



LOURDES PRESENTS

# CBD: YOUR COMPREHENSIVE GUIDE

"IN THIS E-BOOK, WE'LL PROVIDE INFORMATION  
ON CBD INCLUDING IT'S BENEFITS, RISKS, AND  
CHOOSING THE RIGHT PRODUCT."

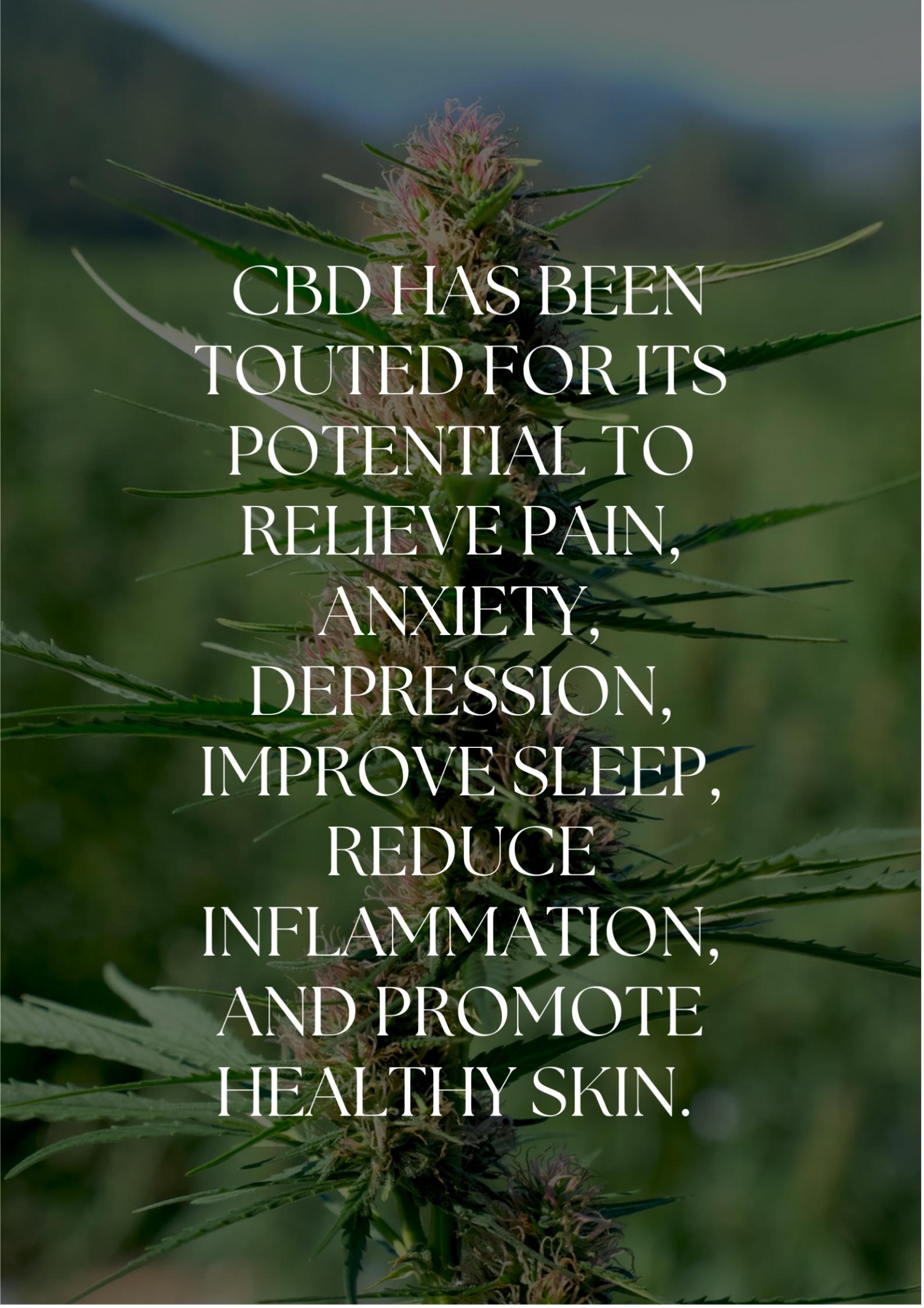




# TABLE OF CONTENTS

1. INTRODUCTION
2. CBD BASICS
3. BENEFITS OF CBD
4. RISK OF CBD
5. CBD VS. MARIJUANA
6. CBD AND YOUR HEALTH
7. CHOOSING THE RIGHT CBD
8. CBD BUYER CHECKLIST
9. LOURDES PRODUCT OFFERINGS
10. CBD AND THE LAW
11. FAQ
12. CONCLUSION





