

CBD Certification Online Course

Course Syllabus

Module 1 – CBD What You Need To Know

Overview

Intended Audience/Purpose/Desired Tone

What is CBD? Definitions

Cannabinoids

Cannabis sativa

Cannabidiol (CBD)

Tetrahydrocannabinol (THC) or delta-9-THC

CBD For Wellness

Rise of CBD Popularity

Module 2 – CBD History And Legal Landscape

Understanding The Plant Basics

Cannabaceae – Family of Plants

Cannabis sativa – Species Sativa, Indica and Ruderalis – Sub Species

Cultivars (individual plant types)– Cannabis sativa genus, subspecies

Cannabis sativa -sativa

Cannabis sativa -indica

Cannabis sativa -ruderalis

Chemovar -Chemical Classification Of Cannabis

Type I

Type II

Type III

Classifications of Cannabis

Taxonomy

Chemotype

Legal

History of Cannabis

Cannabis in the ancient world

Cannabis in the modern world

How Drugs are Scheduled

CBD Regulations and Patient Safety

Module 6 – How to CBD?

Finding the Right CBD Product

Various CBD Products

CBD Isolate

Broad Spectrum

Full Spectrum

Marijuana and Hemp as Legal Terms – Definitions

CBD:THC Ratios

Ways to Consume CBD

Edibles

Tinctures and Oils

Concentrates

High CBD Flower

Vaporizing

Topicals

Suppositories

Delivery Methods and Timing

Module 7 – Sourcing Quality CBD Products

Certified Good Manufacturing Practices (cGMP)

Interpreting Lab Testing and Certificates of Analysis

Seed to Sale

Cannabinoid and Terpene Composition

Interpreting CBD Labels

Where to Purchase CBD

Hemp-Derived CBD Products

Online Provider

Brick and Mortar Store

Cannabis Dispensary

Budtender/Consultant/Wellness Consultant

Cannabis Educated/Friendly Medical Professionals

Phytoremediation

Inconsistent Regulations

Lack of Education

Module 3 – CBD And The Body – Understanding How CBD Works With The ECS

Endocannabinoid System (ECS) – Largest Receptor System

Homeostasis

Discovery of the ECS

Mechanics of the ECS

Endocannabinoid Tone

Cannabinoid Receptors

CB1 and CB2 Receptors

Endocannabinoids

Endogenous cannabinoids

Anandamide, N-arachidonylethanolamine (AEA)

2-Arachidonoylglycerol (2-AG)

Biased Signaling

Retrograde Inhibition

Module 4 – CBD and the Body

Exogenous Cannabinoids & Phytocannabinoids

CBD and THC – Major Cannabinoids

113+ Minor Cannabinoids

Know Your Cannabinoids

Entourage Effect

Terpenoids

Flavonoids

Types of Cannabinoids

Terpenes

Terpene Chart

Module 5- What Does CBD Do?

Endocannabinoid Tone for Homeostasis

Inflammation

Stress

CBD Interacts with Other Biological Pathways

Module 8 – Finding The Right CBD Product For You

Patient Centered Dosing

Bio-Individuality

Bioavailability

Self-Titration Through Microdosing

Dosing Considerations by Product Type

Cannabinoid Guide

Finding Your CBD:THC Ratio

Step-by-Step Dosing Protocol

Preventative Wellness and Proactive Approach to Health

Set and Setting

Journaling

Storage

Module 9 – CBD For Specific Ailments

Sleep

Anxiety and Depression

Social Anxiety Disorder (SAD)

PTSD

Autoimmune Conditions

Psoriasis

Gastrointestinal disorders (GI)

Cancer

Glioblastoma

Lung Cancer

Breast Cancer

Neurodegenerative disorders (NDs)

Parkinson's Disease (PD)

Alzheimer's Disease (AD)

Huntington's Disease (HD)

CBD for Brain Injury

Epilepsy and Seizures

CBD for Drug Addiction

Opioid Addiction

Chronic and Acute Pain

Migraines

Fibromyalgia (FM)

At a Glance – Health Benefits of CBD

ECS Deficiency Syndrome

Reduction of Pharmaceutical Medications

Safety

Death by Drug

Side Effects

Cannabis Use Disorder

Module 10 – Glossary