

LEONARD LEINOW & JULIANA BIRNBAUM

Foreword by Michael H. Moskowitz, MD

CBD

**A PATIENT'S GUIDE
TO MEDICINAL CANNABIS**



HEALING WITHOUT THE HIGH

Leonard Leinow

CBD: A Patient's Guide to Medicinal Cannabis--Healing without the High



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The seminal book on CBD as medicine This practical, accessible guide to using CBD-dominant cannabis contains a wealth of information for both first-time explorers and experienced patients who would like to know more about safely treating numerous health conditions with impressive results and low to no psychoactivity or unfavorable side effects. CBD (cannabidiol) is usually a component of cannabis that can provide relief for circumstances such as for example seizures, pain, inflammation, stress, unhappiness, arthritis, and a number of other issues. This publication offers guidance on various types of the medication such as for example oil infusions, alcohol-based tinctures, capsules, and CO2 concentrated extracts. With dosage suggestions, potential unwanted effects and contraindications, and the pharmacology of the plant, this is an essential direct for both doctors and sufferers searching for a nontoxic alternative to opiate-based pain medicines and additional pharmaceuticals. The info is structured by health condition and also by recommended CBD-rich strains, which do not create the "highs" connected with THC. While cannabis has been used for medicinal and recreational purposes for a large number of years, only in the last fifty years have researchers begun to reveal the chemistry of the plant and its interactions with the human body. Furthermore to offering probably the most up-to-date and comprehensive information on CBD-dominant cannabis therapy for human beings, this book may be the first to offer guidance for utilizing the medicine for animals, with ideas for dosage and delivery and useful forms and strains for common medical issues in pets. The authors present case research, interviews with doctors who prescribe cannabidiol products, and the most recent research regarding other energetic phytocannabinoids and terpenoids present in cannabis that are being studied for medical make use of. Finally, the authors check out the continuing future of cannabis medication, charting developments in the legalization movement and suggesting how CBD might be used to battle the opioid epidemic. Research has resulted in the discovery of a complete new system in the body, the endocannabinoid program, which is important in mediating features such as for example appetite, immunity, mood, pain response, and memory. In addition they address the difference between CBD products derived from industrial hemp or in a lab, versus those made from medical marijuana utilizing the whole plant.



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Indispensable This is a state-of-the-art go-to for all questions CBD. I currently use CannatonicWell performed to the authors and contributors A wealth of information in phytocannabinoids and the endocannabinoid system .It's for all those who've wondered how to proceed, facing thus many evolving choices.Many advanced medical studies from around the world have confirmed multiple times the countless therapeutic properties of CBD - so much so, that within the States, big pharma is rushing to cash in and create an artificial chemical "equivalent" to organic CBD. How safe could it be, so when? What percentage of CBD vs. Just how long did it last? What is CBD, anyhow, and what effects can it have? Health-smart? Head-wise? THC is in certain stress of CBD? How do you take it? Certainly a must have for any cannabis study library. Does it matter who you get from? Will there be a "right" dose? And what is one able to expect, and over what time frame?Readers will also get stories of how others have used CBD for healing, and good examples and templates to apply for his or her own situations. I can tell you first hands that the CBD has incredible benefits. DO NOT Purchase Digital Version -- important charts lost in digital format.. There are essential charts in the print version that are not available in this version. I highly recommend the book because of its content, but choose the actual book, not the digital version. Essential read for natural healing CBD – A Individual's Guidebook to Medicinal Cannabis is very highly recommended. It's filled with clear and concise directions on how to use CBD, that i greatly appreciate.Thank you and kudos for this timely text.One might wonder such things as: Is the product clean or even organic, and how would 1 really know? Well-organized.com Great book This book is full of info.This new and well researched 317 page book is clearly written and an easy task to follow.Michel UP-TO-DATE, CLEAR HERE IS HOW TO USE CBD MEDICINALLY I have to trust how many other reviewers have said: that is a fantastic resource..This authoritative resource is a must-read for anyone wishing to learn about what all of the hype is regarding medicinal cannabis and particularly about CBD (its non psycho-active component) that may significantly help with many health issues which developed medicine struggles to: western medicine is all about profit and health "management" (utilizing a whole slew of artificial chemical drugs), it is not about actual healing, big pharma purposefully keeps us sick to be able to sell us all those drugs and to keep us in it. Highly recommended; outstanding resource. Personally I have found the best/most pure product to become from NatureAidCBD.The authors have done an extremely professional job of explaining the endocannabinoid system,providing a complete description of the entourage effect, terpenes, and more you are also provided all of the diseases and the possible treatments for those diseases.In addition the authors have provide a detailed analysis of a number CBD Strains, the best job I've found.There are various more positives no negatives. If there is something you do not understand the end notes will help in this area.I am a multiple myeloma patient, an incurable type of cancer. Cbd oil Learning about cbd oil not that good didn't feel any different with the product Must read Really informative a real eye opener It's a distinctive reference guide, packed with advice in how and why to utilize this medicine, and the most recent scientific research in this fast-evolving field.. I've seen some of the other CBD books on Amazon with no details whatsoever about the credentials of the authors, but this publication is written by experts. It could be kept and used as a reference for lengthy once you read it. I wish I could return this product, but can't work out how!.results, indications, dosages, types of administration. Essential read for anyone wanting to move away from prescription narcotics, NSAIDs, immunosuppressive drugs and additional medications that have lengthy lists of life-threatening of side effects. So great! This big pharma CBD however is normally unlikely to work well because the natural synergy workings of all combined phytocannabinoids (100+ recognized so far) that are likely had a need to work and actually heal would be totally dropped in the artificial CBD-only pill they plan to produce. So thabkful ... Extremely informative and readable. Well organized. So thabkful I ran across this book as my dad is treating himself with Cannabis oil and using the discomfort and nausea relieving CBDs. This book was useful in educating ,my parents and myself, further on the medical benefits and different ways of taking this medicine. Really good information Im even now on the first three chapters and have already learned a lot more. Does the solution depend on what strain you buy, or amount you take, or method of taking it? Everthing you wanted to know about CBD I've spent a lot of period researching online about CBD, this books is the most comprehensive publication on the subject. In line with the reserve I was informed plenty of to make the right choices in what CBD product to take and dosing. Just as described Just as described. I would obtain this seller again. Extremely informative and readable. Truly a landmark book. This publication does a wonderful work of telling the tale

from a medical perspective. the best job I have found The most comprehensive work on this subject I have read. By the way, cannabis has been used medicinally for over 5000 years. The book covers what CBD can be, how to utilize it, where it originates from, why it is important to our bodies, the function of cannabis and hemp in the annals of our nation, and the potential of these plants to provide us with not merely healing, but meals and sustainable, renewable resources. A must-read! This is actually the one book you should purchase if you're seeking to inform yourself about CBD. A wealth of information on phytocannabinoids and the endocannabinoid system. Just what we had a need to help educate ourselves about Hemp before engaging in growing it for income. This book has provided the data that I need to analyze the result of other strains.



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