CBD HAS BEEN  
TOUTED FOR ITS  
POTENTIAL TO  
RELIEVE PAIN,  
ANXIETY,  
DEPRESSION,  
IMPROVE SLEEP,  
REDUCE  
INFLAMMATION,  
AND PROMOTE  
HEALTHY SKIN.

## YOUR NOTES:



# ALL ABOUT CBD

CBD has gained popularity in recent years due to its potential health benefits and natural properties. In this e-book we answer some of your most asked questions about CBD.

Our aim is to provide you with the information you are seeking.

# Answering your Questions

# INTRODUCTION

CBD, short for cannabidiol, is a compound found in the cannabis plant. It has gained popularity in recent years for its potential health benefits and is now available in a wide variety of products, from oils to gummies and skincare products.

While CBD has gained a lot of attention, there are still questions surrounding its safety and efficacy. This e-book aims to provide a comprehensive guide to CBD, including its benefits and risks, how it works, and how to choose the right product.

## CBD BASICS

CBD is one of over 100 compounds, known as cannabinoids, found in the cannabis plant. Unlike tetrahydrocannabinol (THC), another well-known cannabinoid, CBD does not have psychoactive effects.

When CBD is consumed, it interacts with the body's endocannabinoid system (ECS), which plays a role in regulating a range of bodily functions such as pain, mood, and sleep. It does this by interacting with the CB1 and CB2 receptors found throughout the body. There are different types of CBD products, including full-spectrum, broad-spectrum, and isolate.

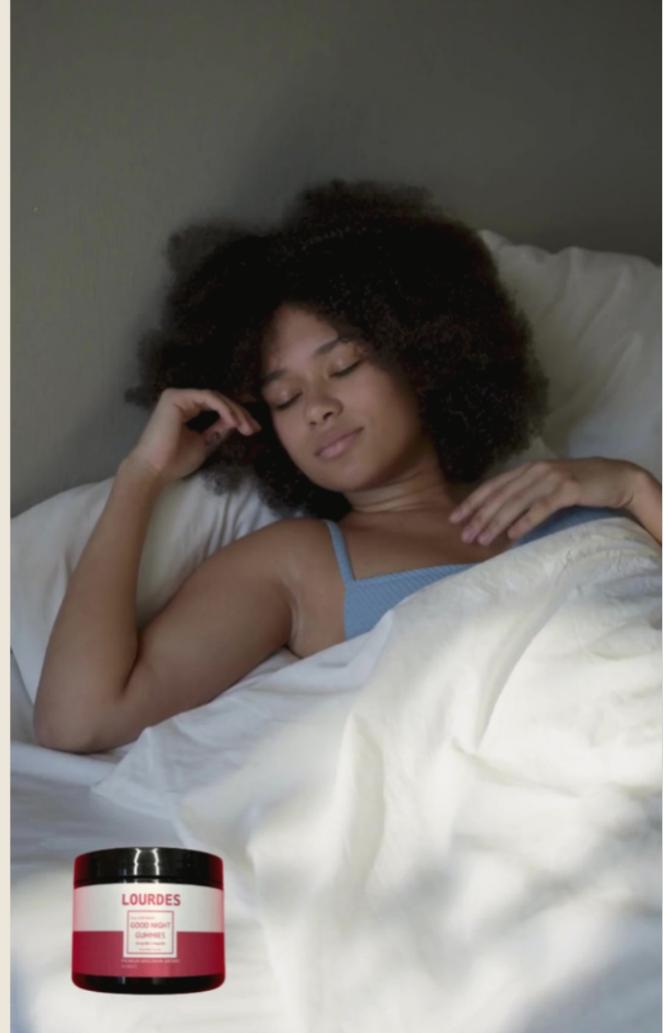
Full-spectrum CBD is considered the best because it contains all of the compounds of the plant, which work together to enhance the overall effectiveness of the product, a phenomenon known as the entourage effect.



