

WHAT YOU NEED TO KNOW ABOUT USING HEMP

# HEMP EXTRACT REVOLUTION



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# Introduction

Hemp has been a real prodigy to humans for centuries. Some countries used it for medicine, while others refused to take advantage of the properties of this useful plant. But after many years of darkness, it moves into the light triumphantly as a conqueror of all restrictions that were once placed upon it. Why did it return, and how can you squeeze more benefits from hemp? Where can you use this amazing plant, and how can you buy it in your country? Let's talk about it!



# A Brief History of the Hemp Plant

Hemp has a very rich history. Archaeologists have found traces of hemp in modern-day China and Taiwan. Considering the archaeological evidence of their findings, we may appreciate that hemp may have been cultivated as early as 8,000 BC.

- Hemp's usefulness was praised by Chinese emperors as well as doctors.
- George Washington himself had his own hemp field.
- Queen Victoria used cannabis tincture to reduce her menstrual cramps.
- Hemp herbs were found in Shakespeare's pipes.
- And in 1942, the public saw for the first time a prototype of a fully functional car made of soybeans and hemp—Henry Ford used cannabis to create the first green car.



In general, this plant has been exploited by every civilization that has made progress in the world. Its long history shows how rich hemp culture is and the great importance this plant has to humankind (not to mention the endocannabinoid system).

For example, in ancient China, hemp was considered one of the five most important farm crops. Moreover, in many tropical parts of the world to this day, hemp grows without human interference. The seeds of this plant are used to feed animals, and its fiber is used to confection hemp rope, it spread here thanks to farmers who started growing hemp in this area.





It is additionally used in the production of clothing, paper, oil, and it is consumed as food and, of course, as a drug, a fact that has caused controversy throughout the history of this versatile plant.

The first cannabis-based drugs appeared in the mid-nineteenth century. Accordingly, from World War II until the early 1960s, researchers studied hemp solely as a dangerous drug. Further research on this plant began after scientists discovered the psychotropic component of hemp, delta-9-tetrahydrocannabinol, or THC. It was discovered by Raphael Mechoulam and Yechiel Gaoni, researchers at the Weizmann Institute of Science in Israel.

An increasing amount of research demonstrates that the use of hemp is not only safe but has no side effects, either.

## ATTENTION

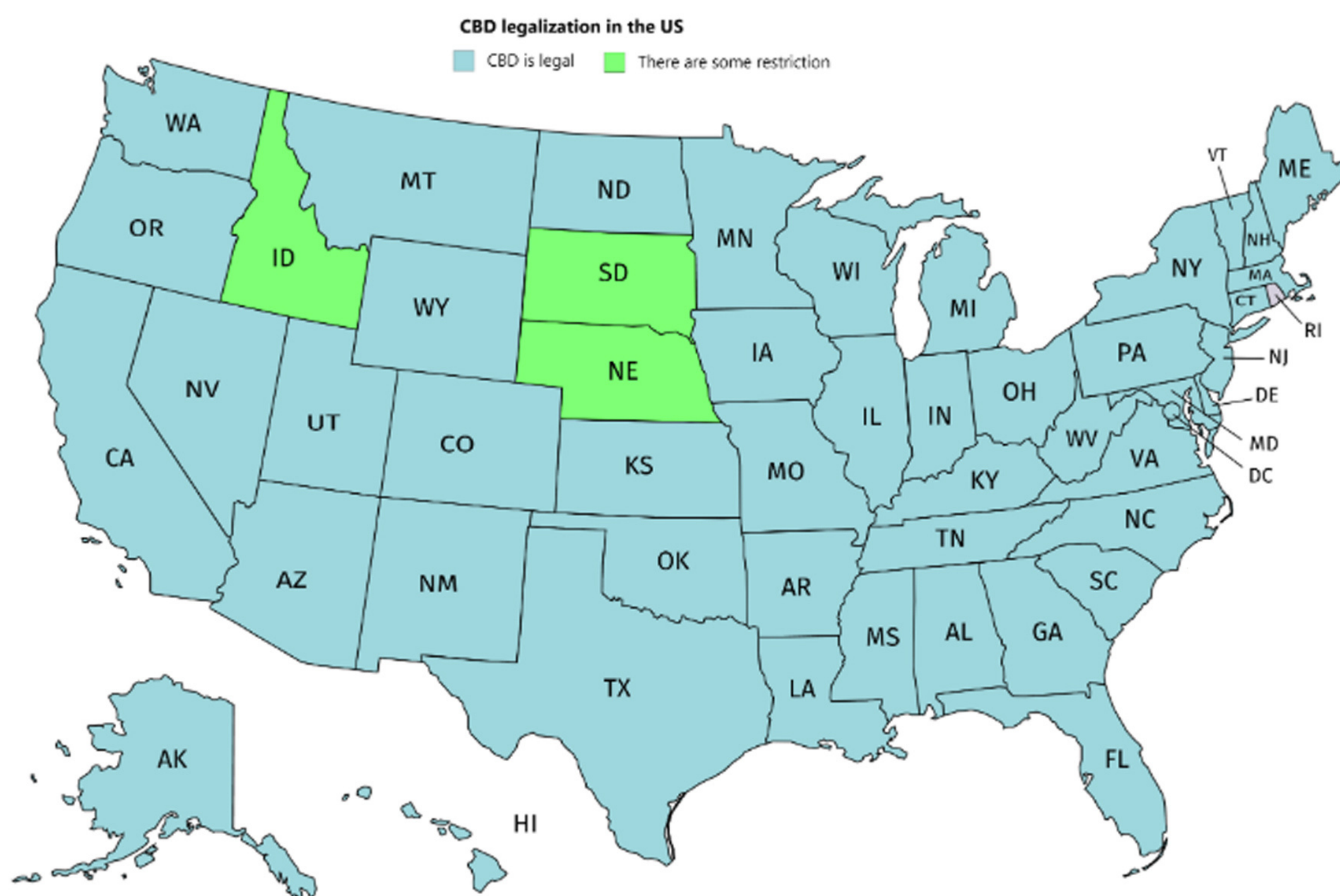
The largest survey on cannabidiol or CBD usage to date found that women were more likely than men to use CBD and once they started using it, were likely to drop their traditional medicine. A new survey from Brightfield Group and HelloMD covered 2,400 of HelloMD's community of 150,000 members and did a deep dive into the usage of CBD products and their effectiveness. HelloMD is an online community that brings together doctors and cannabis patients.

