

CBD  
**The Truth**

**5 SURPRISING  
WAYS CBD CAN  
CHANGE YOUR LIFE!**



Fran Asaro

Your Name Here

# The CBD Truth

## 5 Surprising Ways CBD Can Change Your Life!

by Fran Asaro

Research suggests that CBD-dominant cannabis from hemp, with a relatively low amount of THC, provides the best combination for many wellness treatments. CBD does not provide the euphoric “high” found in THC. Our CBD products have zero THC and are legal in all 50 states, Canada, the United Kingdom, Ireland, and Sweden.

CBD-based ingestible supplements can reduce anxiety while CBD topicals have anti-inflammatory properties for pain reduction. The antioxidants found in CBD have anti-aging properties to refresh your skin. CBD can also work for insomnia.

For a growing number of us, cannabis is part of a healthy lifestyle. In moderation and in low doses, cannabis provides many wellness benefits. It’s not all about getting a buzz. It’s about a good night’s sleep, calming anxiety, relieving pain, improving your skin, and even treating your pets.

Here are just a few ways in which CBD-rich cannabis can help improve your life:

### 1. It Can Relieve Anxiety



**PURE HEMP CBD OIL HERBAL DRINK**

**KEY BENEFITS**

- PAIN RELIEF:** Known to reduce vomiting & nausea; suppress muscle spasms; & reduce seizures & convulsions.
- PROMOTES HEALTH:** Helps to promote relaxation and overall health.
- WELL-BEING:** Helps to relieve anxiety, reduce cravings, aid in digestion, supports optimal immune function and the regeneration of healthy cells.

**CONTAINER:** 1 fl. oz./30ml Amber Bottle with Black Dropper Lid

**HOW TO USE:** Use as needed. Drop under your tongue or use in food & drinks.

**SERVING:** 50 servings of Peppermint flavor CBD oil available in 300mg, 500mg, 750mg, 1500mg



CBD has been known to support healthy energy levels, relieve anxiety, and support optimal immune function and the regeneration of healthy cells, and promote a sense of serenity and overall well-being.

According to the Anxiety and Depression Association of America (ADAA), 40 million Americans – 18 percent of us – suffer from some kind of anxiety disorder. Studies suggest that cannabis contains anti-anxiety properties and benefits many people with issues related to anxiety disorders.

Anxiety is among the most common reasons cited for those seeking cannabis for medicinal purposes. Why? The idea of taking fewer pharmaceutical drugs is an attractive proposition for many people. In states with legal

cannabis, patients use significantly less prescription medication. Knowing that cannabis can be an affordable and safe option makes it worth a try.

A 1999 study in The Journal of Clinical Psychiatry discovered a huge societal price tag for anxiety: Roughly one-third of America's total mental health costs, \$42 billion a year, goes to treating anxiety-related disorders.

## CBD and Anxiety

If your anxiety is acting up or if you're having trouble coping during a particularly stressful time, CBD may help!

## 2. It Can Refresh Your Skin



**CBD ULTRA MOISTURIZING BODY BUTTER**

This rich and creamy butter easily absorbs into the skin to help condition, soften and smooth away dryness. Our decadently thick formula contains an intricate blend of CBD, making it an excellent topical system for dry skin. Made with pure, organic ingredients, this product helps to nourish the skin leaving it soft through the day. Apply as often as needed, or to damp skin. Great for all skin types.

**KEY BENEFITS**

- ABSORBS easily
- NOURISHES dry skin.
- FORMULATED with organic ingredients.

**CONTAINER:** 3.85 oz/112 ml PET Jar with Silver Lid.

**HOW TO USE:** Apply all over skin; twice daily or as needed.

**CONTAINS:** Pure CBD Hemp Oil Isolate

CBD is known to have anti-inflammatory properties and many cannabis companies are turning to CBD-dense topicals to help with inflammation. In fact, some researchers find that CBD may be a secret anti-aging ingredient that could add beneficial nutrients to your skin.

