

CBD 10 1:

How Does CBD Fit into a DC's Treatment Plan?

Breaking down the confusion and myths about CBD using the latest research



Definition, History and Legality of CBD

- Introduction
- Cannabis Definition
- History of Cannabis Federal and State CBD Laws
- Current FDA Regulations – do's and don't
- Overview of US Patent on CBD
- Different CBD Extraction Methods
- Compounds Derived from the Cannabis Plant
 - CBD, CBC, THC, etc.
- How to read CBD Labels and Certificates of Analysis



Joe Kryszak, MBA

- CEO Stirling Professional – Started in 2018
 - Lead billion dollar business for Amazon, Lenovo, HP, Dewalt
- Stirling is a proud sponsor of dozens of State Associations
- We pride ourselves on “Cannabinoid Thought Leadership”
 - 6X Article Contributor to Chiro Economics (2 of 5 top Read CBD Articles)
 - CEU Approved Training in 10 States
 - Speaker at Chiro Congress
- President ChiroHeros – National organization devoted to stopping and helping victims of Human Trafficking and Sex Slavery in the U.S.
- 2.5 Year + Cancer Survivor






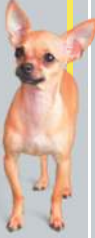



What is Cannabis?

1. cannabis, (genus *Cannabis*), genus of medicinal, recreational, and fibre plants belonging to the family Cannabaceae.
2. Closely Related to Hops
 - i. More distantly related to Bamboo
3. Cannabis refers to a group of three plants
 - i. *Cannabis sativa* - Industrial Hemp / Stimulating Marijuana
 - ii. *Cannabis indica* - Purely Marijuana When you smoke this you are in -da -couch *Cannabis ruderalis*
4. As Cannabis laws relax, names for it are evolving.
5. Many people are using the term “cannabis” to refer to marijuana, but as you will see that is not Taxonomically correct










Cannabis, Marijuana, Hemp - What is the Difference?



| SPECIES | CANINE | CANNABIS | BRASSICA OLERACEA |
|--|---|---|--|
| <p>BREED</p> <p>Created through selective breeding procedures</p> | <p>LABRADOR</p> <ul style="list-style-type: none"> - Hunting - Fishing - Companionship  | <p>HEMP</p> <ul style="list-style-type: none"> - Very fast growing - Cultivated for over 10k years - Easy to Grow - Between 0% and .3% THC - Little/No Psychoactive Effects  | <p>CABBAGE</p> <ul style="list-style-type: none"> - Breed to maximize the Terminal Buds & Leaves - Dark Green  |
| <p>ATTRIBUTES</p> <p>Why humans developed this breed</p> | <p>CHIHUAHUA</p> <ul style="list-style-type: none"> - Ancient Toltec & Aztec ceremonies - Possibly food source - More recently, for annoying celebrities to carry  | <p>MARIJUANA</p> <ul style="list-style-type: none"> - Psychoactive Effects - Getting High - High THC Content - Difficult to Grow Quality Plant  | <p>BROCCOLI</p> <ul style="list-style-type: none"> - Breed to maximize Stem & Flowers - Dark Green - Higher in calories than Cabbage and Cauliflower  <p>CAULIFLOWER</p> <ul style="list-style-type: none"> - Breed to maximize Flower Clusters - Minimize Stalk & Leaves - White / Beige  |

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A Brief History of Cannabis

- Cannabis has a special relationship with Humans
 - Growing fast (up to 6 inches/ Day)
 - Grows HUGE and in all types of Soil
- Most likely the first domesticated crops
 - First cultivated by tribes in China & Southern Turkey as early as 8000 BC.
- What would Humans use Cannabis for:
 - Feed early humans animals
 - Used to feed their animals, make their clothing, shoes, rope, tents, etc
 - Get High during religious festivals



*Canines are Humans best friend in the Animal World...
Cannabis is Humans best friend in the Plant World...*



Does the U.S. Government
have a CBD Patent?



The U.S. Patent Office issued the patent to the Dept. of Health and Human Services.

There is a U.S. Patent on CBD issued to the Govt. Patent: #6630507

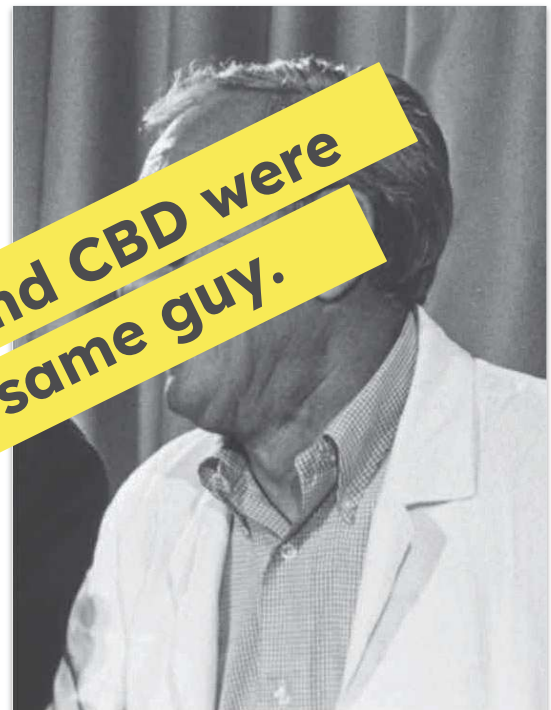
The CBD Patent was initially filed in 1999 and awarded a patent in 2003 – almost 20 years ago.



Who Applied for the Patent?

A Team lead by Nobel Laureate Julius Axelrod applied for the CBD patent. Interesting to note, Axelrod's research on the development of Prozac.

Simply put, Prozac and CBD were patented by the same guy.



Nobel Laureate Julius Axelrod

What does Patent 6630507 Say?