Source

Thanks to research that keeps changing the image of hemp for good, it is currently experiencing a renaissance.

# Hemp nowadays (LEGALIZATION)

Numerous research has opened up more and more hemp opportunities, so some U.S. states have begun to legalize medical marijuana. Given the demand and encouraging research results, in 2018 in the U.S., the most liberal states started legalizing hemp.





Legalization process started by allowing one to possess small doses for personal use. In states that are more conservative and not as confident about fully legalizing hemp, such a situation is a bit more complicated. As a result, great controversy still arises regarding some other facts and one of hemp's compounds. To be more particular, it is above mentioned THC derived from the Cannabis indica plant which is prohibited in most states. On the contrary, the species mentioned above is Cannabis sativa, which contains a valuable compound known as CBD. You will learn about all the varieties of hemp in a moment.

## **Hemp Strains**

Hemp is a universal plant. It's no secret that it has many strains and even more possibilities for use.



However, not all hemp strains have the same effect, depending on which of the varieties is more dominant, i.e., *Cannabis sativa* or *Cannabis indica*. In his book titled “Cannabis Pharmacy,” Michael Backes states that what is said about these two strains of hemp is highly controversial.

### **Let’s start from *Cannabis indica***

*Cannabis indica*: these plants are shorter, conical in shape, and have wider leaves. Indica plants come from cooler, drier mountainous regions, such as those in Nepal, India, and other areas of the Indian subcontinent where summers are cooler and shorter.

Very high THC levels characterize this hemp strain. Above all, this strain of hemp has intoxicating properties. According to the book mentioned earlier, Michael Backes says that almost no *C. indica*-labeled broad-leaved varieties available in pharmacies contain CBD.



Marijuana, which is produced from the *Cannabis indica* plant, is banned in most countries. As research shows, this particular strain can be used as a supportive element for easing the symptoms of various types of diseases, although such use is not very popular yet.

The mental state that *C. indica* is capable of producing is often referred to as “Mind High.” This is because THC, in terms of popular belief, is a stimulating and awakening ingredient. However, the subjective experiences related to the effects of THC depend on the personality characteristics of the individual, the dose, and the emotional state at the time of consumption. Contemporary varieties of marijuana (due to the high concentration of THC at the expense of a low CBD content), can cause—especially in people with genetic predispositions—psychotic states, or it may even lead to the development of schizophrenia.



## **Cannabis sativa. How is it different from C. indica?**

Cannabis sativa: tall and loosely branched plants with narrow leaves characterize this variety. According to scientists, Cannabis sativa comes from East Africa (Ethiopia) and South Africa, Central America (Mexico), southern parts of North America (California, Arizona, Texas), Latin America (Venezuela, Colombia), and is also found in the Caribbean, Hawaii, the islands of the Pacific and Indian Oceans (Bali, Philippines), as well as in Southeast Asia (Thailand, Vietnam).

This is where we come to the effects of using Cannabis sativa. Varieties of hemp (Cannabis sativa) contain trace amounts of the psychoactive substance THC—at most 0.2 percent. From the tops of these hemp plants, CBD—an anti-psychoactive, neuroactive, and neuroprotective ingredient that has a very wide range of practical uses—is produced.

Cannabis sativa provides high-quality minerals. In hemp seed products, we find phosphorus, potassium, magnesium, calcium, sulfur, iron, manganese, sodium, silicon, copper, platinum, boron, iodine, nickel and tin, B-group vitamins, as well as vitamins A, C, E, and K.

## **Cannabis hybrids**

There are many hybrids, i.e., ones that emerged by crossing different varieties, including *C. sativa* and *C. indica*, on the market. This allows growers to obtain the most desirable qualities and provide customers with an even better quality, specialized product while eliminating undesirable properties.

