

CBD Oil

Here in the UK, CBD oil is now legal and classified as a food supplement. Inside our bodies we have an Endocannabinoid System with hundreds of receptors that work with all of our other vital systems.

Illness and discomfort are caused by inflammation, you can understand the benefits of taking CBD oil on a daily basis. It can help people on an emotionally, mentally and physically level – but because our

Up until 1920's in the UK and 1930's in the USA, all livestock was fed on Hemp so when we consumed the products we received all the benefits of cannabinoids through our food. But since then our bodies have been starved of this vital food supplement because the plant was demonised.

As soon as you start to take CBD oil (one of the most powerful suppliers of cannabinoid), our bodies know exactly what to do with it. The many receptors absorb it and distribute it to the areas of the body that need it. It has a positive effect on so many different areas of the body. It is also a huge anti-inflammatory product and when you consider that most problems in our bodies relating to

endocannabinoid system has been left dormant for years, it is vital that when using the CBD oil, people need to know to start slow and low – 2 drops under the tongue morning and evening for 4-5 days, increasing to 4 drops morning and night after that. The idea is to find your own individual optimum level. You cannot overdose on the oil, but you can waste it. The average intake is between 4 and 6 drops morning and night but this is just a guide. Some may need more, some less.

Emotionally it can help with concentration, people feel more focussed. People are reporting an improvement in their memory and generally feeling calmer and more positive.



Physically – CBD oil is a powerful anti-inflammatory product so it can help with pain too. It also improves your sleep/wake cycle, with people reporting sleeping so much better once they start taking it.

Please do not confuse CBD oil with Medical Cannabis Oil. There are two main elements to CBD oil:

THC – this is what gives you the high and is illegal in the UK.

CBD – The part of the plant that helps with your mood, memory, sleep/wake cycle and appetite. It's classed as a food supplement and by law, we are not allowed to advertise the health benefits but there are so many testimonials out there and more research is being carried out to discover what this amazing oil can do for people. You only have to Google it! **HempWorx CBD oil is an organic, full spectrum oil with the legal limit of just 0.02% of THC.**

Each batch is 3rd party laboratory tested so you know you will be benefitting from one of the purest oils on the market.

With the CBD market expected to rise to \$20 billion by 2022 (Forbes), we are and will see thousands of CBD products flooding the market... But are they healthy?

With **HempWorx** you are guaranteed authenticity. The company also offers a 60-day empty bottle money back guarantee – that's how confident they are in their products.



FOR MORE INFORMATION AND TO ORDER YOUR OILS, PLEASE CONTACT Nicki Walker - 07947 813553 Practitioner of Complementary Medicine
Email: info@bluebellsbynicki.com
www.hempworx.com/nickibluebells