

00:00:00        C B D oil. My initial thoughts when I heard that was, is not fuel the smoke pot. I wondered if I try it. Am I going to get high? Is it legal? Will I get addicted? Not only did I have a lot of reservations about doing an episode on CBD oil, but I also went in knowing pretty much nothing about it.

00:00:21        What made me change my mind? And frankly opened my mind to learn about it. It was hearing stories from friends and from so many of you who DM'd me or spoke to me in private saying things like CBD oil changed my life and CBD oil was a game changer for my anxiety. Hearing that from you and my friends made me wonder, I wonder who else's life could be changed if they also could learn about CBD oil and with an open mind,

00:00:46        could then make the best decision for themselves, your story about how much it helped you inspired me to learn more and to say yes, to having Nadia for my car. Yeah. Come on our podcast and share her knowledge about CBD oil and teach us what it's all about. In this episode, you're going to learn the answer to a lot of questions I had.

00:01:03        And all, a lot of them are your questions too. Like, is it legal? How much do I take? How do I find a good source? Will I get high? Will I become dependent? And if I'm using it as a supplement, what can I expect? And how do I do it before we start? There's a few things I want you to know.

00:01:21        First of all, I'm not an affiliate. I don't have a CBD business or anything like that. And this episode is not sponsored and it's not an ad. You guys know that I do share things that I believe in, and I will always do that from my heart and do it with integrity. I do sometimes use affiliates to help sponsor the show,

00:01:37        but this is not one of those episodes in full transparency, which I do think is really important. Nadia gifted me with a bottle of Icaria CBD oil as a thank you for having her on the show. And I can honestly say that I love her products. The CBD oil has been a wonderful extra tool in my toolbox. And like so many of you guys too,

00:01:55        who reached out to me, it's helped me with my sleep, my anxiety, and I feel really confident, comfortable using their products in a way I never expected when her first email landed in my inbox with the idea for this podcast. One of my missions for Goalden Girls podcast is for us to take conversations that normally happen with whispers or between just best friends behind closed doors.

00:02:16        And indiums, I want to literally take a microphone like, hello, I'm in a microphone right now. And put it on the conversations that start with sentences that say, I never tell anyone this, or I don't usually talk about this, or don't tell anyone this. I want to peel back the curtain on those things that we are all wondering about,

00:02:36 the things that we're all struggling with. And we're secretly curious about or whatever that is. And I want us to open it up for all of us to get our questions answered for us to share the things that work or don't work without fear. And for us to know for you and for me to know that we are not alone, that's what we're doing here.

00:02:53 And that's what this episode is all about. I know you're curious about CBD oil, but you don't know where to start. And I know some of you guys use it and you're probably doing it in private and you don't feel open talking about that. I hope that this episode starts to change this and breaks down the barriers to us, questioning our stereotypes and being open to asking personal and tough questions.

00:03:13 I also hope it opens us up to sharing and learning about tools that can help us and others. Also, before I share this conversation with Nadia, my lawyer wants me to tell you and remind you that I'm not a doctor and neither is not yet. We are two women sharing our experiences, hoping that it will help you in your life and your goal,

00:03:31 getting journey. This isn't meant to treat any conditions. It's an honest conversation between us two women, about everything from anxiety, stress, overachieving, stereotypes, bad breakups, and more everyone's bodies are different. We know that. And I encourage you to consult with your doctor or medical professional before you decide to try CBD. Also, we are recording this in beautiful British Columbia,

00:03:53 Canada, where we're talking about it and it's legal here, but it's definitely worth giving a check to buy note if it's legal, where you are, you live to caution too. I do swear once or twice in this episode. So if your child is a little parrot like mine, and we'll repeat it, you may want to listen to this episode with headphones in one last thing,

00:04:13 Nadia and I both mentioned this, that we don't smoke marijuana. And I mentioned this in the episode, but I just want to call it out upfront because it's important to say, if I'm asking you to listen to this episode with an open mind and open heart, I want you to know that we don't judge people that do smoke marijuana and find benefits from it.

00:04:29 We also come with an open heart and an open mind. Maybe this is something even for me to do a future episode on, to break down those stereotypes and get real knowledge, because if I'm being honest, which that's what I'm here to do, I didn't even know the difference between hemp and marijuana and cannabis until this episode. If you don't know what the difference is,

00:04:48 either staging cause you are going to learn. This episode is here for you to learn and to understand for you to feel comfortable asking questions and to make the best decision for you. Goalden Girl. I hope you enjoy this episode. As much as I enjoyed recording it. I learned so much about CBD oil and you are about to as well, welcome to the Goalden Girls podcast,

00:05:10 or we believe Can have it all. I'm your host, Lisa Michelle, and I'm spilling tangible tips, go getting strategies and real life stories to inspire you to tackle your biggest dreams. You're a woman who knows you're made for more, get ready to leave the excuses and self doubt behind by being vulnerable, sharing your truth and having honest conversations. So you can succeed on your terms together.

00:05:35 We'll set goals. You'll actually achieve by staying motivated, having fun and building a community of women, empowering women. It's time to tap into your best self, get confident and truly have it all Goalden Girl. Let's dive in hi there. And thank you so much for joining for this episode of the Goalden Girls podcast. My name is Lisa Michaud and I'm so excited to have a very special guest here today,

00:06:00 Nadia and you an idea I'm so excited to have you here and to chat with you. Um, you are the founder of a Caria CBD oil, and this is such a hot topic. So thank you for being here with me today. Thank you so much for inviting me. I know that we have very similar audiences, so I'm super excited to be talking to you and to spread the knowledge about CBG because there's because I feel like a lot of your audience will be able to relate to my story and how I started.

00:06:26 And I hope that there's going to be a lot of learning today. Oh my gosh. I think we are going to learn a lot. I put the question out there to you guys and asked you, um, and what questions do you have about CBD? And I've pulled all those questions in and Nadia has been so generous to take her time and she's really all about education.

00:06:43 So I know we have a ton of questions, so let's just dive right into questions. So let's start by talking about the stigma, because I'm going to be really honest with you guys. I got the request from Nadia and about being on the podcast and I really went back and forth and I was like, Oh, I don't know if I like isn't this for,

00:07:02 for potheads or for just like other people or what kind of people do CBD. Like I had this stigma and I wasn't sure about it. And I didn't know what that was going to mean for the podcast. And if this, if anyone would even really care about it. And of course the universe intervened pretty quickly. And I actually had a couple friends introduced me to CBD oil and kind of start talking to me about it.

00:07:22 And I even had another friend that said, Hey, you've got to talk. You got to learn about a carrier. And I was like, Oh my gosh, you're kidding. I literally have an email in my inbox that I'm like weighing in trying to figure out if it's the right thing. And so it was meant, meant to be, to be totally.

00:07:38 So I know. And I also know by the way, that's my stigma, but I know a lot of other of you guys that have reached out to me and were interested in this episode, but we're having

these conversations behind closed doors. We're not talking about it in a room full of women and certainly not on podcasts yet. So we're here to change that.

00:07:53 So tell me that's, that was my stigma. And I know you not had a similar kind of journey. So can you walk us through where you were to now running a CBD oil company? Yeah, it's crazy. I never thought I'd be here to be honest. So I'm a holistic nutritionist, uh, and I worked in a holistic nutritionist for the past seven years and I,

00:08:16 uh, I'm all about, uh, health and putting into your body only with the best for it and, you know, sleeping well and, uh, exercising and doing all of these things. And, um, I never would have expected myself to be working in cannabis, to be honest with you, because as an immigrant from Russia, we, we didn't grow up with cannabis.

00:08:36 Like I feel like in Canada, cannabis is way more, uh, we'd like more popular with among teenagers and it was in my circles ever. So as a, uh, if you don't try cannabis as a teenager, I feel like as an adult, it's a weird, very weird thing to try. So, um, so I think I've tried it once when I was like 18 and ever never had it again and not because I was like,

00:08:58 there was something terrible. It's just never been in my circle. Never had a lot of stigma rounded. Like a, if you smoke weed, you don't go anywhere in life and all these terrible things. Um, and My mom raised me as like, you do drugs, you will die kind of thing. So just a lot of that, a lot of just limiting beliefs and stigmas around all of it.

00:09:21 Oh. And my friends were, um, and I have, uh, quite a few good friends that use cannabis and, and uh, very medicinal ways, um, to help them, you know, with a lot of different issues. And, um, I see them, they're using it in a very healthy way. And, uh, when I moved to Vancouver four years ago,

00:09:39 I, uh, I saw that for the first time, like how people actually use it in a medical way. And I'm, I'm, I'm still like, well, it's still not for me. Like, I don't really need it. Um, and, um, so my friends would always try to convince me to take it, to take CBD and I have no idea what CBD was.

00:09:54 And then after a while I, I was going through, um, I was going through a breakup, like a really, really tough, um, I don't know. I feel like everybody has been through a tough breakup. Everybody can relate to that when you, when you're just like Matt And life is just a mess. And, um, and when I was going through that breakup,

00:10:12 a couple of my friends were convincing me to try CBD oil. And I was like, no, No, not there yet kind of thing. And then one of my Friends, he's a, he's an ultra marathon runner. And, uh, he convinced me because I was like, well, if you can take it, I can take it. And he convinced me to take,

00:10:29 and I took one drop, I do one drop and it was a big deal. And I didn't feel anything obviously, because it's one drop, Like take a one drop of anything. You're not going to feel it. So I took one drop and, uh, I was like, okay, well I guess like, that's when I was like, okay,

00:10:43 so one job, like I didn't, you know, nothing happened. So I was fine. He didn't die. I didn't die. Exactly. So, But become a drag ethic to die or any of that. So, um, and then my other friend, uh, literally one day took me by my hand. She's like, we're going to a dispensary to buy you some CBD oil.

