically advanced world, the need for smokeless solutions has led to the creation of vaporizer pens. These little devices can be easily carried and deliver CBD to the patient without them having to ever inhale any sort of combusted material. This makes the process less harmful to your lungs and throat.

They will likely come with a cartridge that is intended to for single use, and can be used within a minute of turning on the device. According to doctors, this method also sends it straight into the bloodstream without it having to pass through the liver.

Tinctures

A tincture is a mixture that can be placed under the tongue for very fast absorption. This method of delivery can be absorbed within 3 - 4 minutes because it can pass into the bloodstream when it is placed under the tongue where tiny blood vessels are ready to receive the tincture. This also avoids the troublesome aspects of smoking to receive the CBD. Similar to tinctures are liposomal sprays, a newer method of CBD delivery, which can also be taken under the tongue and are one of the fastest ways to absorb CBD.

Edibles

CBD edibles come in a variety of types. These can be anything from candies to snack food items. To utilize these foods, all you have to do is simply eat them. They may take 25 minutes or more to become effective because they have to pass through the digestive system before they can interact with the appropriate receptors. It's important to know how much to take, and the difference between CBD and THC edibles.

Topical Application

CBD creams, shampoos and other topical products have become very popular in the last few years. These products can deliver CBD by being placed directly on the skin. These have a range of benefits aimed at skin care, mostly because of the anti-inflammatory aspects of CBD. Your skin is too thick for the CBD to reach bloodstream, so it won't be possible to see any signs of it in your blood.

Understanding Different CBD Oil Strengths & Dosages

When you're trying to make a decision about what kind of dosage strength you want to get for your first CBD oil, the terms and strengths might seem sort of confusing. If you've already tried to read the numbers you see on the bottles, but still have no idea what is going on, then you will be happy to have found this article. If you continue reading along, then you will find information explaining the different CBD oil strengths.

The main thing to understand about CBD oil strengths is that it typically ranges between low, medium, and high potency. Here is a rundown of the different strengths you can buy.

Low Potency Bottle

When you're first getting started, try a low potency bottle of CBD oil. Low potency usually contains about 100-300 mg total in a bottle. This is also a great choice for people who have never tried CBD. It's a good way to "test" out the supplement itself without wasting too much money if you find you have a sensitivity to the product or aren't getting the results you need from it.

Mid-range Potency Bottle

At this range, the bottle contains about 500-600 mg of CBD and so is better for those who may require higher or more frequent dosages. This is common in cases of chronic pain, higher levels of anxiety, digestive problems, and autoimmune issues.

High Potency Bottle

At this level, the potency of the CBD has reached around 1000 mg. Again, depending on your dosage or how often you use CBD, you may want to go with this bottle. It may be more cost-effective to purchase a 1000mg bottle if you already know you greatly benefit from the effects of CBD oil and will use it frequently.

Dosages: Start Off Small

It's exciting to try something new, but start off with the lowest dose so that you can monitor your body's responses. This prevents you from wasting product by taking way more than you need (and losing a fair amount of money in the process). Allow your body to tell you everything before you move forward with increasing the doses.

A standard starting dose may range between 5-15mg. This dosage is usually adequate for people who suffer from anxiety that isn't especially severe, sleep issues, and more minor aches or pains. This dosage is also good for delivering some of the immune health benefits found in the CBD oil.

Although higher doses of CBD may be well tolerated by many, it's still a good idea to start at a smaller dose to gauge your tolerance level and see if you notice any side effects, as you can always increase from there. Everyone's biochemistry is unique, so this is the reason why it's recommended to take an individualized approach and experiment a bit to find what works best for you.

It also comes highly recommended to [partner with a health professional](#) to help monitor your CBD dosage and any other lifestyle modifications you may want to undertake for your overall health and wellbeing.

How to Use CBD Oil Tincture

As you can see, there are a wide range of ways to use CBD and CBD oil, but one of the most popular methods is with a tincture. This is very simple to use, and doesn't require any other tools or accessories. Using a tincture is where a concentrated mixture is added to a delivery system that allows it to be absorbed through blood vessels in your tongue.

Shake It Up

When you first get your bottle of solution, it's likely that it will have separated. If you have a dark bottle then the visibility of the liquid inside of it may be severely limited, which is important for the retention of the products effectiveness. It shouldn't take longer than a minute of shaking. If you skip this step, you might find that you haven't consumed anything but one of the carrier oils that was used in the process of bottling the CBD.