Cannabinoids as antioxidants and neuroprotectants

Cannabinoids have been found to have [antioxidant properties](#), unrelated to NMDA receptor antagonism. This new found property makes cannabinoids [useful in the treatment](#) and prophylaxis of wide variety of [oxidation associated diseases, such as ischemic, age-related, inflammatory and autoimmune diseases](#). The cannabinoids are found to have particular application as [neuroprotectants](#), for example in [limiting neurological damage](#) following ischemic insults, such as [stroke and trauma](#), or in the [treatment of neurodegenerative diseases, such as Alzheimer's disease, Parkinson's disease and HIV dementia](#). Nonpsychoactive cannabinoids, such as cannabidiol, are particularly advantageous to use because they avoid toxicity that is encountered with psychoactive cannabinoids at high doses useful in the method of the present invention. A particular disclosed class of cannabinoids useful as neuroprotective antioxidants is formula (I) wherein the R group is independently selected from the group consisting of H, CH₃, and COCH₃.

US6630507B1

United States

 Download PDF

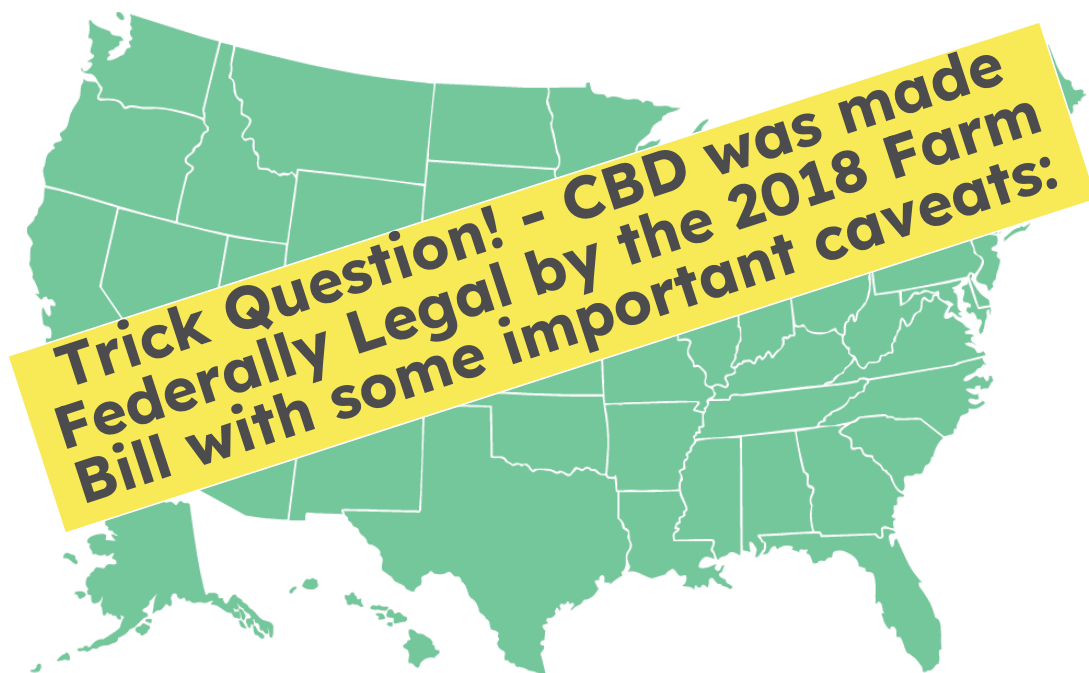
 Find Prior Art

 Similar

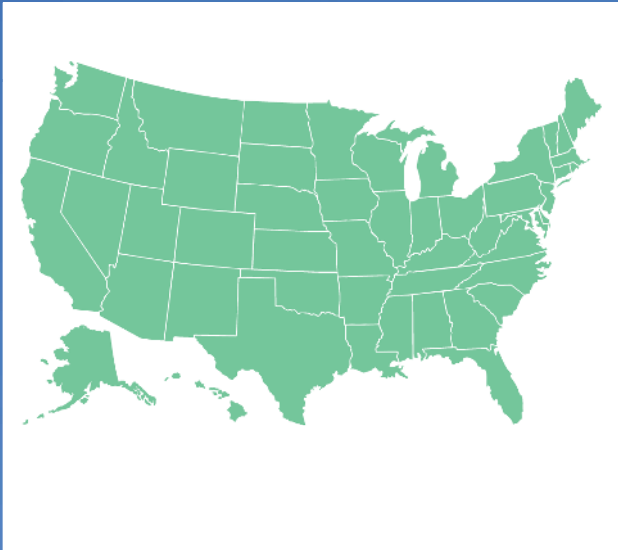
Inventor: Aidan J. Hampson, Julius Axelrod, Maurizio Grimaldi

Current Assignee: US Department of Health and Human Services

What States is CBD Federally Legal?



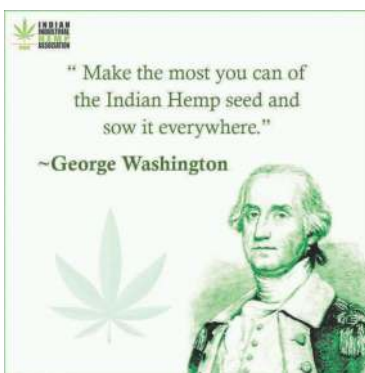
CBD Federally Legal as Long as...



