

Raw, Whole-Plant CBDa Offers Hope and Healing



Ep 20: Raw, Whole-Plant CBDa
Offers Hope and Healing
with Justin Benton

Gregory Anne

This is the Rebellious Wellness Over 50 podcast for women over 50 who aren't done yet. You may have seen the worst of aging and are hoping there's a better way. There is and I'm going to show you how in interviews, book reviews, rants and stories. Each week, I'm going to bring you the latest science-based info on how to age better. I'm Gregory Anne Cox, and I believe it's time to bust the myth that aging equals decline in every area of life.

Gregory Anne

It pisses me off and it's B.S.. Look, aging happens, but it doesn't have to ruin your life. You just need to get a little rebellious in your approach.

Gregory Anne

Welcome back, everybody, to another episode of the Rebellious Wellness Over 50 podcast and in true rebellious form today, we are going to be talking to somebody who has fabulous company that produces the best CBD oil and products, I don't know, anywhere, probably. Welcome Justin Benton, co-founder of the company.

Justin Benton

Absolutely. Well, thank you so much for having me. I'm so glad we serendipitously had a chance to talk and communicate and connect and have me on your podcast, because there's just a lot of misinformation out there. And there's a plant that goes by many different names that's really making a major impact in people's lives. So happy to be here and share our story.

Gregory Anne

And I'm super happy to have you because I imagine that listeners have either heard of CBD, tried CBD, know somebody who has tried CBD, and some won't really have a clue. Even the people that know something about CBD may not know the nuances and what makes your product better. But I want to, before we get there, if you wouldn't mind explaining the difference between, I still have, I gotta love my husband like you're doing this. He took CBD in capsule's, but I was doing the CBT tincture that you said and he said, "Did you feel high?"

Gregory Anne

And I'm like, how many times are we going to have this conversation anyway? Love him to death. He just doesn't keep straight the difference. So do we get high when we take CBD, even though we might just feel better?

Justin Benton

That's one of the top three questions that we get. And so, no, you don't get high. CBD stands for cannabidiol. You can say it a couple of different ways. And CBD is in human breast milk, cannabinoids. That's why the milk drunk is what you hear. It's also made naturally inside of our bodies and brains. It's called 2-AG. It's a really long word. CBD, it can also be found in broccoli and kale and twenty five other fruits and vegetables and superfoods.

Justin Benton

So the real confusion is, you know, the nineteen thirty seven, they passed the Marijuana Tax Act that made marijuana illegal and they spelled it with an H and it also made hemp illegal. And so ever since then there's been a real, there's Reefer Madness, which was a movie that they created to confuse people and make people scared of this plant that we've been using medically for over a thousand years, dating back to original medicine books. And so, yes, it's very, very, very common.

Justin Benton

And, you know, for the last 80 years or so, we've been told that this is a bad plant. It's a gateway drug, all kinds of things, that this is a bad, bad, bad thing. And so it's understandable why so many people are confused. But when you tell people that CBD comes from hemp, a lot of people are like "hemp, isn't that stuff you make clothes and paper and rope out of?". And that's true. So we only knew about CBD really in our country since around 2013 there was a girl named Charlotte Figi who had massive seizures.

Justin Benton

Horrible. She was in hospice. Three hundred seizures a day. She wasn't going to live. Her mom was so desperate to find an answer that she heard about CBD. There were some research from Dr Rafael Shulem from Israel who showed how CBD helped children with epilepsy in the nineteen seventies. And so she said anything at this point. And so she found this plant and it helped her daughter reduce her seizures severely and almost get rid of them. That was the beginning in 2013.

Justin Benton

Sanjay Gupta, Dr. Sanjay Gupta did a special on her on CNN. And

Gregory Anne

I've seen that special, I knew this story was familiar.

Justin Benton

And so that was the beginning. And in twenty fourteen, they passed the farm bill, which allowed us to have ten years to start growing test plots to see if there was really a market for CBD. And as we all know, there certainly is a market for CBD. So to answer your question, no, you will not get high on CBD unless you get high on broccoli and kale because it's in there, too.