Once you're sure that the product is decently mixed, you can then get in position to remove the dropper from the bottle. You might want to keep this bottle cool when you're not using it. While not really needed, this can help keep the potency from decreasing over time. Keeping it at room temperature keeps it ready to use at a moment's notice, so you might want to weigh your options.

Squeeze to Fill the Dropper

Now that the mixture has been blended by shaking, you can now remove the lid and squeeze the dropper so that the applicator can be filled. Be mindful of the time of day and the amounts of CBD that you're taking, as they can cause you to become sleepy.

Drop It

Once the pipette has been filled, you can take the full pipette from the mouth of the bottle and drop some under your tongue. CBD tinctures are usually non-psychoactive (*note: you can always double check the label to see if it has THC, thereby making it psychoactive*), so you can take more if you feel like you need and can tolerate a higher dose. You can also drop some of the mixture onto food, or into your favorite drinks to promote calmness and wellbeing. Just be aware that mixing tincture into foods or drinks that are ingested will cause the time period of absorption to take longer.

Chapter 2 – Healing Your Body with CBD



With the basic information of CBD oil out of the way, let's start talking about some of the health benefits more thoroughly. The first set of health benefits have to do with what it can do for your body, including all those amazing physical benefits.

Potential Health Benefits

Modern medicine has been able to work its way into nearly every aspect of human life. With the kind of power that various pharmaceutical companies hold over marketing campaigns, it's easy to see exactly how they've become such household names. The good news however, is that even though many of these companies possess the largest market share of the industry, a few companies have been able to produce natural alternatives to traditional western medicine.

Inflammation

At the moment, studies are being conducted on the positive effects of CBD oil on pain. Although it's not entirely clear as to whether or not this could be considered an alternative is unclear, but researchers have concluded that CBD oil works wonders on inflammation.

For many people with arthritis and other inflammatory disease, this can be a soothing natural solution to the issues that they face. Some companies have also begun experimenting on the effects of CBD when combined with THC for these trials to establish if the combination may have positive effects on the pain itself.

Cancer

Recent information has been shaking up the world of cancer treatment. At this time, a large number of studies are being done on the effectiveness of CBD to arrest tumor and cancer cell growth. Major organizations have stated that they currently don't feel that it's completely viable as a cancer treatment, but some research groups believe that they could possibly find a solution through using a concentrated form of the oil.

The complex relationships between cancer and the ability of affected cells to reproduce is at the forefronts of the excitement about this new information, so only time will tell on how the research will continue and if it will even be recognized by the rest of the medical community.

Seizures

Though still in early development, researchers feel confident that they've found some reliable results that CBD can reduce the number of seizures in some patients. As he testing reaches more recognized groups, the consensus will dictate the acceptance and implementation of this proposed treatment.

Neurological Decline

Another emerging study has found that CBD oil has been able to help the body to protect some of the sensitive nerves in the brain. Inflammation is also a major contributor to the deterioration of nerves and cells and in the brain, so CBD oil anti-inflammatory effects have benefits that may be good for a general amount of inflammation-influenced diseases.

Diabetes

Much of the science surrounding these types of claims is still being conducted, but there was a survey done in 2011 that was published in the American Journal of Epidemiology, showing a reduced risk of obesity, and therefore a lower risk of diabetes in people who used CBD oil. There are many reasons this could be the case, from CBD itself helping to increase the person's metabolism, to healing stress and anxiety that can lead to overeating.

Chronic Pain

Not only does CBD help with inflammation, which can lead to pain, but other forms of chronic pain have also been remedied with CBD oil on a regular basis. This includes chronic headaches and migraines, physical pain from a previous accident or traumatic event, and yes, inflammation that leads to swelling and pain the joints, such as with rheumatoid arthritis. It is definitely worth trying out if you are struggling with any type of chronic pain.

Right now, there is a lot of anecdotal evidence provided by those who have used CBD that highlight its efficacy for improving a wide variety of issues and conditions from a personal perspective. However, backing up these claims through rigorous scientific studies is another story. Although preliminary data is promising for the CBD treatment of many different conditions, further clinical research is still needed to draw specific science-based conclusions.

Chapter 3 – Emotional and Mental Health Benefits for CBD



Moving on to the next area of benefits for using CBD oil is with your emotional and mental state. Whether you suffer from chronic stress, anxiety, or just trouble sleeping, you will find some excellent benefits with using CBD oil.

Using CBD for Stress and Anxiety

In the last ten years, stress and anxiety have become common disorders among adults and children alike. The general solution to these disorders would be pharmaceutical intervention. Many of these medications have adverse side effects that some people would rather avoid. Fortunately, researchers are uncovering more and more alternatives to these drugs each day.

