

# The Healing Ring's Guide to CBD

Let's talk about CBD and the other common compounds derived from the hemp plant.

**CBD** (cannabidiol) is a compound made from the leaves, flowers, and stalks of the hemp plant—the only parts of the plant where cannabidiol is found. CBD is the ingredient found in all of The Healing Ring's CBD Tinctures, and it may provide health benefits like reducing pain, anxiety, and nausea. CBD produces no “high” effect.

**Hemp oil**, or hemp seed oil, is made from the seeds of the hemp plant, meaning there is little to no CBD content. Products with hemp oil do not necessarily contain CBD.

**THC** (tetrahydrocannabinol) is the compound made from the hemp plant that has psychoactive properties, meaning it can alter your perception, cognition, and nervous system function, producing a “high” effect. Products with CBD may or may not have THC in them. **CBD products sold by The Healing Ring have either no THC or trace amounts of THC.** See the “Potency Ranges” section below.

To look for pure CBD in products, “cannabidiol” or “CBD” should be listed in the ingredients in a specified amount. If it is a CBD product, it will provide the **milligrams (mg)** of cannabidiol (CBD) on the ingredient list.

## Potency Ranges

### Mid-Potency CBD

- Good for those new to CBD
- Enhances overall well-being, helps control stress levels
- Helps with anxiety, chronic pain and inflammation
- The Healing Ring mid-potency tinctures have 2000mg of CBD

### High-Potency CBD

- Highest concentration, therefore you can use smaller doses
- Best for experienced users
- Best for those with sleep disturbances, intense pain and inflammation, daily stress and anxiety
- The Healing Ring high-potency tinctures have 3000mg of CBD

# Full-Spectrum vs. Broad-Spectrum CBD

**Full-Spectrum CBD** contains phytochemicals including terpenes, essential oils, and trace amounts of THC (0.3% or less). So, there is no “high” effect. Heavy use of Full-Spectrum CBD may cause a positive drug screen, even though there is no “high” effect.

This is the type of CBD tincture preferred by most people, who report improved efficacy due to the Entourage Effect. The Entourage Effect refers to all the phytochemical compounds in hemp-derived products coming together to enhance the effect of the cannabinoids.

## All About Dosing

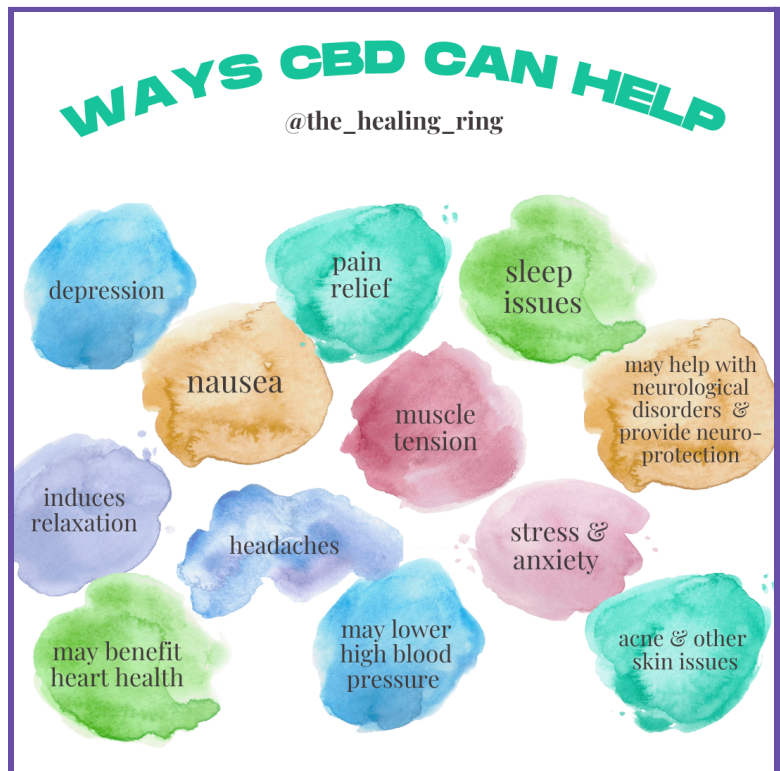
Finding your ideal dose ensures you will receive the full benefits of CBD while minimizing any downsides. We all require different amounts to achieve the desired effectiveness. Once you have reached that amount, consuming more will not provide more benefit, so it is important to find your **minimum** effective dose.

## Instructions for Finding Your Ideal Dose

To find your ideal dose, read through these instructions to the end before beginning. They are based on a system described by Dr. Dustin Sulak in a [2017 article in Rolling Stone magazine](#). I recommend doing this on a day when you have a few uninterrupted hours at home.

1. Consider keeping a notepad next to your CBD. Just before taking your CBD, ask yourself the following 3 questions and rate your answers 1-10.
  - How easy is it to breathe?
  - How comfortable and calm does your body feel?
  - How easy is it for you to smile authentically, to feel content and grateful?
2. After writing down your scores, place **1 DROP** of your CBD Tincture (**not** an entire dropperful) underneath your tongue, and wait 45 minutes to 1 hour.

**Broad-Spectrum CBD** completely removes THC from the product. Some individuals find Broad-Spectrum CBD less effective than Full-Spectrum CBD. However, if you are worried about consuming THC, this may be a good option.



- Place the drop(s) under your tongue and hold it there for at least 30-60 seconds. You want the oil to absorb under the tongue into your bloodstream for the highest bioavailability, so don't just swallow them.
3. Then, ask yourself the same 3 questions again. If there has been no change in your scores and you've felt no effect, increase the dose by **1 DROP**.
  4. Repeat the process over the next few days, increasing the dose by one drop at a time. When you reach a point where you feel a difference after consuming, you've found your **minimal effective dose**. Keep this dose, administering it twice a day for 3-5 days.
  5. Every 3-5 days, continue raising the dose one drop at a time. At some point, there will be no further benefit from a higher dose. You've established your **therapeutic range**. Your therapeutic range refers to the dosage range that achieves the desired therapeutic effect, with minimal side effects. Continue to experiment with the time of day for consumption to find what works best for you.

## Tips for Taking Your Healing Ring CBD Tincture

- Be sure to shake your bottle of CBD Tincture well before taking it.
- Remember to place the drops under your tongue for 30-60 seconds.
- Be patient! Don't get discouraged if you don't get the results that you were hoping for immediately. Your preferred results may take a couple of weeks.
- Please make sure Dr. Anna or your prescriber is aware of all medications and supplements you are taking.



Any questions for the team at The Healing Ring while starting on your CBD journey? Email [dr.anna@thehealingringla.com](mailto:dr.anna@thehealingringla.com).