

## CBD TREATMENT REFERENCES

### CBD MEDICAL INDICATIONS<sup>1</sup>

Cannabidiol – CBD - is a cannabis compound that has significant medical benefits, but does not make people feel “stoned” and can actually *counteract* the psychoactivity of THC. The fact that CBD-rich cannabis is non-psychoactive or less psychoactive than THC-dominant strains makes it an appealing option for patients looking for relief from [inflammation](#), [pain](#), [anxiety](#), [psychosis](#), [seizures](#), spasms, and [other conditions](#) without disconcerting feelings of lethargy or dysphoria.

Scientific and clinical research—much of it sponsored by the US government—underscores CBD’s potential as a treatment for a wide range of conditions, including [arthritis](#), [diabetes](#), [alcoholism](#), [MS](#), [chronic pain](#), [schizophrenia](#), [PTSD](#), [depression](#), [antibiotic-resistant infections](#), [epilepsy](#), and other neurological disorders. CBD has demonstrable neuroprotective and neurogenic effects, and its [anti-cancer properties](#) are currently being investigated at several academic research centers in the United States and elsewhere. Further evidence suggests that CBD is safe even at [high doses](#).

Project CBD responds to inquiries from all over the world. Almost everyone wants to know [where to get CBD-rich products](#) and [how to use them](#) for maximum benefit. After decades in which only high-THC cannabis was available in North America and beyond, CBD-rich strains and products are now available to medical users.

#### **“CBD-rich” versus “CBD dominant:”**

By “CBD-rich,” we mean a cannabis strain or product that has equal amounts of CBD and THC, or more CBD than THC (usually at least 4 percent CBD by dry weight.). By “CBD-dominant,” we mean strains or products that are CBD-rich but have very little THC content.

### CBD DOSING STRATEGY

Cannabis can be effective therapeutically at a wide range of doses. There’s no standard dosage that’s right for everyone. Here are some do’s and don’ts for dosing cannabis:

- The successful use of cannabis as a medicine depends on managing its psychoactive properties. Many people enjoy the cannabis high; others

do not. A person's sensitivity to THC ("The High Causer") is key to implementing an effective treatment regimen.

- One does not need to smoke marijuana or get high to benefit from medical cannabis.
- CBD is not psychoactive like THC. High doses of CBD-rich formulations are safe, well tolerated, and sometimes necessary.
- But high doses of CBD are not always more effective than lower doses. As little as 2.5 mg CBD combined with a small amount of THC can have a therapeutic effect.
- Preclinical studies have shown that full-spectrum CBD-rich cannabis oil (with a small amount of THC) is efficacious at much lower doses and has a much wider therapeutic window than pure, pharmaceutical-grade CBD.
- Less is more: Cancer patients who received 21 mg/day of Sativex (a cannabis sublingual spray with roughly equal amounts of CBD and THC) experienced significant reductions in pain, more so than cancer patients who received 52 mg of Sativex, while those who were given 83 mg of Sativex reduced their pain no better than a placebo.
- Cautious titration is recommended when ingesting THC-rich cannabis products (with little CBD). Microdosing as little as 2.5 mg THC can provide symptom relief without making a person feel high. If well tolerated, consider increasing the amount of THC to a total of 15 mg divided equally throughout the day.
- Cumulative doses of THC exceeding 20-30 mg per day – or a single dose of 10 mg or more – may cause unwanted side effects.
- For cannabis-naïve patients, it may be best to start with low doses of a CBD-rich remedy with little THC and slowly increase the dosage – and, if necessary, the amount of THC – one step at a time. Take a few small doses over the course of the day, rather than one big dose.

Figuring out the optimal dose of cannabis may involve some trial and error.<sup>2</sup> A balanced ratio of CBD and THC could have a greater therapeutic impact than either CBD or THC alone. Adjust the amount of CBD and THC until you find the sweet spot with the right combination of both compounds. In essence, the goal<sup>3</sup> is to administer consistent, measurable doses of a CBD-rich cannabis remedy with as much THC as a person is comfortable with.

<sup>1</sup> <http://projectcbd.org> - Recommended for extensive research, and additional insights

<sup>2</sup> See this video for further dosing insights: <https://healer.com/cannabis-101/>

<sup>3</sup> Download PDF Instructions: <https://www.projectcbd.org/resources/educational-brochures>

Listen to several experts comment on their use of CBD Oil at:  
<http://corebrainjournal.com/270>

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