



Trim Healthy Podcast with Serene and Pearl
Episode 97 - Hemp, A Wonder Healing Plant...
Not A Drug. CBD Oil, Part 2.

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene • P = Pearl • D = Danny • JC = Josh Camp

[00:00:00]

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P Hey, the holidays are coming, and we have such a great gift idea for you. You guys need to check out storyworth.com. You just purchase a subscription for your loved one, and each week Storyworth will e-mail them. That person will be sent questions or you can write the questions yourself and they can either write them down and their stories or if they're not much of a typist, they can even record them over the phone and at the end of the year, it's all bound into a beautiful book and that is there to pass down forever.

P With \$20 off, you can visit storyworth.com/trimhealthy when you subscribe. I plan to do this for my husband because he's the strong, silent type.

S And my husband's mother, my children's grandmother...

P Tootsie we talk about her in our book Trim Healthy Table.

S Tootsie Tootsie Bell, she has the most incredible life but she's also one of those silent types, and she has so much that needs to get out and for my children to know about her.

P So once again, for \$20 off the subscription, visit storyworth.com/trimhealthy.

[00:01:07]

S This is the PODdy with Serene...

P And Pearl

S Get it right, P-O-D-D-Y.

D Women and men, boys and girls, we're back and it is time for another fabulous episode of the Trim Healthy Podcast with Serene, Pearl, Danny, and we have back our very special guest, Josh Camp.

JC No, no, no, it's CBD Josh, remember.

D So we've got CBD Josh Camp back. He's founder and CEO of LabCanna Biosciences, and if you remember from the previous segment, Part 1, we had a very fascinating conversation about this beautiful, natural, from the earth vitamin, dare I say, that seems to be missing from our culture.

S Now, who made the stuff that came out of the earth, people?

D Oh, what's his name?

[00:01:55]

S That would be the Father God, Father God.

P Hey, if you did not listen to Part 1 with CBD Josh, please do because it was fantastic. And we sort of laid the foundation about all the stigmas about CBD. Some people think it's a drug or some people think, well, why the heck? It's just a fad.

D And I think you learned to pronounce endocannabinoid.

P Yes, not quite yet.

D Yes, could you try?

P Endocadiminio

D Yes

S It's one of those words that actually there's a lot of Ds and Bs and...

P But we did find out we have a system in our body actually. Did you call it an extra cellular system?

JC An extracellular system, it's...

P The largest in the body.

JC Right, essentially, these two types of receptors that are on the outside of the vast majority of cells in our body...

[00:02:43]

P And it's called...

S Endocannabinoid

P Endocannabinoid system, okay, I didn't even know I had this in my body, folks.

JC You can say the ECS.

P ECS, thank you.

D It's like the EAC, the East Australian Current from Nemo.

P And we found out that as we age, like we lose hormones and things, we lose these cannabinoids in our body.

D Can you say what we actually lose because it's not that?

JC We lose the cannabinoids.

S Cannabinoids

[00:03:08]

S And we also found out that these cannabinoids are in breast milk, and the babies have this endocannabinoids, endocannabinoids. If you turn your brain off, you can do it if you think you can't. Endocannabinoid system and it's what teaches them to suck at the breast.

P And it's in breast milk. We found out too that there used to be a natural certain amount of endocannabinoids in our food system...

S Because of wild hemp...

P Yes, cows ate it. It was in our milk and our dairy, and then it started to be from the 30s, basically eradicated from our country. So, you all, we are a little bit in decline and we need to put it back because it's so important. We talked about the things like sleep, actually for inflammation, for pain. It actually allows our body, this system, to heal itself, right.

JC Yes, and that's the beautiful thing about this. It's really just restoring balance to the body, as we talked a lot about. And that's really, it's an amazing thing.

S I love that name, restoring balance. Do you like that?

D Restoring balance, I mean it's a great little phrase. What do you mean?

S Oh, we're just thinking name. We're always thinking names off topic.

JC Well, that's actually what we want to cover today, right, is the...

[00:04:23]

P Yes, we're going to talk about... We got together with Josh and his incredible team and his science. I want to share a story of one of the people that work with you too. And we have teamed up to make an incredible full spectrum hemp... What do you call it an oil supplement extract?

JC You can refer to it as a supplement, but it goes so much deeper than just being full spectrum hemp.

P For our Mamas, we pinpointed what we're all about and what our needs are, and really created it for us. And it's called Feminine Balance and it's all about that restoring balance. We've actually had a study of, a small scale sized study and I wouldn't call it like university funded or anything, but 25 women who have been taking this and jotting down every note, every single thing that has happened to them over two months. The results are astounding.

S They are astounding and the beautiful and amazing and exciting thing about this particular product is not only is it focused as a hemp extract, a CBD oil, but it's more than that because there are certain herbs that restore balance to us as females that have been, what was the word? When they soaked in the oil and they actually...

[00:05:42]

D Infused?

S Yes, they're infused into the CBD oil. It's not necessarily like they've just pulled a little essential oil and dropped it in. These are herbs that are infused, and these are herbs especially for us as women.

