

# HOW TO ENHANCE YOUR MIND, BODY AND ENERGY WITH CBD

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# Introduction

In this guide, we unveil how you can enhance your mind, body and energy levels using a plant that archaeologists can trace to have existed as far back as 12,000 years ago. More likely however, Cannabis or Hemp has been around since the beginning of earth, estimated to be 4.54 billion years ago.

For thousands of years, people have utilized cannabis for its purported medicinal benefits. Its use was first recorded in 2800 BC when it was included in the pharmacopoeia of Emperor Shen Nung, who is regarded as the founder of Chinese medicine.

Before we get into optimizing your life with hemp, let's clarify any possible confusion between the terms marijuana and hemp. Both originate from the same plant species - Cannabis Sativa. However, in contrast to marijuana, hemp has only 0.3% or less of THC (tetrahydrocannabinol), the psychoactive component of the cannabis plant.

This means that hemp-derived products do not contain enough THC to get the user high, unlike products that contain the marijuana flower and its extracts.





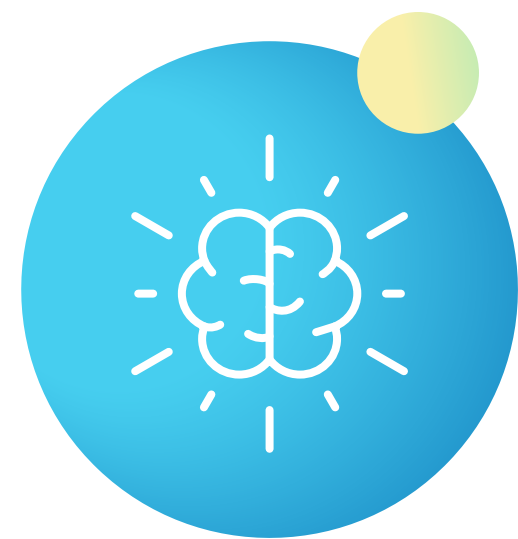
Bliss Formula products contain extracts from hemp and are suitable for those who appreciate the beneficial effects of marijuana but without the head high or mental dis-orientation.

Hemp extracts are excellent for enhancing the mind, body and energy levels without having to worry about being couch locked and craving every naughty food in the pantry.

For those looking for euphoria without getting very high and/or stressing about legal restrictions, there is a new cannabinoid in town called: Delta 8. Delta 8 is also extracted from hemp and can be an excellent alternative to THC, offering an energizing, positive, and euphoric high. It is perfect for social occasions to replace alcohol or synthetic party substances that can give you unpleasant after-effects. Delta 8 allows you to have fun without a hangover, low mood, or an energy crash post-social event.

Next we will dive into how Bliss Formula CBD and Delta 8 products can enhance your mind, body, and energy.

