

CBD for treatment of disease
By Dr. Erik Vose, NMD

What is CBD?

Cannabidiol (CBD) and other cannabinoids are made from the cannabis plants, produced either with or without THC, the strongly psychoactive molecule that is federally restricted as a schedule 1 controlled substance that is illegal in most states.

Why take CBD?

CBD, the completely legal and medically recognized as therapeutic, produces an effect by triggering the endocannabinoid system within human (and other animals) body's. When activated by CBD this system creates a balancing effect on many different body systems. CBD is well known for reducing pain, inflammation, anxiety, insomnia, muscle spasms, nerve overstimulation, seizures, nausea and can limit degeneration.

Bluebird Classic 6X

This formula was tested by Consumer Lab, an independent lab, which compared the concentration of CBD against the cost to declare this product was the best economy for CBD available. While a greater initial investment, this product is significantly more potent and is the best long-term value for CBD to my knowledge.

Dose

CBD is typically effective in the dose of 5-50mg, assuming 100% absorption of the product. In order to maximize absorption, the sublingual method of swishing in the mouth for approximately 10-20mins is likely the most efficient way to save money.

The dose of Bluebird Classic 6X is between 10-30 drops, swishing in the mouth for 10-20 minutes, **until you feel the effect of relaxation and pain relief.**

If this medication irritates your mouth or throat, it is ok to dilute in a 1/4-1/2 cup of water.