

# COLORADO HEMP INSTITUTE™

## Center of Excellence

 "I can do everything through Him who gives me strength" *Philippians 4:13*

### Frequently Asked Questions and Tips

#### 1.) How to take tinctures and how much should you take?

Through our research and experience we have determined it is best to start low and slow. We recommend that you start with the lowest dosage and move up from there as needed. Every individual responds differently to what we consume, so individuality is a large factor. A good maintenance dose is 25 mg of CBD daily. In order to see results you need to commit to taking it consistently. If you take it here and there or sporadically you will not get the full benefit.

#### 2.) How does CBD work?

CBD activates your endocannabinoid system within your body.

#### 3.) What is the endocannabinoid system?

Courtesy of [www.norml.org](http://www.norml.org). The [endogenous cannabinoid system](#), named after the plant that led to its discovery, is perhaps the most important physiologic system involved in establishing and maintaining human health. Endocannabinoids and their receptors are found throughout the body: in the brain, organs, connective tissues, glands, and immune cells. In each tissue, the cannabinoid system performs different tasks, but the goal is always the same: [homeostasis](#), the maintenance of a stable internal environment despite fluctuations in the external environment.

The endocannabinoid system, with its complex actions in our immune system, nervous system, and all of the body's organs, is literally a bridge between body and mind. By understanding this system we begin to see a mechanism that explains how states of consciousness can promote health or disease.

#### 4.) What is CBD?

Courtesy of [www.projectcbd.org](http://www.projectcbd.org). **Cannabidiol**—CBD—is a cannabis compound that has significant medical benefits but does not make people feel “stoned” and can actually counteract the psychoactivity of THC. The fact that **CBD-rich cannabis** is non-psychoactive or less psychoactive than THC-dominant strains makes it an appealing option for people looking for relief from [inflammation](#), [pain](#), [anxiety](#), [psychosis](#), [seizures](#), spasms, and [other conditions](#) without disconcerting feelings of lethargy or dysphoria.

## **5.) How to take CBD?**

You can use and take CBD in multiple forms via tincture directly under the tongue, through gel capsules, topicals, edibles, and vape pens.

## **6.) How and where can I learn more about hemp and CBD?**

We recommend that you conduct as much research as possible and that you get well educated on hemp and the many benefits of CBD. [www.pubmed.gov](http://www.pubmed.gov) and [www.google.com](http://www.google.com) are terrific sources.

## **7.) What is the difference between using a tincture and a topical and which should you use?**

Through our research we have determined that it is best to use both internal and external CBD products to work both the inner and outer parts of your body. Topicals have to be re-applied every few hours where as tinctures, edibles, and gel caps need to be taken about every 8-12 hours.

## **8.) How long before you will see results?**

This is a popular question; however each person is unique and responds differently to the things our body consumes or experiences. We recommend that you try a dosage for at least 5 days and see if that works for you. If not, then you can start increasing your dosage from there. It's a good idea to keep a journal and document your experiences, dosages, etc., so that you can monitor performance. Use what works for you.

## **9.) What is the difference between hemp and cannabis?**

There are many differences between hemp and cannabis. Hemp is non-psychoactive and contains less than 0.3% THC, whereas cannabis is psychoactive and contains between 5%-35% THC.

Courtesy of [www.marijuanabreak.com](http://www.marijuanabreak.com). CBD is simply an active chemical compound, or cannabinoid, that's found in the cannabis plant. The reason it's becoming so popular across such a wide audience of people right now though is because unlike the other main compound in cannabis (THC), it doesn't get you high. There have been thousands upon thousands of medical studies showing all of the health benefits that CBD has, but "average" people are loving it because it doesn't producing any mind-altering psychoactive effects. Also, it's important to be able to distinguish between the terms "hemp," "marijuana," and "cannabis."

Basically, cannabis is an umbrella term that includes both hemp and marijuana plants. Cannabis sativa is actually the scientific name of the cannabis plant (Cannabis = genus; sativa = species), and hemp and marijuana are just two different strains of it. (One could correctly refer to a "marijuana" or "hemp" plant as "cannabis" plant, for example, but you would not refer to a "marijuana" plant as a "hemp" plant, or vice-versa). Hopefully that's not too confusing. The key difference between hemp and marijuana is that hemp contains practically zero THC. In fact, in order to be classified as hemp, a cannabis plant must contain less than 0.3% THC by volume. This is really important because it's actually the reason why hemp products are legal to buy, sell, and ship.

**10.) What is the difference between full spectrum and isolate?**

Courtesy of [www.marijuanabreak.com](http://www.marijuanabreak.com). A CBD isolate is exactly what it sounds like; pure, isolated CBD compound, all by itself. It exists as a white-ish powder and contains no other active compounds – nothing.

It was initially believed that pure CBD was the “gold standard” of non-psychoactive cannabis therapy, but recently people are figuring out that this is hardly the case (more on that later).

Full-spectrum oil, on the other hand, contains other active plant compounds in addition to the CBD. This includes other cannabinoids such as CBN, CBL, and CBCVA, as well as aromatic (nice smelling) cannabis terpenes like pinene and limonene.

**11.) What is the difference between your tinctures?**

Our tinctures come in three different strengths. 500 mg, 1,000 mg, 2,500 mg. Each one being more potent and stronger than the lower. We recommend that you start out with the lowest dosage and work your way up from there as needed.

**12.) How do I properly dose my pets?**

If you use the dog or cat hemp extract tinctures, the dosages are as follows:

250 mg tincture = 30 ml 1 oz

5 drops = 2 mg

10 drops = 4 mg

15 drops = 6 mg

1 dropperful 20 drops = 8 mg

500 mg tincture = 30 ml 1 oz

5 drops = 4 mg

10 drops = 8 mg

15 drops = 12 mg

20 drops = 16 mg

If you have any additional questions, please feel free to contact us at 970-285-9797

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