Also, do not forget that consuming too much hemp can endanger your health—and life. It is a good idea to consult with your physician before consuming any new supplements. Before you decide to try any of the strains, it is important to remember that the cultivation and consumption of certain strains of hemp is strictly prohibited in some countries.

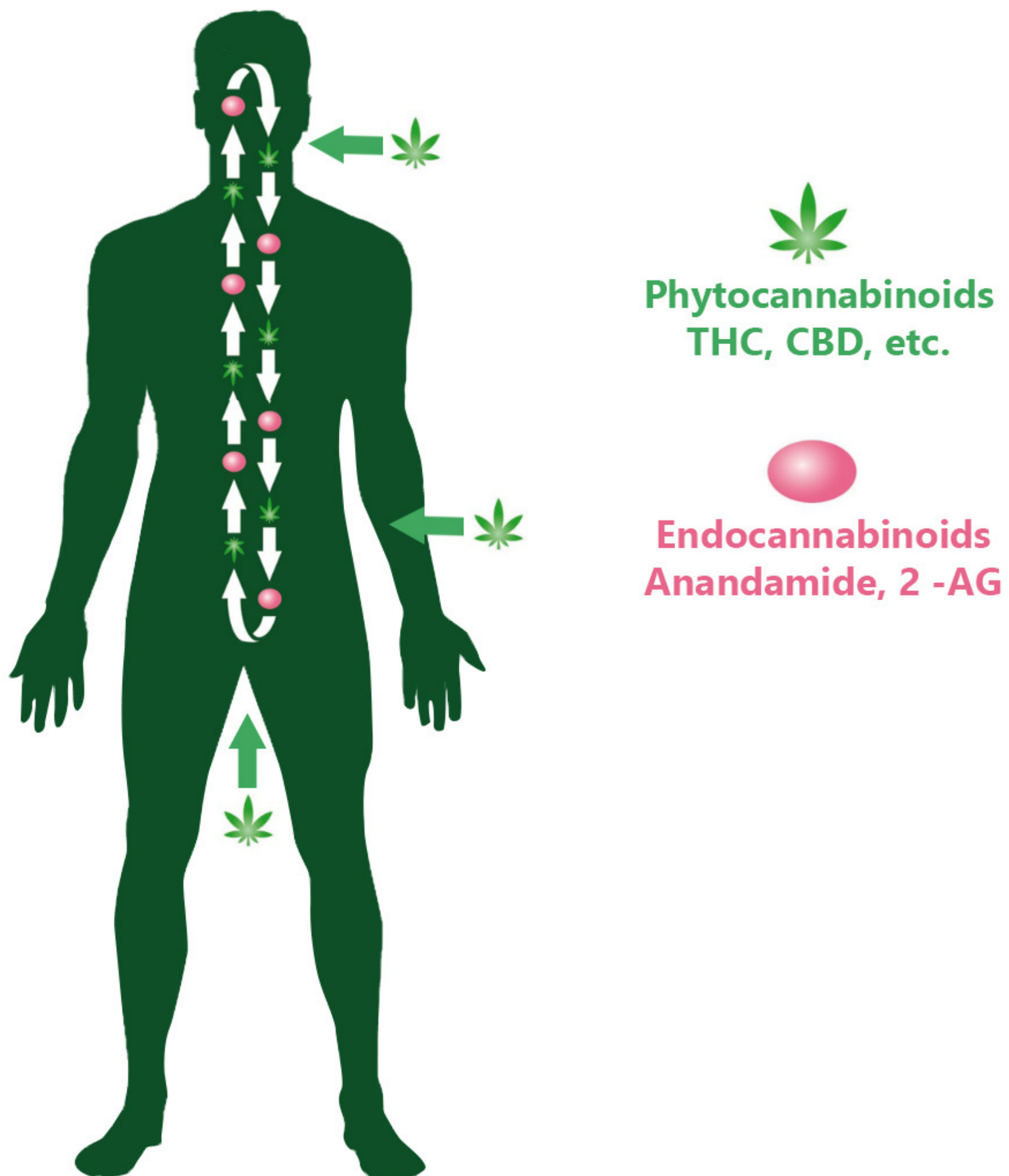


# How Hemp Works in the Body

As you know, hemp is experiencing a major surge in popularity right now. You might even call it a craze! Whether you're looking to enhance your beauty routine, treat a migraine, chronic joint pain or some other health condition, enhance your daily relaxation routine, or even give a boost to your pet's wellness, you can find lots to appreciate about the newfound availability of hemp and hemp-derived CBD products. But how does hemp-derived CBD actually function in the body? And what makes CBD work? Which part of the body do hemp and CBD affect?

Whether you smoke a hemp flower or consume CBD via CBD oil, a soft gel capsule, or some type of edible, your physiology will be interacting directly with cannabinoids.

Your body will experience this interaction through what's known as the Endocannabinoid System (ECS).





The ECS is comprised of molecules and cell receptors located throughout your body, which are broken into two categories:

1. Cannabinoid 1 (CB1) receptors, which are located on nerve cells in your brain and on your spinal cord, as well as other organs.
2. Cannabinoid 2 (CB2) receptors, which are located in your immune system, reproductive organs, and peripheral nervous system.

