**CBD Enhancement Informed Consent to Treatment**

**What is CBD (Hemp oil)?** CBD, also known as cannabidiol, is a non-psychoactive compound found in cannabis. CBD does not produce a euphoric high or psychoactive effect. It is one of more than 80 different active cannabinoid chemicals present in the hemp plant. CBD is usually present in cannabis in high concentrations, along with THC (tetrahydrocannabinol, the compound in cannabis found in marijuana that is psychoactive and can elicit a psychoactive effect/euphoric high).

**Is CBD Marijuana?** Oftentimes hemp and marijuana are considered to be the same thing, but that is misinformation. CBD is not the same as marijuana. Although both are derived from the cannabis plant, there are two main types of cannabis that are different in chemical properties, cultivation, usages, and other traits. The biggest difference is hemp contains less than 10-15% THC (the psychoactive ingredient in marijuana) in its whole form and less than 0.3% THC in its CBD form, whereas marijuana has up to 80% THC in its whole form and up to 20% THC in its CBD form.

**How does it work?** The human body has an endocannabinoid system (ECS) that receives and translates signals from cannabinoids. The human body produces some cannabinoids of its own, which are called endocannabinoids, and you can also get them from CBD. The ECS helps to regulate functions such as sleep, immune-system responses, and pain.

Again, CBD is not the same as marijuana. Although both are derived from the cannabis plant, unlike other cannabinoids – such as tetrahydrocannabinol (THC) found in marijuana – CBD does not produce a euphoric high or psychoactive effect. This is because CBD does not affect the same receptors as THC. There are two types of cannabinol receptors in the human body (CB1 and CB2). Both are naturally found throughout the body, but are most common in the brain and immune system. When applied to the skin or taken orally, CBD binds to the body’s own CB1 and CB2 receptors. Once it connects with these receptors, CBD has stress-reducing, pain-relieving, and anti-inflammatory effects on the body. CBD is known to ease symptoms of arthritis, anxiety, and chronic pain.

**Will I feel intoxicated after a CBD enhanced treatment?** This is the most common question people ask about CBD. The answer is no because hemp-derived CBD, having a maximum of 0.3% THC is not enough to cause a psychoactive effect/euphoric high. It does not interact with the brain to create any psychological effect, and therefore, hemp-derived CBD is not intoxicating, nor is it habit-forming. There is growing evidence that CBD also acts on other brain signaling systems, and this action may be an important contributor to its therapeutic effects.

**Will I test positive on a drug test?** Hemp-derived CBD products contain very little if any THC, the psychoactive ingredient in marijuana which causes the euphoric high. Therefore, it is highly unlikely to receive a positive result on a drug screening when using hemp-derived CBD products.

**Is CBD legal?** Yes, CBD is 100% legal in all 50 of the United States of America as of December 2018 with the passing of the Farm Bill. This Farm Bill states that as long as a cannabis sativa plant has less than 0.3% THC, it qualifies as industrial hemp and is legal to be grown. The passing of the Farm Bill also removed hemp from the definition of marijuana under the Controlled Substances Act, which opened up the pathway for researchers to further study the cannabis plant and its healing properties.

**Is CBD addictive?** CBD is not addictive and it is safe when your CBD products are reputably sourced. Unfortunately, because the benefits of consuming CBD are becoming more and more known, many companies are flooding the CBD market with poor quality and ineffective products. Do your research when seeking products on your own, and rest assured that Melissa A Raml with Enlighten Massage has done the necessary due diligence in offering CBD enhanced treatments.

**Does CBD have any side effects?** CBD rarely has side effects when using the commonly recommended doses of anywhere between 2.5mg – 1500mg. However, studies have found possible side effects to include drowsiness, diarrhea, and increases or decreases in appetite. Minus the diarrhea, these side effects could potentially be beneficial depending on the reason you are taking CBD in the first place. Oftentimes, CBD users are using CBD to help them get higher quality sleep. The majority of studies currently available were performed for treatment of epilepsy and psychotic disorders. The most commonly reported side effects were tiredness, diarrhea, and changes in appetite/weight. In comparison with other drugs used for treatment of these medical conditions, CBD had a better side effect profile. More clinical trials with a greater number of participants and longer chronic CBD administration are still lacking.