P And we're all about essential oils. We're not against them. We actually love them and abuse them in our own homes and do use them, but if you're going to be taking this every day, which many of us will, I know I take this now to sleep. It's just like I have the most beautiful sleep

and without it, I really notice. So I'm going to be taking this every day. We didn't want to just drop essential oils in there.

JC No, that's the wrong way to go about it.

P Yes, and we wanted them to be infused so that they're completely safe and your body can just use them as needed...

S Even safe as far as people have to do this under their own... They have to deem whether it's safe for themselves, but I, as a breastfeeding mother, and when I get pregnant again, I'm going to take it. The herbs that we use are safe for breastfeeding, safe for pregnancy. And because they're infused, they're in amounts are not going to become toxic in breast milk or across the placenta wall. That's why I said everyone has to deem it themselves.

[00:06:48]

P And you can basically never say on a bottle, safe for pregnancy and nursing. We don't say that but your choice and we chose them so that they were not known for this sort of thing. But let's talk about the 25 women that have been, not just me, but the 25 women that have been using these and reporting their results.

S Can I also say just really quickly that the taste to me is something I look forward to. It's like I love coffee. It doesn't taste like coffee but the flavor of coffee is so amazing, when I go to sleep I think, in the morning, there'll be coffee. Well, the same thought crosses my brain: In the morning, I'll get to have that silky berry flavoured stuff under my tongue.

P Well, I take it at night.

JC Do you know what's really funny about that?

S I can't while I'm breastfeeding. I don't want to take it at night.

P Why?

S I think I don't want to be anymore into a deep sleep because I sleep with my baby, because I co-sleep. So I just take mine in the morning.

[00:07:26]

JC You want to be focused, you mean, more like if she peeps, you want to be...

S Yes, aware where my baby is

P You don't want that deep sleep that I want.

S Yes

JC Yes, it's funny that you mentioned the flavor. You do start to associate the benefits with the flavor and my wife we made several different flavors of this formula over the last six months just really intently trying to get this formula nailed. And she actually won't take the new flavor because she got so used to the other one. She wants it to taste like the other flavor.

D That's what healing tastes like.

P Yes, and that's the way I am when I just take it at night, I look forward to it, and it just sits under my tongue, and it just sort of wraps around my mouth with this silky, really slight berriness. I've tasted other CBD oils before and as we first started learning about this, we started looking into what should we do.

S It tastes very green.

P And there's a really strong taste that I didn't like, but this one is just so beautiful.

[00:08:23]

JC Yes, we go through a lot of painstaking work to really clean up the flavor, clean up the extracts and know exactly what's going in every bottle so every batch is consistent. It's also been quite the adventure just working with these herbs to infuse them into our MCT carrier. Of course, the MCT that we use is the same formula as the Trim Healthy MCT Oil.

P Yes, I know, and guess what. We are manufacturing the stuff in our new building, our new Trim Healthy Mama building.

JC I'm so excited.

D Wait, the CBD?

P Yes.

D Oh, we're going to have some gear in there where it's going to be synthesized and..

P Oh yes, this is where it's all happening.

JC We're already starting to dismantle one of our labs to move out there.

D Whoa

[00:09:05]

S So there's different labs in that building. Of course, there's the chocolate factory, and then next door is the CBD factory.

D The greatest building ever.

P And we'll be doing our bars and then next door is like...

S And then maybe one day there'll be an explosion, and the chocolate and the CBD will combine.

P Oh yes, we already had the idea for the "Foxy Mama Chocolates" that you take at night.

S They'd have to be kisses.

P Yes, they're kisses. They're infused with CBD that gives you the calm and the confidence, but then they're going to have some extra stuff in there.

D Okay, hold on. I just sensed it, a woman just giggled so hard that she broke glass. I felt it.

S And guess what, each kiss will be the name of the little baby that will be conceived.

D Yes, that will be conceived.

P Hey, I do want to talk about the...

[00:09:47]

JC Don't give it all away.

P No, I know. There are a lot of things coming down the pipe, but this part of Trim Healthy Mama now is going to be called Trim Healthy Hemp. The first line of this is our Feminine Balance formula and that's just for the Mamas. It's all about balance, balancing the hormones, balancing the brain chemistry, balancing the sleep/wake cycle, balancing the moods. And so this

S Balancing inflammation

P Yes, balancing inflammation...

S Which means bringing it down because everybody's way in the red.

P Our study subjects that have taken this, amazing things have happened, not just with sleep, less pain. Some have been able to go off their depression meds. Some busted through stalls that they had for

over a year. And I'm like, why are these ladies busting through stalls on this, Josh? I'm like: Why is it affecting their metabolism? Is that just the body healing itself?

JC Do you mean as far as weight?

[00:10:42]

P Yes, weight stalls. They've dropped weight. I think one of the ladies dropped six, and she had been in a stall. Just doing Trim Healthy Mama, she dropped six pounds in six weeks, and she hadn't dropped any for over a year. And that was just doing our plan, her hormones were out of whack, so...

JC Well, you just hit the nail on the head. It's really restoring balance. When estrogen levels drop off, it can really affect weight loss and things like that.

P Okay, so speaking of estrogen, you guys, you all know I'm just so out there with it. I'm basically two years to 50, right.

