

# *The CBDRN*



## **WELCOME TO THE FAMILY!**

I'm super excited to welcome you to the CBD Reliefs' newsletter (aptly titled CBDRN)! You're viewing the first addition that's ever been created for the CBDRN - I like to call it the intro edition since I'll be explaining what exactly I want to do here.

I made CBDRN so that I can present complex information about CBD, and make it fun in the process! I have a thing for reading scientific papers, and since not everyone does, I'd like to convey that information into an

quick and fun format for you guys!

I also want to use this newsletter to give you guys up-to-date information about what's going on in the CBD world. For example, did you know that we passed a bill to fully legalize marijuana last month (11/19)? It hasn't been approved yet, but it's sitting there as a bill, and all of us have high (no pun intended) expectations for it to go through.

(Continued below)



## IS THERE ANYTHING ELSE?

Of course! I want to let you guys that I 'm not (just) a machine that produces blog posts, but that I want to connect with you guys as well. This is where I want to let my sense of humor fly, so up up and away we go :)

I also want to see what comes up down the road. I don't like the design very much - I'm into simple, but this is a little too simple, so I'll make sure to make a big announcement when I find the perfect design to use.

I want to publish this newsletter in 3 different time frames; firstly, since you've just signed up, I'm going to give you one article a week for a month. Then the frequency will be semi-weekly (every two weeks).

But, on the other side, I want to publish editions that are based on real-time events, such as the inevitable legalization of cannabis. When something BIG comes along I

am not going to wait two weeks just so that I can stick to a schedule, I'll make an article and publish it immediately!

I don't want this entire article to be me explaining what I'm going to do in future articles, so check this out... I've put together an awesome infographic below so that you guys can know some quick facts about CBD that. It's the first infographic I've ever made, so let me know what you think of it. Until next time...



# CBD (COOL BIOLOGICAL DISCOVERIES)



Did you guys know that...

People use CBD as a way to help them overcome their jet lag. Jet lag is a temporary sleeping issue that people experience when they fly, and CBD helps them to fall asleep faster.



CBD is legal in every state except Idaho, Nebraska, South Dakota, and American Samoa (as of right now!).

CBD helps with Clinical Endocannabinoid Deficiency (CECD) which is a condition where the body cannot produce enough endocannabinoids for itself.



The US National Library of Medicine supports taking CBD twice daily!

While still being studied, scientists are considering CBD as a potential treatment for every kind of major anxiety disorder.