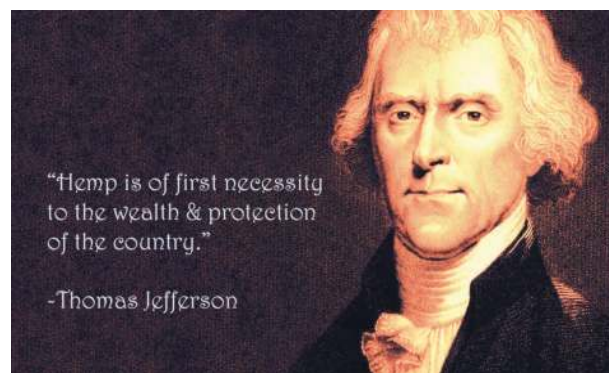
1. Made with Federally Approved Industrial Hemp
2. Less than .3% Delta-9 THC by Weight
3. Labeled Properly
4. Not sold to people under 18
5. Does not Contain other illegal compounds
6. Misleading Advertising
 - a. Stating it can Prevent/ Cure Disease



Famous Hemp / Cannabis Growers



Declaration of Independence, Constitution written on Hemp Paper.

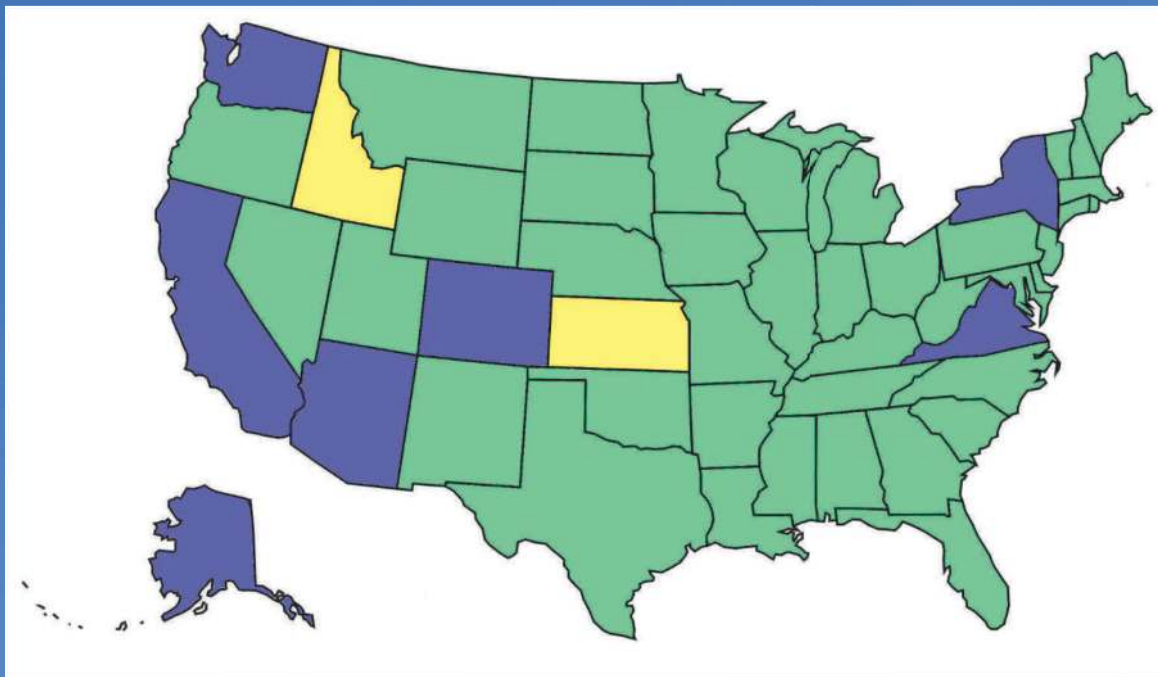


"Hemp is of first necessity to the wealth and protection of the country."
Thomas Jefferson



"You can smoke it, you can eat it, you can wear it, it's a perfect plant!"
Cheech and Chong

What Are State Laws Concerning CBD?



New VA Laws on THC - July 1st, 2023

➤ 2 New Laws:

- HC 2294 – Creates framework for selling CBD and low dose THC Products in VA, while also creating a registration process for businesses selling CBD Products. § HC 2294 can be found [here](#).
- HC 1922– Prohibits sale of Delta 8. § HC 1922 can be found [here](#).

➤ Implications:

- Strict Labeling and Testing Requirements
- Can't sell to people under 18
- Sets up a Registration System for Sellers of CBD & THC Products w/ \$1000 a year fee

➤ Stirling's Analysis:

- We believe this is Good News for VA Chiropractors and your patients!
 - Does not include Topicals, Tinctures, or Non - THC Products
 - Protects VA residents from unscrupulous companies
 - Chiropractors are Exempt from Paying the \$1000 Year Fee!

VA Chiropractors are Exempt from \$1000/

VA

EXEMPTION FROM THE EDIBLE HEMP PRODUCTS DISCLOSURE FORM IS LIMITED TO RETAIL ESTABLISHMENTS THAT MEET ALL OF THE FOLLOWING CRITERIA:

- (a) Compliant with Article 5 of the Virginia Food and Drink Law;
- (b) Sell only food or beverages that are sealed in packaging by the manufacturer and come from an approved/inspected source;
- (c) Do not prepare or serve food;
- (d) Do not offer beverage service (i.e. coffee pot, fountain drink machine);
- (e) Do not sell infant formula;
- (f) Do not sell salvaged foods;
- (g) Do not sell **unwrapped** produce;
- (h) Do not sell store packaged ice;
- (i) Do not offer self-service of unwrapped foods (i.e. donut cases, bulk nuts, pickles);
- (j) Do not sell food or beverages, including edible hemp products, to other businesses for resale (wholesale); and
- (k) Certify to the Virginia Department of Agriculture and Consumer Services that they meet the foregoing criteria.