S Well, she's out there with it. You go knock on her door certain days and her children will answer the door. My Mum's on her cycle, so she might be...

P Well, now they all know I'm perimenopause and so I talk about the hot flashes because I have started having them.

D Yes, me too

P Yes? Danny has some.

S A myriad, he has a myriad.

[00:11:29]

P But I'm telling you that without my full spectrum hemp oil, without that, my hot flashes can come four to five every hour. With it, they're just throughout the day, maybe a couple, but I actually find them very kind to my body...

D Serious, so it's brought balance to that.

P Yes, it's just nice. I get a little hot but I'm like: No, this is good.

JC Yes, the Feminine Balance formula, it was intently designed to not interfere with your body's normal hormones but to act as a supplement to kind of help offset some of that. We talk about some of the herbs like clary sage. I mean it isn't actually estrogenic, but it does mimic oestrogen if there's a deficiency in the body. And so.

D On that note, I know people will ask: Okay, how does this help me and how does it bring balance, etc.? And for that, what I've had in mind... I've been waiting for the right time to ask you this and I want you to correct me if I'm wrong. But going back to the endocannabinoid system, we have, in our bodies, receptors and inhibitors. And those are kind of like little gates that... Can you explain that?

JC Well, sort of the receptors are certainly gates. They're designed to accept a certain shape of molecule.

[00:12:50]

D The shape of the molecule is what I want to talk about.

JC It's a key in a hole, essentially.

D Right, so my understanding is that, let's take alcohol, for example. When you put that into the body, your receptors that are receiving alcohol are shaped, let's just... They're not shaped like this but for the sake of explanation; let's say they're shaped like a square, okay. When alcohol comes in, alcohol is shaped like, let's say, a triangle. And it doesn't actually fit the body, which is what causes the drunk state of being out of control and not in your right mind because they're coming in as a foreign looking object to your body, whereas CBD is bio-identical. You have a square receptor. It's shaped like a square as well. I'm using the wrong shape, but am I close to...?

JC Alcohol is a lot more complex than that, but yes, you're more or less dead on.

D Am I explaining the idea right?

JC You are and the fascinating thing about CBD is that it doesn't only bind with those receptors, whereas THC, and when THC is present in higher levels, it can actually flood the system. CBD in high doses can flood that ECS system, and what happens is you actually do get more relaxed, in effect, and you sort of feel relaxed. It doesn't get you high.

[00:14:06]

P No, but studies show that it does boost serotonin which is a happy feeling, right?

JC It does but speaking of the lock and key analogy in shapes, CBD, what it does with these receptors, particularly CB2 and your inhibitor which is FAAH, an enzyme that's present, it does bind with both of those. And so, first, it'll bind with the FAAH, which actually opens up channels for an endomide. We talked about that on the last episode.

P Yes.

JC An endomide is an endocannabinoid that controls interleukin expression. Interleukins are glycoproteins that are present with pretty much any form of inflammation or autoimmune disorder, anything you associate with chronic pain, you're dealing with these glycoproteins acting as neurotransmitters and essentially telling the immune system to stay back. We don't want that. We want the body to heal. And that's also one of the reasons why research is showing that CBD is so important with cancer treatments. You talk about being able to inhibit tumor growth. It's directly related to CBD being able to bind and open up those pathways so the immune system can do what it was designed to do and recognize those bad cells.

[00:15:20]

S Yes, well, that's how I believe prayer. God is like the chariot that I'm trusting in for my son, completely, and I give Him all the glory, but I believe we... There's faith and then there's work. So they go in harmony, right, they're twins. And so I feel like God wants us to do the natural works for our faith. We don't want to just be hearers, we want to be doers, right. So I'm like, yes, let's... In every way possible, we're going to choose life for Arden in every bit of food he eats, in the herbs, whatever we can come and find.

S So when we heard about the CBD, he took it the whole time towards the end, not the whole time but towards the end when he was starting to get the clear scans. And that's what he takes now to keep it away. I mean prayer's keeping it away but what do we do in our works here, in our duty just to choose life every day in the practical. We're doing CBD.

D Especially if He left a solution laying all over the earth, why would we sweep that away and seek elsewhere?

JC Well, it's not as profitable.

P Right, yes. Can we talk about then this formula for people that live in different states. Is it legal for them that will be buying it off our website? How is that even legal?

JC Great point

P What are we calling it? The reason why we're not even calling it CBD on the bottle, even though it is, we're going to be calling it...

[00:16:40]

S Hemp extract.

P Hemp extract, and the reason we're doing this... And can you just talk about all this, Josh, because you have been in the ins and outs of the legalities of this for years?

JC Sure, so in 2014, the Farm Bill was passed federally, and what it did is effectively legalize industrial hemp and industrial hemp drive products as long as they're created under that program. The Industrial Hemp Research Pilot Program is a program that the USDA oversees. Each state has the ability to set up their own program and allow people to grow and conduct research. Part of the research that's listed in that legislation is market research. That allows us to sell.

JC We also have the Appropriations Act that Congress enacted that specifically says in our federal budget that no one is allowed to use federal funds to interfere with the Industrial Hemp Program, nor are they allowed to use federal funds to interfere with interstate transport. So we have these layers of protection that make the products De Facto legal.