# BENEFITS OF CBD

CBD has been studied for its potential health benefits, including pain relief, anxiety and depression reduction, improved sleep, reduced inflammation, and skin care.

Pain relief is one of the most commonly reported benefits of CBD, and some studies have shown that CBD may be effective in treating chronic pain. CBD has also shown promise in reducing anxiety and depression symptoms and improving sleep quality.



## RISKS OF CBD

While CBD is generally considered safe, there are some potential risks associated with its use. These risks include side effects such as nausea, fatigue, and interactions with certain medications metabolized by the enzyme CYP3A4. These include statins, and calcium channel blockers.

Consider speaking to a healthcare provider before using CBD, especially if you are taking certain medications or have any underlying health conditions.



# CBD VS MARIJUANA

Hemp-derived CBD and medical marijuana are two distinct forms of cannabis products with significant differences. CBD, or cannabidiol, is a compound found in hemp plants that is non-psychoactive, meaning it does not produce a "high" sensation. Medical marijuana, on the other hand, refers to marijuana plants that contain high levels of THC, the psychoactive compound that produces a euphoric effect.

One of the most concerning issues people have with medical marijuana is the potential for addiction and abuse due to its psychoactive effects. Additionally, the use of medical marijuana is heavily regulated, and its legality varies by state, which can create challenges for patients seeking treatment.

In contrast, hemp-derived CBD is legal at the federal level and does not produce any psychoactive effects, making it a safer and more accessible option for many people. CBD has been shown to have potential therapeutic benefits, such as reducing anxiety and inflammation, without the risk of addiction or intoxication.

Overall, while medical marijuana may be helpful for certain conditions, hemp-derived CBD offers a safer and more widely available alternative for those seeking the potential benefits of cannabis products without the psychoactive effects or legal challenges.

# CBD AND YOUR HEALTH

CBD may have potential benefits for specific health conditions, such as epilepsy and multiple sclerosis.

There are also reports of CBD's potential benefit to those suffering from arthritis, acne and reducing inflammation.

More research is still ongoing in this area and more studies are needed to determine the full extent of CBD's potential health benefits.



## CHOOSING THE RIGHT CBD

Choosing the right CBD product can be overwhelming, as there are so many options available. When selecting a product, it's important to read labels carefully and look for information on dosage and administration.

It's also crucial to choose a product that is organic, third-party lab tested and from a reputable brand that is transparent with its ingredients and origin of its hemp.

# CBD BUYER CHECKLIST

**HIGH POTENCY PRODUCTS:** LOOK FOR PRODUCTS THAT HAVE HIGH CBD CONCENTRATIONS. THE HIGHER THE POTENCY, THE MORE EFFECTIVE THE PRODUCT IS LIKELY TO BE

**EXTRACTION METHOD:** CHOOSE PRODUCTS THAT HAVE BEEN EXTRACTED USING SAFE AND EFFICIENT METHODS, SUCH AS ETHONAL (SAME METHOD USED FOR VANILLA). THIS ENSURES THAT THE PRODUCT IS FREE OF HARMFUL SOLVENTS AND CHEMICALS.

**THIRD-PARTY LAB TESTING:** ALWAYS MAKE SURE THE CBD PRODUCT YOU ARE BUYING HAS BEEN THIRD-PARTY LAB TESTED. THIS ENSURES THAT THE PRODUCT HAS BEEN VERIFIED FOR ITS POTENCY, PURITY, AND SAFETY.

**TYPE OF CBD:** MAKE SURE YOU KNOW WHAT TYPE OF CBD IS IN THE PRODUCT. FULL-SPECTRUM CBD CONTAINS ALL THE COMPOUNDS FOUND IN THE HEMP PLANT, INCLUDING THC (THOUGH IN LEGAL AMOUNTS). BROAD-SPECTRUM CBD CONTAINS ALL THE COMPOUNDS EXCEPT THC. CBD ISOLATE CONTAINS ONLY CBD.