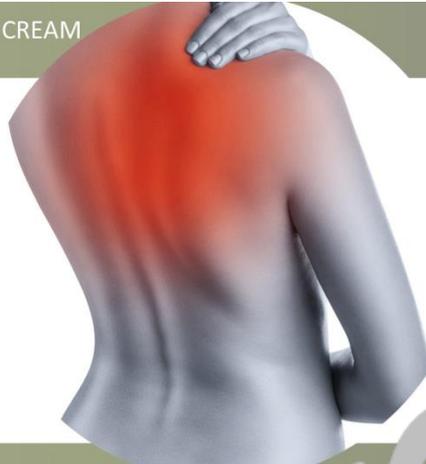
Inflammation is the root cause of a variety of skin ailments, from acne to acute irritation to rosacea. Because of CBD's anti-inflammatory and antioxidant properties, applying it to your skin reduces puffiness, swelling, and soreness. CBD oil is rich in fatty acids and it improves hydration and minimizes moisture loss. Studies suggest that CBD oil may even inhibit the growth of acne.

CBD binds to a special set of receptors in the skin known as TRPV1 receptors, where it can help feelings of heat, itch, and pain. This explains why it has a soothing effect on the skin. Just as other natural oils are used in skin care, the natural fatty acids and antioxidants make it a good choice for people with dry skin and eczema.

### 3. It Can Reduce Pain

#### 500MG CBD ULTIMATE DEEP HEALING PAIN CREAM WITH EMU OIL

Our Ultimate Deep Healing Pain Cream with Emu Oil contains 500mg of CBD oil and helps to deeply penetrate the toughest aches & sores. Natural anti-inflammatory properties from Emu Oil combined with our hemp intensive formula. Apply as needed to problem areas. Great for chronic conditions! Apply to areas experiencing tension or pain. This product can be used as often as necessary.



#### KEY BENEFITS

- RELIEVES pain
- HYDRATES skin
- AIDS joint ailments and stiffness

CONTAINER:  
3.4 oz/112ml Jar

HOW TO USE:  
Apply to affected area no more than 3-4 times daily

CONTAINS:  
500mg CBD per container

CBD may have real benefits for people living with chronic pain, Dr. Daniel Clauw, professor of anesthesiology at the University of Michigan, recently told Health.com. Clauw cites a recent clinical trial that found that a CBD-derived topical drug provided pain relief to patients suffering from knee osteoarthritis.

#### Cannabis vs Opioids

"I don't think we have that many good drugs for pain, and we know that CBD has fewer side effects than opioids or even nonsteroidal anti-inflammatory drugs, which can cause bleeding and cardiovascular problems," Clauw told the medical website. "If I have an elderly patient with arthritis and a little bit of CBD can make their knees feel better, I'd prefer they take that than some other drugs."

Studies reveal that CBD-rich cannabis can be as much as 20 times more effective than aspirin at reducing inflammation.

### 4. It Can Improve Your Sleep

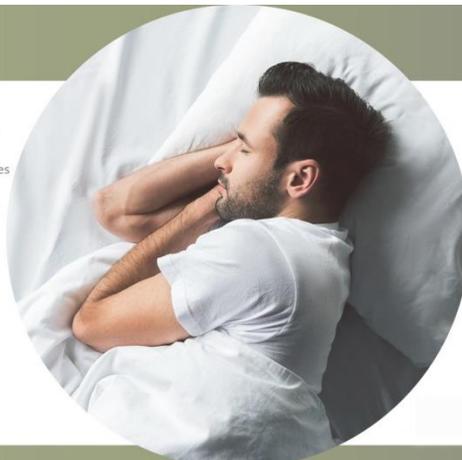
#### PURE HEMP CBD SLEEP SUPPORT ORAL SPRAY

You deserve a good night's rest! Melatonin, a natural occurring hormone in the brain, is released to promote sleep at night. Unfortunately, as we age environmental factors such as artificial light reduce the Melatonin our bodies are able to produce, resulting in lack of sleep.

