



DR. CASS INGRAM

The Hemp Oil Miracle

The power of raw, whole food hemp—
for your better health

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Chapter One

The History of Hemp

The history of hemp is a most intriguing subject. What is being described is a plant of great value and diversity for the human race. Obviously, almighty God created cannabis for the benefit of humankind. It has the cannabinoids, and the tissues have the ability to receive them. It is at the minimum a curiosity to determine just how this plant was originally approached, how capacities were discovered, and precisely what utility was found for it. This is of particular importance considering the more modern approach, which includes the dictating of laws restricting its growth and consumption.

In the 20th through 21st centuries in the United States the possession of forms of hemp, that is hashish and marijuana, would lead to immediate arrest. Yet, even though psycho-active hemp was criminalized no one could be arrested for the possession of alcohol, even hundreds of gallons of it. A person could get drunk, drive a car, and hurt or kill someone, while still not necessarily being arrested or serving prison time. Yet, the selling of marijuana could lead to decades of imprisonment. Throughout the entire history of the world various forms of cannabis/hemp were being processed and sold. Rarely, there were eras where punishments were meted out, particularly for trading in particularly strong forms, like

hashish and hashish oil. Yet, nothing can compare to the extremes of criminalization in modern times, where people could be put in prison for decades, simply for selling the raw materials.

Even so, this is never an endorsement for the intake of hallucinogens. No mention is given in this book of utilizing substances, natural or refined, for purposes of intoxication. Whether alcohol, hashish, or marijuana, caution is recommended for their use, habitually. Here, the focus is in regard to the potential of hemp as a medicinal substance and to a lesser degree as an agricultural crop. The point is, it was beyond senseless to ban an agricultural crop that is of benefit to humankind and that would add countless billions of dollars to the global economy. As well, it should be mentioned that it is impossible to become intoxicated with extracts of agricultural hemp, even if these extracts are taken in large amounts. Nor is it possible to become overcome by its smoke, no matter how great the amount.

The subject of alcohol, hashish, and marijuana are for others to describe. Let us instead focus on the history of rope hemp in human use. Let us see how humanity dealt with this and what benefits it achieved. Through this, the value of agricultural hemp can be realized: for the sake of all people all over the world.

E. Russo notes in *Chemistry & Biodiversity* that hemp, as mentioned, was likely one of the first plants to be cultivated, far before today's modern staples, like corn, wheat, and soy. Arising natively from Central Asia and, perhaps, the Indian subcontinent, gradually the plant made its way to China, where it found extensive use, about 5000 B.C., as a fiber source and also as a foodstuff. The Chinese made from it clothes and shoes, even a primitive form of paper. In Korea,

about 3000 B.C., hemp held status as an important crop, with fabric remnants carbon dated to this time. About 2700 B.C. Chinese herbalists apparently recommended it for the treatment of gout, constipation, joint aches/pain, various female disorders, and “absentmindedness.”

It should be recognized that even in nature there were always at least two major species, the agricultural type and the drug-like species, which would induce intoxication. Just how these two types evolved, botanically, is unknown.

In India reference to medicinal use began about 1000 B.C, documenting the eating of hemp, as well as its consumption in beverages. Herodotus of ancient Greece documents, about 500 B.C., the burning by a Central Asian race, the Scythians, of cannabis on hot rocks. They did so, apparently, for entertainment, creating “a strong aroma...” and causing them to “dance and howl in joy.” Meanwhile, it is reported, ancient Persians piled great masses of cannabis and lit this on fire, allowing the fumes to intoxicate them for pleasurable experiences. As well, in Greece physicians developed a cannabis extract that would sedate surgical patients to such a degree that they wouldn’t feel the incision of a knife. Even so, there is no evidence for tobacco-like smoking of cannabis during this era.

In the Islamic Empire, 9th through 11th centuries, a specialized cannabis concentrate was produced for medical purposes. It was so potent that it was capable of fully sedating patients post-surgically, so they would feel no pain. Apparently, the drug was so powerful that it would keep the recipients virtually unconscious for up to a week, the purposes of which was to prevent them from suffering the pain in the initial post-operative period from surgical incisions and internal excisions.

In the Indian subcontinent cannabis was also used as a drug, being a respected component of Ayurvedic medicine. It was also consumed as a social drug, largely for its euphoric effects. Once again, this was via internal consumption, the resin being mixed in cow's milk combined with sugar and spices. This is the bhang beverage alluded to earlier, essentially, cannabis tea, a traditional drink in India for over 2000 years.

In these original eras no one really thought of smoking this plant in artificially-created cigarettes. People were satisfied with the sensations they received from ingestion, which was often prolonged, lasting several hours or the entire day. In India it was combined with opium, again primarily for internal consumption.

There is now some evidence of vaporization in antiquity from clay pots. It makes sense that this was utilized—it allowed direct absorption of the cannabis active ingredients through the lungs. Later on, a variety of water pipes were invented, again for inhalation. These devices were for the psychoactive type. It is this plant material that contains considerable amounts of a highly potent psycho-active compound, known as tetrahydrocannabinol or THC. There would be no such obvious reaction from vaporization of agricultural hemp, as it contains little-to-no THC.

The movement, now, is for consumption of hemp oil in dietary supplements: capsules, sprays, and drops. Another medium is so-called edibles: candy bars, cookies, and the like. Both oil from agricultural hemp and marijuana are dispensed in this way, although the high-THC marijuana oil is more rare. Regarding the latter, its legality is under dispute. In fact, in many states any such oil is banned and would be confiscated if found in the marketplace. In

contrast, the low-THC agricultural type is generally held as legal for sale, at least in the vast majority of states. Those domains which restrict it or seek to ban it are primarily Texas, Ohio, and North Dakota.