VA Chiropractors are Exempt from \$1000/

VA



VDACS Office of Hemp Enforcement
PO Box 1163
Richmond, VA 23218-1163
(804) 786-3520
HempEnforcement@vdacs.virginia.gov

| DEPARTMENT USE ONLY | |
|---------------------|----------------|
| DATE RECEIVED | _____ |
| CONFIRMED EXEMPT | ___ YES ___ NO |
| CONFIRMED EXEMPT BY | _____ |

EXEMPTION FROM INSPECTION – RETAILERS OFFERING EDIBLE HEMP PRODUCTS

DOWNLOAD THIS FORM TO YOUR COMPUTER AND OPEN IN ADOBE READER FOR FULL FUNCTIONALITY

Pursuant to the Code of Virginia § 3.2-5145.2:1 (8), any person who offers for sale an edible hemp product must first obtain a permit from the Virginia Department of Agriculture and Consumer Services Food Safety Program, unless EXEMPT from a permit pursuant to subdivision C.6 of § 3.2-5130.

THIS EXEMPTION IS LIMITED TO RETAIL ESTABLISHMENTS THAT MEET ALL OF THE FOLLOWING CRITERIA:

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- (k) Certify to the Virginia Department of Agriculture and Consumer Services that they meet the foregoing criteria.

Please note that firms qualifying for the exemption are still obligated to comply with the Virginia Food and Drink Law and the Regulations Governing the Manufacturing and Sale of Products that Contain Industrial Hemp Extracts Intended for Human Consumption. Nothing in this language shall prevent the Virginia Department of Agriculture and Consumer Services from inspecting any retail establishment if a consumer complaint is received or if an investigation is warranted.

2023 FDA Legal Rules

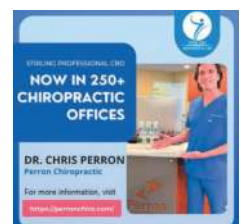
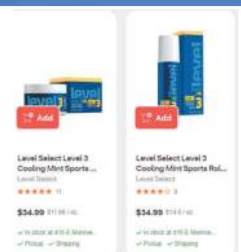
1. Never make a Health Claim.
 - Cancer, PTSD, Parkinson's Disease, HIV/ AIDS, Epilepsy
2. Never say the CBD can treat any disease or ailment.
3. Use non - disease descriptions.
4. Be aware of current FDA positions and the inherent risk in marketing CBD.
5. Need to put the FDA warning at all pages on the website.
6. SOCIAL MEDIA.

- The research presented in this training deck is developed for informational purposes only. It cites reputable medical studies conducted by the most prestigious sources.
- Stirling is making no claims that our products prevent or cure any disease. Any medical references are for informational purposes only and Stirling is merely referencing the studies, not making our own claims.



CBD Market Dynamics

- 26% of Americans are using CBD in 2022
- \$5.31 billion was spent on CBD products in 2021
 - 22% Growth Rate
- \$560 million was spent on pet CBD products in 2021
- 23% or nearly 1 in 4 say they aren't familiar with CBD, while 20% or 1 in 5 are wary of using CBD
- 16% of the respondents find CBD expensive, while 13% are worried about CBD side effects
- Examples of businesses selling CBD



Extraction Challenges

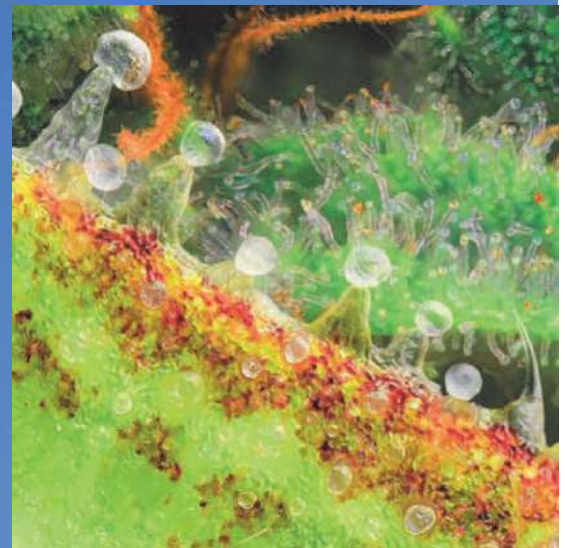
How can manufacturers get the Cannabinoids (CBD) from the Trichomes off the Hemp Plant Naturally?



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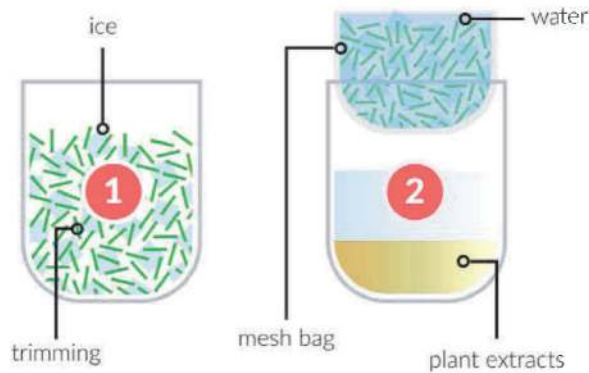
Snoop Dogg Calls them the “Sticky Icky”

- 115+ Naturally occurring Cannabinoids compounds (CBD, CBN, CBG, THC, etc) in the Cannabis Plant
- As you can imagine, getting sticky material off organic materials is not easy
- Manufacturers have come up with three solutions to get the Trichomes off
 - Ethanol Extraction
 - Co2 Extraction
 - Cavitation



#3 Solventless Extraction - Used in 1% of Extraction (Stirling)

ICE WATER EXTRACTION



- Put Hemp in 33 Degree Distilled Ice Water - which crystallizes (freezes) the Trichomes.
- Once Trichomes are frozen the plant matter is piped through to a impeller circulating at 20,000 RPM - which creates billions of micro - bubbles
- This process is called cavitation.
- Bubbles explode, Trichomes come off.
- Use 40 micron filter to extract trichomes.
- This is Stirling's Process.
- No one else can do this.



