

Beginners Guide to CBD

STEVE GROFF'S *from*
cedar meadow.farm

The popularity of CBD is increasing, *but many people still have questions.*

We're here to help!

Farmer Steve Groff from Holtwood, PA has built his career on educating himself and others. He loves helping consumers become knowledgeable about healthy produce and products!

I'm brand new to CBD! What do I need to know?

What is CBD?

It's the primary cannabinoid (cah-NAB-in-oid) found in CBD hemp.

Wait, hold on. What's a "cannabinoid?"

It's a compound that has medicinal properties.

There are over 100 other cannabinoids in hemp, along with CBD.

Ok, so what's hemp?

CBD hemp is the plant that is grown to extract CBD oil.

Here's the big question:

Is hemp the same a marijuana?

Nope!

Think of it this way:

Corn comes in many varieties. *Popcorn, sweet corn, feed corn*, etc.

They're all used for different purposes.

The plant called "cannabis" also comes in different varieties, too:



Marijuana is high in THC (the compound associated with "getting stoned") (often 20% or higher) but low in CBD.



CBD Hemp is high in CBD, but very low in THC (legally, less than .3%).



Fiber Hemp is the variety used for industrial, textile & seed purposes.

The plants look and smell the same. (So, no wonder it's so confusing!)

Hemp has a long and rich history, especially in the Lancaster area! Lancaster County is great for hemp agriculture.

Got it. So then . . . why CBD?

Every body has an endocannabinoid system (ECS) that is specifically for using cannabinoids like CBD.

The ECS is considered to be a "master regulator" and contributes to the stability of our body's many processes like *stress, sleep, appetite, immune responses* and more.

Is CBD considered a drug?

The FDA's definition of a drug is something that's "intended for use in diagnosis, cure, mitigation treatment or prevention of disease."

CBD is not regulated by the FDA, and is *intended only to contribute to normal, healthy functioning*.

Therefore, CBD products are not legally considered to be drugs. Because of it's low THC content, it also has no known psychoactive effects.

Is CBD addictive?

Studies have not found any addictive properties in CBD on its own. While the THC cannabinoids have been shown to promote some dependence in users, CBD has not.

Is CBD safe?

The CBD industry experienced unprecedented growth after the 2018 Farm Bill federally legalized industrial hemp. But even though CBD products are new to the market, scientists have been studying CBD in great detail for decades.

We still have a lot to learn, but thanks to dedicated researchers we know CBD is safe for the consumer.

I love CBD! Why is yours BETTER?

It's the Farmer.

Steve Groff has a decades-long history of innovation and scientific research on his family-owned farm. His track record in cover-crop and no-till methods of regenerative agriculture is nearly impossible to match.

It's the Farming Practices.

Regenerative Agriculture is quickly becoming known to be the future of farming. Even stronger than "sustainable," these practices work to "regenerate" the land.

It's the Soil.

These practices focus on "soil health." Healthy soil is alive, full of microorganisms, earthworms, healthy fungi and nutrients.

Healthy soil is also tremendously good for the overall ecology, and one of the best ways to combat global warming.

Better Soil. Better Oil.™

The soil in Steve Groff's fields is remarkably rich in nutrients. In test after test, they exceed other tillage-based methods of farming.

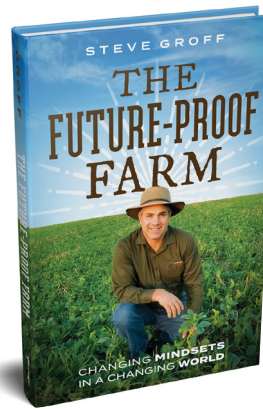
When a plant as incredible as hemp digs its roots into soil this good – amazing things happen.

But don't take our word for it. Try any of our oils, lotions or salves for yourself and discover what so many of our satisfied fans already know!

Join our Cedar Meadow Farm community!

Visit us Online!

Our store is always open, with a complete line of CBD oil, lotion & salve, plus t-shirts, stickers & more!



**Love what you eat?
It might not last forever.**

Steve's book is perfect for consumers who care about protecting the future of their food production.

Discover Better.



Better Soil. Better Oil.™

www.CedarMeadowFarm