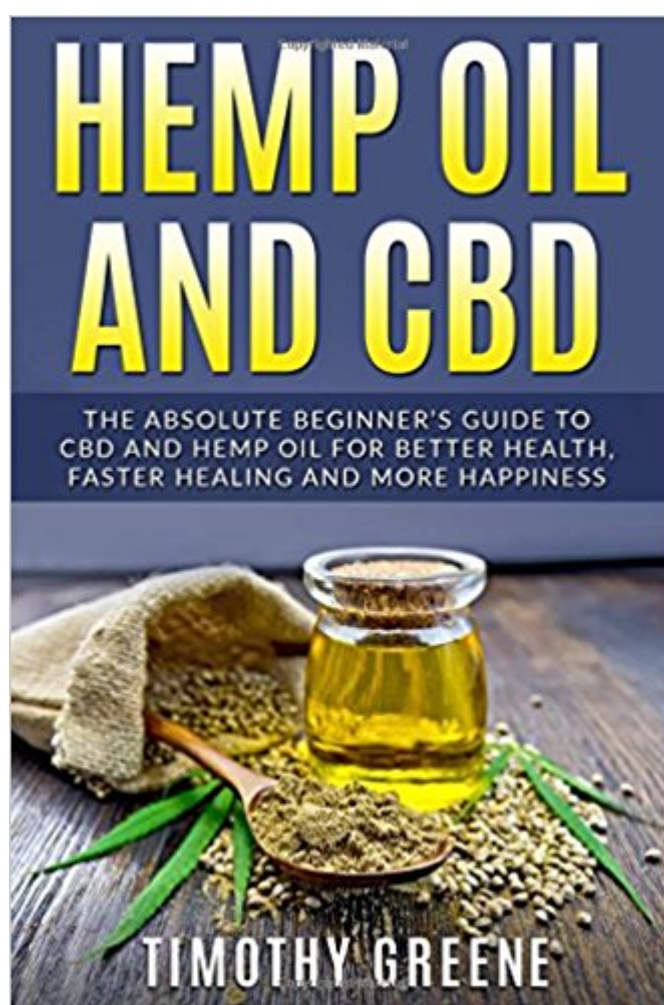


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# Hemp Oil And CBD: The Absolute Beginner's Guide To CBD And Hemp Oil For Better Health, Faster Healing And More Happiness



## Synopsis

Learn: How To Reduce Pain, Heal Faster and Enjoy More Happiness With Hemp Oil And CBD Can CBD oil help me with my pain? Can CBD oil help me with my anxiety? Can CBD oil help me with my depression? Is CBD oil safe to use? Is CBD oil legal? What exactly is CBD and hemp oil? If you are looking for answers to these questions, you have come to the right place. Understand The Benefits: In this absolute beginner's guide you will learn exactly what CBD and hemp oil is and how it can benefit you... Manage physical pain Enhance your mood Increase your memory Help your immune system Act as aphrodisiac Control your appetite Help you sleep Clear your skin Strengthen your heart This short book will take you from knowing nothing about CBD to being an expert in no time. From Beginner to Expert in 6 Chapters You will learn exactly... What hemp oil and CBD is

Chapter 1: Hemp Oil And CBD Explained How you can benefit from hemp oil

Chapter 2: Hemp Oil Benefits How you can benefit from CBD

Chapter 3: CBD Health Benefits How to make your own hemp oil

Chapter 4: Extracting CBD Learn how you can use hemp oil for health and beauty

Chapter 5: Recipes and Cosmetics Would You Like To Know More? Download and start reaping the benefits of CBD and hemp oil today. Scroll to the top of the page and click the buy button.

## Book Information

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## Customer Reviews

A lot of good things and a few sketchy things about this book. Good things. The recipes in the back. The section about the health benefits. I use Medical Marijuana to control my Crohns disease. Now let me go into the sketchy areas. Location 240. The author talks about hemp oil and CBD oil as if they are one and the same. In fact they're not even close to the same. Hemp oil is cold

pressed much like olive oil, and cbd oil is extracted from the buds and sugar leaves by several different ways. Alcohol, Naphtha, butane CO2, and others. The big difference is that CBD oil is rich in cannabinoids. And hemp oil has virtually none. You should still use hemp oil because it is rich in omega 3 fatty acids. And protein.<sup>354</sup> he talks about extracting cbd oil with Isopropol. This is not CBD oil at all. Isopropol will extract all the cannabinoids not just CBD. His method is almost identical to Rick Simpson Oil. If you want to extract the cannabinoids with Isopropol i would recommend you change the technique in the following ways.

1. Grind the buds and put the ground herb and alcohol in the freezer for at least 6 hours. You want the trichomes to be brittle and break off. I would use 99% Isopropol instead of 50-91%
2. Pour the alcohol to cover the herb and do a quick wash. I do 1 wash lasting about 85 seconds. Much longer and you start extracting the chlorophyll and alkaloids. These will make the oil very bitter. If you want to do a second wash you can but i don't find it necessary i get yields 17.2-24.5%. Once i had a yield of 16.9% and that was buds way too dry to smoke.

Now to purge off the alcohol. I am NOT a fan of heat from a rice cooker. Heat makes the oil dark brown almost black. Here's what i do. I line a shallow bowl with parchment paper and position near an open window i set up a small personal fan to blow across the liquid and blow the alcohol fumes out the window. When the liquid is 95% gone. Stick it in the freezer for a few minutes. Fold the oil onto itself till you have the oil in a small area. Then move the oil onto a cup warmer or candle warmer and use a low heat for the final purge. Too much heat and you destroy the terpenes and break down the cannabinoids. I really wish the author had included a section about making tinctures. Here are the two methods i use when making tinctures.

- 1 15 ml dropper bottle with 1 gram of hash oil. Fill bottle with 151-190 proof grain alcohol and wait for the hash oil to dissolve.
2. Put 1 gram kief in 15 ml grain alcohol. Close tightly, shake well every day. After 3 days filter the liquids from the solids with a coffee filter. There is about 300 drops of alcohol in 15 ml. This way every drop of the tincture has 2.8-3 milligrams of cannabinoids in every drop of the tincture so getting the right dose is a piece of cake. You might want to look into micro dosing. As you use cannabinoids your tolerance for cannabinoids goes up and up. Through experimentation i have found that i really only need 13-16.5 milligrams of cannabinoids a day to keep my Crohns disease under control, and i am doing GRRRRRRREAT. I have only had three flares in the last year!

I have read many a book on Hemp Oil and CBD and - full disclosure - I now actually work within the industry myself. There is no doubt whatsoever that the benefits of Hemp and CBD will become mainstream. Right now though, we are on the ground floor working up, educating and explaining how this simple, natural oil can and will help. This where this book will be an absolute bonus for

anyone who is interested in learning more. The explanations are clear, the chapters are really well developed and all aspects of Hemp Oil and CBD are carefully broken down and discussed. Every health aspect is clearly explained, and there are many. If you are someone looking for a beginners guide, this is the book for you. Having read through you will have a clear understanding of the basics which will take you through to the next level. I thoroughly recommend this book.

I found this book really informative and useful. It explains the use and making up of it very well. I have been recommended to use this for my health problems and I am going to try it as it looks like it may help. there is too much information to run it down for you. I really recommend this book if you need all the information for this product. I was given a review copy and voluntarily review it.

You could find better information online, I'm sending it back !

I would give it a just OK. Wasn't well written -- I have written seven books.

Enjoyed reading this book will be trying this oil in the future for sure. Thanks for sharing information with the world.

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