



## How to Take CBD Oil

Here in America, the American Medical Association lost credibility long ago... when it began investing in pharmaceutical companies... when it went against the recommendations of its own doctors and supported the prohibition of cannabis as a medicinal alternative... when they supported a bogus cancer-making food pyramid... sold its soul to the devil. But those weren't the worst sins. The worst sin was that the American Medical Association and their big pharma buddies conspired to make people afraid to listen to their own bodies.

The medical establishment's biggest sin is in brainwashing the public to doubt their own ability to know their bodies. Home-grown plant medicine and any attempts to self-doctor were

mocked. At one time the AMA promoted powder milk over mother's milk for babies. Have a headache? Go to the doctor. Baby has a rash? Go to the doctor. A little tummy-ache? Go to the doctor. Don't think, go to the doctor. We talk about this sin because taking CBD is safe and effective, but you must re-learn what your ancestors knew – how to take CBD oil; how to listen to your body; how to find your own best dosage.

That's not to say ignore your doctors, please, don't ignore your doctors. They are licensed and they are regulated. We are talking about a trend that wasn't good for people. That's not the same as saying that doctors conspired in this trend. Many did not. Many never stopped encouraging people to listen to their bodies; many never stopped believing in the power of plant based diets and plant-based medicines.



The science, the very study of the cannabis plant, has been forbidden for one hundred years and the return of the science

has only just begun. If you are using cannabis products, or hemp products, you are participating in a grand scientific experiment.

Knowing this, you must figure it out. Listen to your body. Take more or less. Experiment before giving up and remember, no one pharmaceutical pill, no one flower of medicine, heals or helps all people. There are some people that can smoke high THC-weed and never get high and there are some people, no doubt, for which CBD does nothing.

Your body will tell you, if you listen.

## **How to Take CBD Oil**

We are not scientists or doctors, so we are not licensed to give dosage information. That would be illegal and would get us in trouble. We do share what we know. We all started with 1/3 dropperful (1/3rd teaspoon) of CBD-infused oil drops, regular strength (500 mg of CBD in two ounces of liquid coconut oil) and then adjusted based on feedback from the body. There are approximately 12 teaspoonfuls of medicine in a two-ounce bottle. A full dropper represents a full teaspoon. One third of a dropper represents a third of a teaspoon. 500 mg of CBD divided by 12 teaspoons means there is approximately 42 mg of CBD per teaspoon and that means there is approximately 14 mg of CBD in a 1/3 teaspoon dose. There you have a normal starting point.



The actual dosage that you find depends on several factors:

1. The size of the person consuming the CBD
2. The reason for consuming the CBD (severe pain or anxiety or a long spectrum in between)
3. The specific health conditions of the person taking CBD / is the person healthy or does the person have a serious medical condition?
4. Is the person taking other medicines?
5. Is there one body part that is being treated (topical salve might be the solution) or is there a host of things?
6. What are the external forces in the person's life? Diet, exercise, stress? (If someone is beating you daily, it is unlikely that CBD will be the long-term solution.)

Some trying to manage severe pain might have to take CBD oil multiple times a day. Some who have extreme anxiety or extreme pain might have to combine the CBD with other forms of pain

relief, other forms of stress relief, modify diet, perform physical therapy.



We always tell people that their cannabinoid receptor systems are like the immune system and if your immune system was

lacking vitamin C and you had scurvy, one orange wouldn't cure that. One would need a lot of vitamin C at the beginning, and less as they get better. We believe CBD to be the same. More at the beginning, then taper off.

Maybe you have severe pain from an accident and want to get off your pain-pills. Remember that nothing the cannabis plant has to offer is as strong as oxycontin or the horse tranquilizers doctors give people. If you are migrating off of strong pain pills, work with your doctor on that front. Most doctors understand the challenges to the liver for people constantly taking pain pills and most doctors will cooperate in seeing you migrate to holistic pain relief.

## **How to Select CBD Oil?**

When choosing CBD oil, remember, there is pure plant oil (expensive, but 100% medicine) and there is infused oil. Our drops, for example, have a liquid coconut oil base and we cook the plant into it and strain it, making it 'infused', not pure plant oil. On the other hand, our Gelatin Capsules (gelcaps) are 100% pure plant oil, made from low-THC cannabis plants.



