

5 AMAZING BENEFITS OF CBD

SAFELY SUPPORT YOUR BODY'S
ABILITY TO MANAGE *Everyday*
Stress AND PROMOTE YOUR
Overall Well-being

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WELCOME

Welcome to Your Journey with CBD

Thank you for downloading this ebook! Whether you're curious about CBD, considering it for the first time, or already familiar with its benefits, you've taken a powerful step toward exploring natural ways to support your health and well-being.

This ebook is more than just a guide—it's a glimpse into my personal journey with CBD and the ways it has helped me regain control over my life. As a veteran, I've faced challenges that left me searching for solutions to manage pain, anxiety, insomnia, and the effects of epilepsy. CBD became a turning point in my life, giving me the tools to reclaim a sense of balance and hope.

Inside these pages, I'll share my story, along with the five key benefits of CBD that have made a lasting impact on my life. My goal is to provide you with information, insights, and inspiration, so you can make informed decisions about your own health journey.

This ebook is a free resource, created with the intention of helping others who might be searching for relief, just as I once was. I encourage you to read with an open mind and take away what resonates with you. If my story can inspire even one person to find the same kind of peace and comfort I've discovered, then this effort will have been worth it.

I'm honored to share this with you and look forward to walking alongside you on your path to understanding the potential of CBD.

Here's to taking the first step toward better days ahead.

Warm regards,
TREVON SUNDIATA FERGUSON

FREQUENTLY ASKED QUESTIONS

DOES CBD OIL GET YOU HIGH?

→ **The answer is NO*.**

*As long as you purchase your oil from a reliable source that verifies THC levels through a 3rd party, and labels the oil correctly. (More about how to make sure you're getting your oil from a reliable and safe source in a minute).

My Story

My name is TREVON FERGUSON, and I am a 49-year-old Army veteran who has faced some of the toughest battles since leaving active duty. Like many of my brothers and sisters in arms, I was trained to endure, to adapt, and to push forward no matter what. But some injuries go beyond what the mind and body can readily adapt to—they cut deeper, linger longer, and demand a different kind of strength.

While serving, I sustained injuries that have continued to affect my daily life: a brain injury that later developed into epilepsy, along with chronic back and knee pain that has only intensified over the years. With these physical injuries came a cascade of other challenges— anxiety, depression, and insomnia—that I hadn't anticipated. My days became filled with chronic pain, unpredictable seizures, restless nights, and a sense of helplessness that threatened to overshadow the resilience I'd always prided myself on.

In 2019, after years of searching for answers, I discovered something that would significantly change my life—CBD. I had heard whispers about it from fellow veterans, but like many, I was skeptical. The idea of using CBD was unfamiliar, and I worried it was just another “quick fix” that wouldn't work in the long run. But as my pain and symptoms persisted, I knew I had to keep an open mind and try.

Starting CBD felt like an experiment, and I approached it with caution. But slowly, day by day, I started noticing changes. The first thing I noticed was my sleep. Where once I'd spent countless nights battling insomnia, I now began to find peace and rest, something I hadn't truly experienced in years. My seizures, though still part of my life, became more manageable. The constant, gripping anxiety began to loosen its hold, and my pain, while not gone, became something I could live with rather than something that defined my every waking moment.

My Story Cont'd

CBD didn't cure me, but it gave me something invaluable—control. It helped me regain a sense of calm, rest, and comfort I thought was lost to me forever. Through my journey with CBD, I've learned to manage my pain and anxiety, to cope with the weight of my experiences, and to reclaim a quality of life that I'd long thought unattainable.

This ebook is my way of sharing what I've learned in the hope that my story, and the five key benefits of CBD that I've experienced firsthand, might help others find relief. I know firsthand how isolating and overwhelming life can feel when managing chronic pain, anxiety, and the invisible scars that come with service. My hope is that my story—and the insights I share here—can help light the way for those who, like me, are searching for answers.