00:11:00 And funny thing, we couldn't actually find any CBD oil. I felt extremely uncomfortable going to four different dispensaries with her. And we found a patch. Um, so she bought, we bought a patch and I tried a third of that patch. And by the way, it wasn't dosed or anything like that, going back to, and I'm sorry, I still don't know how much I took.

00:11:18 And that day when I tried it, it was the most relaxing, productive, focused, finally like feeling normal day after that breakup that I just, I was shocked and I just knew I had to research it and get more into it. And then I started researching it. And as a nutritionist, that's my field. How does a supplement, how does a substance that we put into our body,

00:11:41 like affect our body? Right. So whether it's I'm researching, I don't know, uh, different, uh, I'm you know, acids, or it is, uh, a new, uh, moringa powder, or it is, uh, you know, a vitamin a whatever it is that is basically what we study right in nutrition. So it was definitely in my field of expertise.

00:12:01 And, um, I, when I started researching it, I was just shocked. I'm like, there's basically no side effects and it works with so many different issues. And how did I ever have a stigma around it? Um, and then now when I told my other friends that I'm, I'm taking CBD oil, all my friends reacted to me that you are the drug addict and you were as a joke,

00:12:21 sort of like joke, no joke in a joke. So, uh, so that's when I, that's, when I, I think I really realized, like, it took me a couple of months to really be like, I think, I think I need to start working with us just because I got so much, um, I got so much benefit from it.

00:12:36 Like, it was just like life changing for me, to be honest with you. And that's on, on one hand side. And then on the other hand side, I, um, I saw the, the, the feedback that I was getting from my community of friends, that there were thinking that it's so bad that I was taking it.

00:12:51 And, um, so I felt like, and it's funny, as soon as they launched the product, everybody was totally fine taking it from me. I was like, Oh, okay. So I just got to launch a product and you you're fine with it now. So I got all my friends on it. That's amazing. So not only did you not die,

00:13:08 but then you also became a drug dealer. That's the job, definitely. Oh, I must be so proud. I'm totally getting into your mom is actually very proud At first. She wasn't, she wasn't the first of all, when I told her I was trying be like, when I just, she was not okay with that. And, uh,

00:13:27 but now she's taking you to, and she loves it and it really helps with her menopause and, uh, sleep and, uh, anxiety. Yeah, I was in, this was not planned, but she was at an event a couple of weeks ago with you. And so your mom is now a drug dealer too, And she hasn't done Sound good.

00:13:43 Technically I was a little, like, he'll be in the numbers. I love that. Thank you so much for sharing that nine. Yeah, because I think so many people can relate to that, like being grown up and not doing drugs and I'm, I'm from BC and I'm probably one of the rare people who doesn't smoke pot. I'm like, I'm like the only one.

00:14:02 Yeah. So thanks for listening the other person. But, you know, and I do think that there are, there's this, um, you know, like, like you said, you're either gonna die or you're gonna become addicted or you're going to go, no, go nowhere in life. And so that's why, like this, these conversations, I know the conversation with CBD they're happening in private conversations.

00:14:21 They're happening between friends they're happening in little pockets, but I know one of your missions is to really share it with more women. Totally. Because they find women that do even, like, I have my friends that do, um, take cannabis in all different forms regularly, and they still have stigma about it. Like, but almost like it's almost like a self stigma as a,

00:14:42 like you are, um, I'm, I'm doing it, but I'm not sharing it with anybody because they know of the stigma. And they're obviously like a very functional women, um, that are very successful and, um, you know, healthy and, um, all those things. And, um, it's, it's, it's, it's sad that we still have that.

00:15:01 Oh, I mean, I can relate because, and if you're listening, you, maybe you're one of those people that's been messaging me over Instagram the last few days as we've been talking about this on my Instagram. And so many people are like, Oh, I try it, but I haven't really told anyone about it or, you know, I try it,

00:15:14 but I really not sure what it, like, I don't want to talk to anybody about it or it's so interesting. How many of you guys and myself too, like I said, I was almost didn't want to do this podcast. I was nervous about it. So there is definitely a stigma. And I hopefully, through having these, this conversation with you,

00:15:29 Nadia, from learning from an educational perspective, which I love that you bring and you bring the nutrition inside. Um, I want us to be able to, to have these conversations

about things that help us, because if it helps us, then, then we need to know more than we need to talk about it. Right. Totally right. And it's,

00:15:44 it's unfortunately, um, it's very, I feel like the older, I get the more realize that everything in our world is somehow connected to money and politics. Um, so I feel like that's exactly what happened, um, for, uh, cannabis. And there has been a lot of the, um, the prohibition that happened with a lot of,

00:16:04 uh, uh, quote unquote drugs, uh, was something to do with money and politics as you know, always does. So, um, it's, it's, it's unfortunately, because it is such a medicinal plant, there's so many amazing qualities of it that we weren't, we weren't able to study because we weren't allowed to study it. Um, and,

00:16:23 uh, we're still at the beginning of it, we're still at the beginning of the journey of exploring all the health benefits of cannabis. And, um, um, I think you have a question about how it works and if I explain how it works, then I'll, I'll be able to like talk more about it. Yeah. That was actually, I know a couple of you guys asked us,

00:16:40 like what, and I had this question right before I got, well, after I got your email, what does it actually do for people? Well, I have a stigma. I know I shouldn't be taking it. I know I might become a drug dealer and die, but, um, what does it actually do? And, you know, if I'm not using it,

00:16:57 if I'm using it as a supplement, like you said, not necessarily the medicinal person purposes, what can we expect? Yeah. So, um, what I'll do Just quickly explain a little chemistry behind it. So, um, every plant, every food, every, it has a bunch of different phytochemicals means plant chemicals. So, um, so just the natural compounds that occur,

00:17:18 right? Like, let's say, let's imagine we're eating an Apple, right. There's going to be fiber and Apple. There's going to be vitamin C and in our Apple, there's going to be all these different like flavonoids. So those are just, those are just different chemical compounds, correct. That we call different names. Right. I'm already over my head,

00:17:34 but yeah. Okay. In cannabis, there's just more unique chemical compounds, they're called CA uh, cannabinoids. So, uh, we actually have them in our body and, uh, that are, they're also cannabinoids. They're just produced by our body. The reason why it's not very well known is that I said we weren't able to study them. And we weren't able to really like,

00:17:58 share that knowledge for so many years, but there's a couple of research institutes in like Israel that have made a bunch of research on it. So we have an endocannabinoid system and cannabinoid system is just, we have our cells in a body that

produce those cannabinoids. And then we have receptors everywhere in our nervous system system and then receive signals from those cannabinoids.

00:18:22        So that's why it has such a vast effect on our body. First of all, it's completely natural to our body. Soul body knows exactly what to do with it. It's kind of like when we're taking, um, when we're taking, let's say vitamin, I don't know if I didn't mean C right. It's completely natural. Nobody knows exactly what to do with it.

00:18:39        So it's very easy to utilize. Um, and that's first and second, because we have the receptors for those cannabinoids in our brain and our nervous system. Um, that's why it affects basically everything in our body because we, everywhere we have our nervous system. Right. So, um, because it has such a vast effect. That's why we're in,

00:18:58        we're talking, we're like, it's good for sleep. And then it's good for Bain. And then it's good for this. It's because it's in our brain, right? It's like, it's connected to a lot of things. Um, the main point, the main goal of that endocannabinoid system is to bring in, to keep our body in balance. We're constantly trying to stay in balance without that was system.

00:19:18        I would temperature. It's constantly trying to be stable, our pH levels, trying to be stable, like hormone, trying to be stable. Everything needs to be in this like perfect balance. And it's actually really difficult for our body to do that, because think about how many external, um, things that are constantly coming in our body, like whatever air we're breathing in or whatever we eating or exercise or sleep or whatever it's constantly affecting us.

00:19:43        Um, so our body's working really hard at keeping us balanced. Um, so that's what the endocannabinoid system does as well. It keeps us at balanced. So that's why it has such a wide range of effects. Um, and I'll talk about, um, the effects in a second. So there's different cannabinoids, there's over a hundred different cannabinoids in cannabis that we know of.

00:20:03        We don't even know how many we have in our body. We're like, again, trying to play a little bit of a catch up game. Um, and, but we do know that the most, two popular ones in wallet populate the most prevalent ones in cannabis are cold, uh, CBD. That's the one we're talking about and THC THC out of over a hundred cannabinoids is the only psychoactive one.

00:20:29        So that's one compound. It's, it's one chemical that's, that's psychoactive the rest of them. Aren't psychoactive. So what does that mean for those? Yeah. So is that She means just like, it's going to get you high. So, so, so THC is the only thing that will get you high in cannabis and that like what most people Are smoking.

