



HOW TO BUY THE BEST CBD OIL FOR THE BEST PRICES

THE SMART SHOPPER
E-BOOKLET GUIDE

WELCOME!

Greetings and thank you for taking your first step to becoming a smart CBD oil shopper! In this compact yet very informative e-booklet guide you will find everything you need to know how to buy the best CBD oil online for the best prices.

This guide will save you lots money and precious time researching the web, as we did all the research for you and present you with the most important factors.

We hope that you will find this guide helpful and that your CBD oil purchase experience will be pleasant and easy, and more importantly: that it will be a great investment into your health and well being, as well of your loved ones!

WHAT IS CBD?

Cannabidiol (CBD in short) is a popular natural remedy used for many common ailments. Better known as CBD, it is one of over 100 chemical compounds known as cannabinoids found in the cannabis or marijuana plant, *Cannabis sativa*.

Tetrahydrocannabinol (THC) is the main psychoactive cannabinoid found in cannabis, and causes the sensation of getting "high" that's often associated with marijuana. However, unlike THC, CBD is not psychoactive.

This quality makes CBD an appealing option for those who are looking for relief from pain and other symptoms without the mind-altering effects of marijuana or certain pharmaceutical drugs.

CBD oil is made by extracting CBD from the cannabis plant, then diluting it with a carrier oil like coconut or hemp seed oil.

It's gaining momentum in the health and wellness world, with some scientific studies confirming it may ease symptoms of ailments like chronic pain and anxiety.

Here are seven health benefits of CBD oil that are backed by scientific evidence.

THE PROVEN BENEFITS OF CBD OIL

1. CAN RELIEVE PAIN

CANNABIS has been used to treat pain as far back as 2900 B.C. More recently, scientists have discovered that certain components of marijuana, including CBD, are responsible for its pain-relieving effects.

The human body contains a specialized system called the endocannabinoid system (ECS), which is involved in regulating a variety of functions including sleep, appetite, pain and immune system response.

The body produces endocannabinoids, which are neurotransmitters that bind to cannabinoid receptors in your nervous system. Studies have shown that CBD may help reduce chronic pain by impacting endocannabinoid receptor activity, reducing inflammation and interacting with neurotransmitters.

For example, one study in rats found that CBD oil reduced pain response to surgical incision, while another rat study found that oral CBD oil significantly reduced sciatic nerve pain and inflammation. One study of 47 people with multiple sclerosis examined the effects of taking CBD oil for one month. The participants experienced improvements in pain, walking, and muscle spasms. Still, the study didn't include any control group and placebo effects cannot be ruled out.

Another study found that CBD oil significantly improved pain during movement, pain at rest and sleep quality in 58 people with rheumatoid arthritis.



SUMMARY: CBD may be effective in reducing pain associated with diseases like multiple sclerosis and rheumatoid arthritis.

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THE PROVEN BENEFITS OF CBD OIL

2. CAN REDUCE ANXIETY AND DEPRESSION

Anxiety and depression are common mental health disorders that can have devastating impacts on health and well-being.

According to the World Health Organization, depression is the single largest contributor to disability worldwide, while anxiety disorders are ranked sixth.

Anxiety and depression are usually treated with pharmaceutical drugs, which can cause a number of side effects including drowsiness, agitation, insomnia, sexual dysfunction and headache.

What's more, medications like benzodiazepines can be addictive and may lead to substance abuse. CBD oil has shown promise as a treatment for both depression and anxiety, leading many who live with these disorders to become interested in this natural approach.

In one Brazilian study, 57 men received either oral CBD or a placebo 90 minutes before they underwent a simulated public speaking test. The researchers found that a 40-mg dose of CBD was the most effective at significantly reducing anxiety during the test.

CBD oil has even been used to safely treat insomnia and anxiety in children with post-traumatic stress disorder. CBD has also shown antidepressant-like effects in several animal studies.

These qualities are linked to CBD's ability to act on the brain's receptors for serotonin, a neurotransmitter that regulates mood and social behavior.



SUMMARY: Using CBD has been shown to reduce anxiety and depression in both human and animal studies.

