

## HEMP OIL VS CBD OIL: What's the Difference?

While they are similar in some ways, there are important differences between hemp oil and CBD oil. Hemp oil is made from the plant called hemp. In other words, it is a hemp extract taken from the seeds of the plant. While this type of oil can be extracted from all plants in the cannabis genus, industrial hemp is the only plant used for hemp oil. This type of hemp is specifically produced industrially and the amount of psychoactive substances that are contained in it is minimal.

### BENEFITS OF HEMP OIL

\* Hemp oil is great for cooking and a full of nutrients. It can provide a crispy and nutty taste to foods and can be a wonderful replacement for olive oil in salads. \* It is a great natural moisturizer that can be used after a shower. \* Hemp oil can be the base for different forms of plastic, instead of petroleum. \* It is used in the production of paints that are more eco-friendly than petroleum-based paints. \* It can be used as bio-diesel fuel, like other vegetable oils. \* Hemp oil is used for making lotions, soaps and even some foods.

CBD oil is the short form of the term cannabidiol oil. Cannabidiol is a natural component of industrial cannabis or hemp. CBD oil is cannabis oil that has a significant content of cannabidiol. It is made from the flowers, leaves and stalks of hemp and not from its seeds like hemp oil. CBD oil has become very popular in the medical marijuana industry, because it can be helpful in the treatment of various conditions without the typical intoxicating effects of marijuana.

### BENEFITS OF CBD OIL

\* Can be used in the treatment of cancer. \* It is used in the treatment of inflammatory disorders, anxiety, depression, seizures and neurodegenerative disorders.

\* Can be used in the treatment of epilepsy.

Hemp and marijuana are cousins in the plant world, but marijuana has a much higher THC content than hemp. Hemp oil contains low levels of CBD - typically less than 25 parts per million - while CBD oil can be

up to 15% CBD. Because the plants are related, some unscrupulous sellers of hemp oil are trying to market it for its medicinal value, which is negligible.

### MEDICAL CANNABIS TERMINOLOGY

**Marijuana:** The dried flower bud of the Cannabis plant.

**Indica:** Indica dominant marijuana strains provide a body high, resulting in a variety of benefits: muscle relaxation, as well as relief from body pain, stress, anxiety, headaches, and insomnia. Some strains also result in increased appetite. Indica strains tend to have a strong sweet or sour odor.

**Hybrid:** Hybrid marijuana strains are a mix of Sativa and Indica strains. Different hybrid strains result in different highs, depending on the composition of the strain.

**Sativa:** Sativa dominant marijuana strains provide an uplifting, energetic and "cerebral" high that is best suited for daytime smoking. A sativa high is one filled with creativity and energy; being high on sativa can spark new ideas and creations. Sativa strains tend to have a grassy odor.

**Cannabinoid:** Any of various chemical constituents of cannabis or marijuana.

**D9THC:** Delta-9-tetrahydrocannabinol, the primary psychoactive constituent of the cannabis plant

**Terpenes:** Organic hydrocarbons that are the main building blocks for the cannabis plant's odors, hormones, vitamins, pigments, steroids, resins, and essential oils.

**CBD (Cannabidiol):** Shown to be effective in treating inflammation, diabetes, cancer, mood disorders (PTSD to ADD) and neurodegenerative diseases.

**CBN (Cannabinol):** Demonstrated results shown for those suffering from muscle spasms, inflammation, and insomnia.

**THCa (Tetrahydrocannabinol - Acid):** Has demonstrated to be a non-drowsy pain reliever & anti-

spasmodic and shown to inhibit cell-growth in tumors & cancer cells.

**Cannabis Concentrate:** A Cannabis product procured through an extraction process, typically containing a high percentage of cannabinoids.

**Kief:** The Cannabis flower's resin glands (or trichomes), containing a high concentration of psychoactive cannabinoids such as THC.

**Tincture:** A liquid concentrate procured through alcohol extraction. Consumers should apply a few drops of tincture under the tongue. Full effects will be felt within an hour, at which point more tincture can be applied as needed.

**Edible:** Food or drink infused with cannabinoids. Marijuana edibles are very potent, inducing a strong body high that typically lasts several hours. Be cautious when consuming edibles; they are slower to take effect than marijuana consumed through smoking. ChronicTherapy recommends that first-time consumers ingest a 10 mg serving and then wait two hours in order to gauge the edible amount that works best for you. Don't fret, though, if you feel you've consumed too much. Sleep it off and consume less next time.

**Topica:** Cannabis-infused product designed for application to the surface of a part of the body, usually in the form of a cream, salve, or ointment.

