



# USING OUR PRODUCTS



[WWW.CHURCHOFUBUNTU.LIFE](http://WWW.CHURCHOFUBUNTU.LIFE)

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# WELCOME!

The program you are about to embark on, is based on the consumption of Cannabis, the world's oldest, natural, nutrient rich food source. The Cannabis plant contains hundreds of active compounds that work together to produce its incredible array of therapeutic effects.

Our full spectrum extraction method preserves all the cannabinoids, terpenes and flavonoids in the perfect balance, so you can be assured you're getting all of the benefits that Mother Nature intended!



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# IMPORTANT INFORMATION



Cannabis consumption is known to lower blood pressure naturally. If you are on high blood pressure medication, it is **IMPERATIVE** that you monitor your blood pressure and work alongside your GP.

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Always take CFC oils with meals, or after eating, and at least 1.5 hours apart from any current pharmaceuticals, and 2 hours apart from any alcohol consumption. Ensure you request assistance from your GP in weaning off pharmaceuticals if that is your desire.

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Due to limited research on possible contraindications with anaesthetic, it is recommended to cease consumption of all Cannabis products for the 24hr period before and after any surgical procedure.

**THE PURPOSE OF A PLANT-BASED PROTOCOL IS TO STIMULATE YOUR BODY'S INNATE ABILITY TO HEAL, TO BALANCE WHAT IS OUT OF BALANCE, AND TO ELIMINATE TOXINS.**

As you begin this program, you may experience some detoxification symptoms as harmful bacteria and pathogens are eliminated from your system. While this is generally a positive sign, it can nevertheless be uncomfortable. Symptoms may include fever, rapid heart rate, chills, shortness of breath, brain fog, headache, joint or muscle pain, insomnia, skin rashes, digestive issues, feeling of sluggishness, and unstable emotions.

If symptoms occur, reduce your cannabis and hemp intake to a comfortable dose, rest well, and drink plenty of clean water to support detoxification. This will pass.

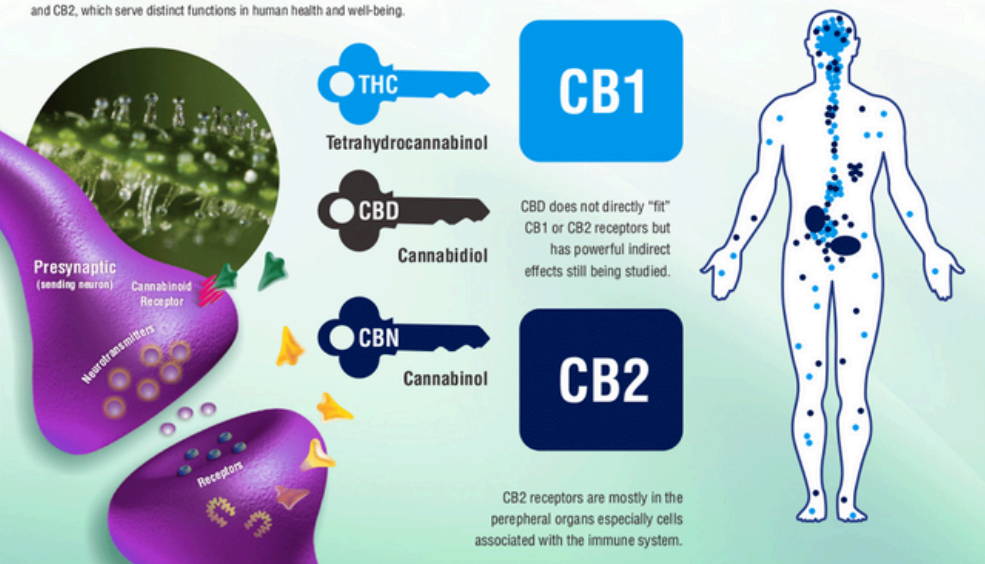
For ongoing symptoms, we recommend booking a follow-up appointment with your practitioner for additional support, including supplements and practices to aid your body's detox process.

## The Human Endocannabinoid System

CBD, CBN and THC fit like a lock and key into existing human receptors. These receptors are part of the endocannabinoid system which impact physiological processes affecting pain modulation, memory, and appetite plus anti-inflammatory effects and other immune system responses. The endocannabinoid system comprises two types of receptors, CB1 and CB2, which serve distinct functions in human health and well-being.

CB1 receptors are primarily found in the brain and central nervous system, and to a lesser extent in other tissues.