Gregory Anne

That's funny. Now, you have the same story as that mother and her young daughter, but you got into this world of CBD because of your son.

Justin Benton

Correct. And so, it's the exact same thing. So, our son had a regressive diagnosis of severe autism. So he was a healthy, happy child who had language. He was communicating, playing T-ball, going to the park, and then, poof, language gone, communication gone, into his own world. And so obviously, it's the worst news in the world to hear that your child has been diagnosed with a severe diagnosis of autism. We tried everything we possibly could.

Justin Benton

We went we looked everywhere. And you're looking for a solution. Fortunately, I was raised holistically, understood plant based medicine. I didn't want to go the route of giving prescription pills and drugs and things to my two, my two year and a half year old child. So we just tried it in the beginning. We started listening to someone like, there was like the county and the state had these programs and these things and ABA testing. And I remember in the beginning, you know, you're just lost.

Justin Benton

No one tells you what to do. And so we were like, so I read that we could take dairy out of their diet. She's like, oh, no, don't worry about that. Just stick to our program. And so after I was like, no, and this is what I empower people and parents all the time, trust your instincts, do your homework, trust your instincts. Don't don't give that over to somebody. Do not give your health or the health of a loved one over to somebody.

Justin Benton

Challenge them and understand the real root of the cause and trust your instincts if it makes sense to you go for it, if it doesn't make sense to you don't do it. Our intuition leads the way. And so, my intuition told me I needed to call my mom, who lived, was a school psychologist for 40 years, integrative nutritionist and basically a healer along with a master herbalist. And she came out, she gave the same diagnosis that my son was severely affected by autism.

Justin Benton

And so the diagnosis was there. So then we continued to clean up his diet, get rid of the processed foods, the gluten, the dairy, the refined sugars, the artificial sweeteners, artificial flavors, the stuff that's in our food right now, they won't even accept it on the

borders. I remember we sent a big care package over to Russia a few years ago and they left it and let the food rot at the border. You can't get our products in France.

Justin Benton

You got to look at their at their at their labels for cookies that says flour, milk, eggs, sugar. You know, you need like a doctor in to read our ingredients. Now, these days, our food supply is filthy and it's rotten and that is contributing a lot of these auto-immunities. So anyways, with a clean diet, great nutrition, we were able to get my son to communicate and reteach him all these things. But he wasn't all the way back.

Justin Benton

He was still on the spectrum. And so I found this research about Mechoulam and Charlotte, that it was helping with seizures. And I figured, well, if it can help with seizures, maybe by the grace of God, it could help with a neurological ailment like autism. And so we literally wing and a prayer. Let's give it a shot. There was no there was nothing out there about CBD and autism, nothing. I just said, it makes sense to me.

Justin Benton

And I did my research and I talked to the researchers and I talked to the doctors and I did all I could and I tried some products out there. The last thing I wanted to do was get my son high. As a three year old, you don't have a paranoia, anxiety, not knowing what's going on. So when I found out about CBD, that could help naturally healthily without a buzz and was helping kids with epilepsy is like, OK, Gaumont, I'm going to try it.

Justin Benton

So we did first thing I did was tried everything myself. I wasn't going to give something to my son that I didn't try. I tried hundreds of products on the market, everything I could possibly get my hands on and nothing really made sense to me. But then I came across some research from Dr. William Courtney and he was using juicing cannabis to treat people with severe stage, for stage five cancer with some success. And that's when the light bulb went off.

Justin Benton

And I said, now, that makes all the sense in the world, why are people heating up, denaturing processing, turning it into a single molecule like pharmaceuticals to sell CBD? None of that makes sense to me, holistically how I was raised, or plant based medicine. So I said, you know what, I'm in California, I can grow hemp. I got some high CBD-A, a for acidic. That's the raw version of the plant. Grew it in my backyard, made a simple tincture.