Cannabis has pain-relief and anti-inflammatory properties, making cannabis-infused topicals helpful for those suffering from arthritis, psoriasis, or allergic skin reactions. Topicals are not psychoactive, applying a topical to your skin will not get you high.

Excerpted from [www.chronictherapy.com](http://www.chronictherapy.com).

For more info about the therapeutic effects of CBD oil, see the ad opposite this page or visit: [www.cbdoilsoflongisland.com](http://www.cbdoilsoflongisland.com)

## MY DOG HEALED MY PSORIASIS! by Kim Weiler



Max was my rescue dog found half-dead on the side of the road who suffered from chronic bronchitis, heartworm disease, arthritis, epilepsy and obesity. To say he was very sick for many years is an understatement.

He had this constant deep cough that was heart-breaking to listen to and with an inability to control his bladder. He needed constant care. I tried everything to heal him from various medications to expensive raw dog food but nothing helped.

One day my new vet suggested I change his diet from processed dog food to whole food. This meant I had to cook real poultry, fish and vegetables to ensure that I controlled exactly what I was putting into his body. The vet said that processed dog food, even raw and organic, is basically leftover scraps and you don't know what's in it.

Out of desperation, I complied. In just a few months I watched him lose weight and go from not being able to walk to outright running. This alone was astonishing! Within six months, I weaned him off all medications and my vet said, "This eleven-year-old pup's insides are that of a six-month-old puppy!"

Silently and behind the scenes I had been struggling with a secret. For over 20 years, I had an auto-immune skin disease called psoriasis. It is a condition where the skin, instead of shedding normally about once a month when cells mature, sheds rapidly every few days. The sufferer is left with layers of red, thick, scaly patches on the body that are itchy, painful and although not contagious, people's reactions say otherwise.

The steps in Max's recovery inspired me to take control of my own health. Words can't express my amazement to see first-hand how much food is our medicine. Watching the changes in Max made me realize there was something much bigger going on in me. I started looking for a connection between psoriasis and what I was eating. I became a research "scientist," watching every health documentary, reading every book, every article and watching every YouTube video I could find. You name it, I read or watched it.

Eventually, the diets I read about that would help my skin weren't that different from what I had been preparing for Max. They were mostly alkaline foods that heal the gut versus acidic foods that can destroy the gut and they include veggies, fruits, whole grains, legumes, nuts, seeds and some organic animal protein.

After all my research, I cleaned house and got my friends and family's full support. I removed all highly acidic and inflammatory foods from my life which meant nothing processed. What my vet had said about processed foods registered and I didn't want useless scraps of unknown food in my body either. I know I'm not talking about dog food here, but it's the same difference! It meant no sugar except that from a plant or tree-like fruit, pure maple syrup or raw honey.

It also meant no red meat, no dairy, no coffee, and no alcohol. My biggest challenge was giving up cheese and coffee as I'm sure most of you can relate to. After ten months, my skin was perfectly clear for the first time in almost 20 years! I was blown away and felt free from my psoriasis prison for the first time. I didn't have this enormous weight on my shoulders of stress, fear and insecurity.

What saddens me the most is that I spent 20 years visiting dermatologists and trying every steroid cream or ointment available. I came very close to getting laser treatments, but they were too costly and time-consuming. They were all good Band-Aids, but I never realized diet was a root cause because my doctors never suggested it. Like many of you, I never trusted myself more than my doctors. I had to learn this from my vet and by watching Max heal.

Today, I control my health and there's no need for me to see another dermatologist for my disease. If I see a spot pop up, I know it's from stress or eating poorly. This is my body talking to me, telling me loud and clear it needs more balance between the two. For the first time, I'm listening.

Max's experience led me to improve my diet, but there was one last missing link. I didn't realize how much love I would need to give to myself to maintain this lifestyle. I call the missing ingredient self-love. Nutrition combined with self-love, meaning gratitude, making happiness a priority, creating nurturing relationships with people, food, money, career, your body minus stress; this is the perfect recipe to keeping skin clear! Take it from me, health is everything and I am so honored Max came into my life to teach me this valuable lesson.

To learn more about Kim's work as a Holistic Health Coach, speaker, workshop leader, and author go to [www.healingmyskin.com](http://www.healingmyskin.com). Email her at [healingmyskin@gmail.com](mailto:healingmyskin@gmail.com) to get on her mailing list for her soon to be released book *PS - It's All About Love: How a Painful Journey With Psoriasis Became A Life Devoted to Healing Others*. She'd love to hear from you!