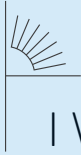


THE ABC OF CBD

Dr. Elisabeth Philipps



I WANT TO CONNECT YOU TO
YOUR FULL HEALTH POTENTIAL.



Welcome to my ABC of CBD

Giving you the lowdown on this amazing phytocannabinoid and how it works in the endocannabinoid system (ECS). The more we understand about this amazing plant nutrient and how it works in the body the better we can use it to improve our health.

A: ABOUT CBD | B: BUYING CBD | C: CBD PRODUCTS

For more information about a personalised CBD programme and how to support your ECS, sign up for the Bliss Programme today – an exclusive holistic diet and lifestyle approach to supporting your ECS; designed using my clinical, scientific and personal experiences to help you reach your bliss!

connect@drelisabethphilipps.com

INSTAGRAM @DRELISABETHPHILIPPS | TWITTER @DRPHILIPPS | LINKED IN DR ELISABETH PHILIPPS

A: ABOUT CBD

Cannabidiol (CBD) is a type of plant chemical called a “cannabinoid” extracted from hemp plants (phyto = plant so CBD is classed as a type of phytocannabinoid).

The hemp plant contains over 85 different types of cannabinoids - CBD is one of the most clinically researched to date.

Research suggests that CBD may help in many areas of health including:

- Reducing pain and inflammation
- Improving mood
- Reducing anxiety
- Improving sleep
- Managing stress and resilience
- Balancing hormones and metabolism

CBD can legally be sold as a food supplement in the UK, as long as the product contains less than 0.2% THC (Tetrahydrocannabinol - the phytocannabinoid that at high enough levels is associated with the cannabis “high”).

B: BUYING CBD

Don't buy any old product just because it says it contains CBD – many products are not properly tested so may not contain the levels of CBD they claim and may also contain higher levels of THC than are legally permitted for food supplements in the UK. Always buy from a reputable brand that has certification to prove the levels of CBD and lack of THC.

Choose a product derived from organic hemp. This is because hemp plants absorb whatever nutrients and chemicals are present in the soil, good or bad. So, if the plants are grown under organic conditions they won't contain herbicides, pesticides, and other harmful chemicals.

CBD can be found in many different types of products

but I recommend:

- CBD oils (spray under the tongue for best route of absorption)
- CBD capsules
- CBD topicals (directly applied to the skin)

CBD oils have different tastes depending on the oil base they're in. Natural hemp oil makes the product darker in colour and contributes a grassy taste (a bit like Marmite – you either love it or hate it!). Medium Chain Triglyceride (MCT) oil is lighter in colour and produces a much milder flavour product. You can also get different MCT oil products with added natural fruit oils for different flavours.

**Contact me on connect@drelisabethphilipps.com
for CBD brand information.**

C: CBD PRODUCTS

Broad spectrum CBD oils contain CBD, as well as other phytocannabinoids and hemp nutrients; isolate CBD products (like some oils and topicals labelled 0% THC) only contain CBD – these products are suitable for those professions and athletes that are drugs tested or if you wish to totally avoid THC.

Start low; go slow with CBD dosing and increase your dose slowly over several days. This is because the CBD is balancing your body's endocannabinoid system.

You can take CBD before bed to support sleep, as well as taking CBD during the day to support mood and reduce anxiety – CBD is not a sedative so it won't make you sleepy during the day but may help to stabilise your sleep overnight.

You can enhance gut absorption of CBD capsules by taking them with food containing healthy fats, like nuts, salmon, olive oil or avocado. This is why I combine healthy fats like nuts, seeds and coconut oil in my CBD recipes.

CBD RECIPES

Here are some super simple and tasty vegan, gluten and dairy free recipes to include CBD in your daily food plan.

CBD BLUEBERRY PANCAKES

Ingredients:

- 1 mashed banana
- 1 cup gluten free self raising flour (I use @dovesfarm)
- 1/2 cup dairy alternative milk (@rudehealth coconut milk works well)
- 1/2 tsp baking powder
- 1/2 cup fresh blueberries
- 6 sprays 1000mg @fourfiveuk natural CBD oil (if making 6 pancakes this gives around 4mg CBD per pancake)

To make:

Mix all the ingredients together and fry dollops of batter in a little coconut oil in a frying pan until they bubble and turn golden brown on each side. Cooking the blueberries in the batter makes them pop with juiciness.

Drizzle with maple syrup, toasted walnuts and top with more fresh blueberries to get your antioxidant and healthy fat hit helping absorption of CBD in the gut.





RAW CBD CARAMEL SLICE

There are several simple steps to this but there's no baking involved - just lots of washing up the food processor between stages!

Ingredients:

Biscuit Base

- 1 cup buckwheaties
(dehydrated buckwheat – you can get them from @raw_living)
- 2 tbsp organic coconut sugar
- 5 dates (no stones!)
- 3tbsp @raw_living cacao butter melted in a bowl over hot water

Caramel Middle

- 1 cup dates
- 1/4 cup maple syrup
- 2 tbsp almond butter
- 3 tbsp cacao butter melted
- 6 sprays @fourfiveuk natural 1000mg spray
(24mg CBD total = 2mg per portion if you cut the mixture into 12 pieces
- you can change this to suit your needs)

Chocolate Topping

- 1 cup cacao butter melted
- 3 tbsp nut butter (I use almond butter)
- 1 tbsp @nutrigold.co.uk lecithin
- 3 tbsp @cocoarunners raw cacao powder



To make:

Melt all the cacao butter from each part of the slice ingredient list over a saucepan of hot water (bain-marie) so you've got it ready for each stage.

Make the biscuit base by whizzing all ingredients in food processor until slightly sticky.

Press base into square baking tin and freeze for 20mins or so to firm up.

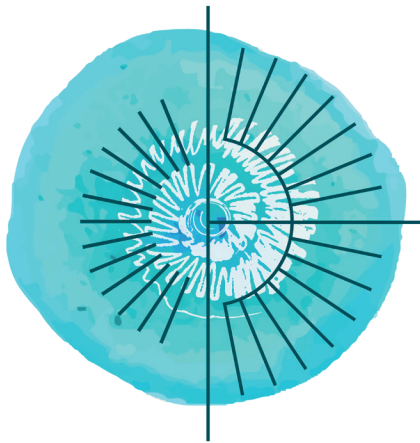
Make caramel layer by whizzing all ingredients until totally smooth.

Spread over biscuit base and place back in freezer for another 20mins.

Make chocolate topping by whizzing all ingredients in food processor and spread over caramel layer - you need to do this quickly as chocolate sets quickly against the cold caramel

Freeze for another 10-30mins and voilà!

Cut into 12 pieces and dare you not to eat them all within 48h



For more information on my CBD clinic where you can get your very own personalised CBD and endocannabinoid support program, as well as connecting to your full health potential please contact me:

www.drelisabethphilipps.com

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This booklet is for information only and not intended to diagnose or treat. It's recommended not to take more than 70mg CBD daily. Do not take CBD if pregnant or breast-feeding. CBD may interact with certain medications. Always consult a medical practitioner for more advice.