

# **BEAUTIFUL EARTH ORGANICS**

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## **Dosing Instructions**

**IMPORTANT NOTE: When uncovering the syringe for the first time, oil may come out very quickly. Push out over a plate carefully to prevent loss of product.**

Congratulations on taking this important step towards vibrant health. You have purchased a premium, ultra-high-quality CBD product. Beautiful Earth Organics takes great pride in our methods to produce superior oils and pastes.

- We use CO2 Extraction Methods, which are the cleanest in the industry.
- Our paste is full-spectrum, undiluted extract which provides optimal health benefits.
- Our CBD paste has one of the highest concentrations and lowest price per milligram.
- We have made it our mission for our CBD products to be affordable so that everyone can enjoy amazing health and vitality.

## **BASIC USE**

Please note these are general guidelines. You are welcome to choose what works best for you, using as little or as much as you see fit.

**Paste:**                      10ml syringe    Will last approximately 1 month  
   5ml syringe    Will last approximately 2 weeks  
   1ml syringe    Will last approximately 3 days

## **ADULTS**

Do not eat or drink 5 minutes before or after dosing. Take 3 times a day either sublingually (under your tongue), or you may rub into the belly button to reach the Pechoti gland (Pechoti gland is located behind the belly button connected to more than 72,000 nerves in the body to various organs and tissues) or rectally in a gel cap (can be purchased at a health food store or on Amazon).

One rectal dose is fill ½ of a size 1 gel cap with paste, placed into the rectum, beyond the sphincter. There are inserters to help this process. Take a small amount of coconut oil to lubricate the area before inserting it. It is best to lie on your back on a pillow to raise your bottom, with legs bent so the CBD paste won't run out. Maintain that position for at least 20 minutes.

One sublingual dose is from the tip of your finger to the first crease (This long: \_\_\_\_\_). Gently press the plunger onto your finger until the suggested amount of paste comes out. Scrape the paste off on the bottom of your lower teeth. Hold under tongue for 2 minutes.

**Oil:**            1500mg+      Will last approximately 1 month  
                         1000mg+      Will last approximately 2 weeks

Do not eat or drink 5 minutes before or after dosing. Take ½ dropper twice a day; once in the AM and again right before sleep. Hold in mouth for 2 minutes

*We suggest drinking lemon water throughout the day, as this helps to detox the body by flushing out toxins.*

## **CHILDREN**

### **(Under 50lbs)**

**Paste:** Begin with puffed-size of 1 grain of long-grain rice (approximately ¼ inch) 1 time a day before 6 PM. Squeeze paste out onto your index finger and scrape off on lower teeth. Hold for 2 minutes. Watch results. If no improvement after 4 days, increase dosage to 2 times a day (approximately ½ inch) per day until results are evident. Do not take after 6 PM.

**Oil:** Begin with 1-2 drops 3 times a day. Coat inside of the mouth, roll it around your mouth for 2 minutes, swallowing slowly. Watch results. If no improvement after 4 days, increase dosage slowly up to 5 drops per day until results are evident.

*We suggest drinking lemon water throughout the day, as this helps to detox the body by flushing out toxins.*

## SPECIALIZED USE

### **Anxiety and Depression**

Keep the product with you and take ½ dropper when you feel anxiety or depression coming on.

### **Pain and Neurological Repair**

Follow the basic instructions for CBD oil. It is suggested that you use oregano oil every other day, per the dosage on the bottle, as it may help with pain and neurological repair.

### **Blood Thinners**

If on blood thinners, use our Hemp Seed Oil carrier paste (see our website – [earthorganicscbd.com](http://earthorganicscbd.com))

### **Cancer**

It is suggested that the paste be taken rectally 1 time a day, as this is the quickest and most efficient method of absorbing the active ingredients in the paste into the body. Also, take product sublingually 3 times a day or more, using the basic guidelines above.