One treatment has been discovered in CBD. These chemicals are found in cannabis plants and are the non-psychoactive component of the plant. Though lacking the THC, new information about the effectiveness of CBD has created a new debate about the ways it can be used.

Serotonin Effects

One of the main causes of anxiety or feelings of dread in people is often linked to a state of decreased serotonin. When doctors decide that the patient is suffering from low serotonin, they will usually prescribe drugs that are categorized as selective serotonin reuptake inhibitors. These drugs help the patient to absorb more serotonin by preventing the blood from absorbing serotonin as it passes through the brain.

Unfortunately, a large portion of people who have experience with SSRIs have reported that they are difficult to stop taking, and long-term usage can cause certain unpleasant effects. CBD has been found to serve a similar purpose in the brain without many of the adverse effects in the majority of test subjects.

Effects on Anxiety

People who suffer from anxiety are often likely to become depressed due to the isolation that they experience. This can lead to a list of other issues that can arise if their disorder goes unchecked.

Though studies haven't been able to determine if CBD has any effect on depression directly, they may have found some interesting information about one component that could send sufferers down the wrong path. Researchers recently discovered that CBD's are able to have a positive effect on social anxiety disorder.

Stress Response

In a 2016 case study, doctors were able to demonstrate that CBD oil was a safe and effective treatment for improving sleep and reducing anxiety in a 10-year-old girl who was suffering from post-traumatic stress disorder. This sort of breakthrough could be the thing that many people need because CBD is less likely to create any kind of dependency and comes without major side effects. While the research is still in the early phases of approval, results appear to be suggestive of a possible major breakthrough just around the corner.

How to Sleep Better with CBD

Have you been having trouble sleeping lately? In the last few years, people all over the world have been reporting that they're having a difficult time sleeping. Sleep is an essential part of being a mammal, because this is the time when your body begins to make repairs.

People who are searching for more natural methods have turned to old remedies, herbs, and teas to find restful sleep, but results are mixed for these methods. In recent years, it's been discovered that CBD may be the answer that some have been looking to find.

The Stress and Anxiety Link

One of the most encouraging aspects of the testing phase for CBD, is that researchers discovered that CBD has a measurable effect on stress and anxiety responses. We just discussed this, but you should know that not only are you relieving stress and anxiety, but in turn, this can help you get better sleep.

One of the reasons for this is that the human body contains special receptors called endocannabinoids. These receptors' only apparent purpose is for your body to have the ability to directly interact with chemicals—which can come from cannabis plants—to help regulate the brain, endocrine, and immune systems.

It Can Help Reduce Pain

One of the few things that is still receiving mixed results are the abilities of CBD in relation to pain relief. Medical trials have seen some decreases in pain that the subjects experience, but much of that reduced pain is due to the CBD's anti-inflammatory benefits. When taken, inflammation that is causing pain may decrease, allowing the patient to relax and rest with greater comfort so they can get to sleep more easily.

Help You to Get Back on Track

One of the most disruptive aspects of insomnia is the displacement of your regular sleep schedule. Taking CBD can help you stay asleep for a little longer and help you to fall asleep a little earlier. Once your sleep schedule returns to normal you will begin to feel healthier and more prepared to face your days.

Chapter 4 – Alternative Uses for CBD



For this final chapter, we want to discuss using CBD oil for some other uses, aside from just chronic pain, medical conditions, and stress and anxiety.

Tips for Cooking with CBD Oil

There are literally thousands upon thousands of brands of oil that you can use for cooking your food. In recent years, people have been trying to find healthy sources of oil to use for cooking because of the makeup that some oils have which causes them to change to unsafe compounds during the heating process. Healthier options for cooking oils have gone so far as to incorporate CBD into them for the benefit of the consumer, so here is more information on how to cook with CBD oil.

Be Conservative

If this is your first time trying to cook with CBD oil, then it's a good time for you to learn that it's always a good idea to remain conservative when adding it into your food. If you don't know how much to put in yet, then you can end up with a mess instead of tasty treats. This means a lot of wasted money because of the amount of ingredients. If you need to experiment, use smaller amount of ingredients and be ready to record what the last amount was so that you can know how potent (and hopefully tasty) you made that last snack.

Store It Well

CBD oil does not need to be stored in the refrigerator, but you will still want to keep it out of sight, because light and other factors can weaken its potency. Not only that, but it could change the flavor of the oil, which might make your food taste strange.