Is CBD Legal & Safe

- CBD is **NOT a controlled substance according to the FDA CDC and the 2018 US Farm Bill** which legalized CBD as long as:
 - It is less than .3% Delta 9 THC by weight
 - Labeling, warning requirements
- In November 2017, the WHO Expert Committee on Drug Dependence (ECDD) confirmed CBD **“does not appear to have abuse potential or cause harm.”** The Study stated **“physical dependence on CBD has not been identified”**
- There have been no confirmed cases of CBD overdose
- No DWI due to CBD intoxications
 - Of course, this does not include THC
- US Olympic Athletes can use Pure CBD (No THC)

https://www.congress.gov/bills/115th/congress/house_bill/5485
<https://www.usada.org/spirit-of-sport/education/six-things-know-about-cannabidiol/>



How to Read Labels on CBD Products

FDA DISCLAIMER

DIRECTIONS

Suggested Use: Drop one serving in mouth. Hold for 20 to 30 seconds, then swallow. Take after meal or high fat snack. Increase as needed or as directed by physician. **WARNING:** Do not use if you are pregnant or nursing. Consult your physician before use if you are taking medications or have a medical condition. Discontinue use if unusual symptoms occur. Keep out of reach of children. This product contains no more than 0.0% Δ-9-THC.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CBD CONTENT (TOTAL AMOUNT OF CBD)

STIRLING
PROFESSIONAL CBD
1500 MG
CBD OIL

INGREDIENTS

PRODUCT FACTS

| Amount Per Serving %DV | |
|-----------------------------|-------|
| Calories 10 | |
| Total Fat <1g | 1%* |
| Saturated Fat <1g | 5%* |
| Hemp Extract (aerial parts) | 50mg† |

*Percent Daily Values are based on a 2,000 calorie diet
†Daily Value (DV) not established

Ingredients: MCT Oil + Broad Spectrum Isolate, Natural Plant Essential Oils, Stevia. 0.0% THC.

WARNING

MANUFACTURER CONTACT INFO

BATCH NUMBER

QR CODE

8 50017 53615 9

Citrus
30ml 1fl oz

Batch#: 12221500-A
Dist: Stirling CBD
Apex, NC 27539
stirlingprofessional.com

STIRLING
PROFESSIONAL CBD

QR Codes - how does Stirling do it?



- QR Codes on each of our Products
- Each individual batch tested
- QR Codes Take you to Stirlings COA Page



Cannabinoids are the **MOST**
IMPORTANT compounds - **EVER** -
for **Chiropractors** . Why?



The Endocannabinoid System:

The most important
system in your body to
create homeostasis.



National Institutes
of Health

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5576607/>
<https://www.health.harvard.edu/blog/the-endocannabinoid-system-essential-and-mysterious-202108112569>
[https://www.mayoclinicproceedings.org/article/S0025-6196\(19\)30007-2/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(19)30007-2/fulltext)
<https://www.ccm.org/content/85/12/943>

Harvard Medical School Says Cannabinoids can help with:

- Anxiety
- Insomnia
- Chronic pain
- Arthritis



Harvard Health Publishing
HARVARD MEDICAL SCHOOL

Cannabis is one (if not the most) studied compounds

- Over 10M Hits
- UT / UVA/ Mayo
- Endocannabinoids
- Preclinical & Clinical

About 10,600,000 results (0.53 seconds)

The FDA Hates It

FDA has not approved a marketing application for cannabis for the treatment of any disease or condition...except for synthetic cannabinoids formulated by big pharma.



U.S. FOOD & DRUG ADMINISTRATION

- <https://www.health.harvard.edu/blog/cannabidiol-what-we-know-and-what-we-dont-2018082414476>
- <https://www.fda.gov/news-events/public-health-focus/fda-and-cannabis-research-and-drug-approval-process>



PBS Video Describing the ECS



NOVA | Cannabis Reverses Brain Aging in Mice | Season 48 | Episode 11 | PBS

The Endocannabinoid System At Work

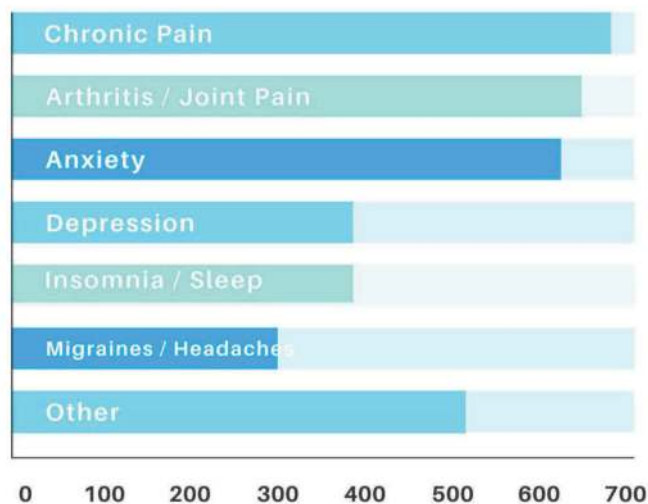
The Key System in your Body for Organs to “Talk” to other Organs and systems
A Few Examples

- Stomach communicating retrograde and telling to your parietal cells that it has enough acid
- Over stimulated neurons communicating to other neurons to stop firing
- Joints and muscles telling your immune system to stop producing histamine and prostaglandins



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5576607/>
[https://www.health.harvard.edu/diseases -and -conditions/what -is-chronic -inflammation](https://www.health.harvard.edu/diseases/-and-conditions/what-is-chronic-inflammation)

Let's Look at the Research on the Top 3+ Reasons People USE CBD



- } #1 Physical Pain & Discomfort
- } #2 Mental Concerns
- #3 Sleep Issues

Question: Why do people buy CBD, and does it work?
According to the US National Library of Medicine in the National Institutes of Health.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6043845/>

