



FULL SPECTRUM OIL DIRECTIONS FOR USE

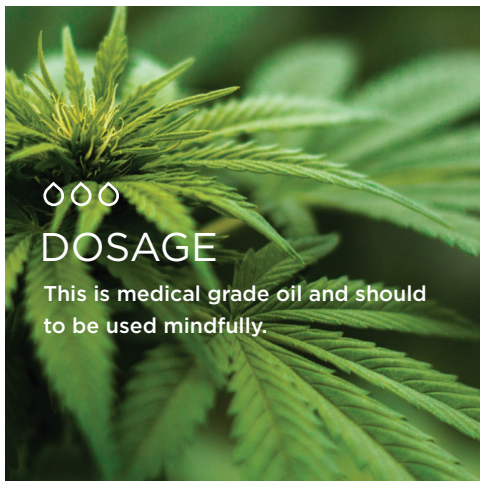
WORKING WITH THIS MEDICINE

Unlike pharmaceutical medicine, is not an exact science, as people have different levels of toxicity and dealing with different ailments. It is always best to find the dosage that personally suites you, without sending your body into to much of a detox to early.

FULL SPECTRUM OIL

Full Spectrum Cannabis Oil, or FSO, contains the complete range of cannabinoids and terpenes that can be extracted from cannabis. These are the components that are known to have medicinal properties and facilitate you in your healing process. It is the most effective oil used to treat disease and other ailments.





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DOSAGE

This is medical grade oil and should to be used mindfully.

FOR GENERAL HEALTH, WELL-BEING AND DEALING WITH ACUTE ILLNESS

- Take 1 drop every evening, increasing your drops by 1 drop every month.
- Once a dosage of 3 drops have been reached, maintain this for a period of 6 months.

MAINTENANCE DOSE

- Thereafter, it is advisable to drop down to a maintenance dose of 1 drop per night.



Take your drops every evening, 30 minutes prior to bedtime.
(Before 9pm to avoid lethargy the following morning).



DIRECTIONS FOR USE

Shake the bottle and using the pipette, squeeze the desired number of drops onto your tongue. Alternatively, squeeze the drops onto the back of your hand or into a teaspoon. This will assist you in taking the correct dose.



Allow the oil to sit in your mouth for 30 - 60 seconds to allow it to be absorbed by the glands before swallowing.



CBD drops can be taken in addition to FSO oil, which will help settle the "high effects", if needed.



DAYTIME USE

In cases of treating chronic illness and pain during a work day, where doses of FSO are needed, it is recommended to have been on FSO (night use) for at least 2-3 months.



This will allow your body time to normalise, so that day time effects are easily manageable.



It is, however, not advisable to drive or operate machinery. CBD oil and/or FSO suppositories for daytime use are ideal, as suppositories are absorbed differently, thus having no psychoactive/high effect. CBD oil is also non-psychoactive.



CONSISTENCY

In order to realise and gain the incredible benefits of this medicine, it is vital that it is used consistently for a minimum of 6 months. This allows the medicine to treat the underlying problem and not just the everyday symptoms.



STORAGE

Store the bottle in a fridge or a cool, dark cupboard away from all sunlight and heat.



Do not take these drops with alcohol.



“Healing is an art.
It takes time,
it takes practice.
It takes love.”

- MAZA-DOHTA -

LETHARGY & REDUCING YOUR DOSAGE

If you experience any nausea, headaches or other detox symptoms, simply reduce your dosage by one drop the following day.

Experiencing mild lethargy the following day is completely normal, however if it lasts until lunchtime, reduce your dosage as above. Your body will naturally regulate and settle over time.

CHRONIC ILLNESS

For chronic illness, it is important to try and work up to at least 10 drops per night, as quickly as possible, but within comfort levels.



You must not wait to feel the effects of this oil.
Once administered, go straight to bed.
To assist the treatment of chronic illness, it is advisable to use the drops with high dose suppositories.

DETOX & HEALING

Bare in mind that sometime within 6 months of using this medicine consistently, you could experience the opposite desired effect (eg more pain, no sleep, headache etc). This is a good sign and is known as disease 'die off' / "healing crisis" (detox) in the body.

A healing crisis, or healing reaction, is a temporary worsening of symptoms that occurs when the body is going through the process of healing itself through the elimination of toxins. It is important to move slowly, but to not stop this medicine, as this is a vital time in your healing process.

These uncomfortable symptoms can last for up to a week, but generally go away within two days, depending on each individual.

LIFESTYLE

Assist your body in healing by keeping hydrated, eating healthily, exercising regularly and getting sufficient rest.

Eat as naturally as possible. Cut out or reduce the intake of meat, dairy, sugar, caffeine, gluten, alcohol and all processed foods.

Adopting a holistic lifestyle, will greatly support you during your healing process.

PANDA OILS
WITH ALL OUR SUPPORT ON YOUR HEALING JOURNEY

