Balanced By Oils Holistic Fellowship

Rev. Wood's Compassion Honey Guide

Ingredients:

- 28g CBD rich cannabis buds
- 500mL grain alcohol (Everclear)
- 1 Bottle YoungLiving Citrus Essential Oil (Lemon)
- Ionic Mineral Complex (YoungLiving Mineral Essence)



Supplies:

- Rice cooker or Double Boiler
- Blender (Ninja/Bullet)
- Natural Fiber Coffee Filter
- Funnel
- 1Queart Mason Jar
- Artists Pastel Knife set
- 2 Small pyrex bowls (To hold final product)

Products:

- ~3.5g/3500mg CBD rich marijuana extract
- ~300 doses of CBD extract in raw honey balanced with ionic minerals
- ~3.5 months of product if taking 1 teaspoon 3 times a day with tea or by

Step 1: Place Everclear in freezer, preheat Oven to 300 degrees, set up rice cooker or double boiler in a well-ventilated space ie. Open window with continuous fan or vented exhaust





Step 2: Spread buds evenly on baking sheet and place in oven for 20minutes. Gather blender, grain alcohol and Citrus Essential Oil, set up coffee filter in funnel for straining the alcohol and extracted product

Step 3: Take buds from oven and place into blender with enough cold alcohol to cover the buds and make a slurry. Blend with 10 drops of citrus oil for 1 minute.

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Step 4: Turn on heat for double boiler or prepare rice cooker for use. Wet funnel with alcohol and pour contents of blender slurry through the coffee filter and into the mason jar. Use a small amount of alcohol to rinse the blender to get the last of the slurry into the filter. You may need two set-ups or filters depending on the size of your setup and funnel; having a backup is never a bad idea!





Step 5: Pour the filtered alcohol and extract mix into the double boiler or rice cooker. Begin ventilation and do not breathe in the fumes. Using as little heat as possible here to evaporate off the alcohol without excessively boiling the mixture. This part could take up to 2 hours depending on the amount of alcohol used. Final product should look like taffy and amount to 3.5-4.0 grams when weighed. Note 0.05grams is 50milligrams when using a scale; a typical edible dosage is 10-50milligrams

BE CAREFUL LOOKS ARE DECIEVING WHEN USING EXTRACTS

MAKING THE HONEY!

With the extract made it is now time to figure out your dose and what you need for making an extract of your chosen strength!

Note on the General Dosing Guide. This "guide" for dosing is directed by calculations based on current medical and recreational standards set forth in states using cannabis therapy. Peer input and past users experience has also been used for notes on the use of these mixtures. This guide is not guaranteed safe or effective by any governing body; use of this material and its products is done at your own risk

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Compassion Honey "Light"–

- Quarter pint jar (4oz) – 4oz Local RAW warmed honey, 5 drops mineral essence, 1-2 drops citrus oils and 0.25g extracted product. Mix all in one container, keep sealed and cool.
- Makes about 24, 1tsp doses at approximately 10-12milligrams/tsp.
- Past users notes: good for nausea, sore muscles & cramps, general sedation for nervousness or anxiety

Compassion Honey "Lifted"–

- Quarter pint jar (4oz) – 4oz Local RAW warmed honey, 5 drops mineral essence, 1-2 drops citrus oils and 0.5g extracted product. Mix all in one container, keep sealed and cool.
- Makes about 24, 1tsp doses at approximately20-22milligrams/tsp.
- Past users notes: good for meditation, vomiting disorders, insomnia, acute anxiety, mild pain management



Compassion Honey "Gifted"–

NOTE THIS IS A VERY STRONG DOSE, NOT MEANT FOR CHILDREN OR INEXPERIENCED USERS

- Quarter pint jar (4oz) – 4oz Local RAW warmed honey, 5 drops mineral essence, 1-2 drops citrus oils and 1.0g extracted product. Mix all in one container, keep sealed and cool.
- Makes about 24, 1tsp doses at approximately 40-42milligrams/tsp.
- Past users notes: good for chronic pain, cancer therapy, spiritual renewal, acute trauma, muscle tears and severe physical injury

For more information on specifics for weight based dosing and medicinal cannabis research visit "The Realm of Caring" at www.theroc.us and sign up for an account. The resources are great for those seeking information and guidance with cannabis based therapies.

For more Holistic living resources visit our website www.BalancedByOils.com

Other Guides By Rev. Wood:
~ Compassion Salve ~ Detox and Wellness Plan
~ Holistic Shopping ~ Desktop Yoga ~ Anatomy and Physiology Lessons
~Mindfulness Worksheets ~

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