Receptors are found on cell surfaces



[CLICK HERE TO WATCH A SHORT VIDEO EXPLAINING THE RELATIONSHIP BETWEEN YOUR BODY AND THE CANNABIS PLANT](#)



# SO WHAT IS THE ENDOCANNABINOID SYSTEM?

Cannabis has been used therapeutically for thousands of years, but it is only recently that we have begun to understand the science behind its benefits and why it has such profound impact on a wide range of conditions. Its powerful effects stem from the special relationship that the plant has with the chemistry of our body, through its interactions with our own endocannabinoid system (ECS).

The ECS is a complex communication system that works to maintain homeostasis, or a natural state of balance, in the human body. This vast network of receptor sites is located throughout our brains, central and peripheral nervous systems, organs and tissues. It is critical for the day-to-day functioning of almost every aspect of our physiology.

When our body is functioning optimally, it produces cannabinoids that act as keys, stimulating these receptor sites in order to activate our most vital life functions, including memory, immune response, pain, digestion, motor function, appetite, sleep patterns, mood and emotions, protection of brain and neural tissues, and so much more. When our body is out of balance, it is unable to produce sufficient cannabinoids, resulting in disease, disorder, chronic illness and an array of often debilitating symptoms.

Cannabinoids from cannabis, known as phytocannabinoids, closely resemble those produced by our own bodies and they too can act as keys, supplementing deficiencies, activating ECS receptors to restore imbalances, alleviating symptoms and promoting overall wellbeing.

# UNDERSTANDING CBD & THC



The Cannabis plant contains over 700 different chemical compounds, including over 100 different cannabinoids that interact with the body's endocannabinoid receptors.

The best studied and most abundant cannabinoids are tetrahydrocannabinol (THC) and cannabidiol (CBD), though our whole-plant full-spectrum formulas contain many other minor cannabinoids that have been shown to have numerous therapeutic benefits.

## **CBD (non-psychoactive)**

CBD offers relaxation without the physical high, making it perfect for use during the day to manage a diverse range of symptoms and conditions. CBD is a powerful anti-inflammatory, it relieves pain, reduces anxiety and depression, stimulates bone growth, aids digestion, reduces nausea, improves blood circulation and reduces the risk of artery blockage, decreases seizures, relieves psoriasis, provides neuroprotection, acts as an anti-psychotic and muscle relaxant, relieves spasms, assists Crohn's disease, is immunosuppressive, and also inhibits tumour growth. It is anti-diabetic, anti-bacterial, and can also assist with sleep.

## **THC (psychoactive)**

THC is the cannabinoid most directly responsible for the euphoric 'high' that cannabis is renowned for, however it does much more than temporarily affect our state of mind. THC relieves pain, aids sleep, reduces sleep apnea, acts as an anti-depressant and muscle relaxant, relieves spasms, provides neuroprotection, reduces nausea, stimulates the appetite, reduces pressure from glaucoma, acts as a powerful antioxidant, and also exhibits anti-cancer properties, including the inhibition of tumour growth.

## **UNDERSTANDING OUR LABELS**

Our product range includes a variety of whole plant formulas expressed as a ratio of CBD to THC in an X/X format. Formulas are categorised as Low, Mid or High Concentrate according to the amount of usable cannabinoids per millilitre.

\* 1 drop High Concentrate = 2.5 to 3 drops Mid Concentrate = 6 to 7 drops Low Concentrate

# CANNABIS OILS

## CARING FOR YOUR OILS

### Cell Food Concentrates (CFC) (MCT Oil Based)

CFC formulas must be stored away from heat and direct sunlight as these may alter the chemical structure of the cannabinoids and alter the product's intended effect or cause the formula to degenerate. These products may be refrigerated to help achieve maximum shelf-life.

### Cannanutrient Blends (Olive Oil Based)

Our olive oil based CannaNutrient range should be kept in a cool, dark cupboard, as these formulas will solidify if refrigerated. This will not harm or alter the benefits or structure of the oils, so if this occurs, just remove from the refrigerator and allow the oils to return to room temperature again before consuming.

**NOTE:** When travelling or carrying your formulas in a non-upright position, ensure you firmly fasten them using the original white screw lid, to avoid any leaks or damage due to use of the eye dropper.

## HOW TO TAKE YOUR OILS

Each bottle of oil comes with its own dropper. Dosages are prescribed in drops, and you count the number of drops using the supplied dropper. If you feel comfortable to do so, you may use the dropper to deposit the oil directly into your mouth, sublingually (under the tongue). Alternatively, you may prefer to count the drops on to a teaspoon first.

