

Relief without the High?

EFFICACY, DELIVERY, IMPAIRMENT AND THE DIFFERENCES BETWEEN CBD RICH HEMP OIL AND CBD ISOLATE

Where's the proof that CBD rich hemp oil is effective?

The most definitive evidence would be the fact that a major pharmaceutical company was recently able to receive FDA approval for a single compound CBD epilepsy drug. There are hundreds of studies showing effectiveness in animals and humans. One study can be found at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3371734/>. In addition, the anecdotal evidence is overwhelming with thousands of users expressing significant positive results. It's impossible to ignore the benefit people are reporting.

What's the difference between Full-Spectrum Hemp Oil and CBD isolate?

Full Spectrum Hemp Oil is an extract from hemp made by using food-grade ethanol (grain alcohol) to remove all the beneficial plant compounds, cannabinoids, terpenes, flavanoids and other parts of the whole hemp plant. These compounds and terpenes work synergistically to increase efficacy, often referred to as the "entourage effect".

CBD isolate is full or broad spectrum hemp oil that has been stripped of all other beneficial plant compounds, using petroleum solvents for isolation, until only a single crystallized compound is left. A 2015 Israeli study (https://file.scirp.org/pdf/PP_2015021016351567.pdf) showed that CBD isolate has a small window of effectiveness and at very high doses actually reduces efficacy. In contrast, Full Spectrum Hemp Oil is effective at any dose and much more effective at lower dosage rates than isolate. There is a place for isolate, though. If there is potential for drug screening based on job or other circumstances, an isolate product may be your only option for ingestible CBD.

Does CBD-rich oil provide a level of intoxication or impair judgement?

We should note that intoxicating and psychoactive are not the same. CBD is psychoactive. A hug from a loved one is psychoactive, but it is not intoxicating. It has an effect on your body and your brain but does not impair judgement or motor skills. There have been some rare scenarios reported by persons with severe sensitivity to THC noting mild levels of intoxication from Full Spectrum products due to the residual THC content.

What are some of the common ways people use CBD rich oil?

In our experience the two most common methods are sublingual tinctures and topicals salves or balms. Many people take capsules for ease of use but the bioavailability of CBD when processed through the digestive system is lower when compared to sublingual delivery. Topically CBD is extremely bioavailable and seems to be one of the fastest methods for relief. Topical products don't enter the bloodstream so they are safe for folks who may be exposed to drug testing. Topicals are, somewhat jokingly, the 'gateway product' for skeptical users who may be hesitant to try CBD products because of an aversion or concern with marijuana.

There are a lot of CBD products on the market. How does a person know which one to choose?

It's important to know your source and producer, as with the best food and wine. There are inconsistent and less-than-reliable products on the market. The best option is a Full Spectrum Hemp Oil product that has been grown organic and formulated with high quality organic carrier oils. Hemp is a bioaccumulator and will uptake any heavy metals or contaminants in the soil – thus, organic practices are of utmost importance. Many people prefer to buy CBD products in person, where questions can be answered and trust cultivated.

Entangled Biome is a Eugene based company and farm-direct storefront producing Full Spectrum Hemp Oil Health and Wellness products. Using certified organic hemp and the highest quality organic and fair trade ingredients the products range from sub-lingual tinctures for people and pets to a variety of topicals salves, balms, and body oil as well as soaking salts and bath bombs.



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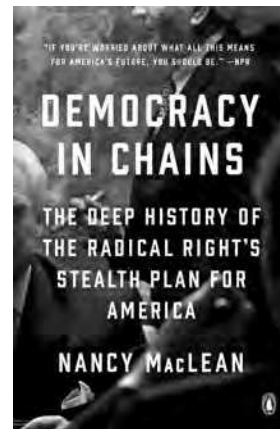
• **High school graduation rates are significantly higher when students take career and technical education (CTE) courses.** That's what four Lane County school superintendents told the City Club of Eugene Nov. 16. For instance, graduation rates for

Lane County are 73 percent — not that great. But CTE graduates hit 87 percent, which is much better. Oregon voters were persuaded we need these programs and passed Measure 98 for CTE, but the Legislature has only come up with 55 percent funding so far. Career and technical education takes space and equipment which needs to be maintained and more. As usual, it's all about money, and that's the task facing the 2019 Legislature.

• You probably know **Oregon is playing Oregon State in the Civil War in Corvallis** the day after Turkey Day. You should also know EW reporter Henry Houston will be covering it. Read his story at Eugeneweekly.com.

• **Keep the 'giving' in Thanksgiving.** 2018 has been an unusual year on top of the unusual nature of the previous two years. Anxiety is the new normal. Thanksgiving, though, is a time to remember the surplus many of us enjoy, and it's a time to renew efforts to assist those on the mend. From Egan Warming Center to Solidarity Fair Share and other programs, we at EW encourage everyone to be involved in the community this holiday season and beyond.

• **When a great teacher dies, we should build a memorial.** After all, we build memorials for soldiers. Instead a great teacher is lucky to leave a legacy of students whose lives were enriched by the courses that educator offered. In Ray Scofield's case, those courses included Shakespeare, war literature, Dickens, writing and spelling skills for students at Roosevelt Middle School from 1959 to 1986. After he retired from teaching and was diagnosed with cancer in 2003, Mr. Scofield (as the students called him) volunteered for 13 years in Hendricks Park. His memorial there is Ray's Bench, a resting spot he treasured. He died Nov. 9. A celebration of life may be held at a later date.



• What we're reading: After hearing Nancy MacLean on Bill Maher's HBO show recently, we opened her book **Democracy in Chains: The Deep History of the Radical Right's Stealth Plan for America**. A professor of history and public policy at Duke University, she spoke at the University of Oregon not long ago and convinced us that she understands what's happened to America more than most. Published by Viking, 234 pages, \$18.

• **Hey downtown Eugene, as we enter holiday season, there's a story you should check out** — it gets performed by various theaters around town on a regular basis. It's called *A Christmas Carol*, and there's this character called Mr. Scrooge. EW ran a story online about the 30 or so downtown businesses who sent a letter to the City Council to say thank you for moving the camp out of downtown and to Highway 99. We got some pushback from folks who wanted to clarify they didn't want the homeless gone, just, you know moved to a spot that doesn't affect the "fragile downtown." It's hard to see that letter as anything less than Scrooge-like if it's not followed by a serious move on the part of those business to help those affected. So business community, what are you doing? [EW is collecting warm clothing again for White Bird Clinic, please feel free to bring donations by our office at 1251 Lincoln Street.]

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