Your ECS is very complex, and scientists are still studying exactly how it works and how it affects one's health outcomes in both the short term and the long term. However, what we know for sure is that the ECS helps your body preserve its natural balance on a chemical and physiological level—including your metabolism, your sleep cycle, your mood, your appetite, your immune system, and many other bodily processes. Essentially your ECS helps to maintain your body's homeostasis despite the

effects of one's environment, including stresses of various kinds.

And as we all know, stress is a normal and unavoidable part of modern life. But that doesn't mean your response to it has to be one of resignation! You can actually help to protect your body's natural balance thanks to the amazing power of the hemp plant.

## **What exactly do hemp and CBD do for the body's Endocannabinoid System?**

Of course, your body supports the ECS system on its own as part of its normal operation.

However, the cannabinoid compounds found in hemp can help to support this system. CBD in particular is effective, because it doesn't bind to receptors in the ECS like some other cannabinoid compounds, but rather helps your



ECS by preventing the breakdown of your endocannabinoids.

That means all of the super important bodily processes we mentioned earlier—including your metabolism, and your sleep cycle, and your mood, and your appetite, and your immune system, and many other systems—will function a lot more normally when CBD is introduced to your ECS system. Like any other effective herbal supplement, hemp or hemp-derived CBD can help your body do everything that it's designed to do.

And as a result of proper physiological functioning, you can enjoy a life of far greater wellness and health.

## **What's the best way to get hemp and CBD?**

The great news is that CBD is now available in more forms than ever before in history.

Passage of the 2018 Farm Bill classified hemp and hemp-derived products like CBD as an agricultural commodity, making it legal in a majority of US states.

From the tried-and-true hemp flower or CBD oil to CBD edibles, tinctures, lotions, balms, and vape cartridges, hemp-derived CBD is a bona fide craze that's sweeping not only the nation but also the world. Whether you want to enhance your beauty routine in a more natural way or even help your pet live a happier and healthier life, you're bound to find a way to appreciate the power of CBD. We suggest experimenting with multiple products to see what works the best for you and aligns with both your health and lifestyle goals.

However, like with any herbal supplement, there are a lot of pretenders out there. Before you make a purchase online or at a brick-and-



mortar retailer, you'll want to make sure the hemp products that you buy are legal, quality, organic, pure and made from all-natural CBD. If you are an adult who's looking to find a great deal on a range of high-quality CBD products, [check out the Oherbzs online store.](#)

## **The Effectiveness of Hemp for Women's Health**

In everyday life, women who perform small beauty rituals as part of their daily regimens are more likely to enjoy beautiful, healthy skin. It's also no secret that not every woman knows what products to use, what procedures to perform, and the order in which everything has to be done. A closer look at the ingredient list of our cosmetics reveals that the skincare products we are using is not enough.

To achieve beautiful and healthy skin, you need to take care of it every day. Daily facial skincare will not produce miracles without three important steps—facial skin cleansing, moisturizing, and protection.

## **CBD hemp oil and your skin**

The use of CBD hemp oil does not have to be limited to oral ingestion. When the problem involves skin diseases, hemp products can be applied topically in the form of creams, ointments, and balsams. Research shows that CBD hemp oil may positively accelerate skin regeneration, thanks to which cannabidiol ointments might significantly diminish the symptoms of severe allergic skin diseases, e.g. contact dermatitis, atopic dermatitis or eczema, that cause itching and cosmetic defects, as well as soothe allergen-related issues.

The substance obtained from hemp contained in cosmetics also has a beneficial effect on the skin. It might brilliantly work as a regenerating and anti-inflammatory agent. Cosmetics based on hemp oil from hemp seeds can be recommended for allergy sufferers; they do not irritate, and they are more likely to relieve itching attacks.

## **Why are hemp cosmetics so popular?**

CBD extract from hemp is primarily a highly effective free radical scavenger that has a negative effect on the skin aging process and helps to maintain its natural regeneration processes. It soothes overactive skin and makes allergic reactions or pruritus associated with atopic dermatitis less bothersome. CBD also has regenerative properties. It accelerates the healing of skin microdamage, prevents water loss, and may protect against adverse external factors, including UV rays.



When choosing cosmetics containing CBD hemp oil, it's worth focusing on quality and choosing products from well-known, renowned brands in the cosmetics market that use the highest quality raw materials and without any chemical additives that meet the highest quality standards.

**Are you worried that CBD from hemp might be too aggressive of an ingredient for you?**

Hemp seed oil is so delicate that it can even be used in pure form for the care of infant skin. On this basis, many amazing cosmetics dedicated to sensitive skin are developed.

Free easy steps to keep your skin healthy

1. Facial cleansing. Cosmetologists and dermatologists unanimously agree that facial skin cleansing is essential for effective skincare. Washing your face and removing dirt and makeup should be an every evening ritual. Only the responsible removal of all dirt will allow

the skin to better absorb beauty care products and remove bacteria. Choose products that will help remove not only dirt but also your makeup.