00:20:49        I, sorry. Yeah. Yeah, no, this is an amazing question. Um, so when you smoke, you will get all of the cannabinoids, all of the, like all of a hundred ones, or like whatever the



profile of that specific can, because every it's kind of like, imagine you eating an Apple or you eating an orange, there's going to be similar vitamins in them.

00:21:06 There's going to be vitamin, vitamin a vitamin C and whatever. Um, and then, but there's going to be different ones as well. So can, can, there's different strains of cannabis. So they're going to have different percentages of them, um, and all that stuff. So that's why right now, like the most popular ones in cannabis world are hot.

00:21:24 The ones that are high in THC, because people are like, Oh my God, I can get higher from less smoking or whatever. Um, so yeah. So what, uh, what CBD is, is just one chemical compound. So they basically extracted, so imagine again, extracting vitamin C from, from an orange or from an Apple, you just extract one chemical compound and that's all it is.

00:21:44 So, so CBD is actually a powder it's like powder it's a powder. Yeah. And then, um, because it's, fat-soluble, that's why it's diluted in some sort of carrier oil. So in the cardiac it's either hemp oil or coconut oil. So CBD itself is pretty much like colorless, tasteless, um, powder. Yeah. Okay. Okay.

00:22:04 So it can't get me high. Is that right? Not get you high. There's absolutely no way of getting high from CBD. Uh, the only compound that can get your highest THC. And, uh, so basically, um, we, that's why we test our CBD twice to make sure that there's 0.0, 0% THC in them. Wow. Amazing.

00:22:23 This is so interesting because I've literally walked into a pot shop once as like, Oh, this looks interesting. What's in here. And I walked in, I was like, I don't know what any of these different signs mean. And I know it. Yeah. I felt so uncomfortable. And so I still do. Yeah. So that's really fascinating.

00:22:41 Cause I didn't understand. I was like, what are all the different types? I'm not sure. And I was like, okay, I'll just, I've had my laugh. I'm gonna leave. So thank you so much for sharing that super interesting to learn about the different strains. And then now I actually, for the first time ever understand what it is.

00:22:52 So thank you for explaining it. So, Okay. I'm actually, I'm, I'm no specialist in cannabis. I work with only one in grade one. It's kind of like, I deal the way and I get criticism sometimes for it because I don't work in a holistic way with a plant. Um, like, because, um, it's kind of like same ideas.

00:23:11 Let's going back to my Apple example. Um, there's vitamin C in an Apple. So I just work with vitamin C and I only talk about vitamin C and I don't talk about anything else. And people like, well, there are other benefits of the Apple and I'm like, I know there are the benefits of the Apple, but I don't want to,

00:23:24        like, it's, it's, it's very complicated and it's very complex and because they don't work with THC, I just don't want to work with a whole plant. And, um, there is kind of like, um, my holistic self says that there is like a little bit of a controversy there. However, I just don't want to work with THC because they are side effects of it.

00:23:44        I love it. Well, thank for sharing that. And I think it's just interesting because each one of us has to figure out what feels right for us. Right. And that's one of the things I know my girlfriend who spoke to me about your brand and told me about you too. She was, she's someone who's also nutritionist. And she was like,

00:24:00        I love that Nadia has done her research and his really done the work. And so I know that gave her confidence, which of course gives me confidence. Right. I'm like, Oh yeah. So she must really know her stuff. And I mean, if I were to come into talking about CBD oil, we want the expert in CBD oil. So that feels,

00:24:16        I think that's really great that you have to know what your, where your specialty is and where your expertise is. Yeah. And I try. Yeah. Thank you. I appreciate you saying that. Um, I really do try to focus on CBD and like what CBD does. Um, but just honestly on its own, it's just so amazing. Tell us about some of these benefits.

00:24:31        Cause you've kind of dropped a few of them. Like what are, you know, what are those, I'll go, I'll go with the main one. So the main one that, um, uh, my ladies had taking it for our anxiety and stress just because we're, I never realized how stressed and anxious I was world was until I started working with CBD because I always feel like I am this unique,

00:24:53        stressed out person that, uh, I am more anxious than anybody else. I am more stressed out than anybody else. And I just thought that it's my only problem. And here I am realizing that literally I haven't met every other than making my ex boyfriend. But other than that, I don't think I've ever met anybody who wasn't stressed out and that's the truth.

00:25:14        Okay. He was really relaxed. I have not a lot of admiration. They're like, how can it be more like you? And, uh, yeah. So I honestly think that our world is just extremely stressed out, extremely anxious. So, uh, and, and the, the way we're living our life, it's not really helping. However,

00:25:37        so that's number one second. One from that is sleep. If we're stressed throughout the day, we're not going to sleep well at night. Um, that's just the way our hormones work. Um, so sleep is a big one. And third one is pain. Pain is a huge one. So people take it for, um, arthritis, fibromyalgia,

00:25:55        migraines, um, backache, whatever that is. Um, so that is the most pop. That is a really popular one and hormonal balance, whatever that means too. So hormones are very

intricate and there is a connection between, uh, endocrine endocrine system and endocannabinoid system. So our hormones and our endocannabinoids. Uh, so, um, it's, it's just balancing ourselves out.

00:26:19 Like how many people is women experiencing PMS? How many women experiencing menopause? All of those are just symptoms of imbalances in our hormones. We're not supposed to be suffering once a month. We're supposed to be, you know, going with ease out about our day. Right. So, um, it's just the symptoms of like our hormones out of whack and we gotta do something about it.

00:26:38 So people use CBD for that. Yeah. Wow. Okay, cool. That's amazing that, um, to be super honest, anxiety, something I'd never faced until just even in the last few months. And this morning was a really tough morning for me. And I think I had what is probably almost an anxiety attack. So it's really interesting cause it's something that I didn't know much about and I don't have a lot of lens into.

00:27:01 So it's really interesting that you're coming into my life with CVD at the same time as struggling with anxiety. And I, as I've been having conversations even just today with some people I'm learning how common it is and how many people are struggling with anxiety. And so I think it's such a gift that there is something like CBD to help people because man, it's real and we live in such a stressed out world and,

00:27:21 um, yeah, it, so thank you for coming in and, and yeah, Thank you for sharing because I feel like, um, just every woman, every time she says, I do also have an anxiety sometimes, or like I had it this morning or whatever, it just creates a safe space for other women to be like me too. Like,

00:27:38 because I honestly just, I never even thought that that is not, that is something I need to think about and get rid of it. Just, I thought that that's, you know, I was watching her Hassan Minhaj, if anybody's into him, um, he's a comedian. He was like, I thought it gives me an edge in life. I feel like it gives me the edge in life.

00:27:55 I thought I'm just more automated because of my anxiety. Oh my God would love me last week. They were like, how do you stay motivated as an entrepreneur? And I'm like, Oh, I just wake up anxious. It really helps us. I'm like, that is swung productive. Totally, Totally. There's I think a point where you're yeah,

00:28:11 you're being motivated and this is an interest, of course it's Goalden Girls podcast, right? So we talk about goals and there's always a line between the, the being motivated and wanting to reach your potential and the place where it doesn't serve you. And let me tell you like this morning and in the last couple of weeks, there's been days where, and when I can't focus,

00:28:30 when I can't get out of my head, when I'm worrying about all these things and I, to the point where I can't get anything done, or I don't want to get out of bed or I'm crumbled on the floor crying, like that is not productive. And that is not what life is about. And it's, it's interesting because, um, we get so much more done out of an inspired creative place than we do out of stress and anxious place.

00:28:51 But somehow there's older, this like thought, Oh, if I just am more stressed, I get more done. Oh, this is so true. Never true. You said it on your, in your podcast and one of the opposite episodes, you said you can't outwork and overwhelm. Yeah. Yes. You can work yourself out of overwhelm or was it,

00:29:10 you can't work yourself to worthiness. Oh, Oh that, well, that true. No, it was something about the overwhelmed, because I feel overwhelmed all the time. And that was like, just so out of overwhelm or, or worthiness or whatever it is like. Yeah. I mean, it's just, it's such a, it's such a normal thing to do.

00:29:26 And now a society to constantly be like, I'm busy, I'm overwhelmed, I'm overworked. But at the end, it's almost like I have glorified, which I mean, I'm guilty of too. Don't get me wrong. Um, but it's, it's realizing that that is not the place I want to be in my day. And that's why CBGs been so helpful for me personally is because,

00:29:43 um, if I just am, well, another thing I forgot to mention, it really helps with our cognitive function. CBD actually improves our cognitive ability. It improves our focus and improves our ability to, um, to like get things done. How many times I've heard from my, so, um, I teach nutrition at IHN Institute of holistic nutrition and a bunch of my students always would be like,

00:30:05 Oh my God, I studied for exams with CBD. And it was so productive or I'm like, Oh, this was the first first book I haven't read in years because I was taking CBD or whatever that is. If I'm having a stressful day and I take CBD, I can be so focused. It's like, it can be like painfully focused sometimes,

00:30:22 which I'm like, I can never stay focused usually in everyday life. So, um, so it definitely helps with that. Um, yeah. So, yeah. So just like being more, um, in tune with your day more in tune with your body, more in tune with your like, Oh, I need to be more, uh, less stressed and calmer.