**ORIGIN AND QUALITY OF HEMP:** MAKE SURE THE PRODUCT IS MADE FROM HIGH-QUALITY HEMP MADE FROM ORGANIC HEMP THAT IS FREE OF PESTICIDES, HERBICIDES, AND OTHER HARMFUL CHEMICALS.

**REPUTATION OF THE BRAND:** LOOK FOR COMPANIES THAT ARE TRANSPARENT ABOUT THEIR PRODUCTS AND MANUFACTURING PROCESSES, AND HAVE A GOOD REPUTATION WITHIN THE CBD INDUSTRY.

# LOURDES PRODUCT OFFERINGS

## MIND BODY BLEND

Our signature high potency CBD oil blend offers a perfect balance of mind and body benefits. Made with 6000mg of organic, full-spectrum hemp extract and MCT Coconut oil, it supports relaxation, focus, and overall wellness.



## HARMONY BODY BALM

Our soothing balm is a perfect companion for your post-workout or self-care routine. Infused with 1250mg of organic full-spectrum CBD and nourishing ingredients such as ginger oil, lemongrass, and menthol crystals, it provides targeted relief for sore achy muscles and joints.



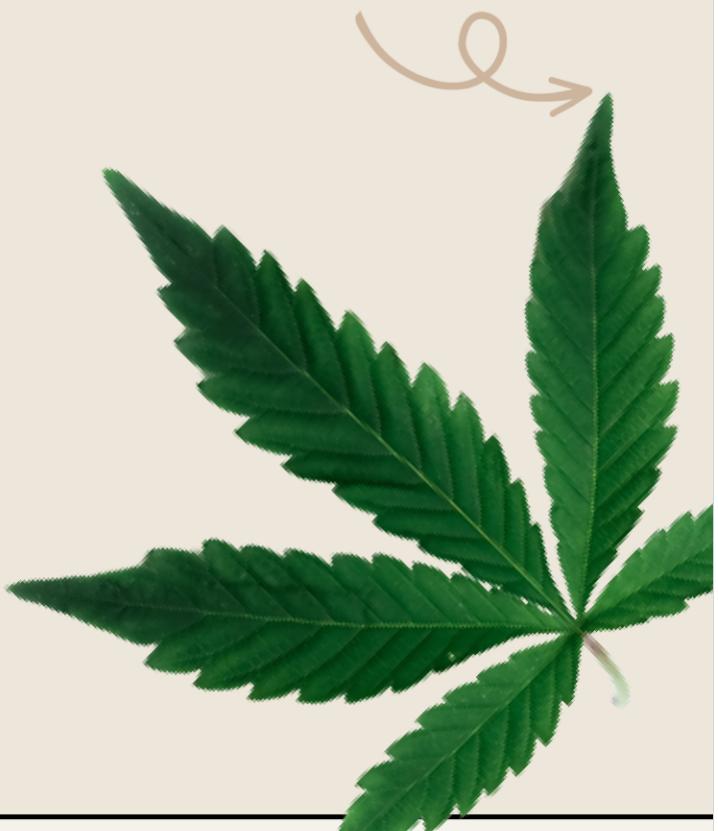


# CBD AND THE LAW

The legal status of CBD can vary depending on where you live. In the United States, CBD is legal at the federal level as long as it is derived from hemp and contains no more than 0.3% THC.

It is important to note, some states have their own laws regarding CBD, so it's important to research the laws in your area before purchasing or using CBD products. It's also important to be aware of the laws when traveling with CBD products.

*ITS LEGAL IN THE USA*



# FAQ



## CAN CBD GET YOU HIGH?

No, CBD is not psychoactive and does not produce a "high" effect. THC is the compound in cannabis that is responsible for the psychoactive effects, while CBD does not have this effect.



## IS CBD ADDICTIVE?

There is no evidence to suggest that CBD is addictive. In fact, CBD has been studied for its potential to help people with addiction to other substances, such as opioids and nicotine, to reduce their cravings and withdrawal symptoms.