# These are the effects one can expect from Bliss Formula products:



## MIND

Brain Calmative

Anti-depressant

Enhanced Creativity

Relaxed Focus

Brain Neuroprotection



## BODY

Pain Reduction

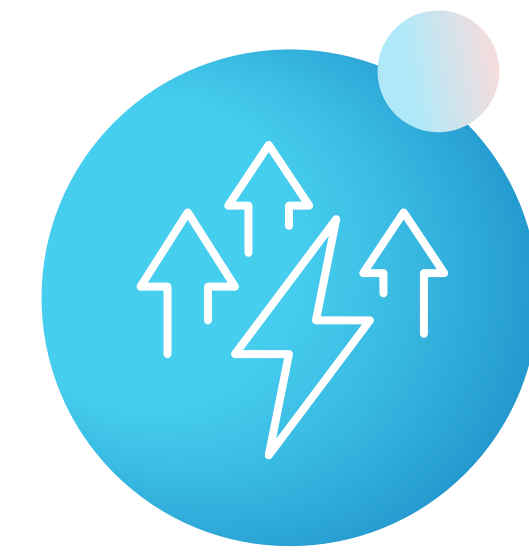
Accelerated Recovery

Anti-inflammatory

Better Sleep

Stronger Immunity

Leaner Body Composition



## ENERGY

Euphoria

Social Connection

Better Motivation

Alert Mindfulness

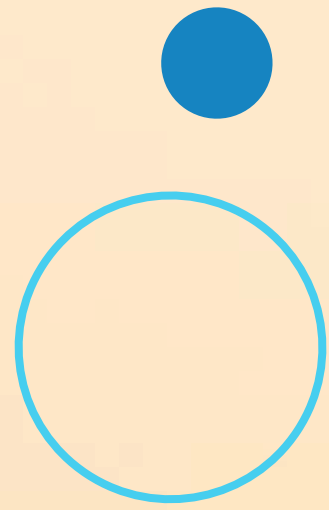
Balanced Well-being

Fluid Social Confidence

Tension-free Approach

# Why choose CBD or DELTA 8 over MARIJUANA?

Quality CBD products made from hemp do not contain enough THC to get you high (with THC content in hemp extracts being - 0.3% or under), however CBD does produce a strong sense of calm without the potential for feeling uncomfortable, getting paranoid, over thinking, becoming introverted in social situations and other negative effects some people experience from marijuana intake. In a nutshell, you get all the positive effects that come from marijuana without the potential negatives that many people experience from THC intake.



# Below are the Scientific Mechanisms behind the Beneficial Effects of CBD and Delta 8.

## **Antioxidant:**

CBD protects cells from damage caused by free radicals and does this by supporting the endocannabinoid system's biological activity by maintaining the body's reduction-oxidation balance.

## **Pain Reliever:**

CBD stops the body's degradation of anandamide. Anandamide is a substance linked to the control of pain. Keeping anandamide levels high in the bloodstream can lessen the perception of pain. Delta 8 activates CB1 and Cb2 receptors of the Endocannabinoid System to induce anti-nociceptive (anti-pain) effects.

## **Appetite Stimulant:**

Delta 8-induced stimulation of dopamine release in the nucleus accumbens accounts for the ability of this phytocannabinoid to enhance food palatability or the incentive to eat.

# Below are the Scientific Mechanisms behind the Beneficial Effects of CBD and Delta 8.

## **Cognitive Enhancer:**

CBD enhances dopaminergic transmission, which is thought to be the primary mechanism by which stimulants reduce distracted thoughts, increase focus, and improve cognitive performance.

## **Fear Extinguisher:**

CBD inhibits FAAH-the enzyme that degrades anandamide. More circulating anandamide is neurotransmitter responsible for feelings of bliss. Delta 8 mimics the action of Anandamide through its affinity with CB1 and CB2 receptors. Both compounds increase and potentiate Anandamide which modulates conditioned fear by reducing its expression, and disrupting the solidification of adverse and disagreeable memories.

## **Anxiolytic:**

CBD's mood anxiolytic effects may also be attributed to its modest affinity agonist at the human 5-HT1a receptor, a major receptor of the Serotonin pathway which is studied to be a contributor to feelings of well-being and happiness.

# The tools we chose from nature

The following section details the different Cannabinoid compounds that are utilised across the entire Bliss Formula range of products. They were carefully chosen to ensure each Cannabinoid and subsequent product has a profound effect on the body that can be felt within each dosage.

Although all the cannabinoid compounds outlined below come from the same plant, when isolated in our lab, each cannabinoid creates a distinctly different effect, to which we use individually or in combination to create the signature Bliss Formula effects.

Below is a short summary of each Cannabinoid and the effect that compound has on the mind, body and energy when administered:







## Broad Spectrum CBD

Broad Spectrum CBD is a natural compound that is made from pure hemp. Broad spectrum means that the product contains nearly the entire cannabinoid spectrum including minor cannabinoids, terpenes and flavonoids. However, the THC component is removed, making it non-psychoactive, but more versatile than traditional CBD isolate.