Justin Benton

My son was out a pumpkin patch. He was having a tantrum, having a horrible time, hands over his ears, children on the spectrum tend to do when they're overwhelmed, kicking screaming. All the other kids are out picking pumpkins, having a great time on hay rack rides. And my wife gave him the tincture that we made this morning. Literally, literally two minutes later from kicking, screaming, horrible experience. He was out picking a pumpkin with his sister and that was our aha moment.

Justin Benton

Grandparents were there the aunt and uncle were there. What was that? What did you give them? And that was like "it's our cold pressed hemp oil" and that was it. We incorporated the hemp oil along with his organic juicing and his clean, clean diet, and he's off the spectrum. It's the miracle that happened for us. We literally have a healthy, happy child, goes to school by himself. No aids, not on the spectrum, plays basketball.

Justin Benton

Smart kid, just got an academic award and our prayers were answered. And it's not just CBD. You've got to do the other work, too. You are what you eat. The water has got to be clean, reverse osmosis, natural spring water. You know, you need to make sure that their exercise, the food needs to be right and all of these things and sleep needs to be right. And a lot of it comes down with your gut-biome, too. You've got to make sure that you're taking your probiotics or eating your foods that pre bi, probiotics. You know, this is this is a temple man. You really, when you're dealing with an autoimmune disease, you've just got to be letter of the law. If you want to be healthy, everything that you eat needs to be figuring out how. I mean, look, we're all going to have little treats and things like that. And you can have dessert here and there.

Justin Benton

But if you want to get healthy, all of us, you need to be mindful of what you put in your mouth and what you put in your brain. And that was our miracle. So we started up 101CBD.org just to teach other families about our story. But then the people just kept coming one after another, rheumatoid arthritis, neuropathy, fibromyalgia, cancer. And we kept seeing just incredible success stories from these people that followed us from watching things like CNN and Dr. Sanjay Gupta. And then it just it dawned on us when one lady came up and she just used our product for cancer and she got a clean bill of health three months later, and then that's when everything stopped and I said everything I've ever done in my life is all been a preparation to take this mess that we are in with my son. I shut out all my other businesses. I was very successful in sales and marketing. I said all I'm going to do for the next, for as long as I need to do is educate

people about this plant, help them understand that it's just another plant, just like celery.

Justin Benton

We should all be juicing this plant. It should be at farmers markets. In fact, it is at farmers markets. There's going to be hemp juice bars. This is the miracle plant that has all twenty-one amino acids, a perfect balance of omega 3s and 6s. It's got GLA in it, which can only be found in one other plant that our bodies need the building blocks. It's got these things called cannabinoids that are what CBD is and there's over one hundred.

Justin Benton

So I don't want to go too far down the rabbit hole here, but the proof's in the pudding. If you want to try it, reach out to us. We'll send you one for free and see for yourself.

Gregory Anne

I think that I've got an enthusiastic podcast interview here, don't I?

Justin Benton

Yeah, I'm a little passionate about it. If you can't tell.

Gregory Anne

Breast milk. I love that. That's what did, what did you call it? The drunk, something drunk.

Justin Benton

Milk Drunk. Those are cannabinoids that are doing.

Gregory Anne

I can just see a baby after they eat. They're so relaxed. Interesting. OK, so to the present day we've got adults and children, but I'm going to deal with adults. This is my first. So my husband, I referred to him earlier. We were buying a capsule, CBD capsule because we tried an oil and it was he didn't like it and it was mixed with turmeric. So it was like, oh, this is good for inflammation and this is this.

Gregory Anne

And he had to take quite a few every single day to get to the point where he felt like, before his knee surgery, it was alleviating some of the pain. Tell me the difference between a capsule and this was a powder in a capsule, not a gel cap and a tincture or an oil that you would take under the tongue?

Justin Benton

Absolutely. And so there are different ways that you can consume the plant. So a capsule, obviously, they're going to dry it and there's going to be some denaturing. If it looks like white powder, then this white powder. So they took all the chlorophyll and all the healthy nutrition and everything out of it. So it depends. But you put it in a capsule. Anything that you do that goes through digestion has to go through your stomach acid, your liver, your kidney before it gets processed into your blood.