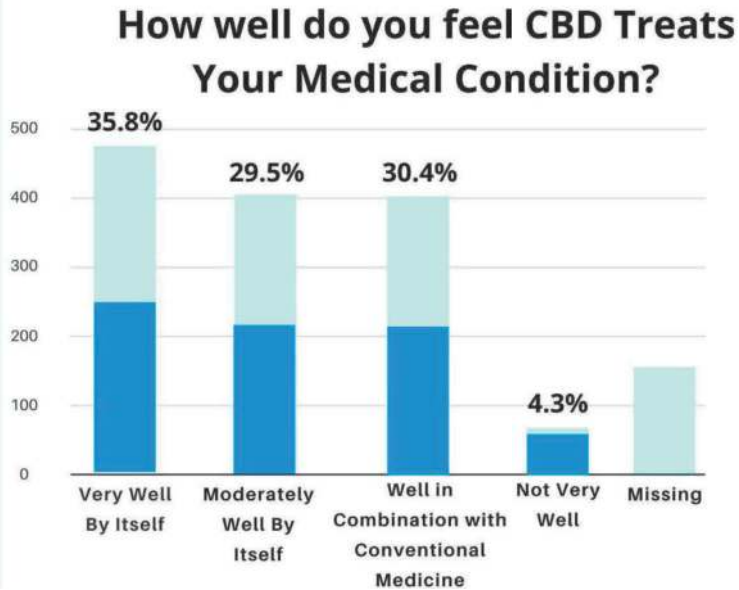
*Materials and Methods: A self-selected convenience sample (n = 2409) was recruited via an online survey designed to characterize whom, how, and why individuals are currently using CBD. The anonymous questionnaire was accessed from October 25, 2017 to January 25, 2018. Participants were recruited through social media.



NIH Research - Does CBD Work?

Number of Respondents Using Cannibidiol for a Medical Condition, by Treatment Efficacy and Regular Cannabis Use*

n=1483
 = Regular Cannabis Users
 = Non Regular Users



95.7%
 of Respondents
 say Well or Very
 Well

Question: Why do people buy CBD, and does it work?
 According to the US National Library of Medicine in the National Institutes of Health.



Find a Company that YOU can Trust

QR Codes w/ COA on each product



Third Party Tested
 THC and 0%
 THC Solutions



Sold only in
 Chiropractors
 Offices



Profitable Avg.
 Office Sells
 \$5k/Year
 (some a lot more)



US Anti -
 Doping
 Agency has
 Approved CBD
 Isolate for
 U.S. Athletes



What is the #1 Thing DCs Sell?

PATIENT TRUST!

- Trust that when a patient comes to see you, they will feel better walking out
- Trust that the patient will get great treatment for their \$\$\$
- Trust that when you have their neck in your hands, you will not make it go 360 Degrees
- Trust that the products you are selling in your office are tested and will improve their lives

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5576607/>

STIRLING PROFESSIONAL CBD

<https://stirlingprofessional.com/>

joe@stirilingoils.com

+1 (800) 201-2840



Research on the Top 3+ Reasons People Use CBD

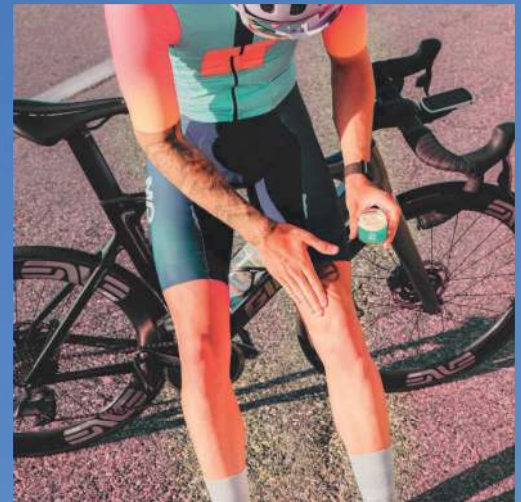
- Pain and Discomfort
- Mental Concerns
- Sleeplessness



Research on the Top 3+ Reasons People Use

#1 Physical Pain & Discomfort

- [NIH](#) - CBD was found to demonstrate therapeutic potential for the *relief of arthritic pain -related behaviour and to exert an anti -inflammation* effect without any evident high -brain -center psychoactive effects.
- [Openaccessgovernment.org](#) - the Endocannabinoid system *CBD can lower inflammation and pain* by its interaction with the endocannabinoid system (ECS). The ECS is a complex cell -signaling system responsible for regulating body processes, including our mood, metabolism, energy levels and pain output.
- [Arthritis.org](#) - Does CBD work for arthritis? - Animal research suggests *pain relieving and anti -inflammatory properties*, but human validation is needed. Some individuals with arthritis report benefits, but more research is required. We're partnering with the University of Michigan and the Arthritis Society of Canada to explore CBD and THC use in arthritis patients.



What is NOT the Solution for Pain?

OPIOIDS

Some drugs, such as opioid painkillers, have a higher risk and cause addiction more quickly than others.



2 million persons in the United States suffer from addiction to heroin and other short-acting opioids.

It is estimated that over 37 million persons have misused short-acting opioids such as oxycodone and hydrocodone.

Mood symptoms:

- Mood swings
- Depression
- Anxiety
- Euphoric mood for a few hours
- Irritability

Behavioral symptoms:

- Forging prescriptions for opiates
- Stealing narcotics from friends and family
- Robbing pharmacies and other medication dispensaries
- Not fulfilling familial and other responsibilities
- Decreased performance at job or school
- Preoccupation with obtaining, using, and recovering from usage of opiates

ScienceAdvances

<https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/svc-20365112>

What IS a Solution for Pain?

Examples of CBD Products DCs use for Patient Pain



What IS a Solution for Pain?

RECOVERY CAPSULES
PIPERINE Enhance nutrient absorption, and boost brain function.
BROAD SPECTRUM CBGA+CBDA Has the potential to reduce joint pain, decrease, and systemic inflammation.
CURCUMIN Offers greater protection against joint-diminishing oxidative stress, inflammation, and enzymes.
GINGER Enhance the overall effectiveness of the product, providing even greater relief from pain and promoting faster recovery.

