

Your Guide To CBD Tinctures



For centuries, the cannabis plant has been celebrated for its restorative and therapeutic properties. In the last couple of years, CBD particularly gained a lot of attention. From news stories to articles to social media, CBD suddenly burst onto the media's radar, acclaimed for its ability to help with [pain management, muscle tension and other afflictions](#).

The cannabis plant has hundreds of unique compounds called cannabinoids. CBD (short for cannabidiol) and THC (short for tetrahydrocannabinol) are two of the commonly known compounds you've seen in many forms: oils, lotions, capsules, edibles and vaping. While each form of CBD has its own advantages, tinctures are acclaimed for their ease of use, quick absorption and remedy for everyday conditions. Below is a guide to help you better understand CBD tinctures.

What Is A Tincture, Anyway?

A tincture is a potent liquid extract of hemp. Tinctures are made by immersing CBD hemp flowers in an alcohol solution and adding carrier oils like coconut, peppermint, MCT, grapeseed, or avocado to promote absorption.

Do CBD Tinctures Get You High?

Simply stated, no. Despite their identical molecular structure, CBD and THC have a different effect on your body: CBD is non-psychoactive, meaning you will not feel high, and THC is psychoactive, meaning you will. CBD allows you to reap the same healing benefits as THC, but without inducing the "stoned" sensation.

How To Use Tinctures

The beauty of tinctures is their simplicity. Taking a tincture sublingually (placing the liquid under your tongue and holding it for a minute before swallowing) lets you feel the effects rapidly, in about fifteen minutes. With the sublingual consumption method, the mucous membranes in your mouth absorb the tincture, which then travels through your arteries to your brain, bypassing your digestive system entirely. You can also drop the desired amount of liquid directly into your mouth and swallow, but the absorption will be slower.

In terms of dosing, your ideal amount depends on certain factors that vary for everyone (body chemistry, body weight, the specific condition you're aiming to treat). Always start small and gradually increase your intake.

How *Not* To Use Tinctures

Considering the vast array of cannabis-infused edibles, it may seem logical to add your tinctures to water, tea or foods, but doing so will dilute their potency and reduce the effects. To harness the full benefits of your tinctures, consume them sublingually.

Why Choose Tinctures?

With all of the cannabis products gracing the shelves of your [local dispensary](#), it's easy to get overwhelmed and wonder which option is best for you. Tinctures offer certain perks as a method of consumption:

- **Precise dosing:** you can easily monitor the amount you're taking with the bottle's built-in dropper. Ingesting tinctures in carefully measured quantities gives you rigorous control and lets you increase dosage as you desire.
- **Discretion:** where there's no smoke, there's no odor; plus you're keeping your lungs out of the equation.
- **Long shelf life:** when stored properly in a cool, dark space, tinctures can maintain their potency and avoid degradation for an extended period of time.
- **You quickly feel the effects:** tinctures swiftly diffuse into your bloodstream through the membranes in your mouth, versus edibles which need to work their way through your digestive system and may take a couple of hours to kick in.
- **Supporting good health:** edibles often have a high sugar or calorie content, and smoking/ vaping may add stress to your lungs, while tinctures steer clear of these matters.

A comprehensive approach to your health means making an effort to eat well, exercise, rest, nurture your mind/ body with plant-based treatments and utilize

practices like [Ayurveda](#). But even with a high level of dedication to wellness, we may sometimes feel drained, depleted or run down from life's obstacles. A clean, plant-based remedy like CBD tinctures can naturally revitalize your body; ease stress; and promote restoration, balance and tranquility.

If you're looking to upgrade your self-care routine, go holistic and try incorporating CBD tinctures. A consistent dose of cannabis in your daily wellness practice can have a powerful therapeutic effect and truly rejuvenate and revive your body and mind.

Biting Into The Truth: 5 Facts You Should Know About Pet Food



For all animal-obsessed pet parents, nothing's more important than the health and well-being of our furry children. We bring them to the vet for checkups, we drag them up huge hills for exercise (commonly known as "hikes"), and we comb them, kiss them, and cuddle them.

When it comes to food, we want the best – the best brands, the healthiest kinds of proteins, and the best combo of wet versus dry. But even the most well-intentioned puppy papas and meow moms may not know a few key pieces in the pet food puzzle.

1) Something's Afoul Here: Our Pets Get Too Much...Fowl

Ever hear someone say "Tastes like chicken?" Well, if your fur baby ever uttered those words (what, your pet can't talk?) listen up because he's correct. Here's why: chicken's lurking around in 68% of all dog foods and 73% of all cat foods. If that doesn't make you cluck your tongue, this should – chicken can be present in your pet food even if the recipe name indicates otherwise. (So don't assume that kitty's beefy-looking breakfast is fowl-free!) And because chicken is prevalent in the majority of our pets' mealtimes, it's frequently linked to food sensitivities, intolerances, or allergies.