**2. Moisturizing.** After proper cleansing your face, it's necessary to moisturize. However, this step is often thought best skipped if the skin is oily. However, this approach is wrong given that all facial skin types need to be moisturized, regardless of whether it is dehydrated, oily, sensitive or dry. In addition, properly moisturized skin will be able to better absorb other products that will help nourish the skin of your face. The most important factor is finding the right products that will suit your skin best.

**3. Protection of your skin.** Regardless of the time of year, properly protecting your skin from the sun should be an essential part of your daily routine. Even in winter, the sun's rays damage your skin. UV rays accelerate the aging process

of the skin, causing skin discoloration and dryness. That is why a cream with SPF protection is necessary for daily facial skincare.

Remember that the most important rules of skincare are very simple. All you need to do is clean, moisturize and protect your skin against the sun. If you follow these simple steps and use the right products, you'll enjoy beautiful and healthy skin. Of course, keep in mind that your skin should also be nurtured from the inside!

## **Hemp for migraines**

Migraine pain is classified as intense pain that pulsates in a specific area of your head. The pain is paralyzing and is often accompanied by nausea, vomiting, and sensitivity to light or sound. Migraines affect 10 percent of the global population, and according to NIH statistics, they are three times more common in women than in men.



According to research conducted by a team of scientists from the University of California focused on the endocannabinoid system and its role in preventing migraine headaches, the activation of cannabinoid receptors in the brain can help modulate pain signals. Knowing that cannabinoids are associated with the perception of neuropathic pain, the researchers wanted to see if they could have a similar effect in minimizing the symptoms of migraines, which is primarily characterized by a pulsating and persistent headache.

Substances corresponding to endocannabinoids can be found primarily in hemp plants. For this reason, according to mentioned research, hemp is used to support the action against many diseases, particularly those associated with the nervous system.

Even limited studies that indicate a daily dose of hemp for migraines show that CBD hemp oil may help reduce the intensity and frequency of

symptoms. We suggest adding hemp products to your daily routine as a preventative supplement. It might also help fight against many migraine triggers such as stress, anxiety, and insomnia. Daily usage can approach the problem in two ways. Some people say that hemp for migraine helps when you start feeling the early signals of a migraine. Many migraine patients report the benefits of taking sublingual CBD hemp oil when they feel or “see” a migraine attack coming on the horizon.

## **The Effectiveness of Hemp for Men’s Health**

Open up any men’s health, fitness or lifestyle magazine and flip through the pages and you’re bound to see some common questions addressed:

- How do I get back some of the energy I had when I was younger?
- How do I recover from intense workouts or injuries quicker without relying on pain killers?
- How do I give myself more sexual potency and stamina in bed?

For every one of these questions, there are likely to be a hundred different answers—and don't be surprised when some of those answers have an expensive gimmick, gadget, or fad diet attached to them. The multi-billion dollar industry surrounding women's health and fitness gets a lot of attention, but the one surrounding men's health and fitness is no slouch, either.

But what if there was a powerful solution to some of the problems posed in the questions above, one that didn't involve a prescription or hefty price tag?



Well we have good news: such a solution does in fact exist, and it's called CBD.

## **How does CBD help with men's health?**

CBD works in the body through interactions with what's known as the Endocannabinoid System. Though scientists are still studying these interactions, what's known definitively is that the ECS is extremely important to your health because it helps preserve the natural balance of various bodily systems on a chemical and physiological level. CBD helps your ECS by preventing the breakdown of your endocannabinoids—which means the functioning of the effected systems is greatly improved!

So what are some of those effected systems?

They include:

- Your metabolism
- Your sleep cycle
- Your mood
- Your appetite
- Your immune system
- And more!

That sounds great, sure—but let’s be a little more specific, shall we? With this as our background information, let’s go through those earlier questions one by one.

## **Can CBD help with my energy?**

When men are teenagers and young adults, they pride themselves on being energetic and full of a natural vitality. Athletic competition, wild weekends or vacations, and active social lives are often held up as hallmarks of good health.

However, this isn’t true for everyone! Moreover, as men get older, the effects of both aging and busier “adult” schedules sometimes conspire

to sap men of their energy. Though some of this is inevitable—after all, nobody can turn back the hands of time—it's possible the fatigue and malaise you may be experiencing is completely avoidable.

One thing CBD can do is help to regulate your natural sleep cycle, also known as your circadian rhythm. Deeper, fuller sleep means you'll experience more refreshed and energetic days.

It's neither healthy nor sustainable to suffer through restless nights and exhausted days while bolstering your energy artificially via an anxiety-inducing stimulant like caffeine. For optimum energy, the key is to enjoy better sleep.

## **Can CBD help me recover from intense workouts or injuries?**

Though the legend of CBD is growing among the elderly as an alternative treatment for



arthritis and joint pain, you don't have to have graying hair to enjoy the pain-relieving benefits of hemp-derived CBD. An increasing number of professional athletes are singing the praises of CBD and adding at least some form of it to their regular wellness supplementation. Whether it's ingested or taken orally to deepen the restfulness of sleep or applied topically to help ease pain in the body, CBD offers a range of positive health benefits for the active man.

