

INCORPORATING **CBD** INTO YOUR PRACTICE

Featuring Chad Conner
founder and president of Pure Ratios



Incorporating CBD Oil Into Your Acupuncture Treatments

CBD Hemp Oil is new to our industry creating confusion

Lhasa OMS started selling CBD Oil Products in 2017 and have heard very positive feedback on its treatment efficacy

To help educate our community on incorporating CBD Oil into your practice, we asked Chad Conner, founder and vice president of Pure Ratios, to join Lhasa OMS at Pacific Symposium

CHAD CONNER

- Over 16 years experience developing and overseeing successful, integrative medicine centers in both the US and abroad.
- Licensed Acupuncturist
- Herbalist
- Massage Therapist
- Master of Science in Oriental Medicine studying at Pacific College
- Chad has also launched an international training institute focusing on holistic education for therapists and patients.

What is Cannabidiol (CBD)

Found in the nature of plants that produce phyto-cannabinoids

- Found most abundantly in Cannabis Sativa
- Found in other plants in small concentration
- CBD is 1 of 144 Cannabinoids

Hemp vs. Marijuana

Strains

- 100 different strains



What is Cannabidiol (CBD)

Terpenes – over 100 in the plant are pharmacologically active

- Caryophyllene – binds to cannabinoid receptors in body (CB2)
- Limonene – Antifungal and antibacterial
- Myrcene – Sedating, muscle relaxing effect

Flavonoids – Potent anti-oxidant effect

Entourage effect



History of CBD Use




Circa 2900 B.C.

According to Chinese legend, the emperor Shen Nung discovered marijuana's healing properties




Ayurvedic Medicine

Cannabis has been used for thousands of years to promote sleep, appetite, and digestion



2 A.D.

Ancient Greek and Roman physicians recommended Cannabis as a treatment for a variety of ailments, including earaches



1830's

Irish doctor, William O'Shaughnessy, learned of the herb as a professor at the Medical College of Calcutta. In the 1830's he began administering as a treatment for pain and muscle spasms



1860

First American conference on the clinical use of Cannabis, reported success in treating cough, gonorrhea, pain, and a variety of other conditions.



1937

U.S. Congress passed the Marijuanna Tax Act, which imposed tough restrictions on marijuana sales and prescription.



Legal issues of CBD

THC

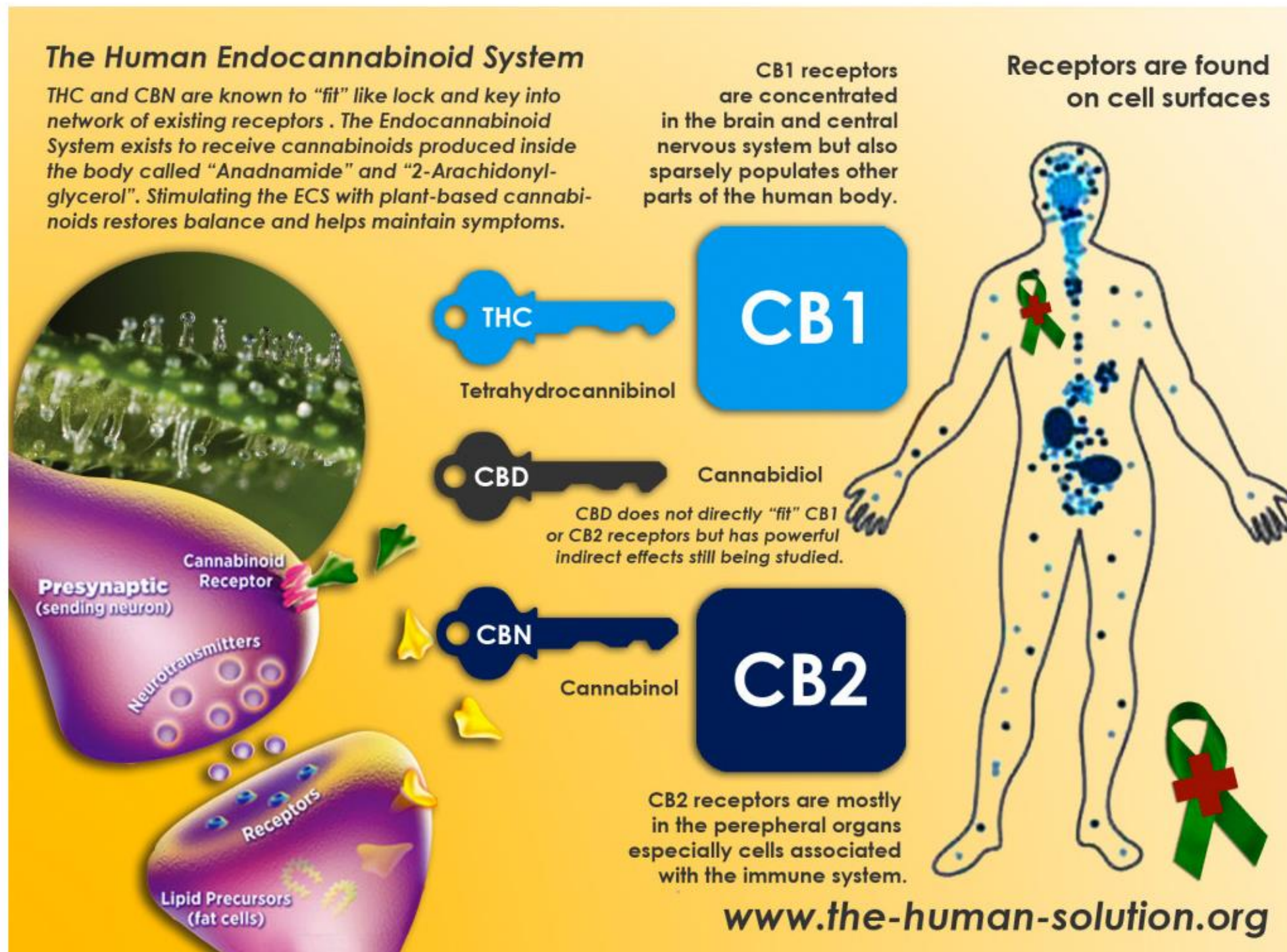
42 states have legalized some sort of Medical Cannabis laws

