

How does CBD work?

All mammals have an endocannabinoid system (ECS) with millions of receptor sites spread throughout the brain, central nervous system, and immune system. Cannabinoids such as CBD influence receptors linked to inflammation, pain, anxiety, depression, and more. It can be applied topically as well as ingested with capsules, tinctures, or even added directly to food.

What's The Difference Between Full Spectrum Hemp Oil And CBD Isolate?

One of the big questions that comes about today when talking about hemp extracts is what is the difference between full spectrum hemp oil and CBD isolate? There are over 113 different cannabinoids present in the hemp and cannabis plants. They all have different characteristics and offer different benefits. The two most known cannabinoids are THC and CBD. THC is responsible for the psychoactive properties of cannabis. It is found in trace amounts of less than .3% in hemp, therefore it is non-psychoactive in hemp oil. CBD, short for Cannabidiol, is not only the cannabinoid that comes in the highest concentration but it is also the most beneficial. In CBD isolate, the only cannabinoid molecule present is cannabidiol, everything else has been removed. In full spectrum hemp oil, you get all present cannabinoids as well as essential vitamins, minerals, fatty acids, terpenes, chlorophyll, protein, flavonoids, and fiber. When using a full spectrum you are getting the benefits of each and every cannabinoid independently, as well as the benefits that these compounds offer when working synergistically. When you use our CBD isolate, it actually allows the ECS to function more efficiently; allowing you to get the most benefit from the endocannabinoids that your body produces naturally. And when you use our full spectrum CBD, you're going to get the additional benefit of other cannabinoids that act on endocannabinoid receptors directly.

Which One Is Right For Me?

While both offer numerous health benefits, full spectrum offers even more. Isolate is essentially giving you a pure dose of the most beneficial cannabinoid. That being said, full spectrum has ALL of the cannabinoids with ALL of the benefits this amazing plant has to offer. The one circumstance that we recommend taking isolate over full spectrum is if you are subject to drug testing. Full spectrum hemp oil does have low doses of THC, and while you aren't going to get high, it can accumulate in the body and lead to high enough levels to cause you to fail a drug test.

What Is The Right Dosage?

There is no singular dosage that's going to work for everyone for every condition. It's much like anesthetics, each individual is going to metabolize and react uniquely. You are going to have to do a little experimenting to get the answer that's right for you. Luckily, there is no way to overdose on hemp oil or CBD isolate. It's recommend to start low and increase as needed. If it's more preventative and for overall wellness 20 to 40 milligrams a day could be perfect for you. If you have chronic pain or more serious conditions you may find you need between 75 to 150 milligrams a day. A good starting place is 20 milligrams 1 to 2 times a day. Then increase 20 milligrams a day at a time until you reach the desired effect.

- **RELIEVES PAIN**
- **REDUCES ANXIETY & STRESS**
- **LOWERS BLOOD SUGAR LEVELS**
- **SUPPORTS HEALTHY SLEEP**
- **REGULATES APPETITE**
- **BUILDS IMMUNITY**

Add to water, tea, baked goods, maple syrup, dress, soups, smoothies & more. Mix with oil to make your own tincture, health & beauty products.

With the purchase from Sandiwood Farm you are supporting small organic family farming in Vermont. In return our products will support your overall health.

