

Healing Alternatives to THC



In our experience, THC dominant formulas are used for 3 main reasons:

- Pain
- Sleeping
- Illness Management

This is a logical approach considering the cannabinoid THC is well known for relieving pain, assisting with better sleep patterns and assisting chronic conditions.

However THC, like any single cannabinoid or terpene, is only a part of the whole story. This understanding allows us to take a wider look at a range of options and alternatives relieving the stress of potential drug testing or the uncomfortable effects that some people experience with these types of oils.

As we take an wholistic approach to wellness, the suggested alternatives are not limited to cannabinoid formulas on their own, but rather suggestions that can be incorporated into any existing protocol for greater results. This also provides an opportunity to consider what else is going on in the body, or inner environment that may need to be addressed to achieve deep healing and restoration. After all - our aim is ultimately for you to be free of symptoms AND their cause.

What is causing the pain? (What i eat, drink, do or have)

Why am I not sleeping? (Sleep hygiene, stress, overthinking or physical pain)

How can I create a more stable healing environment? (am I consciously attending to my whole body/mind with care, support and nutrition)

Interestingly enough - the below alternatives suggested for healing, may assist any and/or all of the above. Have a read through the ideas below and explore any that are appropriate for your circumstances. We trust these may provide new pathways of regeneration and bring you the relief you need;

CBG oil for Day - Allowing better sleep preparation at night.

We have a saying here "Sleep issues begin when you wake up"!

In other words whatever cycles or patterns run your day, if they are not addressed or observed at the earliest opportunity, then the night pattern will also remain the same. Whether you are dealing with pain, stress, sleep issues, a health crisis or general 'wear and tear', the breaking of unhealthy cycles is essential for healing and regeneration.

So - when you wake, and prepare for your day, observe any stresses or situations where you feel under duress and either have a mini retreat in the moment (ideal), or utilise an oil to assist bring the physical into gentle balance whilst you maintain the days momentum (equally ideal).

CBG (cannabigerol) is a non-psychoactive cannabinoid found in the cannabis plant. Often called the "mother cannabinoid", it potentially acts as the chemical precursor to THC and CBD.

- It is gaining popularity for its potential to relieve pain, anxiety and inflammation without causing intoxication.
- Client feedback indicates this is highly beneficial for sleeping
- Pre-clinical research indicates CBG may directly inhibit tumour growth and destroy therapy resistant cancer stem cells (*PubMed)

Our CBG formulations have been masterly crafted using an organically grown strain from the Northern Rivers. Talk to your Consultant or call the Clinic direct for more information and/or to order this oil.

Warm Bath with Mineral Salts & Our Topical Oils

Soaking the body in a warm mineralised bath or foot bath allows the cells to release toxins and uptake the minerals whilst you float into deep relaxation. In adding a topical oil made from the stems and stalks of the plant and infused with extracted botanicals, provides a deeper level of nourishment and nervous system support. In turn this allows muscle relaxation, a calmer mind, and the opportunity for the natural elements to bring your body into a state of rest and ready for sleep.

If you don't have a full length bath, a foot bath is a perfect alternative. In some ways a foot bath provides a more comfortable position to lay supported by pillows/ blankets etc, with your feet in the warm water, soaking all the goodness up through the soles, into your bloodstream and circulated around your body.

Either way, add your favourite aromas, dim the lights, put on your soul beats and let the tension go



What you need;

Skin Nutrition or Relaxing Soak; Bath - 1 cup: Foot bath - 1/2 cup

Topical Oils: Relief & Restore; Skin & Circulation Blend; Pain Free

Bath - 2 tablespoons; Foot bath - 1 tablespoon.

Add one of our Natural Lore Teas into the routine for a deeper ritual

After bath; Pat or air dry to allow the oil to soak in even further as the body cools.

Shop [Our topical Oils](#), [Skin Nutrition and Relaxing Mineral Soaks](#)

Gut Health Restoration

This is an enormous topic with many nuances. However, for the intention of this post, we will focus on our purposeful Bio-Fermented Tea Concentrates and in particular a beautiful 9 day Bio-Activation programme for you to explore - with all your senses!

When re-invigorating the gut biome, the live and active bacteria in the Botanical Concentrate will occupy and colonise in your digestive system over an 8-10 day period with daily doses. This healthy bacteria colony assists in creating an optimum environment for toxins to be easily released, greater bio-availability for nutrient uptake, allowing then for higher absorb-ability of your oils! Which means you can take less for the same, or even better results!

Its a wellness revolution all on its own!

Over the course of 9 Days, this program invites you to reconnect with your self through the power of natural medicine and experience its ability to awaken the body's innate intelligence.

Using targeted bio-fermented botanical, herbal infusions (teas) and intentional daily rhythms, we'll work to;

- improve the connectivity of biochemical pathways
- restore movement where there is stagnation
- improve cellular communication and function
- restore the body's natural rhythms
- support purification pathways and cellular detoxification
- re-awaken your natural vitality
- activate the endocannabinoid system

This is not about forcing change. It is about restoring balance so the body can begin to heal, naturally

[Shop our 9 Day Bio-Activation Programme here](#)

Enjoy the deepening and more stress free ways of bringing your being into balance.

In Trust

Nikki