Broad Spectrum CBD is a multi-purpose tincture that can provide relief for those experiencing: excess stress, pain, depression, low motivation, sleep troubles, as well as health enthusiasts looking to enhance recovery from exercise, reduce inflammation and improve overall well-being.

Containing the full spectrum of the hemp plants cannabinoids except for the THC component, Broad Spectrum CBD creates profound relaxation without the potential for drowsiness. It be used to increase focus and can be dosed first thing in the morning all the way up to bedtime.

As the best All-day-use compound, it is common to use Broad Spectrum in the morning, at lunchtime, in the afternoon and also before bed.

# Full Spectrum CBD

Full spectrum CBD is a compound containing the full range of cannabinoids, terpenes, and antioxidants found in the hemp plant, thus maximizing the entourage effect. It contains less than 0.3% THC, which can cause some psychoactive effects for individuals that may be sensitive to the cannabinoid.

Full-spectrum CBD contains the full spectrum of the hemp plant, including a micro dose of THC and has the highest entourage effect since it contains all the cannabinoids within the hemp plant.

Full Spectrum CBD has the best pain killing effects out of all CBD types and is on par with Delta 8 in terms of pain and inflammation management however without the psychoactive effects prevalent in Delta 8.



# Below are the Scientific Mechanisms behind the Beneficial Effects of CBD and Delta 8.

## **Mood Booster/ Euphoric Agent:**

Delta 8 is a partial agonist of the cannabinoid CB1 receptors present in the brain and the peripheral nervous system. Its moderate affinity induces gentle euphoric effects, feelings of deep relaxation, and significant pain relief.

**Post-workout Supplement:**  
CBD interacts with the body's endocannabinoid system (ECS) through TRPV1 and other glycine receptors, which in turn reduces the build-up of chemicals that lead to pain and inflammation. Because of this mechanism, CBD effectively provides relief after exercise and shortens the period required for recovery.

## **Sleep Aid:**

Both Delta 8 and CBD are proven to help improve sleep quality through their effects on the ECS and the body's Circadian Rhythm. Delta 8 has shown to improve sleep for people who are living with chronic pain. CBD, on the other hand, may lessen disruption during the REM cycle of sleep and reduce excessive daytime tiredness.



## CBD Isolate

CBD isolate is the isolated form of CBD meaning it contains no other cannabinoid other than CBD. Isolate may be a great option for those trying the compound for the first time. Individuals who want to experiment with CBD oil's range of beneficial properties may prefer the Isolate form since there would be no interference from other cannabinoid components, which can and do alter CBD's effect. Because CBD isolate is refined, there is no discernible odor or taste.

People who want to take high doses of CBD for its pain-killing or sleep-inducing properties and prefer CBD isolate may take it at high doses without feeling the entourage effect that comes with taking broad spectrum or full spectrum CBD where multiple cannabinoids are working together to create a specific result in the body.

With CBD Isolate there are consistent effects every dose. The Isolated compound means isolated effects, where every mg is CBD (our CBD Isolate is 99.96% pure) without combination of cannabinoids or terpenes.

# CBN Isolate

CBN, short for Cannabinol, is a component found in many cannabis species, including marijuana and hemp plants. CBN is derived from THC-A (tetrahydrocannabinolic acid), which is the cannabinoid in hemp and marijuana which makes you feel sleepy.

Once isolated CBN exerts many of the effects that pharmaceutical sleeping drugs possess, however without the hang-over effect the next day!

CBN ISOLATE could be called the Xanax of hemp. It is excellent for sleep, especially Deep REM sleep. CBN is the best cannabinoid for insomnia/sleep deprived persons. Excellent for athletes who need the best sleep for ultimate body recovery, it also helps to unwind tight joints and muscles and eases cramps. CBN can come to replace sleep drugs like Ambien and multiple other pharmaceutical sleep aids without the nasty side effects.