## **Can CBD help with my sexual performance?**

By far one of the hottest topics in the world of men's health is that of sexual potency and performance. And it's most likely been that way as long as humans have procreated! Whether you're a young man or getting up there in years, your ability to perform well in bed likely wields a major impact on your self-esteem and overall enjoyment of life.

As a result, there are innumerable pharmaceutical responses for issues of sexual performance. However, how many of those pills address the underlying causes of sexual dysfunction, which often include:

- Anxiety
- Depression
- Stress
- Fatigue

These are fundamental health problems that require a fundamental solution—not just a pill that treats the symptom of the problem. CBD is powerful because of its ability to address the root causes. A man who isn't anxious, depressed, stressed, or tired is a man who can perform his absolute best in the bedroom.

## **Where can I get CBD for men's health?**

Like any health product or supplementation, you'll want to fully vet the source of your hemp-derived CBD. You'll want to ensure the

products you're using—whether bought at a traditional store or ordered from an online shop—are legal, quality, organic, pure and made from all-natural CBD.

The good news is, Oherbzs can help!

At Oherbzs, all of our inventory is 100% organic, non-GMO, broad spectrum CBD products with no harsh chemicals. Plus, our products come backed by a dedicated customer service team and we offer free shipping on all orders in the United States. No matter what men's health solution you're searching for, Oherbzs can help. [Browse our online store here.](#)

# Benefits of Giving Hemp to Pets

Hemp for animals is gaining a lot of popularity, and you can come across many different products specifically designed for your little friends. You've probably heard that cannabidiol, known as CBD, is one of the key ingredients of hemp that has been arousing the curiosity of scientists, doctors, and the general public for several years.

Hemp itself is a complex plant that contains many substances, including cannabidiols. And those cannabidiols have very promising properties that can support our body's health. Research has shown that CBD can be potentially effective in combating certain types of attacks, pain, nausea, anxiety, stress, gastrointestinal problems, and cancer. Hemp can have a positive effect on our health by



helping us and our four-legged friends in a kindly similar way.

Hemp is a groundbreaking discovery among those seeking natural ways to provide relief to their beloved furry ones. All you need is this unique ingredient from hemp that can have a positive effect on your pet's overall health.



## **CBD hemp oil for animals—dogs, cats, and many other pets**

Introducing hemp to a pet's balanced diet may be beneficial to your cat or dog's overall health, whichever pet it might be. This is due to the unique way CBD from hemp engages the animal's natural endocannabinoid system (ECS). It turns out that almost all organisms on Earth, and certainly all animals, have an endocannabinoid system that can be stimulated by CBD in a similar way as in humans. By reaping CBD's potentially therapeutic benefits and combining them with the already well-proven health effects of fish oil with added vitamins and trace elements, it can be a very good recipe for health.

## **CBD hemp oil dosage**

The US Food and Drug Administration has still not revealed hemp as a product with some effect for dogs (or humans), nor does it suggest CBD hemp oil dosing for animals. Keep in

mind that any medications or supplements carry a potential health risk, so it's important to try a low dose first and monitor how your pet responds to it and how he or she feels.

The small initial dose that you would take for yourself should be even smaller for animals, for whom dosing may be difficult and possibly also problematic since we are unable to find out from them whether their condition has improved—we can only observe their behavior.

CBD hemp oil used for animals has no psychoactive effect. This means that they will not be intoxicated by these hemp products. However, as we have already written, we must not forget that it's worth watching the pet closely. The best way is to pay attention to their mood for the first two weeks when we start giving them any supplement. Also, don't forget to write down your observations about the pet's behavior.

## Benefits of giving CBD hemp oil to pets

Decades of research have shown conclusive evidence that hemp has very beneficial properties. This is the obvious reason why veterinarians are interested in giving CBD hemp oils to cats and dogs; after all, these animals have an endocannabinoid system capable of processing CBD. Here are a few issues that hemp can have a positive effect on:

1. Hemp might help with a pet's depression  
Depression and anxiety occur when there is a chemical imbalance in the brain. Of all animals, dogs are considered to be particularly susceptible to this disorder. Reports by veterinarians and medical experts have shown that the use of hemp can help stabilize and normalize the chemical fluctuation that leads to these health problems. In addition, the CBD component from hemp may interact with serotonin and adenosine receptors in the dog's



brain to allow it to function properly. Many people use hemp to combat separation anxiety or the fear of fireworks and storms in dogs.

2. Hemp might relieve your pet's pain  
Swelling and pain in dogs and cats are regulated by the vanilloid receptor in the brain. It is believed that hemp with high concentrations of CBD interacts with these types of neurons and has been used to effectively block and prevent the receptor activation and signaling of the body from feeling pain.

3. Hemp might stimulate your pet's appetite  
Studies have shown that hemp can reduce nausea and stimulate appetite by interacting with many neurons in your pet's brain. As a result, it might encourage a sick person's body to self-repair—mostly when your pet suffers from systemic diseases such as seizures or cancer.

