

Cann-Do CBD Pain Adaptation Research

Dear Cann-Do CBD Customer:

We are asking for you to participate in a simple trial of our products to help improve efficacy and effectiveness and to help assist others in their self-care and wellness. Nervous system adaptation/tolerance can develop to active ingredients in CBD products. This adaptation may lead to reduced effectiveness for treatment of pain symptoms over time, and also is part of the reason why many substances become addictive, requiring larger and larger doses to achieve incremental benefits. It's also why pain treatment systems are beginning to utilize meditation, physician-approved exercise, and other active management protocols.

Specifically, we are curious about how the nervous system rebounds from the adaptation response to pain treatment. So we are asking you to do some simple tests and report back to us. Sources suggest rotating between other treatment options like: other pain medications, meditation, nutrition, moderate exercise and weight loss. On the off-days, you can go to other over-the-counter treatments like ibuprofen, acetaminophen, aspirin, or a topical cortisol steroid, or whatever your physician recommends. Because of CBD's minimal side-effects at low dosages it offers an option with many benefits to overall wellness and community.

Background Information:

Name (optional): _____ Email (optional): _____

How would you describe your pain? Location? Frequency? _____

What other treatments are you using currently? Details? _____

Pain Level on a 1-10 scale (1 = No Pain, 5 = Moderate 10 = Very High) _____

Date of usage start: _____ Date of finished use for this form: _____

Test 1: Use salve (or tincture) topically, rubbing into affected area daily as needed for three days, then give it a break for three days (using other OTC or approved treatments) and repeat for a couple rounds.

Report efficacy:

Which Product are you using? Salve Tincture Milligrams? 500 1000 2000

How often have you used per day? _____

Pain Level on a 1-10 after each use? _____

How long does it provide relief? _____

Test 2: Give it a break for a week, then start a day-on and day-off rotation for a week.

How often have you used per day? _____

Pain Level on a 1-10 after each use? _____

How long does it provide relief? _____

Additional Tests: If neither of these help maintain an effective treatment, then we can try a couple of other strategies.

We are finding the CBD tincture to provide a slight stimulant to libido, and a sleep aid. Topical application produces higher uptake into the blood system, but you could also try the tincture and use as a topical instead of the salve. Another option is to use a higher mg product that may provide increased benefits before diminishing returns. Thus, we suggest starting at low dosage.

Please scan this survey and email (info@theforestfoundation.org) or mail back to us.

For your participation, we may offer you discounts or free products.

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