[00:17:39]

JC Where the grey area comes in is in individual states where laws have been passed to legalize CBD from a variety of sources, including from marijuana, which was a problem. For years, you couldn't actually get CBD from industrial hemp because nobody was growing high CBD industrial hemp. In 2014, that changed, so the industry has changed. We grow the plants organically. We grow using the same methods that you would any organic herb and marijuana, for that matter. So it is, in fact, the same compound derived from the same species of plant, just under different legal terms. All of the plants that we grow and derive are CBD and other cannabinoids contain less than 0.3% THC.

P So that makes it completely legal, yes.

JC That's what makes it legal, that and the fact that we actually report everything to the Department of Agriculture.

P Yes.

D Legal to ship to any state, right

JC Legal to any state, the grey area comes in in the states that don't participate in the Industrial Hemp Program, and so law enforcement, and we get the occasional rogue DA that decides that these products are illegal because there's a law that says they're only legal under a certain set of conditions which is completely false.

[00:18:56]

JC The 2014 Farm Bill absolutely supersedes the Controlled Substances Act. So we are good. Anyone that wants to try these products, it's okay for them to have them. And really, the stigma is going away quickly, and we're only a matter of months away from the 2018 Farm Bill completely commoditizing this which means that at the federal level, it would be mandated that unless a state has valid reason to restrict it, anybody can grow it, the same as corn or soy or tomatoes.

D Could grow CBD.

JC Could grow industrial hemp.

D A CBD strain.

P Industrial hemp

JC Right, the problem lies in local law enforcement's ability to discern between the legal and the illegal products.

D Is that because it looks the same when you grow it?

[00:19:40]

JC It's because it looks the same. In some states like Tennessee, you don't even have the ability to test for the level of THC.

P Yes, but this is the reason why we're not calling it CBD oil on our actual bottle. We're calling it Full Spectrum Hemp.

S And you can buy CBD oil out there, so it's not like we're trying to do this because we're going on the black market.

P You can, but we want to make sure someone who lives in Alabama can order ours.

S But I don't want people to think, oh, I'm buying this mystery product and we've got the mystery name. No, it is so legal like for all the reasons he said, but we want to...

JC More than anything, it's not even about state by state legality. It actually has to do with policies of companies like Visa and MasterCard and the ability to sell products where they take, literally, the CSA word for word. And say: If you do any of these things that... They don't look the different legal classes.

P Yes, what is it about... I know that a lot of people worry that a bunch of CBD oil is not really tested and it's all the Wild West and...

JC That is such a big problem right now. We're actively working state by state for...

[00:20:43]

P And you're actually lobbying for there to be strict guidelines because you can't trust a lot of companies.

JC No, you can't. I've gotten hundreds of samples over the last year or so from small manufacturers and we do test everything. I would say 95% don't have the amount of CBD that they claim. It's always over or under.

P Really

JC No, let me back up and kind of lay some groundwork here. Even the FDA allows a 10% tolerance, so if you buy 1,000mg aspirin, you could have 900mg in it, or you could have 1,100mg in it, and either way, anything in that range would be legal. So that said, we are a little bit more strict. We hold everything to a 3% variance and depending on the team of people working formulating, nine times out of ten it's actually 1% variance more correct if we're outside of a 1% variance.

P But do you think that some companies, I'm not trying to put down on other companies because a lot of them are great, like one of the originals are Charlotte's Web and stuff. But do you feel like some of them are saying certain things and they're not having that in their products so they can make a buck?

[00:21:52]

JC Yes, in some regard that's the case, but I think it's also a supply and demand issue. I think a lot of companies... And I'm an optimist. I think a lot of companies that are trying to do this in a legitimate way are actually intending to put a certain amount of CBD in their product. They find that the supplies just don't exist which is why we've opened more and more farms, and we're building processing plants and...

S We're going to grow it ourselves.

JC Yes, so I mean we do everything end to end, so we don't run up against those supply chain issues. And it's so important for us to be able to maintain the quality of our products and to be able to control that process. So I think a lot of companies, they get into a situation where they don't know what they're buying or they're small enough that they can't justify the \$200 or \$300 per test on everything that they bring in. And things fall through the cracks. And so I am actively looking for legislation in every state to require the simple things like CGMP and third party batch testing, having a third party lab test everything before it's put into a bottle and sold...

S But ours will, correct?

JC We absolutely follow those things.

S There you go.

[00:23:06]

P Hey, you're listening to the PODdy with Serene and Pearl, and I'm Pearl and who are you?

S Serene

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P You're got to know, this is not like a full replacement for periodic, full eye health exams. You can go do your full eye health exam with your doctor that you love. You still need those occasionally but do you hear that word occasionally?

S Yes

[00:24:02]

P Their contact lens prices are unbeatable. Standard shipping is free. And best of all, we are offering a promotion to our Trim Healthy listeners. Get \$20 off your contacts at simplecontacts.com/trimhealthy20 or enter the code: trimhealthy20, that's 2-0 at checkout. Save yourself time, money and headache. Simplecontacts.com/trimhealthy20 or just enter the code: trimhealthy20 at the checkout.

S This is the PODdy with Serene...