When considering buying hemp products for your pet, it is recommended to talk to a veterinarian. Don't be surprised if your vet doesn't recommend using hemp to treat your animal. Although many scientific studies have shown its effectiveness, they are relatively new to most doctors.

## **How Old Do You Have to Be to Buy Hemp?**

As more people around the world become interested in cannabidiol (CBD) products, many younger consumers are curious about the health and wellness benefits of hemp products as well. Obviously, it's important to this group of consumers that they have the most up-to-date information about what age they need to be to buy hemp from a hemp store.

Until a few years ago, the question of whether a younger consumer could purchase hemp flowers or hemp-derived CBD products online was pretty much a moot point, as hemp was (at least in the eyes of the law and the justice system) more or less synonymous with tetrahydrocannabinol, also known as THC, the psychoactive cannabinoid compound found in high amounts in the “marijuana” strain of the cannabis plant. Botanically this was not really accurate, which is why the passage of the 2018 US Farm Bill was a long-anticipated policy change.

The 2018 Farm Bill reclassified hemp—and therefore hemp-derived CBD products—as an agricultural commodity, thereby permitting US consumers to purchase hemp and CBD products with a THC level below 0.3% from online vendors and have their orders shipped directly to them via the federal postal service! (Legal gray areas surrounding the use and possession of hemp and hemp products do

exist in several states, however, so be sure to educate yourself on your state's latest laws before making a buying decision.)

So US consumers generally are allowed to order hemp flowers and CBD products online and have them shipped to their doors. But are there any restrictions regarding age? Are hemp products legal for minors? Do you have to be 18 to buy hemp? Or do you have to be 21 to buy hemp?

Before we answer that question, let's take into a few fundamental considerations before any purchase of a hemp product.

Based on reputation alone—as well as a steadily growing scientific consensus—CBD is considered to be something of a miracle compound. There's evidence to believe it's a potent remedy for joint pain, migraines, and a host of other chronic health conditions and maladies. People are eager to escape the high cost, harsh side effects and addictive nature of



Western pharmaceuticals, and hemp-derived CBD products appear to represent a bold new path to healing.

## **Always fully vet the source of your hemp purchases**

Hemp is rapidly growing in popularity and, generally speaking, remains far less regulated than traditional medicine. As a result, there's a fair amount of variation in terms of the quality of hemp products. You'll want to make sure the products that you purchase—whether from a traditional store or online shop—are legal, quality, organic, pure and made from all-natural hemp.

## **Remember, CBD from hemp is not the same thing as medical marijuana**

Some young people may be interested in obtaining hemp because of its derivation in the cannabis plant, one strain of which is marijuana. They may believe that consuming or vaping

CBD from hemp will produce the high of a THC product.

However, CBD is quite different from THC. Far from producing a vivid or potent psychoactive high, CBD from hemp offers most consumers a mild and calming experience, quietly working to improve outcomes with a host of common health conditions. Hemp products, while sometimes prescribed and considered medicinal, are not the same thing as medical marijuana.

So if you are looking to buy medical marijuana or marijuana products online, you must obtain a prescription from a licensed physician in a state where medical marijuana is legal, and purchase from a licensed dispensary or vape shop.

## **What age do you have to be to buy hemp 2020**

So you've consulted a doctor about taking hemp, thoroughly vetted the source of your hemp products, and you're fully aware that CBD from hemp does not offer consumers the same intoxicating effects as medical marijuana.

### **But are you old enough to buy hemp?**

There is not a detailed federal law related to the purchase of hemp by minors. However, most reputable online vendors—Herbzdepot included—market their products exclusively to adults who understand the ins and outs of their health and wellness and are making a fully informed choice. Any use of hemp by those under the age of 18 should be recommended and monitored by a professional and approved by the minor's parent or guardian.

Always consult with a doctor before taking hemp or any other natural supplementation.

# Uses of Hemp

So you're interested in trying cannabidiol (CBD) hemp oil for the first time and you're wondering how much you should take.

First off—congratulations on beginning your hemp health journey! Hemp has quickly become a bona-fide craze since the passage of the 2018 Farm Bill that categorized hemp as an agricultural commodity, leading the way for legalization in most US states. It's a craze for good reason! With its demonstrated ability to alleviate the symptoms of a number of conditions and maladies—including generalized anxiety, aches and pains, depression and insomnia, and much more—hemp appears headed for a well-deserved reputation as a “miracle” of holistic medicine.



However, like with any medicinal or nutritional supplementation, one should always consult with a medical professional first and foremost. But even after you've been given the all clear by your doc, you're probably still asking the question: How much CBD from hemp should you consume?

We'll go through everything you need to know about the correct dosage and precautions to keep in mind when trying one of the numerous hemp products available on the market today.

## **CBD Hemp Oil Frequently Asked Questions**

**How much CBD from hemp should I start with?**

Determining the correct dosage of CBD from hemp is considerably more complicated than you may think. Hemp is a product that's as old as time, but CBD from hemp products represent a relatively recent phenomenon. So there's not a ton of studies just yet related to setting the proper dosage.