Justin Benton

So it breaks everything down. So the real absorption rate of a capsule or even an edible anything is around five or six percent absorption rate. So you need to take a lot, just like you were saying with your husband. And so it, depending upon your budget or depending upon what what you want to do, that's certainly an option. So there's sublingual oils that you hold under your tongue from five to seven minutes. Actually, there's a sublingual gland underneath your tongue that goes directly into your blood, basically like taking it intravenously.

Justin Benton

You can get up to 70 percent absorption by holding it there for seven minutes under your tongue. So you're getting maximum bang for your buck. You're getting the full plant right into your system and you're not having to worry about it being broken down by all those kinds of things. So sublingual oils are the most popular method that we sell. Also, people that have severe like testicular or cancer issues down there in your stomach, people will also do suppository.

Justin Benton

So you can take our oils and mix it in with cocoa butter, like a little ice rack that you put in your freezer and you can take suppositories. Some people will also use like longer like, dropper looking things as well. And that absorption rate can get up to ninety-nine percentile. So if I was dealing with stomach cancer or something severe IBS or just real issues, pain, colitis, things like that, and I was comfortable with doing suppositories, you can get up to ninety nine percent absorption rate through suppository.

Justin Benton

So, it's a huge difference. And look, the number one reason that people don't like our products is the one complaint that we get sometimes is the flavor like, oh my God, it tastes like kale or oh my God, it tastes like a plant. And I'm like, would you there's something called like take your medicine. And it's a reason why it tastes like a plant because it's a cold pressed plant and it just blows my mind like this,

Justin Benton

we're like children, like, give me a break. When you're five years old, you have to fight to take your medicine or whatever, and they make it taste like bubble gum and all this stuff. Look, our bodies want to heal. Our bodies know how to heal, just like when you are seven years old and you got that cut and the next morning the cut was gone. But as we get older, we need to be making sure that we're really giving our bodies the right supplementation through the foods we eat and other supplements like ours to make sure that it can heal itself.

Justin Benton

And you just got to grin and bear it. And I'm telling you, in the beginning, the flavor might be a little strong or it might be like something. We do have different flavors, but when it works, when your pain goes away or gets severely reduced, or when your anxiety disappears, or you could sleep all night or you're dealing with auto immune disease, like, come on, people like suck it up. And then also your body and your brain will trick you because it'll be like you will associate that.

Justin Benton

That taste is a good thing. You know, kind of like a campfire and things like that. It'll just associate and you'll start to love the flavor when you know how well it hurts you and you might not know it consciously or subconsciously, you'll be like, I can't wait for that flavor. It's pretty wild how that works.

Gregory Anne

Well, and I would hate to admit this, but I did smoke and I am going to ask any smoker, did you like the first cigarette? Did it taste good? No, it tasted awful. Most of us choked the first time, but we smoked. Our friends were smoking and we were going to smoke. And so I agree with you and I even wrote to you the other day, I feel like I'm in college and I just ate some hash.

Gregory Anne

It's so strong. But like you said, I then and here's a testimonial for you. I was feeling anxious about something, and I'm really good at controlling my mind usually. But this seems to have sort of taken control of my mind. And I thought, well, here I have it. I'm just going to bite the bullet and suck it up, as you said. And I put a half a dropper under my tongue. And I even had to ask you before we went on the air, is it possible that it can work really quickly or did I make that up?

Gregory Anne

I swear to you, people listening. Within ten minutes, my mind had relaxed back to its normal state of like I'm doing some work. I'm looking at the birds. There was no, like, rapid fire craziness. Tell us why, Justin, why did that work so fast?

Justin Benton

Our brains have these things called [CB1 receptors](#). And these CB1 receptors are set up to receive cannabinoids like CBD. If our body makes it, it's called 2-AG. And so what happens is in the world that we live in, we come across stressed right. Fight or flight and or freeze. These are these things that that are reptilian brain are immediately tapping into when we are worried about life situations or personal situations.