2) Low-Carb: Not Just For Humans During Bathing Suit Season

When you wanna feel trim, you know you gotta say “no” to the bread basket during dinner. And obviously you wouldn’t let your kitty Buttons munch on a loaf of sourdough, but guess what? The average pet food contains too many carbohydrates and not enough protein. Seriously – typical dog food is composed of 41% carbs (yikes!) and cat food 31% (hiss!), and considering that dogs evolved from meat-loving carnivorous ancestors of yester-millennium and cats are obligate carnivores, that ratio is way too high. So you and Buttons can both be proud members of the Eat More Meat Club.

3) Grain-Free Is Not The Same As Low-Carb

What gluten-free has done to human diets, grain-free has done to pet diets = a front row seat on the trendy train, but most of us can’t explain the science behind the buzz. Many people associate grains with carbs, and therefore conclude that grain-free = low-carb, which is pawsitively not true. Grains are not the enemy, nor are they inherently bad. Some high quality grains can provide tremendous health benefits, so don’t fear getting “in-grained.”

4) Be Suspicious Of “Natural Flavor”

The word “natural” lost its credibility the moment it hopped onto the ingredients list for fast-food french fries. (No joke, there’s a “natural” form of sugar inside those potato-esque-abominations.) You should be wary of foods that boast about their “N-gredients,” and yes, that includes pet nosh. “Natural flavor” is an additive in many animal foods which could potentially sound healthy, but it’s hard to know exactly what this ingredient really is. Often the flavor is extracted using a chemical process with unnamed ingredients, like “digests.” A dog or cat food containing ample amounts of meats and fish that you recognize (like beef and salmon) should satisfy your baby’s palate without the extra mysterious flavorings. Much like you want your fries to contain just potatoes, oil, and salt, you want your pet food to contain clear, discernible ingredients.

5) Is Meat Listed As The 1st Ingredient? That Doesn’t Automatically Indicate Good Quality

It’s no secret that ingredients on a food label are listed in the same order as their relative weight in the recipe. So if meat appears as the frontrunner, your food is probably nutritious and good quality, right? Not necessarily. Know how Buttons likes to be sneaky and hide your water bottle caps all over the house? Food companies can also be sneaky by craftily manipulating the ingredients to push the meat component higher (and filler component lower) on the list. But how do they get away with that? There’s a tactic called ingredient splitting, and it’s sadly common. By breaking apart low quality ingredients into 2 or more components, like ground rice and rice bran, each rice ingredient individually accounts for a smaller portion of the recipe, and therefore pops up lower on the ingredient list –

allowing meat to be at the forefront. This takes place in about 1/3 of all pet foods, so make a mental note next time you're stocking up on meals for Buttons.

Here at Petnet, our goal is to help you make the best choices for your kitties and puppies. Equipped with an extra bit of food 411, you can sniff out the best ways to keep Buttons playing stealthy and living healthy.

Got any questions about your pet food? Drop us a line in the comments below.

Beyond Spot Treating: Deep Cleaning Your Soft Furniture



When balancing a hectic schedule — career, family, bills, what to eat for dinner — you prioritize items that need immediate attention first. The same applies to housework. It's easy to forget about less visual tasks if you're greeted by a mountain of laundry as you walk in the door.

The “out of sight, out of mind” mentality shouldn't apply to your cleaning habits, though. In fact, some of the most vital tidying tasks may barely register on your radar, but they could have a major impact on you and your family's health and comfort. Your living space may look orderly once you put away the dishes and wipe down the counters, but [hiding among your household surfaces](#) are pesky layers of allergens.

And not to give you nightmares, but you're not alone in bed: Your mattress is a tiny lounge for up to 10 million mites, bacteria and viruses. If that doesn't make you cringe, you should also know that [mites leave fecal pellets](#) and carcasses throughout your home. As much as we love them, our pets – and the hair and dander they leave behind – can also turn into a microscopic feast for dust mites.

This all leads to the unpleasant world of allergies. The price of admission is sneezing, itchy or watery eyes, coughing, runny nose, nasal congestion and more. Before you start walking around with X-ray glasses to catch the minuscule culprits, try a slight alteration in your cleaning routine: Use an allergen vacuum with a HEPA filter.