However, a good rule of thumb is that if you're taking a hemp product for the first time, you should begin with a low-level dose and progressively increase as needed to achieve the desired effect. You want to ensure that your body doesn't react negatively to one or more of the product's components.

For example, for oils, begin with one or two drops (if it's an oral formulation) or a small puff from a vaping device. Again—start small! You want to be beneath whatever the recommended amount is as it's listed on the labeling.

After taking this limited dose, wait for the hemp to peak and leave your system before you attempt any higher doses. You might have to wait up to six hours for an oral product to leave your system! Be patient and give the hemp time to work its magic.

## **How much CBD from hemp should I take for my body weight?**

Remember, the philosophy of much of Western medicine is that of a single prescription for every person suffering from a particular illness, condition or disease.

However, you're special! Your individual weight, chemistry, and chemical tolerance should all inform the amount of hemp you consume. After all, each of these factors will affect how well you're able to tolerate CBD from hemp. So if you're smaller, take less! If you're accustomed to hemp—perhaps even the not-yet-legal strains—you may be able to consume more.

But like we said before: always start with a low dose of whichever hemp product seems the most palatable and appealing to you!

## **Can you overdose on hemp?**

The good news is, you shouldn't be too worried about overdosing on hemp. Although there's not a ton of official studies on the topic, the anecdotal evidence seems to be that it's unlikely you'd ever take "too much" of it. There have been clinical trials in which participants were prescribed up to 1,200 mg of CBD from hemp daily for months without any serious side effects.

## **Will hemp interfere with my medications?**

Always start your hemp journey by speaking with a medical professional—especially if you're taking medications! Hemp products do have the potential to effect the way your body metabolizes a particular medication—such as

blood thinners, immune medications and antidepressants, just to name a few—so err on the side of caution and speak with a doctor before you take anything. That said, like any great supplement, hemp is considered by many to be an excellent compliment to other medical treatments.

## **What’s the best way to take CBD from hemp?**

There’s not necessarily a “best” way to consume hemp—only the way that’s the best for you personally.

Some of the most popular methods of ingesting CBD from hemp are:

- CBD oils
- CBD tinctures
- CBD edibles
- CBD gummies
- CBD soft gels
- CBD capsules
- CBD creams
- CBD balms and lotions
- CBD vape cartridges



Your dosage will depend not only on your own body weight and chemistry, but on the method you choose. That's why you should go with whatever seems the most appealing, then proceed cautiously but confidently.

## **How long does hemp take to kick in?**

How long hemp takes to kick will depend on the method you choose (see previous section). For example, soft gels and capsules will take longer to kick in than oils or tinctures, but will offer you a more sustained and steady level of CBD throughout the day. Vape cartridges will offer a very quick and short-term response, while creams and lotions offer localized effects.

Here's a look at how long it generally takes to feel the effects of various forms of hemp:

- Tinctures and sprays can take anywhere from 15 minutes to 45 minutes

- Vape products can take up to 30 minutes
- Topicals can take 45 minutes to an hour
- Soft gels and capsules can take up to an hour
- Edibles, such as gummies, can take up to two hours

## **How long will hemp last?**

Depending on your particular tolerance level, the effects of hemp typically last between two and six hours. Taking CBD from hemp will often produce the best results!

## **What else do I need to know about hemp?**

The bottom line is that hemp is typically extremely safe and well-tolerated by most everyone who takes it. And the growing consensus is that, simply put, the results speak for themselves! However, for maximum efficacy, hemp must be customized to your own body, physiology, needs, and expectations. Always consult your doctor first and foremost. Then you should expect an

experimental phase as you learn the ins and outs of this all-natural, wonderful little compound.

# The Bright Future of CBD Hemp Flower

Recent research confirms what decades of anecdotal evidence already indicated: certain compounds found in hemp can help to alleviate numerous physical ailments and conditions.

Cannabidiol, more commonly known as CBD, is a compound that's being heralded as an effective treatment for a range of chronic and debilitating physical ailments and maladies.

But do the CBD hemp oil benefits actually live up to their reputation?

If you ask a growing number of people around the world, the answer is a near-unanimous "Yes!" The hemp market continues to boom, with hemp available in a number of forms from

both in-person retailers and online hemp shops such as Herbzdepot.

Long story short, according to a new study by Grand View Research, Inc., the global CBD from hemp market is expected to reach a CAGR of 18.1% by 2027.

More studies of hemp are being done as more and more states legalize the growing, harvesting, and use of hemp-derived CBD. The future appears to be quite bright for CBD hemp products as a first class supplement.

Note: These statements have not been approved by the FDA. CBD oil has not been approved for the diagnosis, treatment or curing of any illness or disease.

# Resources

Become the part of CBD and natural healing community

Facebook groups you should join:



[www.facebook.com/groups/americanhemp](https://www.facebook.com/groups/americanhemp)



[www.facebook.com/groups/cbdoiluserseducation/members](https://www.facebook.com/groups/cbdoiluserseducation/members)



[www.facebook.com/groups/269962337023596](https://www.facebook.com/groups/269962337023596)



[www.facebook.com/groups/190004005148046/members](https://www.facebook.com/groups/190004005148046/members)



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