

# Welcome!

## How best to use Golden Goddess® Organic CBD Oil:

### Orally:

**Sublingual:** Drop it under your tongue. Hold it there for as long as possible, at least 30-60 seconds. Let it absorb into the capillary-rich oral mucosa tissue under your tongue (also along the gums and cheek) as much as possible. This gets it directly into your bloodstream without going through your digestive system. Swallow whatever is left as needed.

**Swallowed:** Some people like to add it to food and beverages, and that's ok too! It may have less bioavailability as it goes through your digestive tract, which means less gets into your bloodstream. However, this way it also interacts with your gut lining directly, which may have other benefits. So don't get too hung up on bioavailability issues, which is a very popular topic when companies are trying to claim how superior their products are. There's a lot we still don't know... and a lot of anecdotal evidence that people get great benefits from CBD in food and beverages. Swallowed, it will have slower effect. But it may last longer! CBD is fat-soluble, and consuming with a healthy dose of [fats can increase the amount of CBD that reaches your bloodstream 3-fold](#).

Golden Goddess [Chai and Chocolate Elixirs are perfect vehicles for CBD oil](#), with **potent plant synergy:** anti-inflammatory, antioxidant spices. Plus immune boosting, endocrine strengthening, stress/anxiety/insomnia relieving adaptogens! **CBD Oil + Elixirs = Ultimate Powerhouse Tonic!**

### Topically:

**Rubs a few drops onto the affected area** (stiff joint, knotted up muscle, over-worked muscle, etc.) **Wait a few moments and rub in a few more drops.** This helps penetration. Generally, topicals only diffuse across your skin and reach local targets like muscles, inflammatory cells, and pain-perceiving nerves. Very little, if any, will enter the bloodstream. Use more as needed.

### Lube:

Blend 10 drops Golden Goddess Organic CBD oil with a teaspoon of organic avocado oil. Apply to genitals. Increase as needed.

## 2 Schools of Thought on Initial Serving Sizes

1. Many people recommend: **“start low and go slow.”** This recommendation originated from the use of medical cannabis containing THC. As such, it is excellent advice, as many people are sensitive to THC's psychoactive effects. Golden Goddess full-spectrum CBD contains a very small amount of THC, approx. 0.18%. While it works as part of the entourage effect with the CBD, minor cannabinoids and terpenes, this tiny fraction of THC will not get you high.

To “start low and go slow”, see recommended serving sizes on next page. Pick a low dosage, or even less if you tend to be extremely sensitive. Try that amount for **Days 1-3**. Assess:

- What did you feel? How long did the effects last?
- Record: Date and time of dose. Amount of dose in mL and/or mg.
- Time of onset of effects. Effects on symptoms

On **Days 4-6:** increase dose by 25-50% if needed. Repeat assessments. For **Days 7-10 and beyond**, continue to titrate, assess and document until you find your sweet spot.

2. Other experts recommend a **“loading dose” that is 4-6x higher** than the regular dose for the first 5-6 days. They say this will switch on the body's existing endocannabinoid receptors, help create new ones, and make CBD more effective. After the first 5-6 days, you can then drop down to a smaller dose and get great results. *(I prefer this method. See specific serving size recommendations on next page.)*

## General guidelines:

- Small doses can be energizing, while larger doses may be more relaxing and sleep inducing.
- Take CBD in **divided doses** over the course of the day, so that you consume it on a regular basis. In general CBD and cannabis has **4-6 hours maximum efficacy** in your body. Introduce it **2-3x/day** to support your endocannabinoid system.

- Take half in the morning and the other half at night. For some people, the best time in the evening is a couple of hours before you go to bed. Some people have trouble falling asleep right after taking CBD, so give it one or two hours.
- Other people report falling asleep better if they don't take a dosage in the evening but when they wake up during the middle of the night.
- Body weight, metabolism and tolerance can all affect what is effective for you

## Calculating dropper to mg: how to measure a Golden Goddess CBD Oil serving

Hold the dropper up against a piece of white paper to clearly see the marking.

**1.0 ml = 33.3 mg CBD/cannabinoids**

**0.75 ml = 25 mg CBD/cannabinoids**

**0.50 ml = 16 mg CBD/cannabinoids**

**0.25 ml = 8 mg CBD/cannabinoids**

## How much should I take?

There are no standard serving sizes for CBD. Everybody's system is different. And your system may be different from day to day, depending on what you've eaten, if you've exercised, if you're feeling anxious, stressed, in pain or not. The best part of CBD dosing is that there are no wrong answers, and you can't overdose. Get to know how it works for you, and take your servings up or down depending on how you feel on any given day. Following are sample serving sizes taken from expert interviews and studies.

Condition	Serving size	Source	Comments
General wellness, promoting homeostasis	<b>15 - 25 mg, 2-3x per day</b> (total of 30–75 mg per day)	Dr. Latisha Jenkins, ND	She believes that “cannabis is a necessary nutrient for optimal health.”
	<b>5-8 mg, 3x per day</b> (total of 15-25 mg per day)	Fawaz Abomaray, Medical Scientist	“However, the more serious your condition is, the larger the dosage needs to be and the longer you need to take it for.”
	<b>10 - 20 mg</b>	S. Miller, Chief Scientist, Pure Analytics	Increase in 10 mg increments until desired effect is reached
Anxiety	Start at <b>20 mg 2x/day</b>	Mary Clifton, MD	Find your sweet spot, increase as needed. Take as needed.
	<b>25 - 50 mg/day</b>	Hyla Cass, MD	For “uncomplicated cases”
Sleep	<b>50 - 60 mg/day</b>	Dr. Chris Shade	Find your sweet spot, adjust as needed.
	Standard <b>25 mg/day</b>	F. Abomaray	“A standard maintenance dose should improve sleep in general”
	<b>50 – 100 mg/day</b>	F. Abomaray	For mild to medium sleeping disorders
	<b>150 – 200 mg/day</b>	F. Abomaray	For severe sleeping disorders
	<b>50 - 60 mg/day, 40 - 60 mg</b> before bed	Dr. Chris Shade	
	<b>25 mg to 50 mg/day</b>	Hyla Cass, MD	For “uncomplicated insomnia”
	<b>20 - 30 mg</b>	Ari Whitten	Works for many people
	<b>40 - 160mg</b>	Sleep study	“Cannabidiol in Humans—The Quest for Therapeutic Targets”
	<b>25 - 75 mg/day</b>	Sleep study	“Cannabidiol in Anxiety and Sleep: A Large Case Series.”
Acute pain	<b>30 - 40 mg, 3-4x/day</b>	Mary Clifton, MD	Use under the tongue rather than capsules
	<b>100 - 150 mg/day</b>	F. Abomaray	Supportive for pain, nausea, vomiting
Migraines, headaches	<b>40 - 50 mg/day</b>	F. Abomaray	Gently increase in 5 mg increments as needed
Substance withdrawal	<b>100 mg/day</b>	Hyla Cass, MD	“Very safe.”

**DISCLAIMER:** The opinions expressed here are my own. The education contained within this doc is not meant to replace the advice of a personalized health practitioner. Information is intended for readers 18 years +.