

SYLLABUS

Class 1: CBD overview

- Clarity on the difference between hemp, cannabis, marijuana, medical marijuana, cannabis oil, CBD oil, CBD, and THC!!!
- A history of the plant from a legal and industrial perspective and why has it been taboo, and if illegal, why it is legal now
- A history of the plant from a cultural, spiritual, and medicinal perspective, and the reason it is dubbed, the world and history's most Sacred Plant.
- What CBD can do for you, your loved ones, and your clients if you are a health coach or health professional.
- Find out the best way to take CBD based on your ailment
- How to get the safest and best quality CBD.

Class 2: What and Who has Clinical Endocannabinoid Deficiency?

- An explanation of the endocannabinoid system (your body's built-in pain relief system); why you may want CBD, and also why you may NEED CBD.
- How you, a loved one, or your clients might be suffering from this condition
- If the deficiency is not an issue, could you be insufficient in Endocannabinoids?
- How do you dose for Clinical Endocannabinoid Deficiency?
- How long does CBD take to work and support those with Endocannabinoid Deficiency
- Important to pay attention to this class if you have fibromyalgia, irritable bowel syndrome, migraines, multiple sclerosis, Post-traumatic Stress Disorder, Neuropathy, Huntington's, Parkinson's, motion sickness, or Autism

Class 3: Freedom from Pain and Addiction, Could CBD be the Answer?

- The scientific research that has been conducted on CBD.
- Learn how CBD helps with pain
- Learn how THC might have a different benefit for pain and why you should be aware of both.
- Learn how CBD might help with insomnia due to pain
- How to make sure you achieve the therapeutic dose
- Learn how CBD can help those with addictions
- Could CBD be the answer to the opioid epidemic

Class 4: Endocannabinoid System and Depression, Other Mental Disorders, and Anxiety

- Clinical depression as a devastating illness and sometimes difficult to heal
- How CBD can help with depression and other mental disorders such as bipolar disorder and schizophrenia
- How CBD can help with Anxiety

Class 5: Cannabimimetics: Non-Cannabis Plants that Mimic Cannabinoids

- What are Cannabimimetics?

- What is the entourage effect and how can knowledge of it help you in multiple ways with your healing
- How to get the effects of CBD without taking CBD
- Why would you add cannabimimetic into your life

Class 6: Endocannabinoid System and How it Interacts with Natural Compounds and Drugs when it is appropriate and can you give it to your child

- What drugs interact with CBD?
- What natural supplements interact with CBD?
- What natural compounds can increase the efficacy of CBD?
- Use the entourage effect to support you and your clients
- How to take CBD
- Safety concerns about taking CBD
- Is there an ethical issue with dosing your child with CBD?
- If you are pregnant or nursing, is there a danger in dosing with CBD?
- What are some childhood conditions that could be helped by CBD?
- What's appropriate dosing for your child?
- CBD and Epilepsy
- CBD and ADHD
- CBD and anxiety and insomnia