P And Pearl

S Get it right, it's P-O-D-D-Y.

P We wanted Annabelle to be here today. She's been involved with you and your team. Do you feel like she would mind if we shared her story the way she told it to us?

JC No, I don't think she would mind at all.

P Okay. We wanted her to be here today, but she's been actually flying around the world, speaking on all things cannabinoids.

S And I think she's kind of centering in Israel. That is a country that had it legalized already, correct?

JC Oh yes, for medical and the company that she heads up as the CSO is... They're one of the longest running companies in the medical marijuana space.

[00:25:19]

S I read some testimonies about families having to go to Israel to have treatment for their seizures, for their children with seizures.

P Well, feel free to butt in, we'll try and share her story the way she shared it to Serene and I. But she works with you, and is a good friend of yours, and is involved with your team.

JC She does. We actually manufacture a medical line for her and have developed...

P Yes, and she is a doctor and a scientist of... What's her degree? I don't know. She's like one of the most incredibly intelligent women you'll ever meet, and she's young, and she's just a genius.

JC It's terrible that she actually is our CSO and I couldn't tell you exactly what her...

P Yes. Well, one night, we all went out for dinner...

JC I want to say molecular biology.

P Yes, I think it is. We all went out, and Serene and I found ourselves sitting next to Annabelle. She's beautiful.

[00:26:01]

S Her baby was two days old or something.

P Or something, a week old, she'd just had another baby. But anyway, we talked... We said: Well, how did you get involved in this whole cannabinoid thing? Am I saying it right yet?

JC You're getting closer.

P Yes. So she shared with us this story of her two year old, and this was just... My jaw just hit the floor.

S Yes, she was talking about how she had the baby in the hospital and very soon after... Oh, look, Annabelle, if I mess this up, please forgive me. But I think it started having about...

P Her little boy

S About 200 seizures a day, maybe, was it?

JC Yes, I believe within a matter of days of bringing him home they had to go right back to the hospital.

S Yes, just a crazy amount of seizures, so they went right back to the hospital and they were giving him medicine and medication. And they said we need to remove half of his brain, was it?

P Yes.

[00:26:55]

S And have a certain hemispherectomy or whatever it's called.

JC Yes, so her little boy's name is Macario. He's an incredible, incredible little kid.

P But don't get to the ending yet, Josh.

S Anyway, so what happened was she was at that point thinking: I'm just going to be the Mother and let them be the doctors and I'm just going to... Before this surgery idea, she's like, I'm just going to let them take care of my child. So they were giving him medicines and everything. She's like, I'm just going to be the Mum. I'm just going to dote on this baby and give all the nurture. Well, when they said: We need to cut out most of his brain, she's like: There's nobody here to support me. These doctors are all wanting to cut into my child. I have to step my game up and research.

P She started researching but they did have to take a lot of his brain...

JC They took 38% of his brain.

[00:27:38]

S But during that, you see, during the research, she started coming up with what she wanted to do with her child. It just wasn't ready in time because she's a scientist, and she didn't have it ready in time before the surgery. But they did, like they said 30 something percent of the brain...

P 38% of the brain was removed, so that's more than a third of his brain. So she took her baby home...

S A vegetable and they said that this is what he would be, a vegetable. And certain medicines they had to put through an NG tube.

P There was no response. There was no eye response, no limb response. He just laid there basically, and they kept him alive through a tube.

S So she took...

JC Yes, and the hope was that he would, 20 to 30% of a normal child.

P Yes, they hoped, but there was no hope because he didn't respond.

S So she'd pick up the prescriptions for the medicine every day and she shelved them. So she could say, I'm picking them up, and she...

P No, Serene, you've got to say that at first she gave them to him, but there was no response, so...

[00:28:31]

S Yes, that already was happening at the hospital... Yes, okay, good on you, mate. And then she decided to put her formula in his feeding tube. And she had exacted it so it would be just as the same strength as the medicine.

P And it was a CBD/THC formula.

S And it wasn't like she was just some hokey person just messing around. She knew her stuff. So this was a scientist formulating this.

JC Yes, and after starting to see success with Macario, that's around the time that I met Annabelle. And she came to me and had been kind of doing her own behind the scenes research. And said, hey, I've got an idea on how we can make a CBD oil that's going to be a little bit more effective.

S So let me just tell you... I want to interrupt because the story is he's a vegetable and their putting in the CBD, her CBD...

P I don't know if that's the right word you're supposed to use these days. It's not a very politically correct word, just so you know.

S Oh, I'm so sorry. I'm not very politically correct. He was not...

P There was no response.

[00:29:27]

S There was no offense there at all.

P I know, but you know forgive me everybody.. She was giving her baby this formula, CBD formula, through the tube and then after a couple of weeks...

S But it was very, very large amounts.

P Yes, but after a couple of weeks, she saw one of the eyes start to track, and look at her, right?

S And she was like, oh my goodness.

P So she just kept going. Pretty soon the limbs started to respond.

S We saw pictures of this little baby, like newborn baby with stitches all the way down a shaved little newborn head.

P Yes, but let me tell you the rest. Everything started to come online. He started to crawl. He started to do all the normal things a child does...

S On time, though.