CBDA+CBGA CAPSULES
VITAMIN E Strengthens the body's natural defense.
CBD + CBDA/CBGA Solventless, Extracted, Water Soluble 4X Bioavailability. The purest extracted Full Spectrum CBD Available.

MENTHOL LOTION 2500MG CBD
MENTHOL Rich in Vitamins A & C and give the skin the sensation of cooling.
ALOE VERA Is a popular vitamin-rich plant that has skin healing properties.
CBD OIL Reduces pain & soothes muscles. Effective at providing relief from painful joints & muscles.

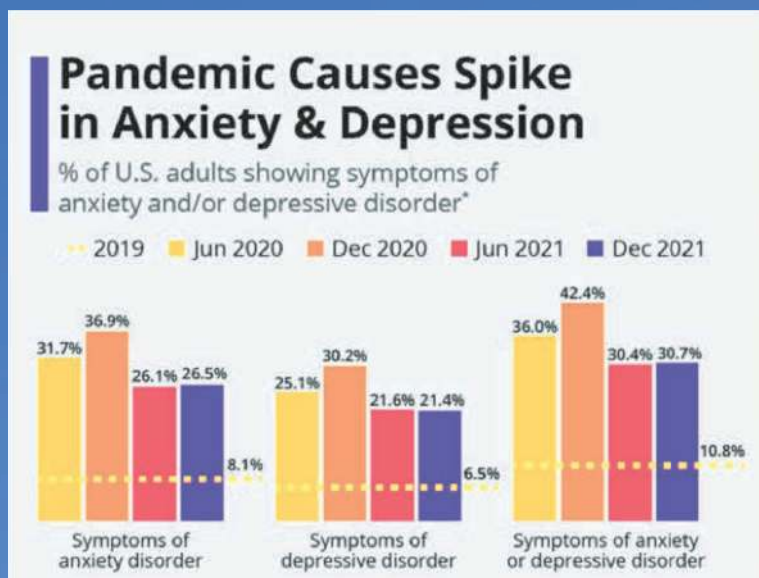
DELTA 8 SLEEP GUMMIES
Citric Acid Enhances a mineral's bioavailability.
Δ8-tetrahydrocannabinol Ease pain relief, boosts mental health and calms the body.
Beetroot Sugar Regulate the digestive system, and also provide smaller amounts of vitamin C, calcium, and iron.
CBN Improves sleep quality, eases pain, boosts your appetite, and kills bacteria.
Tapioxa Syrup Has low calorie and carbohydrate contents and zero exposure to pesticides and genetic modifications.
*Also available in Strawberry Watermelon Flavor.

MUSCLE GEL 2500MG CBD
EUCALYPTUS Beneficial for pain relief and/or useful to athletes as a passive form of warm-up.
CAMPHOR Has a soothing smell helps people relax and induces sleep.
PEPPERMINT Improves allergy symptoms, headaches, and clogged airways.
CAPSAICIN Stimulating pain receptors, which in turn reduce your sensitivity to pain.
WITCH HAZEL Helps reduce swelling, help repair broken skin, and fight bacteria.
GINGER ROOT Reduces muscle pain that comes after a super intense workout.
WHITE WILLOW BARK Provides gentle exfoliation for more radiant skin.

MAGNESIUM BALM 2500MG CBD
DEAD SEA MAGNESIUM SALT Crucial roles - supports muscle, nerve function, and energy production.
ARNICA Soothe muscle aches, reduce pain, and helps heal wounds.
ASCORBIC ACID Maintains and encourages new collagen to grow.
ALOE VERA Reduces resulting scar tissue & speeds up skin healing.
CBD OIL Reduces pain & soothes muscles. Effective at providing relief from painful joints & muscles.

Research on the Top 3+ Reasons People Use

#2 Mental Concerns



Recent Mayo Clinic research sites the major causes of insomnia are stress, depression, poor eating habits, lack of exercise, and a demanding work schedule.



[1] <https://www.mayoclinic.org/diseases-conditions/insomnia/symptoms-causes/syc-20355167>

Research on the Top 3+ Reasons People Use

#2 Mental Concerns

NIH - CBD is widely claimed to *have potential uses in treating various medical and psychiatric conditions such as depression, anxiety, post-traumatic stress disorder (PTSD)*, Alzheimer's, cognitive illnesses, and pain. Additionally, there is a growing trend of using CBD for the treatment of opioid use disorder.

US Health & Human Services
through the US Patent Office



Psychology Today - The WHO's expert committee on drug dependence has identified numerous conditions that may benefit from CBD. Human research studies have indicated that CBD may *help reduce feelings of isolation, alleviate symptoms of autism, and mitigate the effects of post-traumatic stress disorder (PTSD)*. CBD appears to have a calming effect on the brain and supports the hippocampus, a crucial brain region involved in regulating emotions and memory.



[1] <https://www.mayoclinic.org/diseases-conditions/insomnia/symptoms-causes/syc-20355167>

What is NOT the Solution for Anxiety?

XANAX

Side Effects of Medications:

Blurry vision, dizziness, drowsiness or fatigue, dry mouth, feeling agitated or restless, headaches, nausea, sexual problems or erectile dysfunction, sleep problems, an upset stomach, weight gain



30% of adults experience severe anxiety

- Chemical imbalance: Severe or long-lasting stress can change the chemical balance that controls your mood. Experiencing a lot of stress over a long period can lead to an anxiety disorder.
- Environmental factors: Experiencing a trauma might trigger an anxiety disorder, especially in someone who has inherited a higher risk to start.
- Heredity: Anxiety disorders tend to run in families. You may inherit them from one or both parents, like eye color.