When you take the formula sublingually, hold it under your tongue for at least 60 seconds before swallowing. Ensure that the dropper does not come into contact with the mouth, nor saliva, as this may result in the transfer of bacteria which can contaminate the remainder of the bottle, rendering it unusable.

**NOTE:** We do not recommend sharing formulas due to the possibility of cross contamination



## WHY SUBLINGUAL?

When the oil is administered under the tongue, it bypasses the digestive tract and is absorbed more readily into the bloodstream providing symptom relief in as little as 15 minutes.

If you add your oil formula to your food or drink, or put it in your capsule, it is delivered to your system as an edible would be, and onset of its effects will take much longer. Refer to our 'Edibles Guide' for further information.



### FINDING YOUR DOSE

Every person is unique in their individual requirements and in the way their body processes Cell Food Concentrates. Take a small amount to start and be mindful of how you feel. If you feel fine, you can continue to increase your dose by one drop each day until you experience noticeable relief to your symptoms. If you experience anything uncomfortable, you will know you have reached your level of tolerance and you can bring your dose back down to a more comfortable level. Your optimum dose may be up to 20-25 drops.

## ALTERNATIVE METHODS OF ADMINISTRATION

### Gelatin or Vegetable Capsules

- for anyone finding it difficult to take the oils orally (due to taste, or smell)
- for anyone wishing to avoid oil residue in the the mouth

Gelatin or Vegetable Capsules can be purchased from a pharmacy, or you may prefer to order them in bulk online via ebay, or at [www.buyemptycapsules.com.au](http://www.buyemptycapsules.com.au)

### Enteric Coated Capsules

- for controlled or targeted delivery (to bypass the stomach and be delivered to the bowel)

Enteric Capsules are designed to pass through the acid bath of the stomach and instead break down in the alkaline environment of the bowel. This enables the formula to be delivered directly to the bowel to target specific conditions. You can buy enteric coated capsules online at [www.nhsaustralia.com.au](http://www.nhsaustralia.com.au) (search for 'Enteric Coated Capsules').

### Belly Button (Pechoti) Method

- for children, or those struggling with nausea due to pregnancy or cancer treatments
- anyone with CNS or neurological disorders, endocrine system insults, or GIT issues can benefit

This delivery system is named after the Pechoti gland, which is believed to be located behind the belly button and continues to exist after the umbilical cord is cut. Around 72,000 veins run through the area behind the belly button that are connected to various organs and tissues, so cannabinoids are absorbed into the blood vessels and can quickly travel throughout the body.

# CANNABIS EDIBLES

Edibles have the longest onset time as they must pass through your digestive system before taking effect. They do, however, tend to last the longest (between 6-8 hours). When you take any edible (this includes capsules, or any oil you have added to your food or drinks), ensure you allow at least 2 hours to feel its effects before taking any more.



[CLICK HERE TO  
DOWNLOAD OUR  
EDIBLES GUIDE  
TO LEARN MORE](#)

**IMPORTANT:** In alignment with our philosophy on eating natural, health promoting foods, **all our edibles are plant based, gluten, refined sugar, and preservative free.** Please ensure you transfer them to an airtight container in the freezer immediately upon receipt, and keep only your daily requirement in the refrigerator, in order to ensure freshness. Unfortunately, we are unable to provide replacements or compensation for any edible products showing signs of spoilage as a result of failure to follow these storage instructions. All edibles **MUST** be kept out of reach of children and pets!



## COOKIES

**YELLOW DOT DAYTIME COOKIES**  
(Sativa based for Anxiety & Pain)

**PURPLE DOT NIGHTTIME COOKIES**  
(Indica based for Sleep & Pain)

### Directions for Use

Start with 1/8 cookie. If you do not experience symptom relief, increase by 1/8 cookie each day until you find your minimum effective dose.

**TIP:** Once you are accustomed to using your Night-time Oil Formula and Night-time Cookies on their own, you may combine them for greater effect. Because oils work more quickly, they can help you to fall asleep, while an edible may help you to stay asleep longer. Be mindful to start slowly on low doses and build your way up until you find what works best for you.

A healthier alternative to smoking  
Travel friendly, convenient and discreet  
Precisely dosed for customisable results  
Long lasting for pain, anxiety and sleep  
A great option for reducing alcohol  
No nasties - healthy, guilt free treats

## OUR FAVOURITES FOR CREATIVITY & EXPANSION

### BLISS BALLS

#### Directions for Use

Start with 1/2 a bliss ball. Increase by half each day until you achieve your desired results. Continue on that dose once established.

