



Quick Guide: Getting Started With CBD

***Please remember:** Our CBD products or information are not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the Food and Drug Administration. If you have any concerns, consult your physician prior to use.

Hello and welcome to your new CBD lifestyle!

The intention of this guide is to **get you started enjoying the benefits** of CBD, and to clear any confusion in how to best integrate it into your daily routine.

CBD has shown positive effects as **an anti-anxiety, anti-cancer, anti-depression, anti-seizure, antipsychotic, anti-dementia agent with pain relief and sleep support benefits as well...***

So what do you need to know to get started?

First, know that CBD is an entirely **natural compound**, and that your body actually produces it and also has receptors built-in to receive it!

Cannabinoid receptors, located throughout the body, are part of the **endocannabinoid system**, which is involved in a variety of physiological processes including appetite, pain-sensation, mood, and memory.

Because CBD stimulates the endocannabinoid system, it helps to promote homeostasis in the body, which leads to reducing pain and inhibiting inflammation, the root of all disease.*

That said, for some people the first dosage or two of CBD can have unusual effects...

Some customers have reported feeling very awake (vs. relaxed), or feeling 'high'.

There is no THC in CBD (Or less than 0.03%), so it can not make you 'high', but the body sensations or feelings of relaxation may be heightened for the first few doses.

Also, the same customers who reported being 'wide awake' after their first doses, also happily report taking it every night to 'sleep like a baby' now.

...So We Say - "Try 3 And See!"

The reason we share this is to encourage you to try 3 and see...

Meaning reserve your judgement on how CBD interacts with your body until after you've tried a few doses (ideally 3-5).

We're not sure exactly why, but we think it has something to do with 'saturating' your cannabinoid receptors, and the process of getting started interacting with phytocannabinoids (like CBD) that come from the hemp plant.

Dosage Times

Along with giving it multiple tries before you declare "this works or this doesn't", **we recommend starting at night.**

Simply put, your first few doses can make you feel very drowsy, like sleep is the only thing you'd love to do.

In our experience, after you take a few doses, the effects are more mellow and you can take it any time of day.

Remember - everyone is different!

Experiment with yourself and do what feels right for you.

Side Effects and Medication

Other than untimely drowsiness, there is **no known negative side effects** of CBD oil.*

One area to focus on though is the interaction of hemp CBD oil with medications. Any medication that says "Don't eat grapefruit while taking this medication" could have a similar "Don't take CBD oil while taking this medication".

The reason for this is that a liver enzyme used to digest CBD, or grapefruit, or whatever is in that medication, can get over-burdened with too much to process at once.

This can lead to over-concentration of the medication due to under-metabolization.

Talk to your Doctor if you have any concerns.

What studies have shown thus far is that dosages under 100mg of CBD are safe to take and that it was in the higher dosages that overloading of the liver enzymes started to occur (with CBD and medication at once).

Also, you can try taking CBD at a time that is spaced apart from taking your conflicting medication (taking medication in the morning and CBD at night for example).

Again, ask your Doctor if you have any cause for concern.

Now, That's Everything You Need To Know To Get Started!

So **give yourself 3-5 days to try it out** and see how you feel!

If you have **any questions** don't hesitate to **email:** info@feelgoodhemp.org

Much Love,

Noah & Danielle Tyrrell
Co-Founders, FeelGoodHemp.org

*These statements have not been evaluated by the Food and Drug Administration. This product or information is not intended to diagnose, treat, cure, or prevent any disease. If you have any concern, consult your doctor prior to use of our product.