## Delta 8

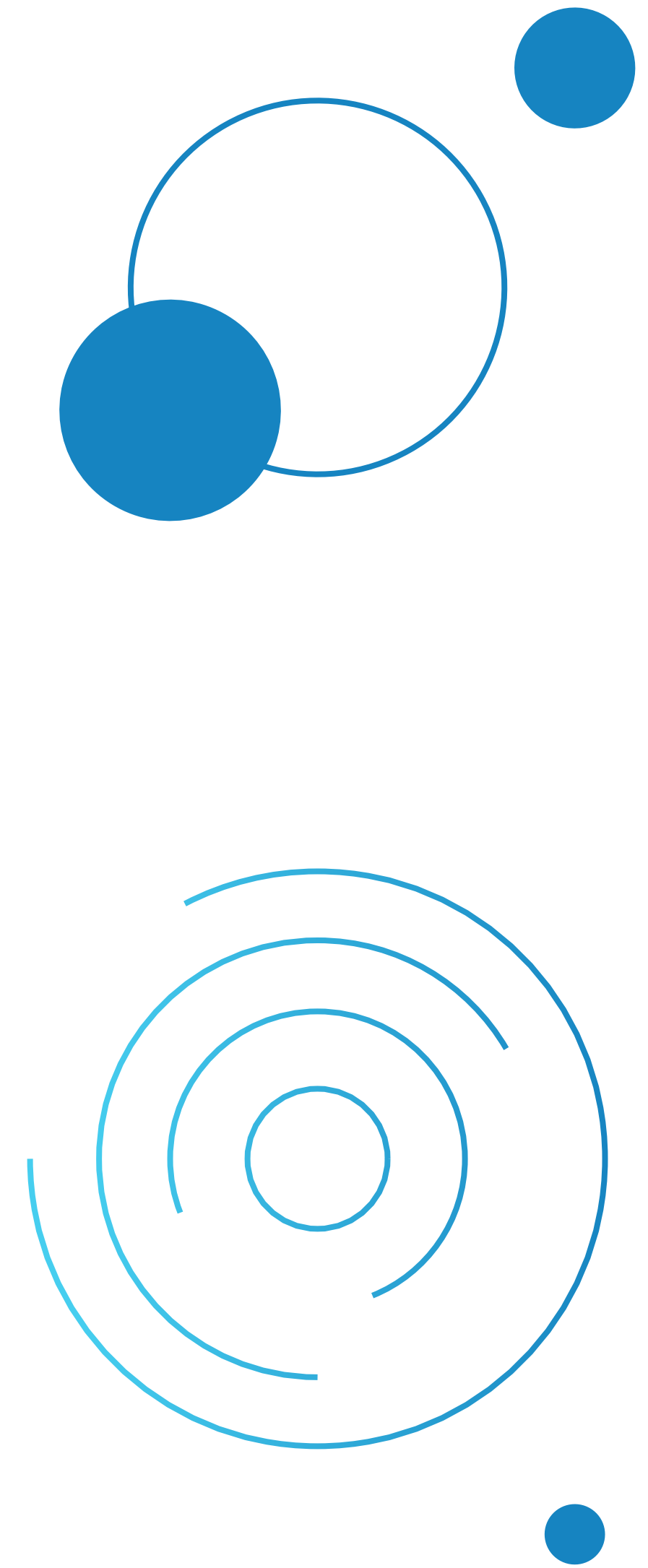
Delta 8 is a hemp derived cannabinoid that works with the body's Endocannabinoid System, directly attaching to both CB1 and CB2 receptors to elicit total relaxation and euphoria. Delta 8 is the newest popular cannabinoid and an exciting option for hemp enthusiasts who are looking for a gentler euphoric experience while retaining their mental and physical efficacy.

