

(no, not the illegal kind)



Before the days of pharmacies being built every two miles or so, our great grandparents (and other ancestors for thousands of years before that) survived on herbal and other cures from their gardens or wildcrafted from the woods.

This point was personally brought home to me one summer when I was nine years old and got stung over most of my back by a Portuguese Man of War jelly fish at Pawley's Island. It felt like a thousand burning bee stings at once.

Fortunately, the owner of the inn where we were staying ran to the sand dunes and pulled up an armful of a low growing succulent aloe-like vine and proceeded to squeeze the viscous juice from the plant on all of my stings. Within minutes, the pain was 100% gone (miraculously) and I stopped screaming my red-faced head off.

More than 80% of the world's population relies on traditional herbal remedies for their primary health





St. John's Wort (Hypericum perforatum) is a common herb used in traditional medicine for its antidepressant properties. It is often used to treat mild to moderate depression and anxiety.



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Chamomile (Anthemis nobilis) is a common herb used in traditional medicine for its calming and anti-inflammatory properties. It is often used to treat digestive issues, insomnia, and anxiety.



Individuals with a history of alcohol use or drug use should avoid low or no dose CBD products. The compounds in [Ready, Set, Grow! Low-Dose CBD Oil](#) are made from high-quality, organic hemp by a third-party