

# Do You Have Chronic Inflammation?



Doctors are now recognizing chronic inflammation as the link between many debilitating diseases. Chronic inflammation is very different from acute inflammation. Chronic inflammation is long-term and occurs in “wear and tear” conditions including osteoarthritis and autoimmune diseases such as lupus and rheumatoid arthritis, allergies, asthma, inflammatory bowel disease, and Crohn's Disease.

**“Inflammation is a “hot” topic in medicine.  
It appears connected to almost every known chronic disease.”**

~ Dr. Mark Hyman

**Instructions:** Rate the symptoms below, based upon your typical health profile over the past 30 days, using the following scale:

**Disclaimer:** This document is for your private use should you wish to complete it. Our intent is that this guide is helpful in revealing the value and correlation of nutrition and overall health. Should you choose to create and implement a nutritional protocol, you can use this guide to monitor your results over the next 6 months.

**0**  
Never or almost  
never have

**1**  
Occasionally have,  
effect is not severe

**2**  
Occasionally have,  
effect is severe

**3**  
Frequently have,  
effect is not severe

**4**  
Frequently have,  
effect is severe

## HEAD

- Headache
- Faintness
- Dizziness
- Insomnia
- Total**

## EYES

- Watery or itchy eyes
- Swollen/red/sticky eyelids
- Bags/dark circles under eyes
- Blurred or tunnel vision
- Total**

## MOUTH/THROAT

- Chronic coughing
- Frequent need to clear throat
- Sore throat, hoarseness
- Discolored tongue/gums/lips
- Canker sores
- Total**

## NOSE

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus formation
- Total**

## SKIN

- Acne
- Hives, rashes, dry skin
- Hair loss
- Flushing, hot flashes
- Excessive sweating
- Total**

## WEIGHT

- Craving certain foods
- Excessive weight gain
- Water retention
- Underweight
- Total**

## ENERGY/ACTIVITY

- Fatigue, sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness
- Total**

## DIGESTIVE TRACT

- Nausea, vomiting
- Belching, passing gas
- Heartburn
- Bloating feeling
- Diarrhea
- Intestinal/stomach pain
- Constipation
- Total**

## EARS

- Ears itch
- Earaches, ear infections
- Drainage from ear
- Ringing/hearing loss
- Total**

## EMOTIONS

- Mood swings
- Anxiety, fear, nervousness
- Anger, irritability, aggression
- Depression
- Total**

## LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- Total**

## JOINTS & MUSCLES

- Joint pain or aches
- Arthritis
- Joint stiffness
- Muscle pain or aches
- Weakness or tiredness
- Total**

## MIND

- Poor memory
- Stuttering or stammering
- Poor concentration
- Slurred speech
- Poor physical coordination
- Learning disabilities
- Difficulty making decisions
- Poor comprehension
- Total**

## HEART

- Irregular or skipped beat
- Rapid or pounding heart
- Chest Pain
- Total**

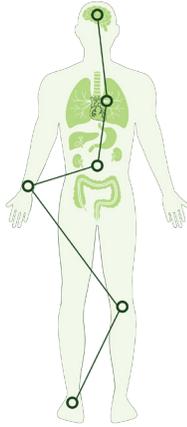
## OTHER

- Frequent illness
- Frequent or urgent urination
- Genital itch or discharge
- Total**

# CBD FROM HEMP and the human body

Every human possesses an advanced physiological system, the Endocannabinoid System (ECS). Endocannabinoids are messengers that tell our body when to start and stop chemical processes.

The ECS is a crucial regulatory system already making cannabinoid-like structures that foster cellular balance throughout nearly every biological system in the body. Research seems to indicate that the ECS might function more properly and efficiently in regulating vital biological functions like sleep, appetite, pain modulation, mood enhancement, and libido through the introduction of hemp-derived cannabinoids like CBD.



## The Full Spectrum Difference

Full spectrum CBD oil, unlike CBD isolate products, includes a wide range of cannabinoids present in the hemp plant. Full spectrum means that all available therapeutic compounds a plant has to offer have been extracted. Therefore, each drop of full spectrum CBD oil has all the same cannabinoids, terpenes, essential fatty acids, and vitamins & minerals present in the industrial hemp plant.

Depending on the condition and what you are looking to achieve full spectrum CBD oil can provide a greater effect than CBD isolates as all the cannabinoids work together.

## Farm Bill FDA Compliant

We are Farm Bill 2014 FDA compliant. We uphold all state and federal standards and restrictions when it comes to CBD and hemp. Our products are tested by an independent, 3rd-party lab to ensure they are 100% compliant to purchase and market to others. Our CBD oil is made with hemp grown exclusively in Kentucky, as part of the Kentucky Hemp Pilot Program, on old tobacco farms that have been converted to cannabis farms. All of our Kentucky farm partners are fully FDA compliant and support local farm families.

Our products are manufactured from organically grown, non-GMO hemp, free of chemical fertilizers, herbicides, and pesticides. Our oil is tested multiple times during the manufacturing process for contaminants, heavy metals, mold, and cannabinoid content. Our phytocannabinoid-rich hemp oil is never imported or made from isolates.

## Available In Two Strengths

- Full spectrum of naturally occurring cannabinoids
- Terpenes, Essential Fatty Acids
- Vitamins & Minerals
- Proprietary genetic strains
- Naturally high in CBD, low in THC
- Legal in all 50 states
- < 0.3% THC, non-psychoactive

**MIND**  
Inflammation  
In The Brain

**BODY**  
Inflammation  
In The Arteries

**SOUL**  
Inflammation  
In The Liver

**SLIMMER**  
Healthy Weight Management  
(Because fat causes inflammation)

**CBD FROM HEMP**  
Inflammation  
& Pain