### **Directions for Rectal Dosing:**

- Put paste into a gel cap, filling one side of the capsule. Put halves together
- Use a small amount of coconut oil to lubricate the area
- Lay on your back with a pillow placed under your bottom to elevate hips
- Insert gel cap into rectum, beyond the sphincter muscle (inserter may help)
- Remain in this position for at least 20 minutes

*Note: **Do not insert** in the bathroom standing or sitting, as the product will flow out. You can use a gel cap applicator to help get it past the sphincter muscle, which can be purchased on Amazon. The product may be staining*

## **TOPICAL USE OF PASTE**

**\*\*\* For cancerous spots or serious skin conditions DO NOT DILUTE THE PASTE. We suggest putting it directly on the affected area.\*\*\***

### **Other Topical Use**

- Mix ¼ syringe (2.5ml) into 2 oz of coconut oil in a double-boiler sauce pan
- Warm to 120 degrees (NO higher or you will kill the cannabinoids)
- Mix well until you see the lipids bind and let cool
- Apply to affected area

When not taking orally, apply ½ ml to the bottom of the feet or in between your toes. While this method will have some effect, it is not as effective as taking orally.

Apply to burns, cuts, scrapes, wounds, acne, rashes and other minor skin conditions. Clean wound with our oil. Water breeds bacteria and infection. We suggest not to cover wounds. Expose to the air. The paste is amazing for the face and gives you a “golden glow”.

Here at Beautiful Earth Organics, we strive to assist in total body healing through clean living. We believe that having a fully organic home and organic clean diet will help you achieve that goal. We believe that using our products and following our suggested diet plan will help you improve and maintain your health. Here are the things we use ourselves and firmly believe that they are the best products we have found to date. The suggested diet in combination with our high-quality CBD products has been known to pull many people out of disease.

### **The Herxheimer Reaction**

The Herxheimer reaction is caused by the release of toxic chemicals (endotoxins) released from the cell walls of dying bacteria due to effective treatment. This Reaction may include:

- Headache
- Flu-like symptoms
- Itch and rashes
- Flushes

### **Body Care Products**

For 100% purity, we like Honest Company, which can be purchased on Amazon.

Soapberry for hair

Black Soap for body and shaving

DIY Deodorant and Toothpaste: Mix organic baking soda and organic coconut oil in equal parts. (Do not spit into sink as it may clog the drain)

### **DIET**

Organic fruit, peeled in small amounts

Organic vegetables, peeled as much as you'd like

Organic grass-fed meats in small amounts

Organic free-range eggs

6-8 oz filtered water per day with a quarter slice of organic fresh squeezed lemon

Organic caffeine-free herbal tea

### **DO NOT USE!!**

Fish (high mercury levels)

Alcohol

Sugar

Grains

Food Dyes

Hair Dyes

Nail Polish

Dairy

Nuts

Beans

Supplements

Soy

Ice (ice-cold products shut down your digestion)

Juicing (chewing food releases enzymes which helps your body distribute the nutrition)

Chemicals of any kind (if you can't pronounce it, don't consume it!)

Become totally organic!

**READ YOUR LABELS**

Many juices and other items are full of hidden sugar. Sugar sticks to the intestines and is very unhealthy for your body. There are many other names for sugar, so be careful. Some of them are sucrose, high-fructose corn syrup, barley malt, dextrose, maltose and rice syrup. There are approximately 50 different names for sugar. Sugar is known to feed cancer.

## **OMEGAS**

Hemp seed oil and hemp seeds are super omegas. Add them to your diet as often as possible. Pour directly over food. **Do not heat the oil!**

We are aware and are very sensitive to the fact that there are very expensive CBD products out there and many to choose from. However, NONE of them are harvested and prepared with the level of care we provide. Consult our website ([www.EarthOrganicsCBD.com](http://www.EarthOrganicsCBD.com)) for a list of general and frequently asked questions, as well as information on our beginnings.

If you find that your question is not answered, do not hesitate to email [beautiful@earthorganicscbd.com](mailto:beautiful@earthorganicscbd.com), call or text us at (802)598-4524.