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3. CAN ALLEVIATE CANCER RELATED SYMPTOMS

CBD may help reduce symptoms related to cancer and side effects related to cancer treatment, like nausea, vomiting and pain.

CBD may also help reduce chemotherapy-induced nausea and vomiting, which are among the most common chemotherapy-related side effects for those with cancer.

Though there are drugs that help with these distressing symptoms, they are sometimes ineffective and have severe side effects, leading many people to seek natural alternatives.

A study of 16 people undergoing chemotherapy found that an administration of CBD oil reduced chemotherapy-related nausea and vomiting better than standard treatment alone.

Some test-tube and animal studies have even shown that CBD may have anti-cancer properties. For example, one test-tube study found that concentrated CBD induced cell death in human breast cancer cells.

Another study showed that CBD inhibited the spread of aggressive breast cancer cells in mice.

However, these are test-tube and animal studies, so they can only suggest what might work in people. More studies in humans are needed before official conclusions can be made.



SUMMARY: Though CBD has been shown to help reduce symptoms related to cancer and cancer treatment, and may even have cancer-fighting properties, more research is needed to document and demonstrate its efficacy.

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4. MAY REDUCE ACNE

Acne is a common skin condition that affects more than 9% of the population. It is thought to be caused by a number of factors, including genetics, bacteria, underlying inflammation and the overproduction of sebum, an oily secretion made by sebaceous glands in the skin.

Based on recent scientific studies, CBD oil may help treat acne due to its anti-inflammatory properties and ability to reduce sebum production.

One test-tube study found that CBD oil prevented sebaceous gland cells from secreting excessive sebum, exerted anti-inflammatory actions and prevented the activation of “pro-acne” agents like inflammatory cytokines.

Another study had similar findings, concluding that CBD may be an efficient and safe way to treat acne, thanks in part to its remarkable anti-inflammatory qualities.

Though these results are promising, human studies exploring the effects of CBD on acne are needed.



SUMMARY: CBD may have beneficial effects on acne due to its anti-inflammatory qualities and its ability to control the overproduction of sebum from the sebaceous glands.

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5. MAY HAVE NEUROPROTECTIVE PROPERTIES

Researchers believe that CBD's ability to act on the endocannabinoid system and other brain signaling systems may provide benefits for those with neurological disorders. In fact, one of the most studied uses for CBD is in treating neurological disorders like epilepsy and multiple sclerosis. Though research in this area is still relatively new, several studies have shown promising results.

CBD oil, has been proven to be a safe and effective way to reduce muscle spasticity in people with multiple sclerosis. One study found that CBD oil reduced spasms in 75% of 276 people with multiple sclerosis who were experiencing muscle spasticity that was resistant to medications.

Another study gave 214 people with severe epilepsy 0.9-2.3 milligrams of CBD oil per pound (2-5 g/kg) of body weight. Their seizures reduced by a median of 36.5%. One more study found that CBD oil significantly reduced seizure activity in children with Dravet syndrome, a complex childhood epilepsy disorder, compared to a placebo.

However, it's important to note that a small number of people in both these studies experienced minor adverse reactions associated with CBD treatment which can also be attributed to their prior underlying conditions, such as convulsions, fever and fatigue. CBD has also been researched for its potential effectiveness in treating several other neurological diseases such as ALS and others.

For example, several studies have shown that treatment with CBD improved quality of life and sleep quality for people with Parkinson's disease. Additionally, animal and test-tube studies have shown that CBD may decrease inflammation and help prevent the neurodegeneration associated with Alzheimer's disease.

In one long-term study, researchers gave CBD to mice genetically predisposed to Alzheimer's disease, finding that it helped prevent cognitive decline.



SUMMARY: Though research is limited at this time, CBD has been shown to ease symptoms related to epilepsy and Parkinson's disease. CBD was also shown to reduce the progression of Alzheimer's disease in test-tube and animal studies.

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6. COULD BENEFIT HEART HEALTH

Recent research has linked CBD with several benefits for the heart and circulatory system, including the ability to lower high blood pressure.

