

## Cannabis Infused in Olive Oil

### What is Cannabis?

Cannabis is an amazing plant that has many healing properties in the form of Good Fats. All plants have good fats in them called "Terpenes". There are over 3000 known Terpenes found in the plant kingdom. Specifically the Terpenes found in Cannabis are called Cannabinoids. Cannabis can contain up to 80 different Cannabinoids and 300 other plant Terpenes.

### Why is it good for you?

Cannabinoids are Terpenes, Terpenes are Lipids, Lipids are Good Fats!!! You have a system in your body that is designed for healing. Cannabis turns on this system. The system is called the Endo-Cannabinoid System (ECS). You have 5 known (some sources say 15) ECS Receptors throughout your body. The receptors are in your skin, organs, brain, tissue, etc. Cannabis treats everything. Eat Clean, Drink Clean and take your Cannabis, raw, cooked or infused into olive oil or coconut oil. Cannabis turns on your Stem Cell System!!! Stem Cells are associated with good fat burning. Ie Terpenes!!!

### How do I take it?

The media and government are not telling you the truth, you need the raw plant and the whole plant. AND..... "YOU NEED TO INGEST IT" Period! Health Canada mandates that the producers RADIATE the plant with harmful radiation. No amount of radiation is healthy. Also Health Canada mandates that the producers only sell you the flower. YOU NEED THE WHOLE PLANT. You need the flower, stems, leaves and yes....ROOTS. There are a lot of methods out there that maybe?, are good?, but the simplest real easy methods are listed below. Proven by Pharmacopeia Italy with a real study and real results that can be proven.

### RAW (Fresh)

Take a live fresh branch starting at the main stock and pull all stems leaves and flowers off. Put in a blender, blend with distilled or filtered water and then pour into 2 oz food grade freezer containers. Take one every morning, as is, if you like earthy, else add it to anything (juices, smoothies) as long as you don't heat it. Heat and time create different cannabinoids that have a different benefit.

### INFUSED (Dried)

Using dried whole plant, adding emulsified roots and adding heat. Grind to no less than coffee grind size. Too small will clump on the bottom requiring constant stirring and too coarse will not extract all the lipids out. Put in a sealed container and immerse in a bath of simmering boiling water for 6 hours. Use a french coffee press and squeeze out the G(OO)DNESS! Repeat process and press a second time.

For complete instructions see [www.iyoutome.com/oilextract](http://www.iyoutome.com/oilextract). Also on this webpage there is a link to watch "Cannabis Explained" in a short video.

### DOSAGE

RAW: As Much as you can, it's just food.

INFUSED: Everyone is different on their ability to absorb, so start slow and build up to a level where you are not too groggy. Start with 1/8 teaspoon (1ml) every night 1 hour before going to bed and work your way up every 2-3 days. Some people don't feel anything at first. Everybody's gut health is different and this infusion will also heal the gut. You can also use the 2nd press infused in coconut oil for the best skin care.

## **STORAGE**

RAW : to preserve the good fats/oils it is best to store in the Freezer.

INFUSED : It is best to store the olive oil infusion in glass and in a dark cool place eg. cupboard.

## **BALANCE**

Cannabis will bring your body into balance. Eating healthy plant based foods and drinking clean water amplifies the effect. Monitor yourself, especially blood pressure as Cannabis wants to bring that to normal and if you are taking something to lower your blood pressure, you need to monitor.

## **IMPORTANT**

During the healing process the body demands water. You need to drink your 7-10 8oz glasses (MINIMUM) of water a day. Use distilled or filtered water. If you feel uncomfortable, it's because you are dehydrated from healing. Drink two 8 ounce glasses of water immediately and the feeling goes away. Note that some people, like me, have experienced increased pain that goes away within 20 minutes. This is a normal part of the healing process. Pain is healing. There is not one documented case in history where cannabis has done anything but goodness to the body.

REMEMBER: YOU CAN'T DRINK ENOUGH WATER. DRINK, DRINK, DRINK

CHEERS!

## **SUCCESS STORIES**

- 1) Cannabis Oil Success Stories  
<http://www.cannabisoilsuccessstories.com/portfolio.html>
- 2) iyoutome Success Stories  
<http://www.iyoutome.com/success/index.html>
- 3) iyoutome Explains Cannabis  
[https://www.youtube.com/watch?v=61K3Eke3\\_m8&t=3s](https://www.youtube.com/watch?v=61K3Eke3_m8&t=3s)
- 4) How to Make Olive Oil / Cannabis Good Fat Extraction  
[www.iyoutome.com/oilextract](http://www.iyoutome.com/oilextract)
- 5) For the Most up to date copy of this sheet visit  
[www.iyoutome.com/dosage](http://www.iyoutome.com/dosage)

**Balance, Harmony, Peace, Tranquility and Love**  
**Abundance For All**