**What does the research show about the effectiveness of CBD?** There are numerous studies showing the effectiveness of CBD. Specifically, CBD has been shown to reduce stress and inflammation, and to calm and protect the nervous system. Additionally, CBD has been shown to help relieve nausea and vomiting, control and reduce seizures, fight tumors and cancer cells (it is a powerful antioxidant), relieve symptoms of anxiety, depression, and insomnia, relieve joint pain, muscle spasms, and spasms of the small intestines, and to promote relaxation and deeper sleep.

**What is the best form of CBD products?** CBD is extracted as oil from the cannabis or hemp plant and comes in various concentrations and forms. It can be consumed orally in the form of a supplement or gummy, in capsule form, as a liquid tincture, and vaporized or sprayed into the mouth. It can also be used topically and absorbed into the bloodstream through the skin from an externally applied cream, balm, or oil. Each CBD enhanced treatment available through Enlighten Massage contains approximately 28-30mg CBD.

**Consent to Treatment**

I hereby consent for Melissa A Raml, LMT with Enlighten Massage to treat me with hemp-based products for the above noted purposes, as well as assessments, examinations, and techniques which may be recommended by Melissa A Raml, LMT.

I understand that every person responds differently to topical CBD (Cannabidiol) products, that the intent of a CBD enhanced treatment is to support healing and relaxation, and that Enlighten Massage does not claim to diagnose, treat, prevent, cure, or eliminate any condition I may be experiencing. I acknowledge that the Massage Therapist is not a Physician and does not diagnose illness or disease of any physical or mental disorder. I clearly understand that CBD therapy is not a substitute for medical examination or the medical treatment of illness, injury, or any other medical condition. It is recommended that I visit my personal Physician on a regular basis and for any ailments I may be experiencing.

I acknowledge that no assurance or guarantee has been provided to me as to the results of the treatment. I acknowledge that with any treatment, there can be risks, and those risks have been explained to me, and I assume those risks. I understand that these treatments are not recommended for anyone who is pregnant or breastfeeding. I will consult with my regular Physician(s) about the use of topical hemp-based CBD products prior to engaging in CBD enhanced treatments and will continue to consult with such Physician(s) if I chose to continue receiving CBD enhanced treatments regarding my health and any medical treatment I may require.

CBD has been medically proven to be non-psychoactive because it does not interfere with psychomotor and psychological functions. There have been numerous studies that show CBD is well tolerated and safe, especially in low doses. While it is extremely unlikely that the use of CBD will result in a positive drug screening for THC, Melissa A Raml with Enlighten Massage is not responsible for any failed drug test.

**I consent to the use of hemp-based CBD being applied topically during my CBD enhanced treatment. I understand that hemp CBD has less than 0.3% THC and will not cause any psychoactive symptoms to occur. I acknowledge and understand that the Massage Therapist must be fully aware of my existing medical conditions. I have completed my health history form, and have disclosed to the Massage Therapist all of those medical conditions affecting me. It is my responsibility to keep the Massage Therapist aware of any updates to my health history.**

**The information I have provided is true and complete to the best of my knowledge. I have read the above noted consent or have had it read to me, and I fully understand its contents. I have had the opportunity to question the contents and my therapy with my Massage Therapist and have received answers to my satisfaction. By signing this form, I confirm my consent to CBD enhanced treatments, and intend this consent to cover the treatment discussed with me, as well as such additional treatments, as proposed by my Massage Therapist as changes in treatment arise. I will inform my Massage Therapist if I ever become uncomfortable with any massage and bodywork treatments. I understand that I may withdraw my consent at any time, and treatment will be stopped.**

Name (Print) Signature Date