P On time, he is two years old now. She showed us a picture of him. He is running around, more than a third of his brain gone. He is smart. He is fast. He's gorgeous.

[00:30:20]

S No, he's smarter than most children.

P You should see his hair. She married a Jamaican, right. And so...

S She said the only thing wrong with him was he was going to be a little bit too sassy.

JC Oh, he, that kid has an attitude. He is awesome.

D But I'll take an attitude though, right.

P But it's just a miracle.

JC Oh no, he's vibrant. He's full of life and the last time I saw him he ran out the door to give me a hug and we had a little karate match. I mean the kid is...

D Does she attribute that to the CBD concoction?

JC 100%

P Well, yes, there was no other thing, Danny.

S There was no other thing. I mean it was God's miracle through that.

P There was no hope.

[00:30:51]

D Because it was done, like there was not a... It's not that and there was this special...

S She stopped taking the medicine because the medicine wasn't helping. So there was a baby with no tracking who now was not taking medicine. And then she started the CBD

P Basically, he was just kept alive by a feeding tube until this vibrant little boy, running around, despite the brain removed, I mean...

D A long time ago, like we said in the Part 1 of this episode, our country sold wonder tonics and they claimed that it fixed everything. And interestingly enough, when you do your homework, you'll find the main ingredient in those wonder tonics.

S Oh really, was it hemp?

P That's interesting.

JC The other were just cannabis derivatives. That is very interesting. I get accused all the time of selling snake oil. I used to feel like I actually was because people would come to me and say I can't sleep. Here, CBD. My knees hurt. Here, CBD I have arthritis. CBD. Cancer. CBD. But what I've come to find through research and working with all the organizations and universities is that there actually is this endocannabinoid system and there actually is some merit to introducing cannabinoids to help the body be allowed to allow that repair.

[00:32:05]

P But it's the largest system in the body, extracellular system, so it makes sense.

JC Well, then I'm the biology major that was never exposed to that. And even today, less than 10% of Med schools teach about the endocannabinoid system.

P I never learned about this system in high school, I'll tell you why. And I don't believe it's in my children's current book.

S And can I just say? This is interesting. We were having this kind of little argument, happy, fun argument when we first met you about the chicken or the egg. Basically, cannabinoid, cannabis, did they name the cannabis, cannabis sativa because it has so many cannabinoids, like the root word there or did the cannabinoid system, when it was found, saw what was connected with the cannabis? It's very interesting, right, what...

JC I wish I knew the answer to that. I've had that debate before...

S But the same root word is in the genus of herb, cannabis sativa, as in the Endocannabinoid system.

P Yes, I know, that's what's amazing.

[00:33:04]

JC Yes, it's very broad, classic compounds and I mean it's found in everything from your hops in your beer to cannabinoids in general, breast milk...

D Aren't they already in your brain as well?

JC Yes, your body actually manufactures them. So the fascinating thing is, with regard to cannabis, the sheer amount, we have over 80 cannabinoids in the cannabis plant that are present in levels that are high enough to actually extract them and actually do things with them.

S Thank you, God

JC I know, right.

P Yes, and that's why we wanted to do a full spectrum one too because...

JC It's one of the only plants... I don't know if you know this. It's one of the only species of plants that actually natively grows on every corner of the planet.

S That is so interesting.

D As if it's meant for all mankind.

S Hey, go local, people.

JC Exactly

[00:33:49]

D Well, and we were talking about how can it be for everything, like it sounds like snake oil. Well, if you're looking at it like a pharmaceutical drug, then it sounds unbelievable, but it's not a pharmaceutical drug. It should be more looked at like a vitamin or something natural in the earth.

JC I couldn't agree more.

D And so, again, back to my...

P So like what if they took away everyone's Vitamin C?

D Right, exactly, all of a sudden you'd have all these health problems and then someone would say: Wait a minute, Vitamin C addresses all that. And you'd be like, snake oil. No, you're just so deprived of Vitamin C which your body was made to have. And if we find this on every corner of every continent, and you have a major, like the biggest system in your body called the Endocannabinoid system...

S He's good.

D It makes perfect sense why it does heal. It seems to address everything, not perfectly...

[00:34:45]

P Obviously, and it's not like, as you said, it's not like swigging an ibuprofen. It doesn't just take your pain like that.

S It doesn't mask it. But I want to apologize. I interrupted CBD Cuz Josh to just finish that, the remarkable story of Macario, but he was going onto something very important, the connection now with Annabelle, the mother. Now, they have partnered and carry on with that because that was good.

JC Yes, so, well, when we met, it was two peas in a pod. She's one of my best friends in the world now. I feel like I've known her for decades, and I don't think anything will ever come between us. She's not only joined our company, but she's gone onto also take our CSO position with Tikun Olam out of Israel. We are actively working on trials together and working on new product development.

P And that's what you guys do. When we partnered with you guys to formulate this but I love what you're doing, it's way bigger than what

we're doing. You are doing amazing trials and we did our own little trial for this formula, but you are with scientists, with doctors...

JC Yes, and actually, we're trying to change that game too. If you think about how clinical trials are actually run, they're run through doctors. There's always a component of human error or let's call it human incentive or manipulation because what happens is doctors are only paid for collecting certain pieces of data. And so the questions around quality of life are crafted to give the right answers.