High blood pressure is linked to higher risks of a number of health conditions, including stroke, heart attack and metabolic syndrome.

Studies indicate that CBD may be able to help with high blood pressure. One recent study treated nine healthy men with one dose of 60 mg of CBD oil and found it reduced resting blood pressure, compared to a placebo.

The same study also gave the men stress tests that normally increase blood pressure. Interestingly, the single dose of CBD led the men to experience a smaller blood pressure increase than normal in response to these tests.

Researchers have suggested that the stress- and anxiety-reducing properties of CBD are responsible for its ability to help lower blood pressure.

Additionally, several animal studies have demonstrated that CBD may help reduce the inflammation and cell death associated with heart disease due to its powerful antioxidant and stress-reducing properties.

For example, one study found that treatment with CBD reduced oxidative stress and prevented heart damage in diabetic mice with heart disease.



SUMMARY: Though more human studies are needed, CBD may benefit heart health in several ways, including by reducing blood pressure and preventing heart damage.

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7. SEVERAL OTHER POTENTIAL BENEFITS

CBD has been studied for its role in treating a number of health issues other than those outlined above. Though more studies are needed, CBD is thought to provide the following health benefits: anti-psychotic effects - studies suggest that CBD may help people with schizophrenia and other mental disorders by reducing psychotic symptoms.

SUBSTANCE ABUSE TREATMENT: CBD has been shown to modify circuits in the brain related to drug addiction. In rats, CBD has been shown to reduce morphine dependence and heroin-seeking behavior.

ANTI-TUMOR EFFECTS: In test-tube and animal studies, CBD has demonstrated anti-tumor effects. In animals, it has been shown to prevent the spread of breast, prostate, brain, colon and lung cancer.

GREAT FOR PETS: This subject have been greatly scientifically studies. Just like humans, many mammals including dogs and cats, also have endocannabinoid receptors and the same benefits that apply for humans also apply to pets.

DIABETES PREVENTION: In diabetic mice, treatment with CBD reduced the incidence of diabetes by 56% and significantly reduced inflammation.
VERY effective for pets.

ADHD MANAGEMENT: CBD oil is one of the best natural substances for temporarily soothing some of the issues that come with ADHD and anxiety. CBD oil can provide you with a nice little boost of mental clarity that really improves how you feel on any given day. It's a great pick-me-up.

SLEEP AID: Because of the way CBD interacts with the endocannabinoid system [a part of the nervous system that's designed to receive cannabinoids], it can help calm down the brain and body, making sleep more refreshing [as well]," says Melanie Bone, M.D., physician and cannabis specialist.

SUMMARY: CBD is truly a miraculous natural remedy for a plethora of health issues for both humans and animals. Now, let's read further to learn the fundamentals for finding the best CBD for the best prices!

HOW TO BUY THE BEST CBD OIL
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FINDING THE BEST CBD OIL FOR THE BEST PRICES

KEY TAKEAWAYS:

- There are many CBD oil products on the market, but not all products are high quality.
- Though CBD is not regulated by the FDA, there are steps that you can take while shopping to find high-quality products.
- Verifying that a CBD company has had its products tested by a third-party laboratory can help you ensure that a product matches its description.

What kind of CBD product is right for you?

The first step in finding the right CBD product for you is to decide how you want to consume it.

CBD products are available in different forms, including:

- Hemp flower and pre-rolled CBD joints
- Oils that you can smoke, vape, or place under your tongue
- Edibles and beverages
- Topical creams, ointments, and balms
- The way that you take CBD can impact how quickly you feel its effects and how long it lasts

Smoking or vaping is the fastest method: You can typically feel the effects within a few minutes, and they peak after 30 minutes. You may continue to feel the effects for up to 6 hours.

Edibles are the slowest to set in, and they last the longest: You may start to feel the effects within 30 minutes to 2 hours, and they may last up to 12 hours. Oral CBD has about a 5% absorption rate, and you'll probably get the best results if you take it on an empty stomach.

Topical CBD affects the body differently: People often use topical CBD to help ease pain or inflammation. When you take CBD this way, it is absorbed only at the skin site and not by the entire body. The CBD product that is right for you will depend on your specific preferences and what conditions or symptoms you are trying to treat.