Justin Benton

Or the real issue these days is the social media, the notifications on your phone, the news, all of these types of things that are being inundated with and then the blue light on the phones, and then a diet, and not sleeping, and lack of exercise, and not enough water, and all these things. Right. So that just makes your neurotransmitters fire too quickly. That's why people can't sleep at night, because your brain is overwhelmed with stress and anxiety and all of these different things and notifications and things.

Gregory Anne

And so what happens when you take the CBD oil under the tongue, under the tongue, it goes right in the blood, goes right into the CBD receptors in your brain and it notices that the neurotransmitters are firing too quickly. Well, then it's like our body knows it's like a thermostat. It knows what seventy two degrees is. The thermostat is set and so we get overwhelmed. And the CBD, when you take it, kind of resets that thermostat down to more than 90 degrees and it brings it down to seventy two and it gets your neurotransmitters and their circadian rhythms to fire correctly and so does eating well.

Justin Benton

If you ate well all the time and you drink plenty of water and you exercise and you sleep well and you were mindful, had great mindfulness and asked yourself great questions and had all kinds of good journaling and surrounded yourself with positive people that lifted you up all those kinds of things. If we all lived on an island and we didn't have the TV and we just like lived off the island and we went swimming and we hung out with our friends and family, we would all have a lot less stressful life.

Justin Benton

But unfortunately, that's not the life that we live right now. And so we have to kind of figure out ways to get our brains back to that. So when you take the CBD, it helps your

brain get back to seventy two degrees and that thermostat. And it's it's pretty amazing. That's my favorite thing to take it for as well.

Gregory Anne

Really, I, I am amazed. I'm not, I come to most new, I would say CBD is new to me, but what I haven't used, something I love to try things but I try with a skeptic's mind, healthy skepticism. Not like I want it to be right or wrong. But anyway, I was, I was really impressed. Now I also have heard of CBD and facial products and I had never tried one. I was actually trying to find somebody who made them that I could interview, that I would trust.

Gregory Anne

And you make one product that is skin care versus pain relief. Right. And I found the next day when I woke up my face, my cheeks were rosier and they seemed to be brighter. So two questions. How does that work? And do I absorb any CBD from the product into my system?

Justin Benton

So absolutely. How it works is so CBDA, the A stands for acidic when the plant makes CBD, it's called CBD-A and when it's in the natural form that the plant makes it in, it not only interacts with our bodies through that endocannabinoid system which is set up to receive cannabinoids like CBD and those CB1 receptors up in the brain, but it also interacts on a cellular level. So that same doctor Raffaele Meshoulam, he did the research in the seventies and actually discovered CBD within the plant in nineteen sixty four.

Justin Benton

He came out in 2019, I was there in Pasadena, to tell the world that CBD A is a thousand times more bioavailable than heat it up, cooked, processed CBD and interacts on a cellular level. This was a breakthrough, that means that if there are all of our cells want to be healthy and then sometimes they age or they get off that DNA original code, it interacts and like a handshake and it says, oh, we need to help reset your cellular level.

Justin Benton

So those are the liver spots. Those are the wrinkles. Those are just some of the things that happen. So if you're applying the CBA from a whole plant, not just one little part of the plant, but the whole plant, it helps our bodies rejuvenate, literally. It's like turning back the hands of time. So proof is in the pudding. That's why I love sending people so they can try and see why it works. And what was the second part of the question?

Justin Benton

You want to know why it works?

Gregory Anne

Will, I absorb any CBD beneficial. I mean, is there enough of it in the amount that I might put on my face and my hands to actually make a difference in my body?

Justin Benton

Oh, yeah, absolutely. And we've also put some essential oils in some really non-comedogenic things that will help penetrate the skin because the skin's obviously the largest organ in the body. So and we put 500 milligrams of whole plant CBDA in there. So you're certainly going to get the benefits of the CBD. Some people even use our topicals for migraines. So they rub the topicals on their temples in the back of their neck. Some people, that'll help them calm down and relax and sleep.

