

Sole
REVIVAL

**TOOLS & TECHNIQUES
FOR FOOT PAIN RELIEF.**

Long-Lasting Solutions Without
Surgery, Injections or Supplements.



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National Conferences * Resorts * Wellness Studios
working with athletes & older populations.



WHAT THIS CLASS COVERS:



What is CBD and how is it used?



**Types of Foot Pain & How CBD
Can Help**



Tools and Techniques to Find Relief



Specific Exercises & Stretches



Resource Guide

GREAT NEWS!

I'm not a doctor and I don't need to be :) All links, statements and research is credited to the appropriate parties in their respective fields and positions.

DISCLAIMER:

The information in this course is for informational purposes only and not meant to be medical advice. This content has not been approved by the FDA.





**LET'S GET STARTED!
WHAT YOU NEED TO
KNOW ABOUT THE
CANNABIS PLANT &
CBD.**

HEMP vs MARIJUANA

HEMP AND MARIJUANA BOTH DERIVE FROM THE CANNABIS SATIVA FAMILY, THEY DO SHARE CERTAIN SIMILARITIES, HOWEVER, DUE TO EACH PLANT'S BIOLOGICAL STRUCTURE, THEY HAVE SEVERAL VERY DISTINCT AND CRUCIAL DIFFERENCES.

HEMP



Product

- CBD oil
- Hemp oil
- Cannabis oil (made from hemp)

Contains

- 0.3 % or less of tetrahydrocannabinol (THC)

Characteristic

- Hemp and industry hemp refer to the strain of cannabis plant that is grown for agricultural products such as textiles, seeds and oils.
- Can grow in most climates, bunched together with other plants, requires little care.
- Can grow as high as 20 feet with leaves bunched near the top of stem.
- No psychoactive properties

MARIJUANA



Product

- THC oil
- Marijuana oil
- Cannabis oil (made from marijuana)

Contains

- 15 - 20 % of tetrahydrocannabinol (THC)

Characteristic

- Marijuana is known for its flowering tops of the plant. The flowers are typically bared to have a high THC.
- Growth is carefully monitored, controlled in an isolated, warm, humid area to maximize psychoactive uses. Cross-pollination can ruin THC content.
- Shorter, resembles a bush, with more leaves and buds surrounding the plant's body
- Psychoactive side effects.

CBD

The acronym that stands for Cannabidiol
(can-ab-uh-die-all)

The non-psychoactive component found in the cannabis plant. CBD, as well as CBG and others, can be found in hemp and in marijuana and are known to create homeostasis throughout the body, allowing faster relief and deeper healing.

CBD CONSUMPTION METHOD

CBD IS A TYPE OF CANNABINOID FOUND IN HEMP AND MARIJUANA. IT IS NON-PSYCHOACTIVE, MEANING IT DOES NOT PRODUCE THE "HIGH" THAT THC, ANOTHER CANNABINOID FOUND IN MARIJUANA, DOES WHEN TAKEN MEDICINALLY OR RECREATIONALLY. CBD IS CURRENTLY BEING USED WIDELY AS AN EFFECTIVE TREATMENT FOR CHRONIC PAIN FOR PATIENTS WITH CONDITIONS SUCH AS JOINT PAIN, WITHDRAWAL SYMPTOMS, OR CANCER.



CBD CAPSULES

CBD capsules are oil put into pill form. Most people turn to a CBD capsules because of the convenience. The amount of CBD is specified, so it's easy to monitor how much you are taking? Many take CBD capsules as a daily supplement or in place of pain relievers.



CBD OIL

CBD oil is the standard and most common form of cannabidiol. It is simple, pure CBD oil. An oil tincture needs a base for CBD, which can be any number of natural oils. CBD oil in tincture form is often added into other products



CBD BALM

CBD products - from topical lotions to sublingual CBD oil drop - can help keep your skin looking and feeling wonderful. They could even be an effective part of a therapy plan for severe skin issues. Be sure to discuss utilizing CBD as a part of your skin care routine.