What are the types of anxiety disorders?

There are several types of anxiety disorders, including:

- Generalized anxiety disorder (GAD).
- Panic disorder.
- Phobias.



<https://www.medicalnewstoday.com/articles/323666#side-effects>
<https://my.clevelandclinic.org/health/diseases/9536-anxiety-disorders>

What's a Great Solution for Anxiety?

Examples of CBD Products DCs use for Patient Anxiety



What's a Great Solution for Anxiety?

DELTA 8 SLEEP GUMMIES

Citric Acid
Enhances a mineral's bioavailability.

Δ8-tetrahydrocannabinol
Ease pain relief, boosts mental health and calms the body.

Beetroot Sugar
Regulate the digestive system, and also provide smaller amounts of vitamin C, calcium, and iron.

CBN
Improves sleep quality, eases pain, boosts your appetite, and kills bacteria.

Tapioca Syrup
Has low calorie and carbohydrate contents and zero exposure to pesticides and genetic modifications.

*Also available in Strawberry Watermelon Flavor.

IMMUNITY GUMMIES
FULL SPECTRUM CBD

Echinacea
Strengthens your body's immune system.

Bioperine
Helps enhance nutrient absorption, stabilize blood sugar levels.

Vitamin C
Exfoliates the skin and helps remove the dead skin cells.

CBD + CBDA/CBGA
Solventless Extracted, Water Soluble
The purest extracted Full Spectrum CBD Available

Zn
Helps your immune system and metabolism function.

Black Elderberry
Powerful, Nutritious, and Antioxidant Rich Immune Booster.

ENERGY GUMMIES
FULL SPECTRUM CBD

CBD + CBDA/CBGA
Solventless Extracted, Water Soluble
The purest extracted Full Spectrum CBD Available

coQ10
Improves heart health and regulate blood sugar.

Q10

Vitamin B12
Assists with the formation of healthy red blood cells.

B12

Green Coffee Caffeine
Keeps the chlorogenic acid intact and maintains your cortisol levels in check.

L-Theanine
Helps improve sleep quality by promoting a more relaxed state.

New Pandemic Sleep

#3 Sleeplessness

Devastating Cycle - Poor Sleep makes Covid worse and Covid makes Sleep Worse



[1] <https://www.mayoclinic.org/diseases-conditions/insomnia/symptoms-causes/syc-20355167>

- Sleep disorders linked with more severe outcomes from COVID-19 - a 35% Higher Hospitalization and Death Rate
- Hospitalized COVID -19 Patients Were Five Times More Likely to Suffer From Total Sleep Deprivation Compared to Non-COVID -19 Patients
- COVID -19 and sleep medicine is the hypothesis that virus attacks central nervous system (CNS) directly by adhesion to ACE2 receptors in different parts of CNS

Frontiers in Neuroscience | Cleveland Clinic | NIH



How Can DC's Solve the Sleep Problem?

#3 Sleeplessness



According to the NIH:

"Cannabidiol may hold benefit for anxiety related disorders. "[1]

The study outlined how CBD with a low THC product has proved to be effective in the fight against anxiety and insomnia. The study results showed that patients taking the CBD/ low THC combination had great results.

"Anxiety scores decreased within the first month in 79.2% of the patients and remained decreased during the study duration. Sleep scores improved within the first month in 48 patients 66.7% of the patients but fluctuated over time."



[1]



What is NOT the Solution?

AMBIEN



According to the Mayo Clinic, prescription sleep medications have some serious side effects – including:

- Headache
- Severe allergic reaction
- Sleep-related behaviors, such as driving or eating when not fully awake
- Daytime memory and performance problems
- Dizziness or lightheadedness, which may lead to falls
- Gastrointestinal problems, such as diarrhea and nausea
- Prolonged drowsiness, more so with drugs that help you stay asleep

1) <https://www.mayoclinic.org/diseases-conditions/insomnia/in-depth/sleeping-pills/art-20043959>

Stirling Sleep Solutions

Examples of CBD Products DCs use for Patient Sleeplessness



Stirling Sleep Solutions

DELTA 8 SLEEP GUMMIES

Citric Acid
Enhances a mineral's bioavailability.

Δ8-tetrahydrocannabinol
Ease pain relief, boosts mental health and calms the body.

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CBN
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Tapioca S
Has low calorie and carbohydrate contents a exposure to pesticides and genetic modifi

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MAGNESIUM BALM 2500MG CBD

DEAD SEA MAGNESIUM SALT
Crucial roles - supports muscle, nerve function, and energy production.

ARN
Soothe muscle aches pain, and helps heal

ASCORBIC ACID
Maintains and encourages new collagen to grow.

ALOE VERA
Reduces resulting scar tissue & speeds up skin healing.

CBD OIL
Reduces pain & soothes muscles. Effective at providing relief from painful joints & muscles.



THC-FREE SLEEP CAPSULES

MAYPOP
With its calming effects, it may help you get more restful sleep.

MELATONIN
Facilitates a transition to sleep and promotes consistent, quality rest.

CBD + CBN
Ease pain relief boosts mental health and calms the body.

VALERIAN
Promotes tranquility and improve sleep.

PIPERINE
Increases the sleep duration and decreases sleep latency.



LAVENDER LOTION 2500MG CBD

LAVENDER
Soothe and calm the skin and rapidly heal minor cuts and scrapes, as well as any rashes.

WHITE WILLOW BARK
Provides gentle exfoliation for more radiant skin.

COCONUT OIL
Keeping skin supple and hydrated.

CBD OIL
Reduces pain & soothes muscles. Effective at providing relief from painful joints & muscles.

WITCH HAZEL
Helps mitigate and prevent free radical damage to the skin from UV light and oxidizing air pollution.

VITAMINE E
Supports your immune system and help your cells to regenerate.



STIRLING PROFESSIONAL CBD

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