

**May 10, 2012. Kimberly Davis**

Kimberly Davis talked about the pros and cons of using CBD products.

She started off with the statistics of how many people in the United States are familiar with what CBD is.

Americans 65+, about 49% of them weren't aware what CBD is and only 8% of them were using CBD products. This is mind blowing and clearly needs more education on this topic because CBD works wonders for the older population.

She continued explaining what CBD is and how it can help with many different conditions like:

Lennox-Gastaut Syndrome (LGS) is a form of epilepsy. CBD is the only proven medication for this condition. And it is commonly used for this.

For a more in-depth information on how CBD is beneficial for almost everyone out there, check out <https://www.hchalliance.org/>

Other conditions that CBD can be used for are:

- Alzheimer's disease
- Arthritis pain
- Depression
- Inflammatory pain
- Nerve related pain
- Sleep disorders
- Muscle spasticity, etc.

Kimberly then finished off her talk mentioning the side effects of CBD. Because everything has a catch. If there isn't, then it probably is too good to be true.

According to Harvard Health Publishing, CBD can negatively interact with grapefruit juice and coumadin. There were also mild side effects that were noticed during this study.

These side effects included nausea, irritability and fatigue.