Justin Benton

So you're certainly getting some CBD. Everyone's bodies are different. Everyone has different receptor sites, different numbers of receptors, just like pain receptors. And so everyone just kind of has to find out what works best for them, you know what I mean? And that just goes through experimentation. Yeah.

Gregory Anne

So pain. A lot of people have pain for whatever reason. Temporary, chronic, horrible. I read some testimonials on your sites and other people's sites saying that this is a miracle. "I've had L2, 3, 4 pain for so many years now it's gone." Same thing I'm imagining receptors. Take it sublingually right? Right. You're going to put it on your skin or on the pain point as well as taking it. Or is just is it enough to just take it, take it sublingually.

Justin Benton

Well, you know, sublingually is going to get into the blood system, into the bloodstream, and it's going to be able to penetrate deeper. So that's if it's a deep chronic pain, that would be my advice. If it's kind of here or there, then if it's periodic, then the topical should be fine. But a lot of people, if it's serious back pain or real serious issue, then you want to make sure that you are using both.

Justin Benton

But in the beginning, I would I would start with a topical if it's not too severe, but if it is severe, then I would I would switch out to the sublingual.

Gregory Anne

So who is CBD not a good idea for?

Justin Benton

Oh, that's an interesting question Who is CBD not good for? Never been asked that question.

Gregory Anne

Well, I mean, is it, so if I were pregnant, or if I was nursing a baby, or you mentioned people with cancer, if somebody was taking a medication, a pharmaceutical medication for a specific disease, those are the kind of that's where I was going when I asked that question.

Justin Benton

Yeah, well, again, so CBD is in broccoli and kale, so just kind of use that as the driving force. So, like, what is broccoli bad for?

Gregory Anne

Well, but you'd have to eat a ton of broccoli to get the same as a dropper full of your CBD oil. So you put in the amounts that is recommended for somebody for pain relief? If you were on like a chemical cocktail for some disease process, would that be contraindicated or.

Justin Benton

I mean, so here's the thing, the average person comes to us and they have they're taking four prescription pills a day and then after 30 days, this is ten thousand people that were interviewed, surveyed, after using our product or similar product, they were down to less than one prescription. Again, because CBD comes from this plant, this miracle hemp plant, it helps our bodies find homeostasis and balance things out. So what are some things that people take pills for cholesterol, high blood pressure, all types of different things of that nature and diabetes.

Justin Benton

So the crazy thing is so people will come to us for pain. That was the number one for a long time. Then something happened last year and it became stress and anxiety. And so they've come to us for pain. And then they'd come back from their doctor and they're like, the doctor, "what are you doing? What happened? What changed?" Well what do you mean doc? Well, your levels are incredible. You've got the, you're seventy four years old and you've got a blood readout of something in the 30s, someone in their 30s.

Justin Benton

Like we had to make sure that we didn't get our reports mixed up. So helping people like, again, all those different things, whether it's glycemic levels or blood pressure or

cholesterol, we see it all the time and again, remember, so you're you're taking that dropperful. It's just like eating healthy for 30 days. Like you said, you'd have to eat a lot of broccoli. Well, it's you're short cutting it. You're giving yourself all the nutrients in a concentrated form of eating healthy for 30 days in the dropperful.

Justin Benton

Is it contraindicated? Sure, because what are pharmaceutical drugs doing, right? They're trying to play on your body and try and trick your body into doing something it doesn't want to naturally. Do you know, they even screw that up with aspirin and that comes from white willow bark. And we have that in our Alleviate product. So there is a whole plant version of an organic extract. The white willow bark is great for you. It's great for pain and inflammation.

Justin Benton

Indigenous people have been using it for thousands of years, but then a smart Western medicine, we try to take the one part of the plant because that's all we can pharmaceutically, understand and go through our FDA process to make billions of dollars on it. Then we screw it up and we overload it and people are dying. There's 50 to 60 thousand people who die over the counter pain pills just like aspirin and Advil every year, but no one talks about it.