Delta 8 is known for its potent body and mind relaxation upon ingestion which is also felt the next day albeit without the tiredness when consumed within normal amounts. A strong unwinding of the CNS system can be felt for ultimate body chill and restoration. Delta 8's pain killing effects are similar to THC without the negative side effects.

Being the Most Euphoric compound than any of the hemp cannabinoid extracts, this can lead to Delta 8 replacing alcohol and other toxic substances in social events. Great for Netflix and chill times. Movie enhancement. It is a great mood and creativity booster, with a heightened sensory experience.

# THE EFFECTS RANGE OF BLISS FORMULA PRODUCTS

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Remedy 30ml  
CBD Isolate Tincture



Spectrum 30ml  
Full Spectrum CBD Tincture



Sunset 30ml  
Broad Spectrum CBD + Delta 8 Tincture



Sunset 30mg  
Broad Spectrum CBD + Delta 8 Gummies



## Bliss Formula Products for Pain Relief



VIBR8 30ml  
Delta 8 Tincture



VIBR8 30mg  
Delta 8 Gummies



VIBR8 350mg  
Delta 8 Vape Pod



Muscle Bliss 100ml  
Full Spectrum CBD Topical Cream



Remedy 30ml  
CBD Isolate Tincture



Spectrum 30ml  
Full Spectrum CBD Tincture



Dreams 30ml  
Broad Spectrum + CBN Isolate Tincture



## Bliss Formula Products for Sleep



All Day Chill 30mg  
Broad Spectrum CBD Gummies



VIBR8 350mg  
Delta 8 Vape Pod

Remedy 30ml  
CBD Isolate Tincture



Spectrum 30ml  
Full Spectrum CBD Tincture



All Day Chill 30ml  
Broad Spectrum CBD Tincture



## Bliss Formula Products for Body Recovery



Sunset 30ml  
Broad Spectrum CBD + Delta 8 Tincture



Sunset 30mg  
Broad Spectrum CBD + Delta 8 Gummies



Muscle Bliss 100ml  
Full Spectrum CBD Topical Cream

Focus 30ml  
CBD Isolate Tincture



Spectrum 30ml  
Full Spectrum CBD Tincture



All Day Chill 30ml  
Broad Spectrum Tincture



## Bliss Formula Products for Focus



All Day Chill 30mg  
Broad Spectrum CBD Gummies



All Day Chill 350mg  
Broad Spectrum CBD Vape Pod

Ritual 30ml  
CBD Isolate Tincture



Remedy 30ml  
CBD Isolate Tincture



Spectrum 30ml  
Full Spectrum CBD Tincture



Sunset 30mg  
Broad Spectrum CBD + Delta 8 Gummies



## Bliss Formula Products for Stress



Sunset 30mg  
Broad Spectrum CBD + Delta 8 Tincture



All Day Chill 30mg  
Broad Spectrum CBD Gummies



All Day Chill 350mg  
Broad Spectrum CBD Vape Pod



All Day Chill 30ml  
Broad Spectrum CBD Tincture

VIBR8 30mg  
Delta 8 Tincture



VIBR8 30mg  
Delta 8 Gummies



VIBR8 350mg  
Delta 8 Vape Pod



## Bliss Formula Products for Euphoria



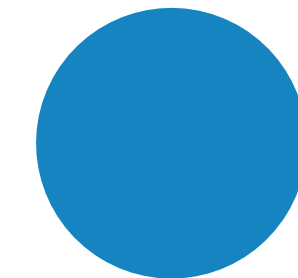
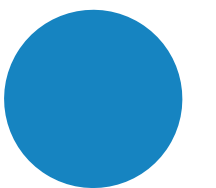
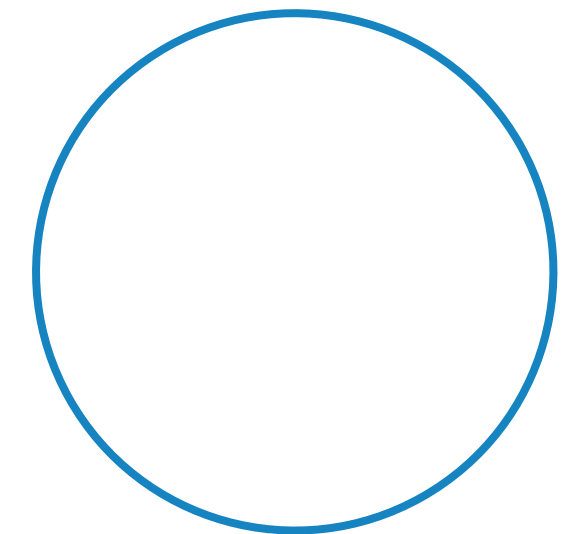
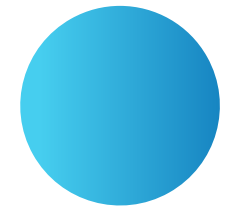
Sunset 30mg  
Broad Spectrum CBD + Delta 8 Gummies



Sunset 30mg  
Broad Spectrum CBD + Delta 8 Tincture

# OUR METHODS OF CBD APPLICATION EFFECTS RANGE OF BLISS FORMULA PRODUCTS

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# GUMMIES