[00:36:10]

JC Everything about the way the trials are done these days is skewed towards the pharmaceutical manufacturer and getting the results that they want.

D Towards the person funding the trial

JC Exactly

D You don't want to make your client angry or you will not have a client, right?

JC Exactly and so we are on a very large scale, I mean we are actively conducting trials at a couple of universities, UCLA and we are getting ready to kick off product lines with Princeton. There are some very deep ties with institutional education, but it's not in the way of your traditional clinical trials looking for FDA approvals. We actually think that data is inherently valuable, but it's more important to hear it strictly from the patient's mouth. And so we are developing ways to be able to get products out for free or cheap to people in exchange for just participating and giving us this broad data set. We have a partnership with IBM and their artificial intelligence engine.

[00:37:07]

JC I can't go too much into that but it's fascinating what we can actually do by compiling this data and using these super computers and AI to essentially make product recommendations for people or to custom-craft kind of a starting regimen. And it's stacking up to really be a game changer and I do think that we can change the way things work explicitly in this country. But we're not inside of the box thinkers.

S No, and I love this, and every time I talk to Josh, I just get so many times more in my brain just satisfied that this is the company that we're working with. You guys, as you listen to this and as you may get interested and as you may decide to use CBD oil in your life, you know that if you're ordering it through us that you're not getting some

grower at the corner of Panama who's like smoking it on the side and this and that in some hippy joint and it's like bottled in a thatch roof, in a tepee or whatever. This is...

D You just described my childhood.

S What I'm trying to say is CBD Cuz Josh is so much more academic than that name, that fun name. It's just he's heading every single... He's dotting every I. He's crossing every T.

D I'm glad you got... I always get that twisted.

S I had to think, that's why I paused.

D I have crossed every I and dotted every T, and I'll never know how I'm doing it.

[00:38:36]

P Hey, I want to talk... I know that so many of you are thinking right now: But how much is it? How much is it? How much is it? We really tried to price... It's around \$39 and that can get you one or two months, depending on...

S We had a few arguments with our husbands. Bless their beautiful hearts.

P Bless their beautiful socks. They wanted it to be \$70.

D And for the record, I disagree with your price and I agree with your husbands.

P I know, and John here, John sitting here, thinks we're ridiculous for this price.

D No, I'm not trying to be a salesman, but that's ludicrous.

S Well, we just decided to...

D Your stuff is really expensive.

JC Here's the thing, at least coming from LabCanna's perspective. We created the company to help people, and the goal all along... We don't have financial goals for the year, we have number of people helped.

[00:39:23]

P It can't help them if they can't afford it.

JC Exactly

S And we're never going to forget what we call our regular warm-up Mamas because that's what we are, like we shop at Walmart. And so the price that...

P Even now, I mean, Serene and our financial world has been turned... God has blessed us, right, but we used to be poor, okay, very poor.

S Now Walmart was Target for us.

P Where \$39 a month would have been such a stretch, but we could have done it sometimes just because it would have been worth it to get all these benefits, but there's no way we could have done \$70 or even \$60 bucks.

S Never, never, never and even now, I don't think I'd want to put \$70 out. Maybe we'd do it for certain diseases...

JC I mean it might go without saying, but I mean when you wake up and you feel better and you slept better, you're more productive. It can make all of the difference in the world.

P Yes, absolutely.

S But we are going to come out right with... Josh CBD has a line that's for fighting disease too, right, not just balance.

[00:40:22]

P Well, as you start to get it in your body, it's balanced and you start finding disease. This going to be how many? 300mg of full spectrum CBD which is a good dose, right?

JC Right, so actually it's formulated to have 300mg of CBD, and so if we look at the actual amount of constituents, the cannabinoids, it's significantly higher, but we don't want to sell it as much higher potency. It really does contain 300mg and you can count on every bottle actually having 300mg of CBD.

S But say somebody has a child that's fighting cancer or leukaemia or say they need a higher dose because it's trying to... It's being their medicine. It's not just being their balance. It's being their medicine.

P Yes. I think that we're going to do that at some stage. You can go directly if you know someone that's fighting cancer; you can go directly to... What would it be?

JC Labcanna.com

P Labcanna.com

S Because they have the silver bullet there for their...

[00:41:27]

P And it's going to cost you a lot more just because CBD costs a lot, but we don't have that yet and maybe... But I would think that you would want more if you are fighting aggressive cancer, right?

JC Yes, that's very true, and so we go...

S We had Arden on something way stronger.

JC And so we go all the way up to 3,000 even with one product that's in the pharmacy in physician channels that's 4,500mg. So it does go up in potency, and sometimes, that's necessary. Now with regard to the price, one thing that we do to offset that is rather than being a pharmaceutical company and saying, we'll give you a coupon for three months, get you hooked. We do give away a great deal of product.

P I know. I know you do.

S Yes, he does.

P We were living on your free product for a while.

S But you can also feel safe with that. When he says numbers like 4500, right, and people are taking that to fight disease, these are sick people trying to fight disease, and that 4500 isn't harming them. So when you're having 300mg, don't be afraid. I want them to learn to not be afraid of that.