CBD VAPES

CBD oil is the concentrated form of cannabidiol in a liquid form, which is heated and inhaled through an e-cigarette, vape pen or vaporizer. CBD vape oil can be purchased in a bottle to refill your vaporizer or as a one-time use cartridge for your vape pen.

TOPICAL CBD

**Ideal for acute pains,
muscle tension, and
skin conditions.**

**Works to reduce targeted
inflammation and
relieve muscle tension.**



CBD INGESTIBLES

**Works to address chronic,
systemic conditions.**

Processes through the liver.

**Can interact with some
medications.**

CBD Isolate vs. Broad Spectrum CBD

CBD isolate delivers only the hemp-derived CBD compounds themselves. Like broad-spectrum hemp oil, CBD isolate undergoes a filtration process, but rather than just pulling out measurable THC, all of the cannabinoids, flavonoids, terpenes, vitamins, minerals, fatty acids, fiber, protein, and chlorophyll found in the hemp oil are removed. This filtration process presents the all-natural, hemp-derived CBD compounds in the form of a highly concentrated powder that can then be combined with nutritious oils and other ingredients to make a variety of CBD products.

Broad Spectrum CBD

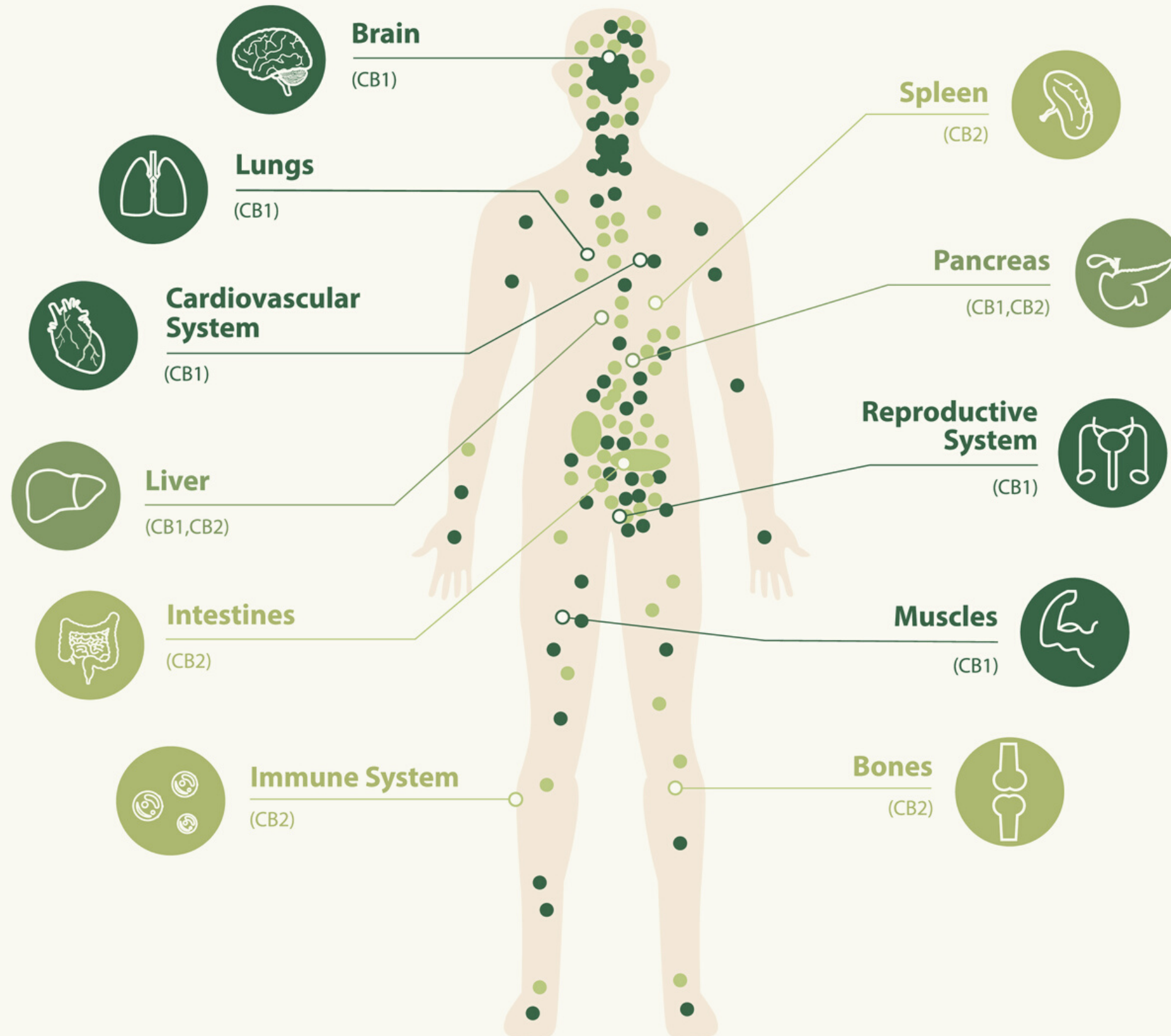
Broad Spectrum and Full Spectrum also undergo a filtration process, leaving all of the cannabinoids, flavonoids, terpenes, vitamins, minerals, fatty acids, fiber, protein, and chlorophyll found in the hemp oil and removing the THC. This filtration process allows the plant oil to remain intact, supplying benefits of the entire plant.