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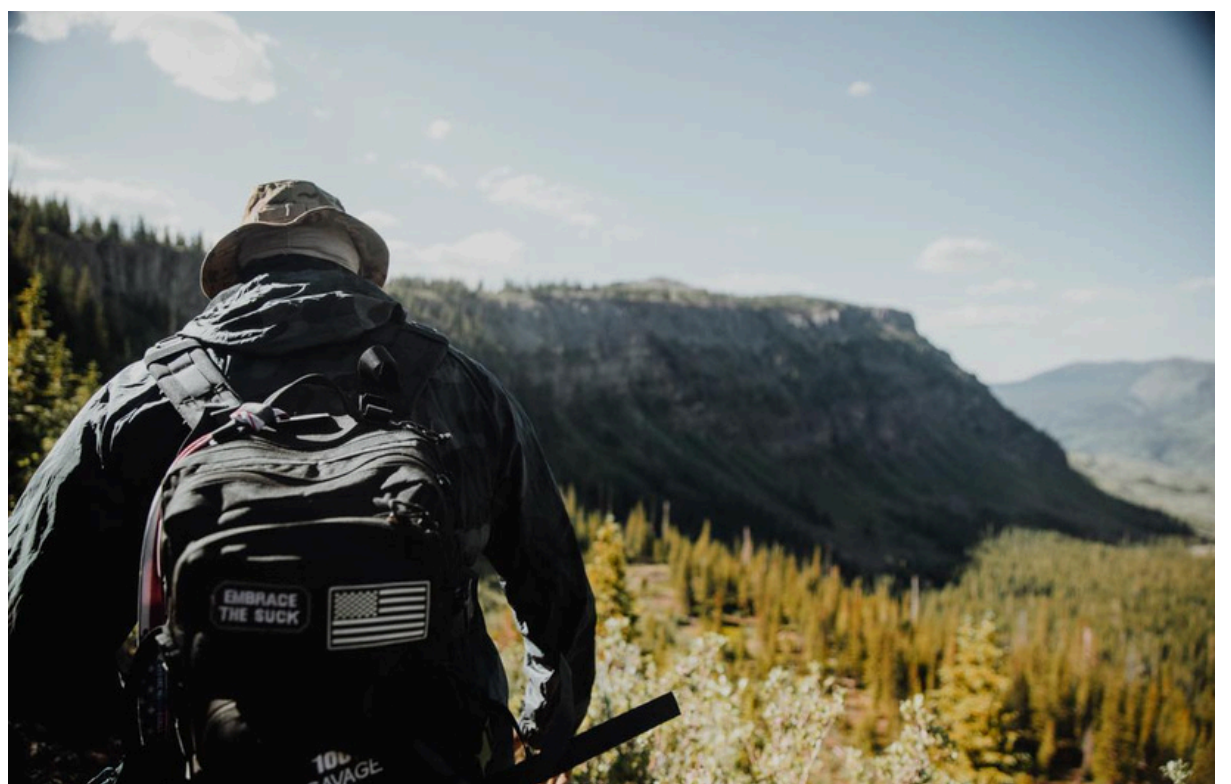
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WHERE CBD OIL COMES FROM?

CBD is an acronym for Cannabidiol.

Legal CBD oil is derived from hemp, a variety of the Cannabis Sativa plant. The other variety of this plant is one you may have also heard of called 'marijuana.'

When extracted from hemp, CBD will not get you high because it is not THC! (the psychoactive inducing substance found in marijuana).

Hemp is one of oldest cultivated plants, and has been used for tens of thousands of years because of the toughness of its fibers. Its uses include clothing and shoes, industrial uses such as rope and canvas, paper goods, and body care products like shampoo, soaps, etc.

But more importantly, and why you're likely reading this now, ***Cannabis has been used for thousands of years for a variety of wellness benefits.***

And as more and more people are using this oil, it's being more widely studied to prove its effectiveness. Whereas anecdotal evidence has been strong for quite some time!



WHY IS CBD OIL SO EFFECTIVE?

It turns out our bodies have a natural endocannabinoid system (ECS) responsible for homeostasis (a fancy word for balance) in our body. This system regulates things like...

- **Stress**
- **Mood**
- **Appetite**
- **Sleep**
- **Pain**
- **Immune response**
- **Inflammation**
- **And more!**

Your body actually produces its own cannabinoids that can interact with the ECS system.

Phytocannabinoids (plants), including **cannabidiol from hemp may support your ECS in beneficial ways to keep this system in balance without getting you high!**

LET'S TAKE A LOOK AT 5 REASONS YOU MAY WANT TO START USING HEMP OIL TODAY...



1

SUPPORTS YOUR MOOD & PROMOTES OVERALL HAPPINESS

If you suffer from ongoing stress and everyday mild anxiety, you're not alone. 40+ million people suffer from the effects of anxiety in their lives! Only those who suffer from anxiety can truly understand the impact it has on your day to day life.

If you're someone who would like to try a more natural path toward relief, hemp oil could be an excellent approach, especially when it's part of a comprehensive plan that includes a healthy diet, regular exercise, and practices to alleviate stress.

Additionally, 'Mood Swings' affect us all at one time or another. Sometimes we get into a bad mood because of an event.

Maybe you hit traffic on the way home. Maybe the line at the store to grab a

gallon of milk is down the aisle. These isolated situations can ruin your mood for a short period.

In many of the same ways that this oil could help support your body's response to stress, it has been shown to potentially promote an enhanced mood by supporting the Endocannabinoid System and receptors.

While there's still much research to be done, it stands to reason that hemp oil could be an effective way to promote the balance of these chemical reactions.

Additionally, there's much anecdotal evidence in discussion forums, comments, and articles online of people who have boosted their moods with hemp oil!



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“Serotonin and dopamine levels in the brain are directly controlled and regulated by endocannabinoids within the central nervous system's endocannabinoid system. Several studies, including a recent (2011) publication in the medical journal Neuropharmacology, have shown this to be the case.”

~ **Wayofleaf.com (Jan. 2020)**¹

2

SUPPORTS YOUR BODY'S RESPONSE TO INFLAMMATION

Too much inflammation in the body can have serious consequences to your health.

Inflammation is a natural reaction of our immune system when viruses or bacteria invade our bodies, and are detected.