Edibles particularly CBD and Delta 8 gummies are extremely popular. They are deliciously flavored and super easy to consume. Edibles are an excellent substitute for flavorless CBD capsules or strong-tasting unflavoured CBD oils. Hemp enthusiasts frequently use edibles due to their ease of consumption and super accurate dosing.

Edibles come in a wide range of potencies and strengths and are ideal for people who need a dose on-the-go. Consider stress or anxiety in the workplace, leisurely activities, or social gatherings.

After consumption of CBD gummies, it is hydroxylated to 7-OH-CBD and 7-COOH-CBD by cytochrome P450 enzymes CYP3A4 and CYP2C9 in the liver and generally last between 4-6 hours per dose.

After consumption of Delta 8 gummies, the body produces a metabolite that is similar to 11-hydroxy - a metabolite produced following the use of THC edibles. Therefore the effect of Delta 8 gummies is potent where are half or even 1/4 should be tried first before consuming an entire gummy.



# VAPES

CBD vaping is ideal for providing immediate relief from mild symptoms of anxiety, pain, inflammation, and other psycho-social issues. Vapes come in a variety of delicious flavors, they work fast, and are relatively long-lasting.

Over the years, there has been a steady increase in warnings about the potential harm of smoking. In response, more preferable alternatives were explored, from which Delta 8 and CBD vapes were born. This is a practice that utilizes technology to help remove the nasty flavor of cigarette smoking and negate exposure to toxic substances such as carbon monoxide and heavy metals.

CBD and Delta 8 vapes have emerged as a lifestyle and wellness product whose potential health benefits have been appreciated particularly in the social scene, where you can hang out with friends and colleague with easy confidence minus the health risk of cigarette smoke.

Although it doesn't contain any actual oil, vape products are frequently referred to as "CBD or Delta 8 vape oil." It's safe to inhale if it ONLY contains PG, VG, CBD extract, Delta 8, terpenes and natural flavour. Vaping CBD or Delta 8 is the fastest method of application due to being absorbed in the blood and brain within 10 minutes. Inhalation is also the most bioavailable method of CBD / Delta 8 intake. Vaping is considered to be safer than smoking the flower of the plant due to the reduction of carbon monoxide.





# SPECIALISED TINCTURES

Broad Spectrum and Full-spectrum hemp extracts blended with other potent cannabinoids such as CBN and Delta 8 create more potent and specific effects. These blended tinctures are especially formulated to work synergistically with the body's Endocannabinoid System whether to have a smooth transition from the hectic routines of the day to the mellow, more relaxed pace of the evening. Specialised tinctures can enhance your night-time activities, alleviate severe inflammation and pain, or promote deep and long-lasting sleep.