Full Spectrum CBD

Full Spectrum CBD usually refers to CBD that has trace amounts of THC- usually less than .03 or .04 percent. Full-spectrum is usually used in topical applications to relieve pain.

HOW DOES CBD WORK IN THE BODY?

INTRODUCING CBD TO THE BODY CAN HELP REDUCE THE SYMPTOMS OF A WIDE RANGE OF ILLNESSES INCLUDING EPILEPSY, MULTIPLE SCLEROSIS, CHRONIC INFLAMMATION, DEPRESSION, DIABETES, RHEUMATOID ARTHRITIS, ANXIETY AND OPIOID WITHDRAWAL.



Potential benefits of activating the CB1 Receptors

- Lower anxiety
- Lower blood pressure
- Lower intestinal inflammation
- Relieve depression
- Reduce fear and paranoia

Potential benefits of activating the CB2 Receptors

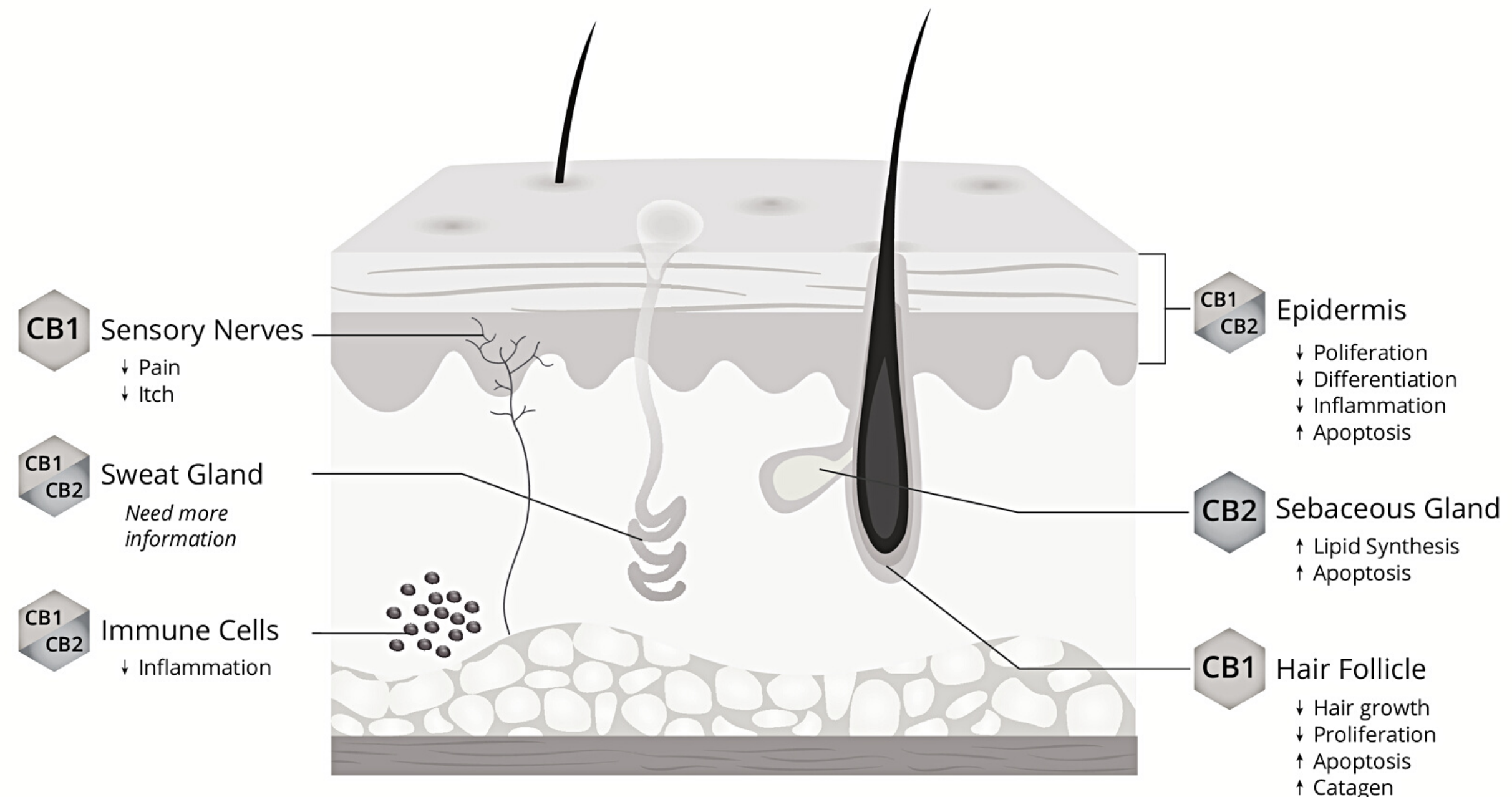
- Help with alcohol and nicotine addiction
- Increase appetite
- Neurodegenerative diseases
- Reduce chronic pain
- Reduce inflammation
- Stress response

CB1 & CB2 receptors are present in all cell types of the skin.

- Immune Cells
- Sweat Glands
- Sensory Nerves
- Hair Follicles

CANNABINOID RECEPTOR IN THE SKIN

The CB1 and CB2 receptors are present in all cell types of the skin. The activation of CB1 and CB2 on epidermal keratinocytes results in the suppression of cellular proliferation, differentiation and the release of inflammatory mediators as well as the induction of apoptosis. On the other hand, activate CB1/CB2 receptor inhibit inflammatory responses of resident and infiltrating immune cells. In addition, activation of CB1 in the hair follicle by AEA reduce hair shaft elongation and intrafollicular proliferation, whereas it stimulates apoptosis and the development of catagen regression. Sebaceous gland-derived sebocytes locally released endocannabinoid markedly enhance lipid production and apoptosis via CB2. Finally, skin-derived endocannabinoid inhibit sensory phenomena, such as pain and itch, via CB1 expressed on sensory afferent nerves.



RESOURCES



<https://echoconnection.org/education/>

A full resource blog for medical cannabis and CBD research addressing certain medical conditions.



<https://www.thepotbook.com/pot-book.html>

The Pot Book is a not-for-profit project, with all proceeds from book sales funding research into the therapeutic uses of cannabis and cannabinoid-based medicines.



<https://simplejane.co/faq/>

Will this make me high? Will this come up on my drug test? Simple Jane answers common questions about CBD on their blog.

SIMPLE JANE

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