Justin Benton

Do the research. You don't have to believe me. Do your own. So, yes, you should consult with your physician. You should consult with who's giving you these prescription pills. And you look at the problem with Western medicine, in my opinion, is we're trying to fix the symptom, not try to fix the cause. So if you get to the cause, then cut out the cheese, stop eating red meat, you've got high blood pressure, then stop eating crap. Stop eating processed foods, start drinking more water, start exercising, start sleeping better and being mindful and wouldn't you know, some people who get diagnosed with cancer it's the greatest wake up call their life because they realize that what they were doing to themselves.

Justin Benton

And a lot of people didn't know they know that sugar could do that. It could just basically feeds cancer and Diet Coke and aspartame and all those kinds of things that that are in there and Roundup and all those things that you just think that there's some government agency out there that's protecting us. Wake up people. We need to protect ourselves. And I know that this is what your listeners are about.

Justin Benton

It's like, look, it's an awakening. Take the red pill here. We need to open up our own minds, hear and understand. We need to be protecting ourselves and our loved ones. So there are certainly a way to get more more technical with your question, CBD helps work our liver enzyme called a P450. It's also the same enzyme that's with grapefruit as well. So when you see a prescription pill that says don't take with grapefruit, grapefruit interacts well with that liver enzyme as well.

Justin Benton

So CBD, because it's helping your liver process better, a lot of people that can take less of their medication because their liver is working better. So they don't need to take as much of that medication. And so many people, like I said, weaned down or weaned off of medications when they start to understand that, oh, by drinking some plant juice, I'm really I'm helping all these other things. And then that's my favorite part of this whole thing of being along this journey, is they empower themselves to say, well, if I took this one supplement that comes from a plant, what else can I do to change my life?

Justin Benton

What other foods should I be eating? How much water should I be drinking? Should I really just do a twenty minute walk? And then I have seen people change their entire lives by having this awakening, by just trying some plant juice and. Yeah. So check with your doctor. But at the end of the day CBD is in broccoli, it's in kale. And if it's just a plant it's just, it's just, it's a vegetable essentially.

Gregory Anne

You know I think that question, I realize now that question is coming from the mindset of there is something in it. Right. As opposed to just a plant. Right. There's something magic. There's something woowoo there's that's crazy. You mentioned Roundup. I'm curious. Your products aren't organic. Is the hemp industry generally a heavy spray farming? I mean, other people grow organic hemp. I guess that's what I'm saying. In general, if people are just go and buy CBD and it wasn't organic, do you know whether they it's a heavily sprayed plant or does it not need a lot of pesticides?

Justin Benton

So it doesn't need any pesticides. Actually, it's illegal to use any pesticides right now for hemp, because it's so new. You know they're going to eventually have it, but all of our products are organic. If you look at what's called COAs, it shows you that all the pesticides that men have ever made are not in any of our products. So you certainly want to get organic. I mean, again, that's how we cleared the farm for our son was making sure that all of the food that we fed him was organic.

Justin Benton

You certainly want to make sure that it's organic. It takes three years of one seed and three years in one field to get certified USDA. So we're almost there to get certified. You know they technically only made hemp legal in December of twenty eighteen. So we're almost there. And so, yeah, you want to make sure that it's organic. One hundred percent. Look at the seal, a certificate of analysis and it'll show you that there's what's called a full panel and you can look and see that.

Justin Benton

And I love it because so many people ask for that. And it's great that you ask about organic and all that. But then I'm like, what else do you eat? Like, why don't we always ask for COAs, for apples and green beans and corn, and all these things? That's like, what, you're just going to woff down a McDonald's burger? You know what's in that? Why don't you get a COA on that. Let's track the ingredients on that.

Justin Benton

It blows my mind. And people like, oh, it's just like so that's another thing. It empowers people to think like you can actually send a slice of an apple and get a test and see what pesticides are in there. So I highly recommend people to definitely shop for organic. Yeah.

Gregory Anne

Yeah, absolutely. We don't need any other any things in our body. I was just, I was interviewed on a podcast and the woman was, we were talking about obesogenics, which you probably know about, which are the hormone disruptors that are found in pesticides and chemicals like the receipts, the thermal paper that comes out with the printing at the grocery store that has an obesogen on it. And the people, the poor people are touching it every day.