**PLEASE KEEP REFRIGERATED**

### ORGASMACHOCS

#### Directions for Use

Start with 1/2 a chocolate. Increase by half each day until you achieve your desired results. Continue on that dose once established.

**PLEASE KEEP REFRIGERATED**

**ANTIBACTERIAL  
ANTIVIRAL  
ANTI-INFLAMMATORY  
ANTIOXIDANT**

### HEMP HONEY (CBD)

The perfect addition to every home's natural first aid kit & remedy cabinet. Use for healing wounds and ulcers, soothing sore throats, preventing tooth decay, and for assistance with pain, sleep and anxiety.

#### Directions for Use

Start with 1/4 tsp and increase slowly each day until you achieve your desired results. Continue on that dose once established.

### MEDI HONEY (THC)

For pain relief, sleep, relaxation and creativity.

#### Directions for Use

Start with 1/8 tsp and increase slowly each day until you achieve your desired results. Continue on that dose once established.

**HONEY SHOULD BE STORED AT ROOM TEMPERATURE AWAY FROM SUNLIGHT**

**PERFECT IN A CUP OF  
NATURAL LORE TEA**



# HYDRO ATOMISERS

Hydro Atomiser Solutions are a unique emulsion of oil and mineralised water infused with cannabis and carefully selected botanicals. These cannabinoid formulas assist with cellular communication, detoxification, uptake of nutrients and balancing of the body's innate immune system. They may be used for migraines, seizures, brain inflammation, breathing difficulties and other conditions.

## **VITALITY (Breathing & Energy)**

This CBD dominant, anti-microbial formula is infused with botanicals traditionally used to assist with lung, breathing and allergy issues. Stimulates and uplifts a sluggish system and supports immune function.

## **CREATIVITY (Cellular Rejuvenation & Circulation)**

This formula delivers a balanced ratio of CBD and THC, plus botanicals to support the detoxification function of the blood and lymphatic systems, and promote optimum brain function. Creates an uplifting and receptive mood. May be preventative when administered at onset of a seizure, or panic attack.

## **BALANCE (Pain & Inflammation)**

This THC dominant formula is infused with botanicals renowned for relieving uncomfortable physical symptoms such as pain, fever and inflammation. It helps reduce tension in the body, acts as a coolant and calms active nerve issues. Recommended for chronic pain and cancer, especially brain tumours. Use at the onset of a migraine to reduce severity.

## **Instructions for Use:**

**Shake well before use.** Apply 1 spray directly into each nostril, twice daily, or as required for symptom breakthrough. If this is uncomfortable, spray as a face mist and breathe in deeply through the nostrils to activate the olfactory senses.

**PLEASE KEEP REFRIGERATED**



# HYDRO- MINERALISED INFUSIONS

Hydro-Mineralised Infusions (HMI) are saline based solutions intended to help prepare the body for the optimum uptake of cannabinoid formulas. Infused with cannabis and other selected botanicals, these formulas act as cannabinoid agonists by promoting cellular detoxification, improving the connectivity of biochemical pathways, and gently activating the Endocannabinoid System by cleansing its receptor sites. They can be used on their own, or as part of a targeted program to increase receptivity to oil based cannabis formulas.



## HMI RELEASE

A CBD dominant Hydro Mineralised saltwater formula infused with botanicals that assist with cellular detoxification, enhancing nutrient uptake, balancing the digestive system, calming the nervous system, activating the body's natural immune response, and benefiting the endocrine, hormonal and lymph systems.

*The Natural Lore of Release is a reminder to be fully conscious and aware of all that binds us to our unnatural state, and to trust the natural world to guide the way in finding the key to freedom and release dissolving the boundaries of our belief created situations.*

### Instructions for Use:

PHASE 1: For the first three days, take 5 drops, 3 times per day WITHOUT Cannabis oils.

PHASE 2: When you recommence your Cannabis oils on the fourth day, take 5 drops of HMI Release 15minutes prior to each dose of your regular formulas, as per the protocol devised by your practitioner.

NOTE: Drink plenty of clean water and try to eat foods high in potassium such as bananas, kiwi fruit, sweet potatoes, tomatoes, oranges, and leafy greens.