00:30:41 It just helps you with that. Like body awareness almost. So world awareness. Cool. Yes, I have. I have, and I'm very new to it and I'm excited because I've got some questions that myself and I know some of you guys have to that to help figure out how to actually use it. Totally. I want to quickly say something that I should have mentioned at the beginning,

00:31:01 just that I know Nadia, you too, like, we have no judgment by the way about anybody that does use, uh, I guess THC. Yeah. What did he a cannabis?<inaudible> No judgment here. We want to just be really clear about that. That it's, um, we both are aligned on this that we like, I don't judge people for it.

00:31:21 It's just a different decision than I've chosen to make. And a lot of alcohol I'm, I'm really, I'm really not sure I'll go is better than Cal. I drink all the wine for sure. I'm like, I'm pretty sure making worse decisions and like yeah, yeah, yeah. Cannabis can be, uh, can be very healing. It's just,

00:31:38 it's one of those things. It's, it's just, um, if we're having any abusive behaviors, whether it's alcohol, um, all the work, that's an abusive behavior, um, um, you know, whatever that is, um, you know, it's, it's, it's just something to look into, but yeah, it's yeah, obviously. Yeah.

00:31:56 Um, I come from a, a, from a family talk about like, just mention quickly about addiction, things like that. I come from a I'm Russian. I come from a family of addicts, obviously a stereotype for where there are stereotypes for a reason. So, um, I know what an addiction, what addictions look like, and I know the,

00:32:12 the, the worst sides of them. Um, so if, if a person does struggle from addiction to anything, there's absolutely. Um, only we, we pulled a cart, ruthless compassion, uh, Ruth, this compassion, this right before this podcast. So, uh, only compassion towards that. Um, however, if you're using it in a medical purposes and you feel like it's helping you deal with life in any sort of way,

00:32:35 like go for it, there have been there definitely off cannabis that can be Yeah, yeah. And wine and wine, You know what, sometimes I honestly, I'm like, this is, this can not be bad for me. Yeah. I know. Sometimes I'm like, this is awful, but that's on a day. Yeah. Thank you for sharing that.

00:32:53 Thanks. And we, yeah, we just want to let people know that it's definitely a personal choice. And, um, I can only speak to my experience, which is growing up in this, in a place where, um, I didn't smoke it. And also my work environment, if I was in Fort McMurray, I know some of you guys listening,

00:33:09 maybe too, in a work environment where there's drug testing that happens and, um, drug testing dogs on site, or you're working in a safety sensitive position where drugs aren't a potential. So that's, that was where I went to. And I know sometimes that stigma still exists. I want to speak to the stigma from a place of awareness and breaking that open,

00:33:26 as opposed to reinforcing that stigma of potheads or stoners, or you're going to have drugs and die, or you're a drug dealer or any of those things. I want to speak on behalf of them as opposed to like reinforcing them, if that makes sense. So I did want to say that. Okay. So here's a question about actually using it. So there was a lot of questions that came in around,

00:33:45 okay, I've got CBD oil, but like you said, you were like, I took my, uh, you're not the only one I've heard the sentence that was like, so nervous to take it. They only took one drop, like, and I've heard other people say that it's very complicated to figure out how much to use, honestly, whatever.

00:33:59 So dosage just going to be whatever works for you. Um, it's, it's kind of like a, I dunno, let's compare it to food. How much food are you supposed to eat? You're supposed to eat until you're full. Right. So that's, it's as simple as that. So with a, with CBD is the same thing it's, you're supposed to take until it works.

00:34:16 Whatever dosage works for you. If you want to start with one drop and see that it's completely didn't do anything for you, do it, then take two that take three, then take four, like go for it. Um, however, I've also heard, like people reach out to me and they're like, I've taken two drops and it doesn't work for me.

00:34:31 And I'm like, you've taken two drops, come on. Like two drops will not work for you. Like there's a very, very small percentage of population that not a very small, I actually know some people that three drops work for them, but it's small percentage. Um, so there is people that, you know, take 10 drops and it really works for them.

00:34:49 There are people that take 50 drops, then that works for them. Um, so it really depends on your body. It really depends what you take in for some days, I honestly need a couple of drops and I feel like it makes all the difference. Sometimes it can take a whole dropper and he won't make that much of a difference. Like it just depends on my day.

00:35:06 Depends on my, uh, body depends where I'm probably in my cycle. It depends on just so many things that, um, whatever works for you, like figure out your dosage. So what I recommend take five drops and wait for 10, 15 minutes, whatever you take in, let's say, let's say you're taking it for anxiety or an anxiety is a little harder,

00:35:25 not a little harder anxiety. What do you people do they take, let's say they take five drops and then 15 minutes later, they're like, well, I feel like, like, how are you feeling? They're like, I feel calm. And I'm like, Oh, it worked. They're like, are you sure it worked though? Like maybe I'm just feeling calmer.

00:35:39 I'm like, maybe you're just feeling comer. That's true. So, so a lot of times you, you will feel calmer, but like, until you, until that happens, let's say three or four times, it's really hard to believe that it's something else helping, because you feel so normal. Like you don't feel anything else other than like caffeine gives you more of a feeling than CBD does.

00:35:58 It's not going to give you any sort of feeling it, just going to take away the feeling of stress and anxiety. It's going to take away the feeling of pain it's going to take away. Like restlessness at night. It just takes away feelings. It doesn't give you anything. So don't expect any fireworks. Don't expect any feelings. If you feeling good,

00:36:18 that's all you need to feel like you just need to feel normal. So, yeah. And then if he doesn't, if it doesn't work 15 minutes later, take another five drops. It doesn't work. 15 minutes later, take another five drops. I usually send a dosage journal with my, uh, with my bottles and it helps you figure it out,

00:36:32 just recorded. But I honestly feel like if you, um, usually people like figuring it out on their own. It's, it's quite easy. So, and I noticed too, even on your website, there's a couple different, I don't even know what the word is, like different strengths because that is not the right word. Yeah. So how do you,

00:36:49 if like for somebody's first time using it, how do you pick one? The right string? Yeah. So there, it doesn't mean Really matter, like to be honest, so the way I like to, so, um, they're yeah, they're all very different strengths. So for example, I have, um, we have three different, uh,

00:37:07 strengths in the same size of a bottle, uh, 750 milligrams, uh, 1500 milligrams and 3000 milligrams. So it would be like our normal than half and then double right. Or like, um, so it's a it's whatever, if you were the only difference you need to know, is that how much have you been taking and then how do you need to double it or half it or whatever?

00:37:30 Like if a person let's say, because, um, our strongest one just came out, it's a new product, right? So if a person has been taking, let's say like 20 drops of our regular strength, um, and they're buying a new bottle, they're just need to have their dosage. So they're taking out 10 drops. Only the benefit of that is that some people take it,

00:37:48 let's say forthrightness. So they take it every day twice. And if you're taking everyday twice 20 drops and you go through the bottle much quicker, versus if you're taking, um, 10 drops, it's easier to take. Um, it's a, the bottle lasts longer and it's cheaper because the more concentrated the bottle is, the more you save prices wise,

00:38:08 like, because it's kind of like the economy of scale, um, versus, um, if a person is taking like five drops a once a week for that stressful day that they have, then they can, you

know, they can easily go for the lightest version, um, and not worry about it because the bottle will last them forever anyways. So it just really depends what you're taking it for and what your own preferences.

00:38:30 Um, I have, um, so Icaria in general has a quite concentrated like baseline. So our regular products are quite a concentrated to compare to other brands. That's why a lot of times people say something like, Oh, I tried other brands and they didn't work. And the car had worked honestly a lot of times it's because, because they, a lot of times,

00:38:51 like they tell me the names of the brands and I'm like, Oh, that's a good brand. That's reputable brand. Um, however, the brand is just has like way lower concentrations. So you just need to take like a full dropper versus a car. You just need to take like 10 drops. So, um, and a lot of people don't want to take a full dropper.

00:39:06 They just want to take a couple of drops, uh, just psychologically. So obviously the first thing, which I love that you're saying, this is you have to know yourself and it's going to change a little bit, it's going to depend. Um, but it sounds like if you're using a high amounts, it's, it's better to use less drops of a higher dose.

00:39:23 I just find it's easier. Easier. Yeah. It's up to a person, but yeah, it's personal and it can, if you're, it's okay to use a lower dose too, you just might use more of it. Totally. Got it. Okay, cool. So interesting. Okay. Um, here's a question that I'm curious about. Am I going to become dependent on it?

00:39:41 Yeah, that's a really good question. So, um, there's no dependency. Um, there's nothing because we can get dependent psychologically on something and then physiologically. So when we physiologically dependent, let's say, um, I'll go with like a hard drug, right? Like, um, well, what are the, I dunno, heroin, heroin. Let's do heroin.

00:40:01 So like, as soon as you try once your body basically craves it again, right. Or like even smoking, let's go smoking, um, secrets, right? Nicotine. Like people actually feel worse or caffeine if you don't, if you, when you become dependent, if you stop taking it, you feel worse. Right. So it absolutely does not happen with CBD.

00:40:19 There's no physiological dependency on it. Um, with psychological dependency of, uh, the fact of like, Oh, um, Oh, I'm stressed out. I need you to have a smoke. Great. Um, there is a psychological dependency on coffee. For example, I have a psychological defense, you know, coffee, uh, because my mornings like just become better if I drink a coffee,

00:40:38 whether it's working or not at the moment, um, with CBD. It's interesting because I find, um, and I've, I've heard it from many people with addiction history and all of that things.