## ARE THERE ANY SIDE EFFECTS OF USING CBD?

While CBD is generally well-tolerated, some people may experience side effects such as dry mouth, drowsiness, and changes in appetite or mood. These side effects are usually mild and temporary, but it's important to talk to a healthcare professional before using CBD, especially if you are taking other medications.



## HOW DOES CBD WORK IN THE BODY?

CBD works by interacting with the body's endocannabinoid system (ECS), which is involved in regulating various functions such as mood, appetite, sleep, and immune function. CBD interacts with the ECS by binding to certain receptors, which can help regulate these functions and potentially provide therapeutic benefits.

# FAQ



## WHAT IS CBD AND HOW DOES IT WORK?

CBD, short for cannabidiol, is a natural compound found in the hemp plant. It works by interacting with the body's endocannabinoid system, which helps regulate various physiological and cognitive processes.



## HOW SHOULD I STORE MY CBD PRODUCTS?

To maintain the quality of your CBD products, it is recommended to store them in a cool, dry place away from direct sunlight. Avoid exposing your products to extreme temperatures or humidity, as this can affect their potency and consistency.



## HOW MUCH CBD SHOULD I TAKE?

The amount of CBD you should take depends on several factors, such as your weight, the severity of your symptoms, and the concentration of the product you are using. It is best to start with a low dose and gradually increase until you find the right amount for your needs.



## IS CBD LEGAL?

CBD is legal at the federal level in the United States as long as it is hemp derived and contains less than 0.3% THC. However, state laws vary and some states have more restrictions on the use of CBD. It is important to check the laws in your state before purchasing and using CBD products.



# CONCLUSION

CBD has become popular in recent years due to its potential health benefits. Although it is not a universal solution, and its use may not be suitable for everyone, understanding its basics and benefits can help individuals make informed decisions about its use as a treatment option.

This e-book provided a comprehensive overview of CBD, including its various types, how it interacts with the body and its potential benefits, such as pain relief, anxiety reduction, improved sleep, and healthy skin promotion. The potential benefits of using CBD, frequently asked questions and legal considerations were also explored.

This e-book also addressed the importance of choosing the right CBD product, including an essential check list to reference and selecting a reputable brand that is transparent about its products. Before using CBD, it is essential to understand what it is, how it works, and what potential risks it may carry.

At Lourdes, we are dedicated to delivering premium, sustainable, and transparent CBD products. We are passionate about helping our customers achieve optimal health and wellness through the power of CBD.

Overall, CBD is a promising natural remedy, with potential health benefits. By understanding the basics of CBD and making informed decisions about its use, individuals can take advantage of its potential benefits and improve their overall health and well-being.



# TESTIMONIALS

READ WHAT OUR CUSTOMERS HAVE TO SAY -  
REAL REVIEWS BY REAL PEOPLE



LOVE ❤

I HAVE TRIED OTHER CBD BALMS BUT I  
REALLY LIKE THIS ONE. GREAT SERVICE  
TOO.



EXCEEDED MY EXPECTATIONS  
USING THE GOODNIGHT GUMMIES I WAS  
FINALLY ABLE TO GET A GOOD NIGHTS  
SLEEP!



CLASS ACT  
PRODUCT IS OF THE HIGHEST QUALITY  
CBD. VERY PLEASED WITH RESULTS.



# THANK YOU FOR READING!



[WWW.LOURDESCBD.COM](http://WWW.LOURDESCBD.COM)  
USE CODE 15OFF FOR A 15%  
DISCOUNT



LOURDES SHALL NOT BE HELD LIABLE FOR ANY IMPROPER OR INCORRECT USE OF THE INFORMATION OR SERVICES IN THIS EBOOK AND ASSUME NO RESPONSIBILITY FOR ANYONE'S USE OF THE INFORMATION OR SERVICES. THIS EBOOK IS NOT INTENDED TO PROVIDE MEDICAL INFORMATION AND DOES NOT CLAIM TO CURE OR TREAT ANY DISEASE.