**PLEASE KEEP REFRIGERATED**

# TOPICAL TREATMENTS



Cannabis infused oils, creams and balms make great skincare products and potent first-aid treatments. Our skin, the largest organ in our body, is covered with cannabinoid receptors. Cutaneous cannabinoid signalling is deeply involved in the maintenance of skin homeostasis, barrier formation and regeneration. Because the components of the cannabis plant are fat-soluble, topicals generally only penetrate a few layers of skin, absorb into the dermis and interact with the local receptors at that site. As the activated cannabinoids do not breach the blood barrier, nor permeate the body enough for significant systemic absorption, this makes them a great choice for many people.

Because CBD and THC are both anti-inflammatory, they can also be extremely soothing for irritated skin.

## **Topical treatments can offer targeted, localised relief from:**

- aches and pains
- inflammation
- muscle spasms
- arthritis
- athletic recovery
- muscle tension or stiffness
- nerve pain
- headaches and migraines
- skin conditions – eczema, psoriasis etc.
- menstrual cramps

## **How long do they take to work?**

Topicals have an onset time of between 10 - 30 minutes, and you should be able to feel the effects for 2-3 hours afterwards. Consistent use may also have a cumulative effect.

## HOW TO USE TOPICAL TREATMENTS

### BODY OILS

Massage a small amount into the affected area, as required throughout the day. To enhance absorption, you can warm the area first (unless inflammation is present), or apply them after a warm shower or bath when your pores are open.

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### BATH

Adding a capful of Topical Oil to a warm bath offers a self-care experience alongside full-body therapeutic effects. Combine with essential oils such as chamomile or lavender to enhance the relaxation experience, or Epsom Salts for muscles and detoxification.

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### FOOT / HAND BATH

In a bowl of warm water, add 2 capfuls of your chosen Topical Oil. Soak. Combine with essential oils such as Peppermint and Eucalyptus to enhance the effectiveness.

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### POULTICE

Pour 1- 2 teaspoons of Castor Oil onto a dressing pad, or organic cotton cloth, then add enough Topical Oil to saturate the dressing. Apply to the affected area, cover with plastic wrap (to protect clothing), and if necessary bandage onto the area. Leave in place for at least 1 hour, or overnight if necessary. Great for relieving pain and inflammation, or on wounds such as cuts. This can be an effective way to draw out a splinter.

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### CREAMS, BALMS & SALVES

Apply a light layer and gently massage into the affected area 2-3 times per day. Our formulas have a green tinge due to the whole-plant herbal extracts. This should disappear as the cream is absorbed into the skin, however, if you do have any concerns about using it on your face during the day, be sure to apply it before bed to deeply absorb the skin-loving benefits while you sleep.



# SUPPOSITORIES



Cannabis suppositories are an excellent solution for those requiring the therapeutic benefits of THC without the associated psychoactive effects. When administered rectally or vaginally, cannabinoids are absorbed directly into the bloodstream through the surrounding vascular tissues, bypassing the digestive system and liver. Since THC is not metabolised into its more potent psychoactive form (11-hydroxy-THC), it does not reach the brain in significant amounts, allowing users to experience rapid symptomatic relief and maximum healing potential, with minimal side-effects.

## **Instructions for Use (Rectal)**

Lie on your left side and pull your upper leg in towards your chest. Gently insert the suppository into the rectum, pointed end first, pushing it at least 1 inch inside to ensure proper placement. Remain lying for about 5-10 minutes to allow the suppository to dissolve and absorb.

## **Instructions for Use (Vaginal)**

Lie on your back, possibly with knees bent for comfort. You can also insert it while sitting on the toilet. Gently insert the suppository into the vagina as deeply as comfortable. Remain lying, or lie down for about 5-10 minutes to allow the suppository to dissolve.

**PLEASE KEEP REFRIGERATED**

**[CLICK HERE TO READ OUR BLOG  
ABOUT CANNABIS SUPPOSITORIES](#)**



# MEDI-PENS

Vaporising is an inhalation method that heats oil to vapor, instead of burning it. It offers one of the fastest delivery methods, as the medicine passes through the lungs and into the bloodstream straight away. Due to the quick onset time, vaping can be very effective for acute situations such as relieving nausea, quick pain relief, stimulating appetite or reducing anxiety. While it may be the quickest-acting, it's also the quickest to fade (generally within a few hours), so, if you need prolonged relief for chronic pain, or to sleep for more than a couple of hours, an oil formula or edible would be more suitable.

## **LEMON HAZE**

(Sativa based for Daytime)

## **DELTA8**

Indica based for Sleep)

### **Directions for Use**

Take 2 tokes every 4 hours as a maintenance dose, OR Take 2 tokes as required for immediate relief of acute symptoms.