CBD oil is slow to set in especially if you have food in your stomach (best to take it on an empty stomach), but it lasts longer: putting CBD oil under your tongue results in a slower onset, but the effects last longer than if you smoke or vape.
INGESTING CBD OIL IS THE BEST AND SAFEST WAY TO INTAKE CBD AND GET THE MOST BENEFITS FROM IT.

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HOW DO YOU FIND HIGH-QUALITY CBD PRODUCTS?

The second step in finding high-quality CBD products is shopping for the right blend of CBD and other cannabis-based chemicals. CBD is available in three formulas:

Full-spectrum CBD: These products contain other compounds from the cannabis plant, including cannabinoids and terpenes. They typically contain small amounts of THC as well.

Broad-spectrum CBD: These products contain all of the chemicals in the cannabis plant except THC.

CBD isolate: This is the purest form of CBD. It does not contain any additional cannabinoids or terpenes.

One reported benefit of full-spectrum and broad-spectrum CBD products is the entourage effect, which is the beneficial interaction of cannabinoids and terpenes. The cannabis plant contains many different cannabinoids. Researchers believe that CBD is more effective when other cannabinoids are also present.

Isolate products do not produce the entourage effect because they contain pure CBD without any other cannabinoids. Studies suggest that these products may be less effective.

How can you check if a CBD product is legitimate?

Examining the product's label can help you determine if you are purchasing legitimate CBD. Be sure that the label contains the:

- Name and address of the manufacturer or distributor
- Cannabinoid content
- Ingredients (including non-cannabis additives)
- Net quantity (weight)
- Instructions on how to use and store the product
- Suggested serving size or dosing information

If a CBD product fails to include all of this information on the label, then it may not be legitimate.

FINDING THE BEST CBD OIL FOR THE BEST PRICES

HOW DO YOU CHOOSE THE BEST CBD?

To choose the highest-quality CBD, be sure to keep the following tips in mind:

Purchase domestically grown products: These are required to meet quality-control standards determined by the USDA.

Select USDA organic products: Cannabis absorbs toxins that can pass to you, so finding products that are grown without pesticides and fertilizers is ideal.

Check the CoAs: Be sure that products are tested by third-party labs, which verify the products' cannabinoid content, purity, and safety.

Choose the right spectrum: For many people, full-spectrum and broad-spectrum CBD products are better than CBD isolate products because they may promote the entourage effect, which could make the CBD work better.

Look for glass packaging: CBD sticks to plastic, which means that less of it will end up in your body. This includes aluminum cans, which typically have a BPA-free lining.

THE BOTTOM LINE:

There are many CBD products on the market, but not all of them are created equal. Understanding the different types of CBD and taking steps to find products that are third-party tested can help you find a high-quality product.

This is why we did all the searching for you, and in the next page we are going to show you where you can buy the best CBD oil brands that are all: high-quality, third party lab tested to verify their safety and purity, USDA organic grown in the USA, detailed instructions how to use and all the other information you need to know to get started.

SO, ARE YOU READY? GO TO THE NEXT PAGE TO FIND OUT WHERE TO BUY THE BEST CBD OIL FOR THE BEST PRICES!

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INTRODUCING:

ABOUT US

We are a private online boutique located in north California. This e-booklet was created in response to a growing need to educate the public and offer the leading CBD oil brands in the market, at the most competitive prices. We have a wide clientele who enjoy our high quality products and we hope you too will enjoy and experience the amazing holistic and therapeutic benefits of CBD oil.

The brands we sell on the site are among the leading in the US and internationally, and they have been carefully selected after extensive and thorough market research.

If you have any questions or inquiries, please contact us through our website (click image below) and we will be happy to answer any questions you may have. We also offer FREE phone consultation for first time customers. Simply fill in the contact form and make sure to leave your phone number and your specific questions or concerns, and one of our representatives will get back to you!

CLICK IMAGE BELOW TO GO TO:

**HOW TO BUY THE BEST CBD OIL
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