It Is Temperature Sensitive

One of the most challenging things about CBD oil is that it is very sensitive to high temperatures. When the oil is warmed properly, it can make it more concentrated and effective, but anything beyond that could destroy the benefits of the oil. At temperatures higher than 350 degrees Fahrenheit, the CBD will break down. Another unfortunate side of this is that if the oil is heated at too high of a temperature, it will begin to taste more bitter.

Stir It and Don't Stop Stirring

When you're working with CBD, you don't want it to sit in one spot on the pan to allow it to be heated too heavily. Keeping it moving will help keep the temperature down, and make sure that they oil is distributed properly through your food so that you can get a nice even cooking coverage.

Using CBD Oil for Your Dogs

When you're a pet owner, you get to know and love your pet as if they are a part of the family. But just like other family members, they can become ill or experience pain. Of course no one wants to see loved ones suffer, so you would probably seek to find solutions to whatever issues may be plaguing your furry friends.

Some pet owners have become wary of the medications that doctors prescribe for various disorders and illnesses, and have asked about whether CBD oil is safe for dogs. According to experts, the answer is yes, so in the next few paragraphs you can find out what it can do for them.

Treats Seizures

If you've ever seen your beloved dog having a seizure, then there's no doubt that those were some of the worst moments you can remember about being near your pet. The feeling of helplessness can be traumatizing, but the good news is that you can use CBD to treat your dog's seizures. In clinical trials on animals, it was discovered that the animals that had CBD doses were less likely to have seizures. They also found that the seizures that have been described as resistant to treatment also saw a lower number of occurrences.

Helps with Bowel Health

CBD is still being studied heavily, but in the meantime what we *do* know is that CBD contains the right agents that help the body combat disease through reducing inflammation, one of the key processes that can aggravate tissues in organs and make it more difficult for them to perform properly. CBD also has some antibiotic properties that can help defend their body from outside invasive organisms. When your dog can engage in proper elimination, they will be healthy and happier.

Stress Reduction

Oftentimes, people forget that even though your dog's brain is shaped differently than the human brain, they experience many of the same emotional states that humans can. Animals can feel angry, joyful, fearful, and anxious. If your dog has seen a lot of changes to the environment around their living space, or there are dynamics taking place in the home that they are sensing, your dog could be dealing with a level of stress that is uncomfortable for them. CBD has been found to reduce stress. Studies have shown that animals who are given CBD shows less stress behaviors than animals who were not.

CBD Oil for Self-Care

If you are a busy parent, teacher, or you simply have a heavy workload with a demanding schedule, it can be very difficult for you to take any sort of time out to focus on your own wellbeing. People who live very stressful lives will often neglect the very things that are associated with living a high quality of life, such as securing time to engage in activities they love. Cultivating some time for self-care should always remain a part of your wellness plan, and for fast and easy solutions, CBD in some form can make a great companion to your self-care routine.

Tincture After Work

If you've had a long day and you've been juggling the attitudes of the people around you, then stress is probably no stranger to you. Most people report that high stress jobs are a major reason for their unhappiness in today's world, so finding fast ways to get stress relief are important. New CBD products in the form of tinctures or liposomes can be taken by placing a few drops under the tongue. This is great because the mixture can be delivered very quickly through capillaries in on the underside of your tongue.

Take A Bath

You might not know this, but CBD can come in quite a few practical bath products. For the bathroom, there are an array of body care products that you can choose from to create a soothing bath that will help you to end your night perfectly. CBD Bath bombs are available as well, so you don't even have to rub it onto yourself, just simply drop the bath bomb into the water when you are ready. If the bath bomb doesn't capture your interest, then you can try a CBD shampoo that's intended to help you relax just a little bit.

Moisturize with It

Another great product that you can use after your shower or bath would be a CBD-infused moisture cream. This cream is scooped out with your hands and placed directly onto your skin. One of the best things about these creams is that they're great for soothing skin that has become irritated, and the ant-inflammatory agents in the cream can help you to reduce any sort of raised portions of skin that have been exposed to an allergen.

This can help you with anything from plant allergies to bug bites, so if you're looking for another way to get some relief from those minor inconveniences, then you might want to give CBD cream a try.

Conclusion

Phew, that is a lot of CBD information! I hope all this has been helpful for you and that you have more clarity around all the ways you can utilize CBD for health and healing!

[And as a SPECIAL BONUS for downloading this guide, I invite you to schedule a free 30-minute Integrative Health Discovery Session with me one-on-one.](#)

During this consultation, we will discuss what your personal health and wellness goals are and begin to design an individualized wellbeing plan to get you on track with your vision. If that resonates with you, you can [click here](#) to set that up. 😊



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