



# Hemp Extract Into the Wild West!

by Margy Squires

The history of hemp use in the United States is incredibly long. In fact, even the early drafts of the Declaration may have been written on hemp paper. So today, why is hemp extract considered a venture into the Wild West? Could it be due to the seeming lawlessness of an untamed territory? Or due to its mistaken identity to another family member with a wilder reputation – marijuana?



Medicinally, hemp boasts a resume with accolades as long as its history of industrial use as plant fiber. It appears to favorably influence the body's own endocannabinoid system (ECS) with its phytocannabinoids. Carefully extracted from the plant and preserved in an oil, these cannabinoids (CBDs) act as antioxidants, reduce convulsions and spasms, retard tumor growth, are anti-psychotic and neuroprotective agents. CBD in hemp extract oil eases anxiety and pain via its interaction with or influence on serotonin, GABA and other ECS receptors. So while much about hemp extract may not be familiar to you, be willing to explore because the answer is *the more we know, the more we know*.

 All the scouting reports are not good, though. Hemp extract sales have been hailed as the “green rush”, with everyone wanting to pocket the gold by staking a claim. The market is a stampede of various blends and multiple ways to take hemp extract without proper labels, dating, lab analyses and “papers of authenticity”. How do you recognize the good guys? And should you try tinctures, softgels or topicals? Take it raw, full spectrum, or isolate?

It is obviously clear one thing needs taming – quality control. A 2017 article in the Journal of the American Medical Association (*JAMA*) tested 84 CBD/hemp oil extracts purchased online. In 55% of them, CBD content either exceeded label claim or had negligible (less than 1%) amounts of CBD. Some had higher than the FDA legally allowed 0.3% THC, the psychoactive CBD.



Standardization of products and labels over time will prevail. With more research comes more comprehensive and reliable information for consumers. But you don't need to feel alone in the desert when you are careful about the company you keep. At TyH, we'll keep you away from the outlaws with a posse of Bluebird Botanicals. And we'll help you with directions along the way, like sharing these guidelines to optimize use. *Westward, ho!*

## GUIDELINES TO OPTIMIZE USE

### For Tinctures & Softgels

- 1. Less is More.** Even though hemp extract oil has no known negative side effects, taking an excessive amount may be less effective therapeutically. So start slow and increase the serving size every 4 days or so by 20%. This is easy to do when you start with the tincture or liquid form. When you reach 15 mg, you can switch to the softgels if you prefer. Note that some research suggests isolate forms require higher amounts than full spectrum hemp extract with its entourage effect (the synergy between all the parts of the plant). 
- 2. Keep a Diary.** Journal when and how much you take, tincture or softgel, and the brand. Record any changes in serving size and how you feel. There is no one size fits all and you are your best advocate!
- 3. Take Multi-Gold™.** Remember that CBD influences receptors in the endocannabinoid system. This regulatory system in your body requires certain nutrients to “run” efficiently. Keeping nutrient levels optimum allows the ECS to respond favorably to CBD therapy. Think of Multi-Gold™ as “full spectrum”, offering an “entourage effect” of synergistic nutrients!
- 4. Give Yourself Time.** While many will see some change in 5-10 days, people with chronic conditions may need more time to respond to therapy. This is especially true with healing on a molecular level, helping the body heal itself. Also, how fast you respond will depend on whether your ECS is already running “normal” or needs a bit of a “reset”. Since CBD influences more than 65 known receptors, a lot of factors make up the healing equation!
- 5. Medication Conflicts.** Like grapefruit, CBD appears to interfere with cytochrome P450 liver enzymes. If you take a prescription (especially a blood thinner), consult with your health care provider as closer monitoring may be required.



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