

CBD Hemp Oil The Basics



Closely Guarded Secrets about CBD Hemp oil

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HEMP OIL

Hemp oil comes from the hemp seed and it has been traditionally used in lubricants, paint, ink manufacture, fuel and plastic products. It is also used in the production of skin care products, natural soaps, shampoos and detergents. In recent years, hemp seed oil has been recognized as nature's most balanced oil for human nutrition with the perfect three to one Omega three to Omega six ratio required by the human body. It is rapidly absorbed and easily digested.

To obtain hemp oil for use as a food, hemp seeds are cold pressed in an oxygen free environment. It should then be bottled in a light-proof container, flushed with nitrogen and refrigerated to protect the delicate oils from oxidization. This will ensure that your oil is as fresh as can possibly be.

Hemp Oil has the amazing properties listed below:

Is one of the lowest in saturated fats, only eight percent of total oil volume. Has the highest level of Essential Fatty Acids of any plant.

Contains Gamma Linolenic acid, a rare oil that is highly beneficial for human growth and development. Is best taken internally but you may also obtain the benefits from hemp seed oil by using it on your skin.

Has anti-aging properties and can be used with other oils, such as sweet almond and jojoba oils, to make excellent massage oil.

Australian law prohibits the sale of hemp products as a food. Current legislation is not only out dated, it has been held in place due to the lack of knowledge and fear that to legalize hemp foods would be sending out a mixed message and would create policing issues. That was six years ago. However, in late 2009, an application was again submitted and will be decided on in October 2011. Lets us hope that the politicians who make this decision are not afraid to help Australia become the last western country in the world to allow hemp as a food.

ORGANIC HEMP OIL - THE KING OF OILS

Hemp is a plant that is a major source of confusion for many. While it's true that some species of hemp are illegal due to the substance THC, which is a psychoactive molecule, not all of the species of Hemp contain THC.

Hemp oil gained prominence with the health conscious of the world in the 1990s. For years people used the oil until it was removed from the market because oil is made from the seeds of the cannabis plant. The DEA tried to say that the oil was illegal, but in HIA vs. DEA it was determined that hemp based food products, including Hemp oil were exempt from the Controlled Substances Act.

Today, Hemp oil returns to its seat at the top of the world of nutrition and the cosmetic world. It is important to note that there are a couple different types of Hemp oil. There is an expeller pressed variety, which is a food type product. It is used in food and cosmetics. There is also a steam distilled essential oil made from the hemp plant which is also used in cosmetics and aromatherapy practices. Here we are talking about the expeller pressed food product.

Use of the Hemp plant began in China sometime around 2300B.C. According to Chinese beliefs, the plant contains the prescription for immortality. The Chinese also used hemp oil to treat Malaria, menstrual problems and fertility.

In the 10th century, the Indians began to use the oil to treat indigestion, and anorexia as well as external wounds and infections, asthma, menstrual pain and more.

Until the beginning of this century, the plant fiber was used to make cloth, sails and ropes. However, in the interest of being environmentally friendly, many companies are once again producing fabric from Hemp fibers.

Hemp oil is rich with unsaturated fats and essential fatty acids. About 30-35% of the weight of the hemp seeds is the oil, which is pressed out in the production of the oil. The oil contains the essential fatty acids OMEGA 3 and OMEGA 6 at an optimal high rate, just like breast milk. The oil also contains protein, essential vitamins and minerals, which makes it an ideal dietary supplement.

Essential fatty acids are the cornerstones of proper nutrition rehabilitation and healing the body from disease. Even in the cosmetics industry, Hemp oil leads the way. Clinical studies have shown that Hemp oil is particularly effective in healing severe skin problem such as atopic dermatitis all the way up to burns.