Um, it's almost like you have to force yourself to take it because it's almost like it's almost like a yoga class that you have to do a versus minus the,

00:40:58 all the effort of doing anything. But it's almost like, this is good for me and I have to take it and I'll feel better after, but you, when you're in that stress state, you almost want to be like, no, nothing is working. Nothing is helping. Nothing is going to work for me. You know? Like that's why like meditation when you're stressed and anxious is not a lot of times working because you're not doing it like yeah.

00:41:19 Yes. Preach. Yes. I, yes. In the last week when I've been stressed, I've been like, I need, I should meditate. And then I get into meditation. I'm like, I have so much to do this. Isn't working. I suck at meditating if I'll, I'll just spiral. Yeah. So totally, Totally. So I feel like it's almost the opposite.

00:41:32 You almost to like force yourself to take it. Yeah. And remember to take it. Uh there's um, absolutely. Yeah. And yeah. So no side physiological or psychological dependency at all. Okay. So great. I love that you distinguished between those two things. That's really fascinating. Thank you. Okay. So here's a biggie that I genuinely was still confused about.

00:41:53 So is this legal in Canada? Like, is it legal? They were, when I was in my DMS, there was a lot of confusion around it. I'm like, how do we actually buy it? I've heard some of my, some of you guys were mentioning some sketchy sources and like being nervous to go buy the CBD oil. Like, do we need a prescription to help us about that whole bucket?

00:42:15 Yeah. So it's, it's, it's easy and it's not easy. So on one hand side, um, cannabis products and cannabis overall is legal in Canada. Um, there's Canada. So Canada. Yeah. Just, I don't do international people listening. So Yeah. So in us, uh, in us can, CBD is way more prevalent than in Canada in us.

00:42:37 CBD is sold very often in the malls. And because a lot of times it's not considered to be a cannabis product. So U S is actually like a little bit Hong Kong, Japan. I want to say Korea, um, places where basically there's like a death sentence for cannabis there, they have legalized CBD fully. It's bizarre. And then here we are talking about CBD as if it's like some sort of terrible drug Europe,

00:43:02 a lot of places it's legal, that being said, do not cross any border with any of cannabis products, do not take accidentally with you in a car when you go into Seattle, do not. You can like, you can get in trouble for that. Um, even though it's like, it's legal in Canada in us crossing the border can cause a lot of issues,

00:43:23 um, and crossing into Canada as well. If you go to U S and you buy this cool new CBD product, do not come back into Canada with it. That is, that is absolutely illegal. Um, okay.

Thank you for saying that. Yeah. That's super helpful. Yeah. Yes, because I love taking it on the plane, uh,

00:43:39 for the plane because on the plane I get restless. And when I, like, when I take a ton of CBD, I just like relax and loving my play, my flight. So, um, and then on the way back, I like struggle a lot. So I'll usually for wherever I'm traveling. Um, so I know that a lot of people want to take it with them,

00:43:55 but do not under any circumstance, like don't go into Europe, don't go into any places. Um, that being said within Canada, it's totally like cannabis products are totally legal. Um, so which doesn't mean that anybody and everybody can be obviously selling it. And, um, there is the only like fully legal white market is whatever government sells. So any government dispensary,

00:44:23 which is, there's only a couple, only a few, um, like in all of, Canada's only a few, there's only a few in, in BC, only a few each province, each province will be different. Like we have the, probably the most out of Canada, maybe Ontario. Like we have more than a lot of other places.

00:44:39 Um, but we still have very little, um, a lot of them are still gray market. Um, statistically speaking, 80% of cannabis market is still great. Um, and 20% is legal, most likely, um, any cannabis you've used most likely has been in a gray market unless you went out of your way to find illegal dispensary and go there.

00:45:01 Um, and then online, if you see anything other than Canadian government website, that will all be Korean market. So can you buy CBD oil on the Canadian government website? Yes, absolutely. Okay. There is. Yeah. And if you feel anxious or nervous about buying from a gray market, I, I recommend that, um, they're unfortunately,

00:45:22 like it's hard to, I, because sometimes people ask me to send them, um, like links to government websites, which I do because I just, I want people to just try CBD, honestly, that is my genuine desire. So, um, I, uh, I try to find it and it's actually quite complex, like the way, you know,

00:45:39 hung government websites are like, it's just hard to find them, but, um, but if you spend some time researching, like, and going through it, um, you I'm sure you'll find, um, a good source for it. There's no marketing, there's no education. Um, so it's, it's hard. Like it needs, it takes time,

00:45:55 but you can also go into a dispensary into legal dispensary and talk to people there, um, and ask them to like give you the right. But the problem is that, um, in legal

dispensers, they're also not allowed to, uh, explain you anything, uh, because there's a like, Oh my God, it's so complex. Wow. Well,

00:46:10        isn't this crazy, this is crazy. And I just want to say, thank you so much for being genuine and for being so open about this, I really do feel, and I'm sure you guys listening to can feel how passionate Nadia is and how she just wants to educate. And so thank you for sharing that because it's so easy for you to just be like,

00:46:26        yeah, just buy my stuff, buy my stuff, buy my stuff. And you, I believe have such a obviously buy her stuff. It's amazing, but yeah, genuine heart, Whatever you feel more comfortable with, honestly, just because, um, that's why I'm, that's why, because, uh, this market is bizarre and weird. And honestly,

00:46:44        I was telling Lisa right before our, uh, podcast interview. I'm like, honestly, when I see that the government is doing a good enough job to, uh, provide my customers with proper CBD, with a proper pricing, um, with a proper distribution model, that's one I'm, I'm ready to like, not be in this business anymore because I just,

00:47:04        I S I have my customer base and they're, um, they, they, they, they, they use the product and they changed their lives. And then if I, even if I, like, for some reason pull out of the market, I feel like I like left my friends alone because like, it's, it's, it's hard to find that product otherwise,

00:47:21        like it really is. Um, and so what I do, usually I, um, I do two things because I had that question at first, I was like, how am I going to prove that I am, what I'm doing is, is, is, is honest. Right. So, um, and, uh, so there's two things.

00:47:36        So first of all, I do, um, uh, lab tests. Uh, so we do lab tests when we create the product in the lab. And then we do, um, third party lab tests, which is the local Vancouver one. Um, and then, uh, so I have it all on the website. And then it's first and second icon.

00:47:51        I try to collect as many reviews as possible, just because I believe in the power of review, I believe in the power of like this. Like, I love this product and I am, uh, ready to vouch for it. So, um, I have quite a bit of people that kind of like vouch for my product. And I think that's kind of the best thing I can,

00:48:08        you know, provide. Totally. Yeah. I mean, it's all, like, we want to know what our friends are doing, and this is why I wanted to have this conversation because it's happening in DMS on Instagram, it's happening behind closed doors, but I think we need, do need to talk about it more. So I'm so grateful for everything you're sharing.

00:48:24 Okay. Having me and being open minded. I know this was a big step for you too, because I know it's not easy and it's not, it's not, uh, it's uncomfortable. It's uncomfortable for you. I'm sure to have me here. So, No, you're wonderful. Just like me as a business owner. Um, so I, I appreciate you and I appreciate you having me and sharing this because it's,

00:48:45 it's an important conversation. Yeah. Well, you know what I really wanted to think. I always try and think about you guys are listening and what do you need to hear it? And I think it kind of what you were even speaking to about anxiety and about like all these things that we don't know that we're the only ones suffering. We think that it's normal,

00:48:59 or we think that we're, or we think that we're not normal, we're the only ones. And so, um, we don't actually learn about how we can make our lives better. And so that's, I think that's part of my mission. And that's part of a big part of this podcast is being able to talk about things that are going to help your life,

00:49:13 that you may not be able to hear anywhere else. The truth that we talk about behind closed doors, and don't, don't actually give it a microphone. So here we are quite literally giving it a microphone. And so thank you for bringing this to everyone. Yeah. And, you know, it's, it's interesting because you, um, you're obviously you have a,

00:49:29 you know, you're on a mission. Oh, you know, you're creating this amazing community and you talking about, um, you know, I like high left home inspiring you are. Right. And with the idea of goal setting and achieving what we set to achieve. And I'm a big believer in that. Um, and, and I found myself also,

00:49:46 um, at some point I'm like, I, um, I'm, I'm, uh, we're, I think we're very different, very similar personalities. And I have a very much, like, I won this, I'm going to get it right. So, and, uh, I find myself I'm, I'm not enjoying certain things because I'm too stressed and I'm too anxious.

00:50:02 And what's the point of getting any of this? What's the point of like, um, I was moving this weekend and I'm like, at some point, like on Saturday morning, I realize I'm stressed. And I'm like, what's the point of moving into an apartment that I absolutely love and be stressed about it. Like I'm supposed to be the most grateful,

00:50:19 happy person, because it literally is an apartment from my Mo my dream board. Like it literally came out of my dream board. And I, instead of, instead of being like, woo, I'm loving this, I'm stressed. Like what is happening? You know, Thank you so much for sharing that. Yes. And I know that you're not the only one.