[00:42:28]

P Yes, and I like my 300mg because I also think that my 300mg, I also think of it as preventative too.

JC That's precisely why we have the 300mg formulas. It's designed to be a preventative. It's designed to bring balance to the body, so you don't develop a plethora of conditions and...

P Yes, and over time too and I think...

JC And over time, it does help heal.

P Some people aren't going to experience anything overnight, and some people are, like I slept overnight, but for some people it takes them a

lot longer than that. And these things take time for the body to heal itself.

S And especially because we put it at such a lovely level which is not aggressive. It's just very balancing. Yes, it's the balance, not the aggression. So with people with major diseases, I think they need the aggressive bullet which would be at LabCanna.

JC The hemp extract is not the only good thing about the formula.

P No, the woman's formula

[00:43:22]

S The woman's formula, yes.

J I'm excited. I mean we're dealing with lemongrass. We're dealing with passion flower and clary sage, and so...

S I took clary sage straight after the baby. I've never had problems, postpartum depression ever, but I just heard it balances the hormones and I thought: Hey, prevention, I'll just do this this time and I was a lot... I have never had depression, but I get weepy, like I just cry over everything, cry over joy, like look at my baby's face and just start bawling my eyes out, but just overly weepy. But I just felt a lot more balanced with the clary sage in my life.

P And especially PMS

S Can I just say one thing?

P This is huge for PMS, people, because when you get PMS, your estrogen is dropping and your serotonin bottoms out. And so the CBD and the whole plethora of the whole hemp extract...

JC Yes, well, actually the clary sage has a great effect on acting as a mood booster, so does the passion flower. It's a light relaxant. The passion flower, along with the CBD, when you talk about menstrual cycles, just cramping, the typical pains and ups and downs and everything else...

[00:44:25]

S Take notes, Danny, for your myriad, take note.

JC I mean they really are positively affected.

P Oh yes

S So yes, just talking about balance of emotions, not necessarily like PMS or anything, but just my husband is gone. He's been in China and now he's in South Kuwait, and I'm just being a single Mum. And usually, I'd feel a lot more overwhelmed, but I'm like super running the ship, like the Sound of Music with the whistle.

P You are and your water broke again.

S No, our water froze. There was oil in the line. My son threw a javelin at the back of my car and the whole back window just broke out of my car, and then it's raining ice rain. And then all of this stuff's happening and I'm just so calm. It's just so great, but not in a weird way.

P Listen, a lot of what happened to the ladies in our study, they're calm, a good mood.

JC Let's not pretend like it's going to make you apathetic. You still care but you can cope with it.

[00:45:20]

S Yes, I care deeply.

JC The stress doesn't inhibit you.

P And we are coming out... I know that our Feminine Balance formula, it does get a sense of calm, but we are going to come out with another formula. And that would be...

D For me

P For you, ADD anxiety, children with aggression, rage issues.

JC Now that one has been a godsend in my house with the kids.

D I've been holding some boys down in my house with this oil.

P And any children that are on the spectrum have brilliant results with CBD, but we will do the same thing and infuse. And I really want to talk about that.

S Can I just clear up really quickly when I said javelin in the back of my car just because we're talking about children's rage. It wasn't a rage. They were cleaning up our yard. It's just they missed the trailer.

P Well, you just threw me off my track...

S Well, hey, I was just clearing that up. We were talking about children's rage and I was talking about my children and javelin throwing.

[00:46:07]

P What was I talking about? Oh, I was going to go back to the whole essential oils thing. That's all great, but you can shove a lot of essential oils in your body and you're getting very high strength after a while, okay. So Serene and I do do essential oils, but we try not to overdo them with just that little bit here and there. I think you've got to take pause, but when a whole herb is infused into the formula, there is not that same sense of concern.

S No, it's just...

P And that's why we wanted to do this because we want you to be able to take this whenever you want. I mean you can take it once a day or you can take it three or four times a day. It's as needed really.

S Yes, it's very... Like I said before, it's not an aggressive potency.

JC It isn't and we always tell people: Take it twice a day because it does have a nine hour half life and so if you really want to maintain that balance, twice a day is a good start...

P And we didn't say when we're coming out with this. Oh well, am I allowed to give a date for this, John?

[00:47:07]

P It's very soon. It's very soon.

D Pre-Christmas, oh, that's bold.

P And even then you're setting yourself up, but we're going to try.

S If that's not in somebody's fuzzy red velvet stocking, there's going to be...

JC I'll take the hint here and say it'll absolutely be able to ship before Christmas.

P Yes, we are doing this so you can put it in Christmas stockings or your own Christmas stocking, so you can wake up on Christmas morning a nice Mama.

D Guys, it has been, as promised, another fabulous episode of the Trim Healthy Podcast and what did you call him? CBD Josh, Josh Camp,

founder and CEO of LabCanna Biosciences, we are so grateful to have you for this two-part series and really hope you will come back soon...

P What a wealth of information he brings to us.

D Yes, great job

JC Thank you, any time. I'm excited about what we're going to do for Mamas.

D Yes, we're going to do awesome stuff, so hey, Mamas and men, tune in again next week and we can't wait to talk with you then.

[00:48:05]