THC still Federally illegal and considered a schedule 1 controlled substance

CBD

Can be extracted from seeds/stalks of imported industrial Hemp containing less than 0.3% THC

The US Farm Bill of 2014 Allows the growth of Industrial Hemp in the US and the sale of CBD derived from Hemp with less than 0.3% THC if grown in pursuance to this bill



What is the Endocannabinoid System

AND HOW DOES CBD WORK?

CBD does not directly interact with CB1 and CB2 receptors but instead blocks important enzymes that break down naturally occurring cannabinoids throughout body and brain

It does this by blocking enzymes called FAAH which increases ANA, one of the body's endocannabinoids

This increases CB2 activity.

Also activates other receptors in the bodies system that have to do with pain and inflammation

Endocannabinoid Pathology

Endocannabinoid Deficiency:

Associated with:

Neurotransmitter deficiencies, affecting acetylcholine
in Alzheimer's disease

Dopamine in Parkinsonian syndromes

Serotonin and norepinephrine in depression

Also associated Migraine, Fibromyalgia, and Irritable
Bowel Syndrome, PTSD

[Online.libertypub.com/doi/pdf/10.1089/can.2016.0009](https://online.libertypub.com/doi/pdf/10.1089/can.2016.0009)

Endocannabinoid Excess:

Obesity, Diabetes



What is the right dosage and delivery system?

Dosage:

Almost all conditions and symptoms respond to 30-400mg per day. Start with 10mg, 3 times per day and titrate up to find the “sweet spot”

There are little to no side effects with CBD

Endocannabinoid system can be down-regulated to create tolerance

Delivery systems

Tinctures, Pills, Edibles

Topicals / Patches

Lozenges / Vaporizers / Sublingual Sprays

Suppositories





What can CBD Treat?

Seizures and Epilepsy
Headaches and Migraines
Chronic Pain
Addiction (Using CBD to taper off Opioids)

Anxiety, PTSD, and Stress
Multiple Sclerosis, Spasm and Spasticity
Fibromyalgia
Gastrointestinal Conditions

Arthritis
Insomnia
Obsessive Compulsive Disorder
Depression and Mood

Psychosis and Schizophrenia
Cancer
Autism and Spectrum Disorder
Acne, Psoriasis and Other Skin Conditions



Resources



WEBSITES

www.ProjectCBD.org

www.marijuanadoctors.com

www.leafly.com

BOOKS

"Medical Cannabis: Basic Science and Clinical Applications"

by Gregory Smith MD

ARTICLES

<https://www.ResearchGate.net>

<https://.Acupuncturesrq.com/9-ways-cbd-saves-day>

<https://.herb.co/2017/08/20/cbd-treat-addiction>

<https://draxe.com/cbd-benefits>

<https://cbdoilreview.cor/cbd-cannabidiol/cbd-dosage>

<https://www.newsweek.com/opioid-marijuana-legal-states>

and many others available on request.

Lhasa OMS Preferred CBD Brands

**REAL SCIENTIFIC
HEMP OIL [RSHO]**

PURE RATIOS

**MARY'S
NUTRITIONALS**

DIXIE
BOTANICALS

HempMeds®
Your Trusted ^CBD Source

PLUS
+CBDoil™
HEMP-DERIVED CBD OIL

CW CHARLOTTE'S WEB™
by the Stanley Brothers

THERAMU




CBD CLINIC™
Revolutionary Pain Relief

LHASA OMS®
EVERYTHING ACUPUNCTURE™