

# HOW TO FIND A CBD OIL THAT WORKS:

## *Three Steps to Real Relief*

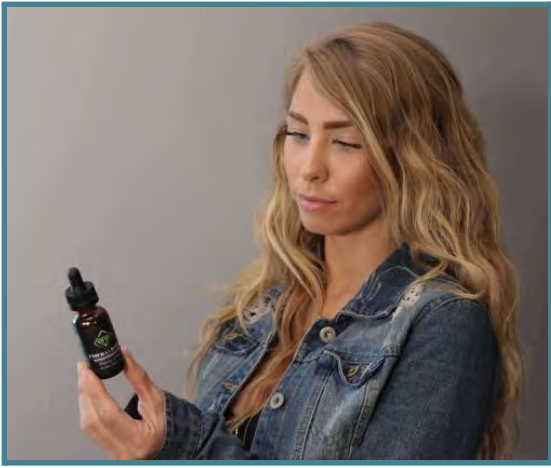


Almost daily you hear wild claims about CBD's amazing health benefits.

Things like **reduced pain**, **better sleep**, and **improved mood**. Frankly, it sounds too good to be true, but you're definitely paying attention.

You can't stop thinking: *What if CBD really could help me find relief from my chronic ailments?*

But you also wonder: *Where do I even begin?* With over **2,000 CBD oil companies offering thousands of different products**, the search can feel overwhelming.



The questions start swirling:

*I'm not a doctor or a chemist, so how am I supposed to find the formulation that will address my specific issues?*

*How can I avoid giving my hard-earned money to sketchy companies selling “snake oil” disguised as CBD oil?*

---

Hi, my name is Amie. As a **CBD newbie years ago**, I wrestled with these same questions and uncertainty - and that was **before the market exploded!**

Since then, through lots of trial and error, I've realized that finding success with CBD comes down to a simple three-step process:

- 1. Determine the right CBD formulation.**
- 2. Find the right CBD product type.**
- 3. Choose a top-quality product.**



Let's take a quick detour and discuss **side effects**, a crucial medical step to take **before beginning to use CBD**, and the **risks of using CBD oil** if you're subject to drug screening.

## Side Effects

CBD oil is **remarkably different** from most **over-the-counter** and **prescription medications** regarding side effects.

In fact, the National Institute on Drug Abuse states,

**“There are no known harms of taking CBD on its own.”**

**Potential side effects are mild**, with the most commonly reported ones being nausea, fatigue, and irritability (usually stemming from taking too high of a dose).

However, **CBD can interact with certain medications.**

**Always check with a qualified medical professional before beginning to use CBD.**



---

## Drug Screening

While unlikely, **it is possible for CBD to make you fail a drug screening.**

There have even been cases where **CBD caused a false positive, without any THC.**

Okey-dokey, let's jump into step one. It only takes a **few minutes and is super easy!**

# DETERMINE THE RIGHT CBD FORMULATION.

There are three formulations of CBD:

- **Full-Spectrum**
- **Broad-Spectrum**
- **Isolate**

The differences boil down to the **THC content**, whether it has the **entourage effect**, **taste**, and **form**.



The **entourage effect** is a term used to describe when any of the 400+ naturally produced chemical compounds in the hemp plant, **work both individually and together**. **This results in a more robust and broader range of therapeutic benefits.**

## Full-Spectrum

- Full-spectrum CBD oil **contains THC up to the legal limit of 0.3%** (enough to help “turbocharge” the CBD but not enough to get you toasted).
- It has the most hemp plant material since there’s little to no refinement, and is sometimes referred to as “**whole-plant**” CBD.
- It has the **maximum entourage effect** because of the THC.

- Full-spectrum oil can have a **pungent earthy or nutty taste** which may be unpleasant for some taste buds, although it can be mixed with food or drink.



## Broad-Spectrum

- Broad-spectrum CBD oil **doesn't contain THC** although it can **have up to 0.1% THC** and still be marketed as “THC-free”.
- Broad-spectrum CBD oil **has the entourage effect**.
- It's got a more **mild taste** (from the refinement process to remove the THC).

## Isolate

- CBD isolate **doesn't have any THC** and is 99.9% pure CBD. Isolate products may be marketed as being “**pure CBD**”.
- Isolate doesn't contain any other cannabinoids or plant material (besides CBD) so there's **no entourage effect** but it's still a powerful medicine.
- There's virtually **no taste or smell**.
- In its pure form, CBD isolate is a **powder or crystalline type substance**.

Let's keep up the awesome energy and move on to step two. **This one is also fast and easy!**

# FIND THE RIGHT CBD PRODUCT TYPE.

For this step, let's look at the **four most popular ways to use CBD**, and see if one of them stands out for you (I'll also share my personal mix-and-match approach):

- **Drops**
- **Capsules**
- **Gummies**
- **Topicals**



## Drops

CBD oil **drops** are made with a **blend of any edible oil** such as coconut oil (called carrier oils) and **CBD**.

- Drops are the most popular way to use CBD.
- They take roughly **20 minutes to start working**, and up to **60 minutes to take full effect**.
- Leaving drops **under your tongue**, or **in your mouth**, for 30-60 seconds before swallowing, allows the CBD to **start working faster** as some of it enters your bloodstream through the mucus membranes in your mouth.

