



Why This Matters

CBD and cannabis can be helpful tools—but the way you start matters. A thoughtful approach helps you avoid side effects and feel more confident.

If you've been curious about CBD or cannabis but feel unsure, you're not alone. This guide gives you a safe, simple place to start.



Common Questions:

- Will this interact with my medications?
- How do I know what's safe?
- What if I take too much?

How to start safely

AVOID COMMON MISTAKES

FEEL MORE CONFIDENT EXPLORING OPTIONS

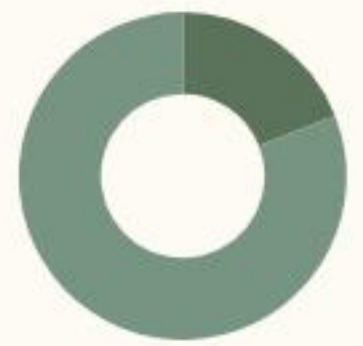
CBD & Cannabis Safety Guide for Adults



Theresa · RN, BSN, CNHC

How to Start Safely

Beginning your CBD or cannabis journey requires patience and attention. These simple steps help you start with confidence.



Start

Low dose first



Go

Slow and steady



Track

How you feel

Talk to your healthcare provider if you take medications. Be cautious with THC if sensitive. Avoid alcohol when starting.

Important Safety Tips to Remember:



Choosing Safer Products

Look for third-party lab testing. Choose clearly labeled products. Avoid unrealistic claims. Buy from reputable companies. Understand product types (oil, edible, topical).

Intentional Living, LLC
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Common Mistakes

Starting too high, expecting instant results, using multiple products at once, buying based on hype, and giving up too quickly. You don't have to figure this out alone.