

CARING FOR YOUR PRODUCTS

TIPS TO OPTIMISE YOUR PRODUCTS

Enhance the Bioavailability of Your Oils

We recommend taking 1 tablespoon of pure virgin coconut oil 20 mins before ingestion of Cell Food Concentrates. This will inhibit liver enzymes, allowing cannabinoid compounds to remain in the bloodstream for longer, where they can be more efficiently used by the body. Coconut oil can be mixed in a hemp milk smoothie or taken with other food or beverages if preferred. Inhibition of the liver enzymes can also be achieved by drinking a glass of fresh organic grapefruit juice 15 mins prior to your dose, however please be aware that grapefruit juice can interact with certain medications.

IMPORTANT: This advice is NOT for clients with liver, or pancreatic issues. In these cases, we do not want the cannabinoids to bypass the liver. We want them to go to the liver for healing. This advice is also not relevant for clients who are on a high fat diet (eg. ketogenic) for any reason.

Keeping Your Cannabinoid Receptors Clear

To prepare the body for the optimum uptake of cannabinoid formulas, we recommend drinking fresh orange juice with at least half of the skin grated into the juice, 3 times per week. Alternatively, you may grate lemon skin and add this to smoothies or warm drinks. Eating mangoes, drinking plenty of lemongrass tea, and incorporating hemp seeds in your daily diet are other ways to enhance receptivity. You may also wish to consider a targeted protocol using our 'Hydro-Mineralised Infusion' to improve the connectivity of your body's biochemical pathways and gently activate the Endocannabinoid System. Please talk to us if you'd like further information.

Communion with the Plant

We find that it can be highly beneficial to create ritual or ceremony around your use of these Cell Food Concentrate formulas. Setting a clear intention that you are enlisting the aid of the plant medicines for healing and consuming the formulas with that intention in mind may heighten the benefits you derive from this botanical ally.