The combined action of selected cannabinoids, terpenes, flavonoids and essential fatty acids utilizes the entourage effect to produce more potent and long-lasting effects. As an added feature, these tinctures come in exciting new flavors for a more enjoyable experience.



# ISOLATE TINCTURES

CBD Isolate tinctures are highly effective for anxiety, pain, inflammation, and sleep issues. Simple and convenient to use, and ideal for beginners. These Tinctures of Wonder are small enough to fit in your pocket, and come in various strengths.

By far the most common CBD intake is through isolate oil tinctures since there are no interference from additional cannabis components.

Sublingual consumption is when you hold the oil under your tongue for 60 to 90 seconds before swallowing it. Sublingual consumption enables CBD to enter your bloodstream directly, eliminating the need for your body to metabolize it through multiple systems before experiencing its effects.



# TOPICAL CBD

Topical CBD cream are becoming more and more popular in the industry. Many people prefer to use hemp products by applying it to sores muscles and joints. More and more consumers are gravitating toward topical CBD instead of sports creams, using it on an as-needed basis.

Topical administration of CBD is not a new phenomenon. The use of topical CBD preparations dates back to ancient China.

Archaeological evidence also indicates that Egyptians used CBD topically. External use allows CBD to act directly on the body from the site to soothe and protect the skin while penetrating deep enough to provide relief to sore muscles and aching connective tissues.

Muscle Bliss® CBD sports cream is excellent for on-the-spot treatment because it works its way through the skin layers to reach specific targets such as muscles, joints, local inflammatory cells, and pain receptors. According to research, using a topical CBD solution improves absorption and significantly reduces inflammation and pain-related body issues.



# Summary

We hope you enjoyed learning about CBD and Delta 8 and how these compounds in their different forms can be used to enhance your mind, body and energy. With technology advancing so fast, we are all looking for the magic potion that is going to help us achieve our best in life.

However, perhaps we are overlooking the fact that the human body was created with built in endocannabinoid receptors (ECS), which share a great affinity with every single cell in the body. These receptors also flood our entire central and peripheral nervous system—a great network that connects our brain, every organ, and every muscle within the human body.

By supplementing with hemp extracts particularly CBD and Delta 8, we are able to activate and optimize the built-in ECS system and perform at our highest functionality, while supporting our mood, happiness, and motivation on a mental and emotional level. Perhaps we have already found the answer in nature that science will never match and it is right here, right now and we do not need to wait for scientists to create it in a lab.

With scientific studies now supporting the beneficial effects of CBD and Delta-8 extracts - Hemp has truly arrived in 2023 for us all to enjoy and enhance our lives today!



# Bliss Formula products guide chart:



ISOLATE TINCTURES	PAIN RELIEF	SLEEP	RECOVERY	FOCUS	STRESS	EUPHORIA
FOCUS®				•		
RITUAL®					•	
REMEDY®	•	•	•		•	

GUMMIES	PAIN RELIEF	SLEEP	RECOVERY	FOCUS	STRESS	EUPHORIA
ALL DAY CHILL®		•		•	•	
SUNSET®	•		•		•	•
VIBR8®	•					•

SPECIALISED TINCTURES	PAIN RELIEF	SLEEP	RECOVERY	FOCUS	STRESS	EUPHORIA
ALL DAY CHILL®			•	•	•	
SPECTRUM®	•	•	•	•	•	
VIBR8®	•					•
SUNSET®	•		•		•	•
DREAMS®		•				

VAPES	PAIN RELIEF	SLEEP	RECOVERY	FOCUS	STRESS	EUPHORIA
ALL DAY CHILL®				•	•	
VIBR8®	•	•				•

TOPICAL	PAIN RELIEF	SLEEP	RECOVERY	FOCUS	STRESS	EUPHORIA
MUSCLE BLISS®	•		•			

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