Our Sleep Support Spray is combined with a special blend of CBD, Melatonin & nutrients to help promote a long & restful sleep.

This product is great for those experiencing difficulty falling or staying asleep!

Scientifically Tested to be Safe & Effective!



#### KEY BENEFITS

**WORKS QUICKLY:**  
Nutrients are absorbed orally almost instantly.

**PROMOTES:**  
Promotes good sleep habits & helps fight insomnia.

**PROVIDES:**  
Healthy ingredients such as CBD, Melatonin & Valerian Root.

CONTAINER:  
8ml or 30ml  
Spray Bottle

HOW TO USE:  
Adults, spray two (2) sprays into mouth at bedtime.

SERVING:  
Contains 60mg or 180mg of CBD Oil.

Research indicates that CBD has the ability to interact with serotonin receptors and GABA receptors in the brain. Serotonin plays an important role in mood and anxiety, and GABA is known as the main 'inhibitory' neurotransmitter, meaning it calms excess activity in the brain and promotes relaxation.

### CBD For Insomnia – Longer Sleep Time

According to a 2017 review of research surrounding the efficacy of CBD for insomnia, the substance has the potential to treat certain sleep disorders.

CBD has calming, anti-anxiety, and anti-psychotic effects. It also provides a longer sleep time and improves insomnia, according to research.

## 5. It Can Help Your Pets, Too!



### WHY USE CBD PRODUCTS FOR YOUR PETS?

Humans & other mammals have a cannabinoid system. Specific cannabinoids are associated primarily in the brain, central nervous system & peripheral organs, especially the immune cells. The endocannabinoid system has been found in all vertebrates. CBD interacts in a similar way in pets as it does in humans, therefore it can be used to treat similar conditions. CBD has less than 0.03% THC and no psychoactive properties.

Studies suggest that cannabinoids have anti-inflammatory effects & can help with a variety of ailments, such as loss of appetite, arthritis & joint pain, cancer, chronic pain, digestive issues, fatty tumors, glaucoma, hypertension, IBS, inflammation, allergies, seizures, skin problems, muscle spasms, aggression, anxiety & neurological disorders. It can help with pets that have separation anxiety, fear of storms or long-distance traveling. It is great for post-surgery recovery with swelling, pain & stiffness, as well as bone break recovery & strains.

With the advice of a vet, CBD can supplement synthetic drugs which contain many side effects and can also be used daily to manage mood & pain in aging pets.



### Cancer Pain

CBD products can help manage some cancer symptoms such as nausea, loss of appetite, or chronic pain.

### Allergies

CBD interacts with receptors throughout the body and can act as an anti-inflammatory and immune-boosting agent.

### Arthritis

CBD can alleviate these joint pains and have them moving around again.

### Anxiety



CBD can help relieve the stress from separation anxiety, thunderstorms, fireworks, and noise phobias for many high-strung pets. It can also keep them calm while traveling.

### **Loss of appetite**

CBD can boost appetite, reduce nausea, and alleviate digestive issues.

### **Seizures**

CBD has been shown to reduce and help manage seizures brought on by epilepsy or other genetic disorders.

### **Aggressive behavior**

CBD treats can help minimize aggressive behaviors and stress disorders.

### **BONUS #6 Way CBD Can Change Your Life: BUSINESS OPPORTUNITY!**

Rolling Stone magazine predicts the CBD industry will hit 22 Billion dollars in the year 2022. It sounds cliché, but this really is a “ground-floor” opportunity! It’s a fairly new product that is in huge demand that can be potentially life-changing. There’s no better combination than this. As the knowledge and acceptance of medical marijuana increases, the demand for CBD will increase even further, because it offers the healing benefits without the “high” and it’s available through companies like CTFO, at wholesale prices without a prescription. It’s much more accessible to everyone who can benefit from it.

