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Opportunities and Challenges Using Hemp-CBD in Practice

Q & A Discussion with Karen Wright MS,
CNS,CDN and Laura Lagano MS, RDN, CDN

(Pre-recorded 4/18/19)

Your Host: Susan Allen-Evenson RDN, CCN, FMN

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Dosing

1. How many mg in one drop of CBD oil?
2. What is the formula to calculate the amount of CBD in a product?
3. How is the dose determined? Is it done by weight?
4. How is the dosing of the sprays determined?
5. Does hemp seed have higher CBD ?
How much is too much?



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Application in Multiple Conditions

1. Is there an application for CBD in autoimmune disease? Also what about use with MCI or Alzheimer's?
2. Use for ADHD, chronic pain, other conditions?
3. What about dosing for pregnancy nausea?



Pediatrics

1. How about safety of use in children?
What are the guidelines for use of CBD with children?
2. Are hemp hearts and hemp milk safe for children under 2 years of age?
Over 2 years?
3. Can CBD be given to children under 2? Over 2? What is the dosing for children?



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Quality and Effectiveness

1. There's a topical balm for muscle pain that contains 1 CBD: 3 THC. What does the ratio mean in terms of its effectiveness?
2. Does 0.1% of THC still allow for all the benefits of CBD?
3. More next slide...



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I've had some supplement companies tell me their hemp oil comes from a non-GMO cultivar of industrial hemp, tended and harvested following stringent European Ecocert farming practices. I have also read that it is best to stick with US grown hemp, as US farmers are required to get certified by state departments of agriculture. Would you still use a reputable supplement company that sources from Europe since they offer tracing or stick with US hemp sources?



Reactions/Concerns

1. What are the eye issues that can arise from higher doses of CBD?
2. Must caution be used with medication in all types of hemp (broad/full spectrum and isolate)?
3. When buying food products such as hemp milk, how does one know if there are heavy metals, or nicotine in food products? Is this only a concern with CBD oil, or with any foods from hemp?



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Reactions/Concerns

1. What's your best product recommendation in regard to quality with the least amount of pesticides?
2. Is there any level of lead in a product that we can be comfortable with?
3. What about reactions to CBD alone?



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Genomics

Do you agree that there is valid research for SNP data related to cannabis?

More specifically if you are a fast or slow metabolizer (CYP2C9) do you agree that this can affect your ability to pass a drug test? If so, in what way?



Legal Concerns

1. Wondering your opinion on how can California allow recreational marijuana but not CBD?
2. What about states not listed on the 'Selling Hemp' slides?
3. In the slide for selling hemp, there were three states listed under "comfortable selling hemp that is THC free only". Does "THC free" mean less than a certain percentage or does it need to test 0?



Additional Questions

1. How would someone know if their endocannabinoid system is balanced or not? And if not, what steps would be taken to correct it?
2. Please describe what an "entourage effect" is. Does it mean synergistic?
3. Pine needles - are they eaten or would one just drink the juice from boiling?



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Certificate of Analysis

1. When purchasing, is COA always available?
2. How do I get the certificate? Do I just have to reach out to each company individually?
3. What does LOQ mean?
4. Have you ever seen any COA for Results RNA?



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Additional Information/Training

1. What are good resources to learn more about the endocannabinoid system?
2. Where can I get more information online?

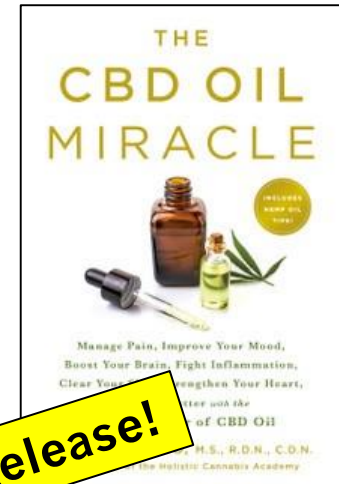


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To Learn More about CBD and Medical Cannabis...



Laura Lagano MS, RDN, CDN
**Integrative & Functional
Dietitian**/Nutrition Education
director and co-founder of Holistic
Cannabis Academy. Author of *The
CBD Miracle*.



New Book Release!

- A free book comes with registration for the Holistic Cannabis Academy signature program. For more info, visit: <http://bit.ly/hcanextlevel>
 - **Spring Special:** For a limited time, 35% OFF HCA training!
- Laura also provides patient care in functional nutrition



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Webinar Presenter: Karen Wright MS, CDN, CNS



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Thank
you



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