00:50:37 I felt that too. And actually, Oh my gosh. So this is really funny. So before we hopped on this as a record, we each pulled and one of Danielle LaPorte's truth bombs, and look

at what mine says, what do you want that you already have? And there we go. At first, I pulled it and I was like,

00:50:54 I don't really, this is, I don't really get where that's going to fit in, but there you go. It fits it right in there because so often you're right. We're too, too stressed or too anxious or too somewhere else to not be, even be enjoying the present moment. Um, so yeah, I mean, that's, we could probably talk about that for another,

00:51:09 like, cause I totally can relate to that. And that's why one of the big things I always talk, speak to women about is knowing how you want to feel. Because if you don't feel good, nothing else matters. No titles, no dream apartment, no, no marriage or babies or money or any of that shit matters hot if I'm allowed to swear.

00:51:27 But I just did put a warning in the beginning there, although I'm pretty sure this is not an episode you're listening to with your kids. So, um, but none of that matters if you don't feel good so that yeah. To bring it full circle, that's where this fits in. So perfectly your products and NCBD went on this conversation because if we don't feel good as,

00:51:45 as women, what the heck is the point? You know, we don't show up for ourselves. We don't show up for our goals. We don't show up for our family. We don't show up for our friends. We don't shop for our customers who become our family. We don't show for anybody. There's no freaking point. So you've got to take care of,

00:51:59 you got to start with you. Everything starts with you. Totally. And can I just make a note of, uh, how, uh, inspiring that was, there was a moment right before we started a podcast and your husband brought your daughter and you took that moment of love and connection. And it was just this pause in, in a moment of time when you kissed her and you tell her how much you loved her.

00:52:19 And it just feels like everything just stopped. And I feel like it's so important. And I just, I felt so inspired by you in that moment of time as a mother, um, because I want to have kids one day and I just hope that I am, uh, I am able to manage business and children and all of that and all of,

00:52:36 you know, the stressors of life and just like you taking that moment, no matter what's happening, it was just really inspiring. So, and I think that's, um, that's what I inspire to be. And, um, right now the tool for me is to help me be that is CBG. Um, and it's not a tool that I,

00:52:53 I think that we should all be, Oh my God, we should all be on CBD. And this is the only way out of it. No, like we should all be mindful and calm and peaceful and, you know, meditate and sleep well. And he helped me move up. I didn't do all of those things. Um, it's just one of the pieces to the puzzle if you even need it.

00:53:14 I love it. Thank you. And thanks for those kind words. Yeah. Thank you. Very inspiring. Thank you. Thank you. Um, yeah, sometimes it feels like I'm a hot mama mess, but I try and enjoy those moments because like I said, like none of it matters if I'm not enjoying it. Right. It doesn't matter how many kids I have or how cute my kid is or how many words She's really cute.

00:53:32 I'm going to just say she looks like an angel. She needs like a little wings and then she can be like on a picture of, on angel, Sweetie. None of it matters if I don't feel good. Right. And like this morning, you know, when I was, um, really anxious and crying like that, that none of that,

00:53:49 I'm not there for her. I'm not there with her in that moment. Um, so that for me is really, what's what keeps me going and reminds me to take care of me first because I can't look after her. I can't be their friend. I can't enjoy her Angeles if I'm not, if I'm not present. So, um, yeah.

00:54:05 Thanks for that. That was really sweet. Okay. So I got more questions about CBD and I know you guys do too, so we're going to keep going here. Some rapid fire questions. Can I drive? We CBD. I'm not daunted drive the first time you taking it, just because if you take too much, you can get a little sleepy,

00:54:21 a little like too relaxed, the easy way to combat that. Or you can just have a coffee and then it's going to all go away, not go away, but like, it's not going to be there, but just like the first time don't drive. But after that, you'll see that you can drive totally for how long, but just for like an hour,

00:54:36 like, see, see how you see how it makes you feel first, uh, for the first time. And then if you were like, Oh, okay, I see how it makes me feel. And then you can totally drive. Yeah. It's huge. See that you can drive with Like, if I get, this is so naive, if I got stopped at a check stop,

00:54:51 like totally fine. Okay. Okay. Um, does it have a flavor? What does it taste like? CBD oil, Two flavors that I personally work with. So CBD itself doesn't taste like much. So that's why, even if it's alluded in MCT coconut oil, so I'm Citi coconut oil is coconut oil with no flavor. Basically it tastes like nothing.

00:55:08 A lot of companies do that. Um, if it's very concentrated formula because CBD itself is technically a little bit bitter if like in my most concentrated formula, it's a little bit bitter, but, uh, again, it's just a little bit and uh, the other one, the other flavor, technically the only flavor is hemp flavor. So hems hemp seed oil.

00:55:26 It tastes like nutty earthy flavor. So if you like into green smoothies and things like that, you're going to be into it. If you're not into them, you're not going to be into it. It's a very specific kind of like flavor profile. I find, I prefer personally the flavored ones, just because it works. There's like a placebo effect that,

00:55:43 uh, the first minute it's like drinking coffee, even though coffee doesn't work for, for, for 15 minutes, as soon as we like save that for like, as soon as they smell it will already more awake. So I feel like with the, with the hemp flavor does the same thing for me. I'm like, as soon as I tasted it,

00:55:56 I'm like, I must become more already. And then it kicks in and I'm like, actually come up. I love that. I love that. Okay. So there's options with flavors. Okay. Good to know. So how do I choose a good CBD oil? Because there's obviously sounds like, I don't know, I'm new to this. There's a lot on the market.

00:56:13 It's hard to know where, how do you know? And like you said, I know we're new in the, this. Yeah. So I would, first of all, go with, uh, making sure that there is THC in it. Um, there is some health benefits to THC, but if you're absolutely new to this, I would just go with 0.0%.

00:56:30 You see, there is some sort of again, uh, lab tests that are attached to, um, make sure you Google the lab, um, that isn't real lab that it's not like fake lab, uh, that they're like just uploading, um, make sure that there is a Google reviews of real people. Um, make sure that there is like,

00:56:49 um, some sort of, yeah, social proof that it's an actual product that actually exists concentration wise and price wise. And taste-wise, that's going to be your decision. So when it comes to pricing, so CBD itself is quite expensive. So what you're paying for is four milligrams of CBD. So if, for example, a bottle that can be the same size of bottles has 500 milligrams of 1500 milligrams.

00:57:14 Obviously the one that has 5,000 milligrams of CBD is going to be more expensive. Usually the more concentrated they are, a economy of scale makes it cheaper. But again, if you were just trying it for the first time, um, you know, you don't need to go for the most

00:57:30 right. Start with like the 1500 milligrams or 1500, Honestly, it's already like a good dosage. If you're committed to, like, let's say trying it for the couple of, for a couple of months, then that's a great place. Um, that's, that's a great bottle to start with. I have a smaller bottles that only have 500 milligrams.

00:57:49 Uh, but again, I tried to keep them concentrated. So it's going to be in a smaller bottle versus like in a larger bottle, less concentrated, just because people don't want to take a

lot of it. Like a lot of times there's this like, idea that I have to only take a couple of drops. Like only like, let's say 10 drops.

00:58:03 People don't want to take like a whole dropper for the first time. So that's why I like when they're concentrated, I just find it psychologically works better. Okay. Interesting. And that was one of my questions. I was like, Oh, like I remember the first time I looked it up, I was shocked at how expensive it was. Yeah.

00:58:17 It is, it is expensive. Um, so it, it is, um, the good thing is that it lasts for a while. So a bottle, like a regular kind of 30 milliliters, uh, 1500 milligrams and there's 1200 drops. So if you're taking 10 drops a day, that's 120 days. And it's like, that's for Marine four months.

00:58:36 Yeah, yeah. Yeah. So it lasts for awhile. Yeah. And, uh, yeah, in the small bottle, even though it looks so tiny, if you take there's 400 drops, uh, which means it will last you for 40 days, if you're taking 10 drops, That's a day. Wow. It's lost. Yeah. Cool. Okay.

00:58:51 That's so interesting to know. That's great. Yeah. That was all my thing is well, and I know some of you guys have asked that question, I'm like, Oh, why is it expensive? But that's good to know too, that it lasts. And I think, I mean, I know about this in my business and you probably do too in the health world like that.

00:59:05 It just, if we want to be healthy, there are in fact we have to think about it as an investment too. Right. And think about like, what are we, what do we want to put into our bodies? What kind of books do we want to be reading? What kind of people do we want to be surrounding ourselves with all those questions?

00:59:16 Right. And so it is, we have to think about it too, I think, as an investment and yeah. Now, you know, knowing that too, I think about the comparison that I spend on collagen or on protein Massages. Totally. Totally. Yeah. Yeah. I also find, um, with, like, with, with CBD it's,

00:59:37 um, the prices should come down eventually. Um, the more, um, the more, uh, widely ranged, it will become like the more we use it, the more the prices are gonna come down, hopefully. And again, I I'm a small company, so I don't, um, I, you know, I don't have much overhead,

00:59:55 so I tried to keep my prices as low as I can and make it as available as possible for as many people. Yeah. Amazing. Thank you. That's so cool. So here's a bit of an interesting kind of twist here is do you think that stress or anxiety is a normal part of life and like, do we really need to be reducing it?

01:00:16 Like it's something that we should just try and deal with. Yeah. So that's a great question. So, um, I find it, so it's how much stress you have, right? So it's, it's that kind of like a



curve we go up up up and stresses can be really productive in the sense that, you know, we can, uh,

01:00:32 uh, we have what we call stress. Quote unquote is a hormone cortisol a lot of times or adrenal, uh, well, adrenaline and, but, um, cortisol is like our main hormone. That is a stressor. So, um, cortisol is the one that produces energy, keeps us alert, keeps us awake. So basically what this makes us function throughout the day.

