



The most powerful healing plant on the planet

**DOSAGE SUMMARY -**  
**PLEASE READ FULL INSTRUCTIONS GENERAL INFORMATION**

TYPE OF OIL	PURPOSE	TIME	DOSAGE
“Strong” Night Healing Drops.  (Keep out of direct sunlight)	“All purpose” sorts out 90% of ailments.  Body heals whilst sleeping	Night	It’s up to each client to determine the number of drops. Range is from 2 to 8 drops with an average of 4 drops.  Take drops on back of hand and lick off, 60 to 120 minutes before sleep. Start with 2 drops and increase by a maximum of 1 drop per night until you get the relief you require, eg sleep or pain relief. Maximum of 10 drops per day.

**WHY DOES CANNA OIL WORK SO WELL?**

Canna Oil is unique and unlike any other medication. Cannabis Oil is safe, forgiving and great for the general population, covering a wide range of ailments.

It is not a one-size-fits-all health remedy, as dosage depends on the person, health condition, ailment, severity of the condition and many other factors.

The human body has an innate ability to heal itself. Your body produces cannabinoids much like cannabis from the cannabis plant. Your cannabinoids, through the Endocannabinoid System (ECS) assist in self-healing as it influences, modulates and regulates the function of your cells, tissues,

glands, organs and systems. This enables canna oil to assist the body and mind to heal virtually any ailment.

Start low, go slow (as many users are sensitive in the beginning) but go all the way by slowly increasing the dosage until the desired effect is achieved. Taking too little may not produce the desired effect and taking too much can actually increase the very symptoms you are attempting to treat. Tiny amounts can have profound effects. Be patient, listen to your body and be prepared to experiment with dosages, as finding the optimal dosage is vital.

**Shake the bottle before use and please don’t eat, drink or brush your teeth 15 minutes before or after taking the drops.**



## CANNA HEALING OIL

The most powerful healing plant on the planet

### NUMBER OF DROPS:

Start with two small drops orally, about 60 to 120 minutes before you sleep. It is important to take the drops well before you sleep as canna oil can initially be stimulating before the sedative properties set in. **Observe the results and gradually increase the dosage at a maximum increase of one drop per night.** The maximum recommended dosage is 10 drops per night. In certain cases it may be necessary to go to a higher dosage than 10 drops, but only in consultation with your health care provider.

The drops are designed to be taken orally onto the tongue, which is more effective for absorption. We do however, recommend that you first put the drops onto your hand or finger and lick them off, to better control the dosage.

The natural ingredients give Canna Oil an oily, grassy taste. If you don't like the taste, take the drops with a small bit of biscuit or drop of honey.

The preferred method of taking Canna Oil is at night, as it assists with relaxation and sleep. A small number of people (after first testing the drops at night) find taking a small drop during the day useful for anxiety, stress and concentration. Everyone is different, and some people do not find day-time use beneficial.

### TOPICAL APPLICATION:

Canna Oil can also be used externally for skin issues, injuries, massaging and localised pain. It is recommended that you use the Canna Daily Cream for topical application as it has a wide range of ingredients (Canna oil, Vit E, coconut, shea butter, cocoa and rooibos extract).

You can make your own massage oil by mixing 3 drops of canna oil with a tablespoon of coconut oil. Apply topically, between 1 and 3 times per day or as required.

### BENEFITS AND SHORT AND LONG TERM DOSAGES:

Some people experience immediate benefits, others take a while for the benefits to manifest and a third group may initially feel slightly worse during the detox process before the healing begins. To enjoy the considerable health benefits, continue to take the drops daily. You should give Canna Oil at least 7 - 14 days before deciding on its effectiveness.

Short term dosages are likely to be higher. Canna Oil not only improves the body's ability to heal itself, but also addresses the root causes of health issues such as insomnia, pain, fatigue, inflammation, toxicity, etc. As a result, the long term dosages are likely to be lower once the body and mind reach homeostasis, equilibrium and balance.

Canna Oil should be taken as part of a healthy lifestyle such as healthy lifestyle such as food, water, exercise, sleep, etc. Relax; be positive, as this is a critical part of the healing process. Alcohol and Canna Oil do not mix, although small quantities of both may be okay for some people. If you are drunk, please do not take Canna Oil.

Canna Oil is likely to result in a rapid improvement in your health. Consult your prescribing doctor before reducing pharmaceutical medications. Please also check your vital signs, eg. blood pressure. If you decide to reduce your medication, please note that they have withdrawal symptoms, so any reductions need to be done on weekends. Serious ailments such as cancer require a more intensive Canna treatment program. If the Canna Oil is not working for you, please consult your Health Care provider as it may be necessary to try a different oil, delivery system or carrier oil.

Our website, Google and YouTube are useful sources of additional general or ailment-specific information. ***This document is not in any way meant to be construed as medical advice.***