As a CTFO distributor, you’ll receive free websites to share and free training. You’ll be paid weekly and there’s no requirement to purchase anything or hit a quota. You’ll simply share the products and the opportunity and be paid handsomely for doing so. And it’s 100% FREE to join! You don’t even need to provide your social security or credit card number to enroll.

Go to [CBD.FranAsaro.com](http://CBD.FranAsaro.com) now to learn more!



### **WHY IT WORKS**

We have naturally occurring cannabinoid receptors throughout our bodies that interact with CBD. We have these receptors because our body is constantly making its own cannabinoids. These receptors and cannabinoids make up most of our endocannabinoid system (ECS). Our ECS is always in action, and if functioning properly, is a major factor in keeping us healthy. Many doctors now think that some people suffer from an endocannabinoid imbalance, known as Clinical Endocannabinoid Deficiency (CED). People suffering from CED may benefit from supplementing with cannabinoids, such as CBD.

### Relieves Anxiety

"Antidepressant-like and anxiolytic-like effect of cannabidiol: a chemical compound of cannabis sativa" in CNS & Neurological Disorders-Drug Targets (2014)

### Reduces Risk of Artery Blockage

"The role of the endocannabinoid system in atherosclerosis" in the Journal of Neuroendocrinology (2008)

### Neuroprotective

Cannabidiol for neurodegenerative disorders: important new clinical applications for this phytocannabinoid? In the British Journal of Clinical Pharmacology (2013)

### Anti-inflammatory

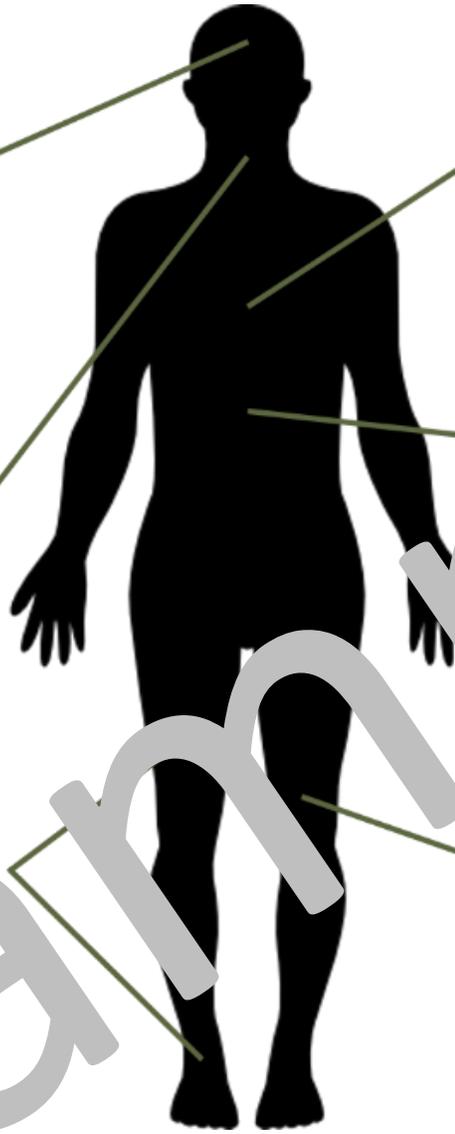
"Cannabidiol (CBD) and its analogs: potential of their effects on inflammation." in Bioorganic & Medicinal Chemistry (2015)

### Relieves Pain

"Cannabinoids and pain" in the handbook of experimental pharmacology (2007)

### Promotes Bone Growth

"Cannabinoid receptors and the regulation of bone mass" in British Journal of pharmacology (2008)



Watch a 5-minute Video at [CBD.FranAsaro.com](http://CBD.FranAsaro.com) to learn more!



Contact Fran Asaro  
[fran@thriveanyway.com](mailto:fran@thriveanyway.com)