01:00:52 So cortisol is very important and we love it. And we wanted, um, however, there becomes a point where it becomes too high and when it becomes too high, then that's when it becomes damaging to our body because it starts, um, keeping it starting causing imbalances in our other systems, whether it's hormonal imbalances, whether it's, um, you know,

01:01:14 we're gonna start like muscle wasting or we start, um, you know, collagen wasting, like our, uh, adrenals are going into override. So like there's all these terrible side effects, but it's not because of cortisol. It's because of too much cortisol. How much of cortisol that is for each person it's going to be very different. Right. I swear,

01:01:35 I know people that are on a high, high stress, uh, kind of like level most of their days and they just function so well on that. And many may, I mentioned those are usually males. Um, and I don't know why, but they're just like thrive in it. And I feel like they become healthier because of it versus I know also,

01:01:56 um, way more people that had these like threshold, as soon as they become a little more stressful, you can just feel like it's detrimental. It lowers the immune system, it screws up their sleep, it screws up their hormones. And like, if I get too stressed, I can notice BMS like that. Like I know that I'm going to have BMS.

01:02:12 And I usually don't, that's how I know I have too much stress in life. Um, just things like that. Yeah. Okay. Interesting. Yeah. I've of one of my friends, Laura, Cheryl, she does cycle sinking. So we'll have to bring her on for an episode too. She always says your period is like a, is a barometer for your health for the rest of the month.

01:02:27 So if, yeah, so if you've had a stressful month, if you haven't been taking care of yourself, it's going to show up in your period. So yeah, some of the things that I learned from her, Oh my God, I'm such a fan of like the whole period thing. I feel like, okay, just a little side note.

01:02:40 I feel like because we live in events world a lot of times, and I know it's changing, but it's still the, the, the reality. Um, most of the studies are done by men on men. Um, so I feel like it's so widely, um, under studied. Um, and I find like our periods, which is the most amazing,

01:02:56 magical things that we, if we just watch them and love them, they can bring so much, um, more clarity about how our bodies work. Oh, so cool. I totally agree. And, um, okay, so Laura, if you're listening, we gotta bring you on Laura. We're gonna bring you on because I totally agree in it.

01:03:13 Yeah. I want to redefine that too. That's magic. Thank you for sharing that. So, um, one of the questions do, and I think we've kind of answered it. Maybe we can kind of sum it up, but one of them is around like, are we buy if we just take CBD, if I just take it, am I just avoiding things or am I not dealing with things?

01:03:32 And what I think you're going to say, and maybe I'm wrong, but is that like, it's one tool and that CBD isn't that we, you know, we take it and then we neglect everything else, but it's one tool and so is good sleep hygiene. And so is nutrition. And so is working out and so is, you know, enjoying the moments and kissing our babies and yeah.

01:03:53 You're spot on. Absolutely. Yeah. And, um, also it's, it's just, um, it's a tool to be where we want to be. Like, it's, it's a, it's a kind of like a, a tool, uh, for, uh, I don't want to say for goal setting, but, uh, sort of, because a lot of times,

01:04:09 if our goal is to be healthier, happier, more peace, more at ease, um, and then we'll present, um, then it's, it's a tool to help us get there. And the way I like to think about it is almost like a rewiring my brain. Um, I personally grew up in a very stressed kind of environment, um,

01:04:28 with, uh, so I, I th and the more look into it and the more looking to childhood development, um, I realized that, um, it basically becomes almost like a pattern in my brain to react to everything and to get stressed out about everything, because that's my comfort zone. That's what, it's almost like an addiction to, Oh,

01:04:46 there's actual addiction to cortisol. But, um, so we, when, when we try to, the longer we stay calm, the more we retrain our brain to stay calm. So nowadays I find like, even if I don't take CBD, just the idea that I'm like, Nadia, don't you want to become, and right away, I'm like,

01:05:05 Oh yeah, I want to become, Oh, I'll become, okay, I'll come. Like, it's almost like it just retrained my brain to be calmer. Wow. Yeah. It's habits. Right? New habits, new ways of thinking. And I always like habit, or I think goals are not about, they're not about what you achieve. It's about who you become in the process and to achieve any kind of a goal,

01:05:22 you need to change your mindset and your habits, because you are the combination of those two things. So, yes, I love that. So this is just one more tool to help with

those help, with that mindset and a habit to help you be more mindful, be more present, drop down the stress levels and find a new way of being in the world a hundred percent.

01:05:38 Right. If you're using it, like with that intention, then you're just going to get to that place sooner. But if you're using you just, you know, mindlessly, um, it's kind of like, what, what are, yeah. What are the tools and what are we using them for? Love it. So good. Okay. A couple more rapid fire questions here for you.

01:05:56 Will this be detected by drugs, sniffing dogs? This question came up for the people that work on sites or, and, um, workplaces and where there might be drugs, sniffing dogs. Again, we said, no, airports don't take it to the airport, but what about workplaces? I actually, I would confirm maybe with your workplace about CBD itself.

01:06:14 Um, just because I feel like, uh, there shouldn't be a problem. Um, however, I also don't want to get anybody in trouble. What if there is a little bit of a residue on the bottle from, from, uh, itself, the product itself, they shouldn't be able to detect it because there's no more cannabis left. Um,

01:06:31 however, you know, you never know, so I'm, I don't, I don't want to, No, that's good. This guy's okay. Check with your HR department, my friends, check with HR and make sure. Okay. So what about drug testing? Like what if were drug tested for, um, for pot or other drugs? Is this going to show up in a drug test?

01:06:47 So CBD, He is absolutely different. So it shouldn't show up on drug test. Um, however, there has been like an like little tiny minuscule research about the fact that CBD can convert in the little bit of THC in your system. I mean, there's always a chance, so it's kind of like, it's, it's, it's a risk that you're taking.

01:07:07 Um, it's a really slow, minor risk. It's a very low risk, but it depends on like how serious your job is and how serious are the consequences. So I think you just need to weigh those things in because yeah, I won't be able to like a hundred percent guarantee anything, but even though there's 0.0% THC, I just, there has been one study done that to show that a little bit of the CBD converts into a little bit of THC in your stomach,

01:07:32 uh, with a stomach acid. But again, that is just some meniscal research that hasn't been proven since, but I also don't want to be like, Oh, it's not true. Yeah. Take it all day at work. Yeah. Okay. So do you know what, what, how long does it stay in your body for, it's supposed to be Leave your system within like eight to 12 hours.

01:07:48 Okay. So for example, if I, you know, was took CBD on like a Friday evening or a Saturday morning, it should be out of my system by a Monday morning. Yeah. Okay. Okay.

Alright. That's super, super interesting to know. So what about, I've heard a couple people asked about pure CBD versus HAMP derived CV CBD.

01:08:08        What is the difference and what is better? So a, so there's all these words. Oh, with CBD a CBD isolate, pure Hemp drive. Yeah. But it's all the same thing for technically speaking. Um, um, yeah, I don't like, there's not a definition of any of them. Um, so CBD technically is always derived from hemp.

01:08:28        So there's two types of, so cannabis is a type of plant and then there's two types of cannabis. So like, we can have Apple, we can have gala or Macintosh. Right. So there are two different types of apples. Uh, however, they're both apples. Um, so Hemp and marijuana are both cannabis, so Canberra, both cannabis.

01:08:49        Okay. So I'm going to go on, it is high in THC, high end, psychoactive compound and low in CBD. Hemp is high in CBD and low in THC. So, um, most of CBD is extracted from hemp just because hemp is high in CBDs. Why extract something from I, a plant that's low in it. So usually most of hemp,

01:09:10        most of CBD is hampered derived. Um, that's first pure. I'm not really sure what they mean by pure, uh, just because like, I know that it's a marketing word. Um, it's whatever that marketing Morton means. Um, it's kind of like Doctoral or okay. Yeah. Yeah. So there's no actual meaning of it. Um, and then,

01:09:30        uh, um, yeah, and isolate just means, so my CBD is made with isolate, which means it's literally just a CBD. There's nothing else in it. Uh, so it's kinda like a it's one chemical company. So are there other CBD oils on the market then that would have more than just CBD? Yeah. So there's a full spectrum once.

01:09:48        So full spectrum ones will have other cannabinoids, including a little bit of THC. Uh, the reason why I don't work with full spectrum at this point of time, just because I don't want to work with any THC, there are health benefits, so a full spectrum as well. So if you're like, I'm not afraid of THC, I'm okay with full spectrum,

01:10:05        you can find some other health benefits. Okay. All right. So maybe that's what they meant was the, is just a CBD isolate, or is it a full spectrum Companies that use those words CBD as like to describe their product, but again, different companies will use that in a different way. So it's kind of like the word natural. Yeah.

01:10:25        The stick, or There's like a lot of words out there that like brand brands use and you were like, what exactly does that mean? So, yeah. So it's just one of those words. I'm glad that a question came up is because I like wanted to just, um, words a lot of times don't mean like it's just marketing. Yeah.