# TEAS & ESSENCES

**Natural Lore Wellness Teas** are formulated by hand to preserve the high frequency of each individual herb. Our philosophy follows in the footsteps of centuries old tradition, honouring the qualities of these botanical allies. Our unique range of **Essence Formulas** have been developed by infusing the Natural Lore Herbal Tea range in the highest quality MCT Oil, to deliver the benefits of each blend in a convenient oral tincture. Teas and Essences can be used on their own as daily tonics for health and wellbeing, or in conjunction with our Cell Food Concentrates to enhance their therapeutic effects.

## **Directions for Teas**

One teaspoon makes three cups of tea. We recommend topping up your teapot at least 2 or 3 times (on the same day) to ensure you're extracting all of the benefits from the herbs. Once the blend has infused all of its flavour, the used herbs can be added to your compost bin! Please ensure the ziplock bag is firmly closed after each use, or store in your own airtight container. Keep in a cool, dark place and avoid direct exposure to sunlight as this may cause the herbs to 'sweat' and potentially degrade, compromising their therapeutic benefit. We encourage you to create your own Tea Ceremony when brewing your herbal blend. Give yourself the time and space YOU deserve to allow the benefits of the herbs to be experienced fully through your body, appreciating each sip.

## **Directions for Essences**

Essences can be used on their own, or in conjunction with your Cell Food Concentrates. Start by taking 3 drops under the tongue, 2 to 3 times per day, preferably at the same time as your Oil Formulas. Increase the dose by 1 drop each day up to 10-15 drops per dose, according to your symptoms and comfortability. Essence blends must be stored away from heat and direct sunlight, and preferably refrigerated.

# DOSING DIARY

## START LOW AND GO SLOW

Dosing is highly individualised.

The aim is to find your 'minimum effective dose' - the dose where benefits are maximised and adverse effects are minimised. We recommend starting with 1-3 drops of oil, and increasing by 1 drop each day, however the rate and speed of adjustment may vary depending on your individual response.

	Morning	Lunch	Dinner	Bedtime
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				
DAY 8				
DAY 9				
DAY 10				
DAY 11				
DAY 12				
DAY 13				
DAY 14				

# SYMPTOM TRACKER

## TRACK YOUR SYMPTOMS & MOOD

Keep track of your symptom(s) by assigning them a score on a scale of 1 (mild) to 10 (severe). This can be useful for evaluating the efficacy of your protocol in future appointments with your practitioner.

	Symptom 1	Symptom 2	Symptom 3	Symptom 4
Symptom Description				
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				
DAY 8				
DAY 9				
DAY 10				
DAY 11				
DAY 12				
DAY 13				
DAY 14				

# HOW TO ORDER



## ORDER ONLINE VIA OUR CLIENT PORTAL

**Step 1:** Login to your account at [www.theportal.life](http://www.theportal.life) using your email address and selected password. \*

**Step 2:** Go to **Shop** to browse your desired category.

- **Sacred Herb Formulas** are divided into 4 categories:

- General Wellbeing (CBD Dominant Formulas, e.g. 8:/1, 6/1 5:1 Flow)
- Daytime Formulas (Balanced Formulas, eg. 1/1, 1/3)
- Sleep & Pain Relief (THC Dominant Formulas, e.g. 1/8, 1:6 Balance)
- HMI & Hydro Atomisers (HMIs, Atomisers, Medi-Pens, Suppositories)

- Other categories include **Edibles, Topicals, Pet Products, Teas & Essences, Supplements, Consultation Fees** and **Set Programmes**.

- If you cannot find a product, please contact your consultant, or call us for assistance.

**Step 3:** Review your order in the **Cart**, enter contact and shipping details (you'll only have to do this once), or choose Local Pick-Up (from our Newcastle dispensary - 97 Hunter Street, Newcastle).

**Step 4:** **Pay securely online** via Credit Card or PayPal, and you'll receive an order confirmation email.

**Step 5: For Deliveries** - You'll get an Australia Post tracking number once dispatched from Church of Ubuntu. Delivery is via Express Post and usually takes 2-3 days.

**For Local Pick-up** - Your order should be ready for collection within 60mins of confirmation (during office hours). You will NOT receive any additional communication from us.

\* If you do not have an online account, please [register here](#) to access our ordering platform

## ALTERNATIVELY, YOU MAY:



Call Us  
0425 213 550



Email Us  
[orders@churchofubuntu.org](mailto:orders@churchofubuntu.org)



Visit our Dispensary  
97 Hunter St, Newcastle