

20191017-Video-Links-on-CBD

Best Video on Subject – best description but full of scientific terms (still understandable)

YouTube Channel – Thomas DeLauer

Video Name - What are the Health Benefits of CBD? Why Everyone Should Be Using CBD Oil

Time: **6:01 minutes**

<https://www.youtube.com/watch?v=oenoJERxjx4>

2nd Best Video on Subject – Goes through survey results covering does CBD work and then CBD compared to over the counter & prescription drugs.

YouTube Channel – Thomas DeLauer

Video Name - Does CBD Work? How Effective is CBD Compared to OTC and Prescription Drugs

Time: **5:24 minutes**

https://www.youtube.com/watch?v=DclkiTCuCAg&list=PLwB-P3DPwyM2CNICBydHCLK1WcBr7_Yl&index=2&t=0s

Good description of the different types of CBDs

YouTube Channel – Foods That Heal You Catherine

Video Name - CBD Oil - Full Spectrum, Isolate, Distillate, Broad Spectrum

Time: **9:42 minutes**

https://www.youtube.com/watch?v=8qHG4h7fPk8&list=PLwB-P3DPwyM2CNICBydHCLK1WcBr7_Yl&index=4&t=0s

More in depth description of CBD works in the body

YouTube Channel – pureencapsulations

Video Name - Cannabidiol and the Endocannabinoid System: A Brief Tutorial

Time: **8:18 minutes**

https://www.youtube.com/watch?v=16ljwQkxR9o&list=PLwB-P3DPwyM2CNICBydHCLK1WcBr7_Yl&index=5&t=88s

Short graphic description of difference between CBD and THC

YouTube Channel – AsapScience

Video Name - THC vs CBD: What's In Your Weed?

Time: **3:59 minutes**

<https://www.youtube.com/watch?v=1iIENII-IVo>

Fish Oil and Stress?

YouTube Channel – Thomas DeLauer

Video Name - How to Reduce Stress and Lower Cortisol Quickly

Time: **3:55 minutes**

<https://www.youtube.com/watch?v=quKXGRDpyps&feature=youtu.be>