- More CBD takes effect **after digestion** (it also helps to take drops on an empty stomach).
- They're usually **less expensive** than capsules or gummies.
- The **effects** last roughly **4-5 hours**.
- **Drops offer complete flexibility with dosing.**
- If you're **brand new** to using CBD, or just **recently got started**, I recommend starting with drops because of the dosing versatility.



## Capsules

Capsules are made with any edible oil and CBD that's placed inside of a **soft gel** or **hardened capsule**.

- Capsules provide **no-fuss, accurate, and consistent dosing.**
- They have almost **no taste**.
- Capsules are **easily portable**.
- They're usually **more expensive** than drops, but **cheaper** than gummies.
- Capsules take approximately **30-60 minutes** (sometimes more) to **take effect** because they have to first go through the digestive system (it helps to take them on an empty stomach).
- The **effects** last around **5-7 hours**.



## Gummies

CBD gummies are sweet, chewy **candies** infused with CBD.

- They offer **no-fuss, accurate, and consistent dosing**.
- Gummies are **easily portable**.
- Gummies usually **cost a lot more** than drops or capsules.
- They take approximately **30-60 minutes** (sometimes more) to **take effect** because they must first go through the digestive system (it helps to take them on an empty stomach).
- The **effects** last roughly **5-7 hours**.



## Topicals

Topical CBD is **applied directly to the skin** and helps provide targeted relief from pain, inflammation, soreness, and certain skin conditions.

- Products include things like **lotions, balms, and salves**.
- They **don't penetrate the skin** more than about an inch and don't enter the bloodstream.
- **It takes roughly 15 minutes for them to take effect (or less)**.
- The **effects** last approximately **2-4 hours**.





## Amie's Mix n' Match

Figuring out what works best for my needs, took a lot of time and experimenting (but was totally worth it!).

- I've been using **drops** for years to successfully help manage my **chronic pain** and to assist with **overall wellness**.
- **Capsules** are my go-to when I'm going to be **away from home**. I learned the hard way not to put drops in my bag (what a mess!).
- I **rarely use gummies** because being able to eat only one makes me feel unsatisfied. They're also expensive and I use *a lot* of CBD.
- For me, **topical** CBD is particularly valuable for breakthrough pain in problem areas like my neck and lower back.



---

It's become trendy (and very profitable) for companies to infuse **CBD into just about anything**. This includes food, beverages, cosmetics, pet products, and gimmicky items such as CBD toothpicks.

**The vast majority of these products don't have lab testing. I strongly recommend avoiding anything that doesn't have current and trustworthy lab testing. It's not worth the risk.**

Excellent job completing step two! Let's dive into the last step and discuss how to find a top-quality product (this is my favorite one).

# CHOOSE A TOP-QUALITY PRODUCT.

When I first ventured into “CBD World,” I wasted a lot of time and money on products that CBD oil review websites recommended and claimed would be perfect.



They didn't work well, if at all, and one product even harmed me!

It wasn't until I stumbled upon a top-quality CBD oil that my chronic pain became manageable and healing began.



I got a second chance at life and my two children got their functioning mama back. I'll always and forever be grateful.

The change that I experienced was so profound that I enrolled in courses at the [University of Colorado \(2020\)](#) and became certified as a Medical CBD and THC Specialist.

My mission now is to help others get accurate information about the best CBD products so they can get relief ASAP.

With my **thorough, unbiased,** and **evidence-based** reviews, you can quickly and easily find the best quality products on the market.

You'll **save time,** and **money**—and get the relief you need.



**CBD Truth Finder** reviews are based on evaluating each CBD oil company and its products, by **following a set of detailed criteria.**

This helps to ensure that the process is **thorough, consistent, fair, and unbiased.**

Evaluations are made in four categories:

- **Trust and Transparency**  
*How straightforward and trustworthy is the company?*
- **Ingredients**  
*Are they all-natural and high quality?*
- **Lab Testing**  
*Is there proper Certificate of Analysis (COA) lab testing?*
- **Product Safety**  
*What are the results of the lab testing?*

The final **overall score (from 1 to 100)** is based on the **combined average of each category score**.

Depending on the overall score, a company is ranked as **Gold-Medal**, **Silver-Medal**, or **Bronze-Medal** (like a “CBD Olympics”).



If a company **doesn't earn enough points**, they're considered to be “**unranked**”.

[READ PRODUCT REVIEWS](#)

With my reviews, **you'll never have to worry about getting stuck with a product that doesn't work.**



I only recommend products that I would use myself. Frankly, I'm super picky because when it comes to CBD, **quality and safety are everything.**

While I **don't give recommendations for unranked companies**, I do share which products I believe are the **best choices out of the available options.**

## Congratulations on completing all three steps!



If you have any questions, please feel free to check out the CBD Truth Finder [FAQ page](#), or [contact me directly](#).

I'd love to hear from you!

Best wishes,

*Amie*

P.S. If you're struggling with chronic pain or illness, or care about someone who is, please know that **there is hope and you aren't alone.**

READ PRODUCT REVIEWS