Gregory Anne

So anyway, these things are everywhere. We can't really get away from them, but we can choose what foods we take in because to limit our exposure to the ones that are out there. So one last question, and that has to do with addiction. And I've heard from my eighty nine year old aunt that when she is taking her CBD regularly, she doesn't crave wine as much. And I've read that there is a correlation between CBD and helping addicts with their compulsions.

Justin Benton

Yep. Well again, so there's different categories of and look, a lot of us are addicted to one thing or another, whether it's sugar, TV, or or drugs and alcohol. Part of the addiction

with with alcohol is sugar. It's a sugar craving as well. And so that's your glycemic levels. And so if you're taking something that helps regulate your entire all of your body systems like whole plant hemp does, then if you're not going to get those sugar cravings, especially if you're trying to wean off alcohol.

Justin Benton

So there's a lot of studies out there. And look, first things first, it's not going to cure everybody all the time. There's no silver bullets or anything in life. It's a you know, it's a process. But if you want to quit drinking or slow down your drinking, then that's the first step you've got to really want to. And then after that's the case, then, yes, CBD has certainly helped people weaned off of those sugar cravings wean off of that, you know, that those alcohol types of things.

Justin Benton

And again, if it makes you feel better, the CBD, if it helps to stress and anxiety or if it helps you sleep better at night, it certainly can help people with those kinds of things. And we've seen a lot of. So the other reason, like the other big epidemic, is the opioids. So when they finally started to regulate those a little bit better, we had a lot of people in the last year or two come to us like they cut me off of my opioids and I'm in writhing pain.

Justin Benton

I've been using these things for three or four or five years and what do you got? And then we'd give them the CBD and then that would help with the withdrawals and that would obviously help with the pain based on their stories. And that was a great one for them to transition to over that. So it's again, it's going to help all parts of your body just operate efficiently, and especially people that have really been tapping into their, you know, the receptors up here, whether it's those those opioids and things like that to kind of get things reset.

Gregory Anne

I love it. I think that's a wrap. You've covered it all that I can think of. Anything else you want to leave people with?

Justin Benton

Well, again, I just I'm so grateful that you had me on. I'm so grateful that we connected. I hope your audience learned something. If people have questions, they certainly can reach out to us. A good email address is Info at one zero one CBD dot org. I check those emails and I'll answer any questions. If somebody wants to try the product for free, we

could probably put it there, in the show notes. But you also can just go to [www.freechill CBD dot com](http://www.freechillCBD.com) and we'll send you a free bottle of try to check it out for yourself.

Justin Benton

You have to pay postage. The proof is in the pudding. Right.

Gregory Anne

I'm telling you, like I had pudding before because I definitely like, just straightened me right out, like you said, reset. I just felt like my normal self as opposed to my out of control one. So this is fabulous. Thank you. I love your enthusiasm, your story, your products are phenomenal. I'm going to my sister said let me know about face cream if it works or not.

Gregory Anne

I was like, OK, so I'm going to send her one, let her try it herself.

Justin Benton

Fantastic. Well, I'm so happy like I said, thank you for having me on. And I look forward to just continuing to answer questions and let people try this this miracle plant that helped our family so much. And we love hearing the stories, our hopes and your family's. That's really our our mission to pay it forward.

Gregory Anne

I love that. All right. Well, thank you again, Justin, and everybody. Thanks for listening. We'll be back next week with another rebellious wellness episode. Until then, be well.

Gregory Anne

That's the end of another episode of the Rebellious Wellness Over 50 podcast. I hope you've enjoyed it. If there's anything that you heard or hear when you tune in that you think would benefit a friend, a sister, a mother, a even some guys send in my way, would you? And if you've not ever been to the website, [Rebellious Wellness Over 50 dot com](http://RebelliousWellnessOver50.com), head on over there, there are resources, things that I don't always get to on the podcast that might help you age better. Be well till next time and stay that way.