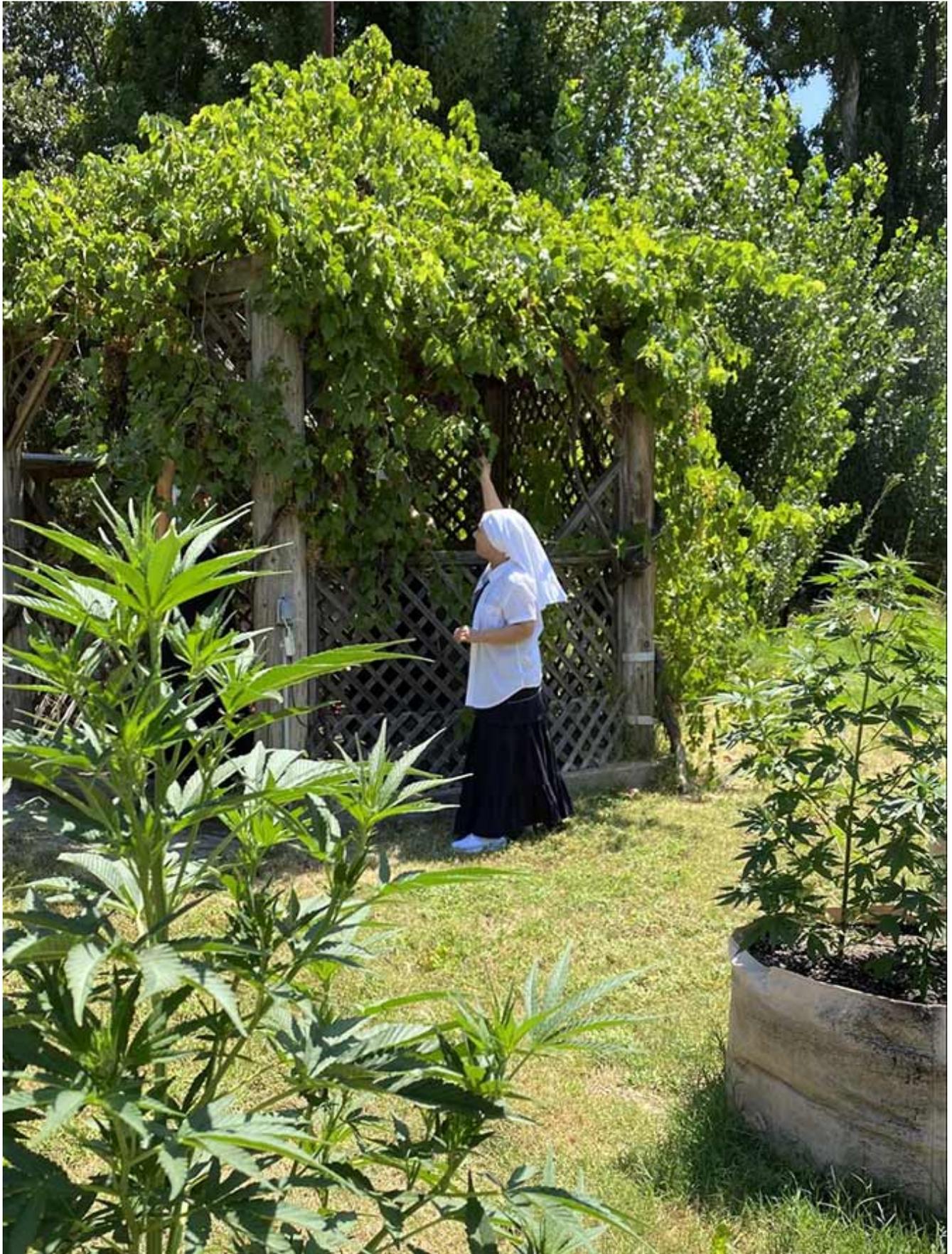
Maybe you just have a little trouble sleeping. Then the CBD-infused oil drops, 10 to 15 mg, might be your sleep dosage. I take a gelcap every night to help sleep, but I am sixty-one and run a large enclave of anarchist, activist sisters, so anxiety can rule supreme, if I allow it. I have found that tart cherry juice (a shot glass of that) along with my gelcap is helpful in inducing a healing night's sleep, but then, I am very active, biking and hiking and yoga, all in a normal day's routine, and the tart cherry helps with muscle recovery while sleeping.

## **What Options of Taking CBD Oil**

When it comes to CBD, there are choices. There are choices in our store, and there are many more choices if you look broadly, across all CBD providers.

1. [Regular strength liquid coconut oil drops](#) infused with CBD plant (500 mg of CBD in a two-ounce bottle)
2. [Double strength liquid coconut oil drops](#) infused with CBD plant (1,000 mg of CBD in a two-ounce bottle)
3. [Gel Caps \(gelatin capsules\)](#) that are made from pure plant oil (trace THC) 30 mg of CBD per capsule
4. [Regular strength tincture](#) (150 proof grain alcohol infused with CBD plant) 500 mg CBD in 2 ounces of alcohol

We also encourage everyone to continue in consultation with your medical doctor. The medical doctors have all the fancy equipment that can monitor your progress and we find most doctors now very accepting of plant-based alternatives to medicine.



The [Sisters emulate our ancient mothers](#) in the castles of Europe who grew cannabis, made medicine, soap, fuel and

textiles from it, and were known for their excellence throughout all the kingdoms of Northern Europe. We strive to connect the best from ancient times with the best of modern scientific knowledge. It's time modern medicine and ancient medicine dance side-by-side lovingly. For the best for humanity, we need both.