



JULIE TEBBEN CNP

1310 Highway 96 E, Suite 204B,
White Bear Lake, MN, 55110

(651) 829-3949
julietebbencnp.com

CBD: What's all the hype?



CBD

- **Hemp vs Marijuana**
- **Why choose hemp over cannabis?**
- **History**
- **Legalities**
- **What is Cannabidiol?**
- **The Endocannabinoid System**
- **Dosing**
- **Safety and Side Effects**

Potential Uses

- Chronic Pain
- Arthritis and Joint Pain (anti-inflammatory)
- Anxiety and Depression
- Insomnia or Sleep Disorders
- Migraine, cluster, or tension headaches
- PTSD
- Anti-nausea and GI Benefits
- Anti-Cancer
- Allergies and Asthma
- Epilepsy or Other Seizure Disorders
- Neuroprotective
- Other- The most common "Other" conditions reported were neuropathy (n=48), autoimmune conditions (n=38), and fibromyalgia (n=37).

Types of Products

- | | |
|----------|----------|
| Tincture | Capsules |
| Topicals | Sprays |

Before You Purchase...

Check how the CBD Oil is made

Before purchasing any CBD oil, research the vendor's production methods. The information can be found on their website, or through talking to a customer service representative. I highly suggest going after CBD processed through ethanol and/or supercritical CO2 extraction.

Check the source of the CBD Oil

Look into where the CBD brand sources their hemp from. If available, try to find US grown hemp, as US farmers are required to get certified by state departments of agriculture. Such information can be found on the retailer's or manufacturer's websites as well as through their support center.

Check the amount of THC present in the CBD Oil

The optimal level of THC present in CBD oils should not exceed more than 0.3 %, so make sure that you check the labels or ask for lab results for the CBD oils before purchasing them.

Check for a "Whole-Plant" or "Full Spectrum" Label

Check the labels on the product to determine if the manufacturer uses the whole plant in their products or check their websites for the information. Some brands use the term Whole Plant while others could use Full Spectrum.

Check for third-party lab results when buying quality CBD

A reputable brand of CBD oil should always have recent lab results available. Some provide them on their website, while others include them in the packaging or both. Good customer service is another sign of quality CBD oil, so check in and get them to help you if you're having trouble finding the lab results.