This obviously can benefit us by helping fight viruses and bacteria, as well as heal our body when injured (think about the swelling that develops around a cut). This is acute inflammation, and is the kind we want and need.

However, chronic inflammation that gets out of control causes our immune system to react (or even overreact) when there's no need. This causes a ton of unwanted health issues.

If chronic inflammation isn't kept under control, it can cause serious problems.

Medical research is currently studying whether hemp oil could be used to help reduce inflammation because of the way it interacts with cannabinoid receptors in the brain and immune cells, promoting the reduction of dangerous inflammation in the body.



3

COULD POTENTIALLY SUPPORT PAIN RELIEF

Needless to say, nobody wants to live in pain. At best, pain can cause us to be miserable, irritable, and can induce dangerous levels of anxiety and stress.

At its worst, pain can be debilitating, affecting the most important things in life such as happiness, family, work, and our freedom.

Many things can cause us to experience chronic pain including muscle aches, joint issues, arthritis, and plenty more.

CBD and hemp oil research has shown possible pain relief in animal studies.

Here's a quote from a February 2018 Healthline article "7 Benefits and Uses of CBD Oil (Plus Side Effects)"²

"Studies have shown that CBD may help reduce chronic pain by impacting endocannabinoid receptor activity, reducing inflammation and interacting with neurotransmitters."



4

SUPPORTS BETTER SLEEP

There are few things worse than not being able to get a good nights sleep.

Not only is it annoying, ***sleep deprivation is dangerous to your health, and can cause a whole host of issues you don't want.***

Many people find that hemp oil helps them sleep better. This makes sense when you realize that some of the big-

gest reasons for having trouble sleeping are stress and anxiety.

This oil could help in all these areas, and therefore it makes complete sense that it would help a person get the sleep they need to live a better, healthier, and happier life when combined with an overall healthy lifestyle!



5

COULD CBD OIL BE AN ALTERNATIVE TO OPIOIDS?

Opioid addiction has become an epidemic in the U.S. and beyond. This is due largely to opioids prescribed for pain.

The problems occur when it's time to stop taking the medications, and your body is already addicted. This can have detrimental consequences on people's entire lives, livelihoods, family issues, financial hardships, and sometimes even lead to death.

While ***hemp oil should never be used in place of more conventional treatment such as behavioral counseling, medications, and long-term therapy...*** It has been shown in studies to help reduce cravings and anxiety.

Here's a direct quote from a May, 2019 article in 'The American Journal of Psychology'...



“Acute CBD administration, in contrast to placebo, significantly reduced both craving and anxiety induced by the presentation of salient drug cues compared with neutral cues. CBD also showed significant protracted effects on these measures 7 days after the final short-term (3-day) CBD exposure. In addition, CBD reduced the drug cue-induced physiological measures of heart rate and salivary cortisol levels. There were no significant effects on cognition, and there were no serious adverse effects.”

~ American Journal of Psychology⁴

We must emphasize that more research in this area is necessary, and hemp oil is NOT a substitute for proper medical care. If someone is battling addiction, they should always speak with a qualified healthcare professional.

LET'S WRAP THIS UP!

You now know enough about hemp oil to make an educated and informed decision to try the oil out for yourself, and see if it's right for you.

And the truth is that we've only barely scratched the surface with all the potential uses of hemp oil.

Especially when it's part of a comprehensive plan that includes a healthy diet, regular exercise, and practices to alleviate stress.

It's important that you understand where your CBD oil is coming from, and that all safety measures are met to ensure you're buying real oil with legal amounts of THC.

If You Have Questions About CBD for YOUR Specific Needs... OR You're Ready to Give CBD Oil a Shot Right Now...

Get back to me right away so we can set-up a complimentary consultation where I'll help you choose the best tinctures and spectrums of hemp oil based on YOUR specific needs.

PLUS I'll show you how to make sure you get 100% safe CBD oil at a drastically discounted price!

I hope you enjoyed this '5 Amazing Benefits of CBD Oil' special report, reach out to me ASAP for your next step, and I look forward to speaking with you soon!

www.realmofcaring.org

Contact us for more information

Trevon Sundiata Ferguson

ENDNOTES

1. WayOfLeaf.com, Medially Reviewed by Lynn Marie Morski, MD, Esq, "CBD for Mood Swings" January 23, 2020, <https://wayofleaf.com/cbd/ailments/cbd-for-mood-swings>
2. HealthLine, Jillian Kubala, MS, RD, "7 Benefits and Uses of CBD Oil (Plus Side Effects)" February 26, 2018, <https://www.healthline.com/nutrition/cbd-oil-benefits>
3. The Permanente Journal, "Cannabidiol in Anxiety and Sleep: A Large Case Series" January 7, 2019, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6326553/>
4. American Journal of Psychiatry, "Cannabidiol for the Reduction of Cue-Induced Craving and Anxiety in Drug-Abstinent Individuals With Heroin Use Disorder: A Double-Blind Randomized Placebo-Controlled Trial" May 21, 2019, <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2019.18101191>