01:10:41 Got it. Okay. Super interesting. Okay. Now I have a one, Oh, a couple of personal questions that came up here. So one of them was specific to cancer. So, um, I have, my father is, um, has, uh, multiple myeloma. So they've been kind of heard that CBD might be helpful for him,

01:11:00 but we're really nervous to take it and doesn't want to do it. So any insights on that? Thank you for that question. And I'm sorry to hear about your dad. Um, I, um, so when it comes to really severe conditions, um, like cancer epilepsy, um, I, um, think that it will really depend on the person.

01:11:21 Um, there's so many different types of cancers. Uh, they have so many different reasons for them. Um, CBD can be one of those like, um, helpful hands because CBD, if, if, even if it doesn't necessarily like cure cancer and all of that, it can help through the process of the, of a healing, uh, because it can help you feel more calm.

01:11:45 It can help you feel more at ease. It also can help with like nausea, um, that people usually experience during, um, uh, June treatment, um, or with pains, uh, it can just overall make a person feel better. Um, yeah, so, uh, I I'm, I'm, I'm, I'm very, um, wary about claiming things like that CBD can help with severe conditions like cancer.

01:12:11 Um, so, but, but it can, it can help support. How about that? Yeah. That's beautiful. Thank you, so great. Thank you. Um, what about CBD with other medics? Yeah, that's an awesome question. So, um, CBD does interact with certain mitigation the same way as grapefruit juice does. So, uh,

01:12:28 there's an enzyme in our liver that processes, uh, CBD and I processes great for reduce, um, and it processes, uh, some off pharmaceutical drugs. Um, if you know that you can't drink grapefruit juice with your medication, that means CBD will, will also affect that mitigation. Um, sometimes it can. So CBD makes the medication stronger a lot of times,

01:12:53 um, in certain cases that can be if you take the CBD regularly, that can be a good thing, because that means you can take less of your medication. Uh, you just must consult your doctor. When I say that it's actually really difficult to consult your doctor because your doctor is not going to know, uh, most likely there's only a few doctors that are educated on that.

01:13:10 However, um, if, if it's like something like a blood thinners and CBD makes it stronger, that's kind of life threatening. So we definitely, you definitely want to ask your doctor. You'd definitely want to confirm with your doctor. Um, I talked to your doctor, um, and because that is something, um, there, there might be interactions.

01:13:28 Yeah. Yeah. So good. Okay. And I think this is fascinating right before we hopped on, we were, we actually looked up Adderall and you you're like Google does, um, it

does great for juice interact with Adderall. And I was like, what? That is so random, but that's fascinating about how CBD works and that interaction. So Totally.

01:13:45 So, yeah. So if you want to know, just be like, does grapefruit juice interact with your drug that you're taking? And that, that way you will know? Um, because yeah, sometimes it's like a clear like unserved, just because there was a lot of information on grateful, reduced. There's not much information on CBD, So cool.

01:14:02 Okay. That's helpful for everybody. Um, so maybe this is where we, where we end off here is for the, for the woman, like speak to the woman who she's like, I don't fit into that the whole pot scene or cannabis, or I'm uncomfortable. Like, what do you wish that she knew? I would like to, Uh,

01:14:19 say that we all often grew up in a, or live in a very limited, um, perceptions off things because of the way we've been taught the books, we've read the things we've seen. And we have those limitations in our mind and we have associations. Like, if you do this, then you will do that. However, I think one of the things about living the fullest life is about and more open and joyful life is about questioning those beliefs.

01:14:44 Um, as we like as an immigrant, and I'm sure you'll have immigrant listeners and they will be able to relate when you immigrate to a different country, you have to question everything. Like, because you're like all of a sudden you're like, Oh, okay. All of the beliefs that I had basically questioned right now. So it's, this was just one of those beliefs that I didn't want a question,

01:15:01 honestly, because it didn't make me feel comfortable. And this is just one of those beliefs that I, I hope I inspire other people to question, if it doesn't work for you, it doesn't work for you. There's nothing bad that they can happen and knock on wood. There's nothing there's, there's no real side effects. Other than like the interaction with certain drugs,

01:15:19 there is no, um, there hasn't been found, there was no overdoses of cannabis or especially CBD. There's no upper lot upper tolerance limited that they found with CBD. So you can take the whole, you can drink the whole bottle and they haven't found any side effects of that. There isn't much to lose, but there's so much to gain. Again,

01:15:39 it doesn't have to be an old fallout like tomorrow I'm buying my bottle, blah, blah, blah, blah. It can just be like, I'm going to open a conversation with my girlfriends and see who tried it and see who uses it and see like, what are the, what are the beliefs are, I'm going to Google it and see what Google says,

01:15:54 right? It's just, it's a step by step process guys. It took me honestly, a good year to try. Like I, so I don't want to put any, any expectation of people being like, Oh, they listen to this podcast, that's it. I must try it tomorrow. No, you, you do, you, you do it at your own pace.

01:16:09 You're doing it. You're like, I'm very cautious about things that I take. So I hope you are too. And so research it, like do your own research. I love that. So good shift your mindset. Do your research, do what feels comfortable for you. That's why I just love, love that you came here to share all of your wisdom.

01:16:27 And I want to say thank you so much. Um, so where can people find you and your products? Tell us about the carrier I'm on basically on, only on Instagram and email. So, uh, I would have a website, uh, I carry a.co. So I C a R I a dot C O. And it's the same Instagram handle.

01:16:48 And I carry a doco. Um, I am the one answering emails and they want answering, uh, Instagram messages. So don't be afraid to reach out. I, um, I'm happy to jump on a call with you just because I'm, it's funny, the more I grow and the more customers I have, the less people reach out to me personally.

01:17:03 I wonder if like becoming Don't know. No, no, no, but it's really not like, not I'm, I'm not, uh, like people aren't calling me very often at the beginning of so many people called me and now nobody does anymore. And I'm not telling you like, Oh, call me. But at the same time, I'm like,

01:17:19 I love talking about this. So if you want to support, if you want, like, uh, I I'm, I'm happy to be there through the process. So, um, yeah, reach out to me. Thank you. And I will link to all of that in the show notes too. And so people can find you, but definitely go have a follow.

01:17:34 And one of the things I really respect about Nadia, which I'm sure you can hear is that she's so focused on education. So give her a follow up, check it out, um, and, and just learn more. And if it's something that you're open to, which, I mean, if you're still listening at this point, I feel like you're probably pretty open,

01:17:47 which is amazing. And thank you, um, you know, learn, learn about it. And maybe there's a friend or a family member or someone else in your life that you can also share, share this with, because I have heard what it's done for you and your life. And I know I've heard about what it's done for my friends too,

01:18:01 and I'm starting to experience it in my life too. So, um, yeah, definitely gonna give her a follow Nadia, thank you so much for being here. Thank you for sharing all your wisdom. Thank you for being so open. Even on these like dicey weird questions and Asking me all those

questions. I appreciate it. I appreciate, like I appreciate when there is questions that people are thinking,

01:18:21 and you're asking me those questions, because I know that the audience is thinking of those questions and that thank you for having me being open-minded, um, and being open minded to this like new, uh, still weird product that people like. And, uh, just I'll show you to your audience because I guarantee you there's going to be people coming out out of after this podcast is made.

01:18:41 It might be six months from now. They're going to be like, I've heard about you on this podcast and has been life changing. And honestly, I do, I do what I do for these emails because I get those emails. And when I get those emails, I'm like, okay, I'm going to continue. Okay. When you get that forward it to me,

01:18:58 You might get it. Yeah. Vice versa. Vice versa. Yes. That's, that's what we're here to do. Thank you. And, um, I just can't wait to stay in touch and can't wait to, to change lives together. So thanks for being here. Thank you. Thank you so much for listening. I hope you enjoy this episode as much as I did.

01:19:16 I know it seriously opened up my eyes to a whole new world. I knew nothing about, and my intention with it was to help you do the same. I got to tell ya, hi, uh, just had Sonoma wake up crying. And so she's sitting on my lap right now in true work mode, mama style. So you may hear make a little cameo in the next minute or two.

01:19:34 Now, before I end off, I want to say, please go give Nadia and a car yet. Some love, go check them out. Everything is linked in the show notes. I know you will love them as much as I do. I want to thank you from the bottom of my heart for coming with an open heart and an open mind.

01:19:48 If you have anyone in your life who you think would enjoy this episode, a friend, colleague, family, please take a moment and share it with them. And while you're spreading love, make sure I'm getting a duck shoved in my face. Hi, ducky. Hello. Um, ah, if you enjoyed this episode, take a and tag me In it.

01:20:08 You're listening with your kids or wherever you are. I would love to see that too. I love knowing that you guys are listening and seeing where you're listening from. Uh, maybe hold the shower photos for yourself. I gotta tell you that it is an honor to keep creating these episodes. And if you haven't already, please make sure you hit subscribe and leave us a review.

01:20:28 I am a one woman podcast show. Well, I guess what cinema makes two and a ducky. So we are still a relatively small and new podcast and every single review makes a world



of a difference. Thank you so much for listening. Thank you for being you and I will see you next week for another episode of Goalden Girls podcast. Thank you so much for listening.

01:20:49 If something spoke to you, send me a message by sharing this episode and tagging me on social media. If you know someone who loved to hear this episode, please share it with them. I love surprises. Make sure you subscribe people on the girls podcast today. It's the only way to find out about bonus surprise episodes and make sure you don't miss a single beat on your golden journey.

01:21:09 Thanks again for listening. And I will talk to you in the next episode of the Goalden Girls podcast.