How to Clean Cushions

Between Sunday afternoon football, Netflix and pet cuddles, cushions become a welcome mat for pet hair, dander, dead skin cells and dust. The stubborn layers of buildup won't dissipate with a simple wipe-down. And rather than ruin your cushions in the washing machine (or drop major cash on dry cleaning), an allergen vacuum is the simplest solution.

We know - Mittens the kitten is your best friend. But the [Raycop RN](#) is your cushion's new favorite companion. The pulsating brush removes Mitten's fur and other debris, which then collect in a washable dust box filter. The teeny allergens get trapped in a HEPA filter that safeguards those pesky irritants. The RN removes three times more fabric allergens than other vacuums, which tend to have bulky attachments and less deep-cleaning power. All you need to do is gently run the RN across your cushions and other upholstered furniture. To maintain results, vacuum regularly as part of your cleaning routine. Mittens will thank you.

How to Clean Pillows and Mattresses

Your bed is the one place you should be able to (literally) lay down your head and rest. Unfortunately, when it comes to mites and bacteria, your pillows and mattress are like a hotel during the holidays: booked at full capacity. (And no, changing the linens won't help.) Think of dead skin cells and dandruff as a complimentary breakfast for those bothersome pests. If you experience congestion, sniffing, itching or sneezing, you may have a dust mite allergy.

But you can [evict these buggers](#). The [Raycop RN](#) allergen vacuum removes over 90 percent of dust mites after just three minutes. Its UV light extracts 99.9 percent of bacteria and viruses and reduces future dust mite populations by deactivating the DNA in dust mite eggs (so they don't hatch). Glide the vacuum along your mattress and pillows to keep allergens at bay — and put your dust mite worries to bed.

How to Clean Drapes

Beautiful curtains dress up your space, but as a backdrop of a room, they're easy to neglect. Without proper cleaning, drapes become a trap for dust and other allergens. Instead of pulling them off the wall and shoving them in your laundry, try a lightweight mobile cleaning system.

The [Raycop Lite](#) combines unique technology of UV light sanitation, vibration, suction and HEPA filtration to provide a deep clean that's also gentle on delicate fabrics. And because the Lite is compact, your arms won't tire while nabbing those hard-to-reach areas. The HEPA filter collects allergens without releasing them back into the air, so let the Lite do your dirty work and keep your curtains looking good on the inside and outside.

If you're accustomed to only spot-treating your soft household furnishings (i.e., that sinister guacamole stain when you hosted Game Night), this new routine will necessitate a bit more mindfulness. But cleaning and caring for your furniture on a deeper and more consistent basis means a happier, healthier home.

Healthy Travel Tips To Maintain Your Eating And Exercise Routine



Whether you travel for business or pleasure, hitting the road can be a welcome reprieve from the repetition of everyday life. When visiting a new city, you get a chance to hit the reset button and enjoy new experiences. But traveling can also disrupt your normal routine and impact your mind and body. In addition to cringe-worthy germ exposure (did you know that [airport security trays](#) carry more germs than toilets? Or that the [TV remote and light switches in your hotel room](#) are the biggest offenders for bacteria?), you're at the mercy of processed meals, sugary snacks, interrupted sleep and an erratic schedule.

To keep yourself on track, be mindful about what you pack. By filling your suitcase with a few key items (think: portable exercise equipment and superfoods), you can nourish your body and sustain your healthy habits, no matter where you are.

Hydrate With A Reusable Water Bottle

Proper hydration on a typical day is vital to your well-being, but becomes even more important during travel, when you're distracted and away from the conveniences of home. Flying can leave you dehydrated because planes tend to have low humidity levels. And if you're busy with meetings or activities, it's easy to forget about drinking enough water. Toting along a reusable bottle makes it easier to stay hydrated, which will [increase your energy levels and keep your kidneys happy](#). (And extra points for cutting down on disposable plastic bottles.)

Fuel Up With Quality Eats

It's fine to occasionally order room service or hit the buffet, but when you hit the road, the most convenient options tend to be salty, processed, sugar-bombs. Rather than grab the nearest to-go snack, think ahead and pack wholesome options to take with you. Fruits, nuts, seeds and broth are clean, nutritious choices that fit neatly into your travel bag. And before you ask - no, you don't need to bring a flask of broth to the airport; just add eight ounces of hot water to a beef bone broth powder or veggie miso broth powder - and applaud yourself for avoiding the cellophane-wrapped sodium traps in the gift shop.

Support Immunity With Superfood Supplements

Traveling provokes several factors that negatively affect your [gut health](#) (drinking alcohol, not getting enough sleep, not eating a diverse range of foods). And since gut health supports your immune system, you want to offset those offenses as much as possible. Enter: superfoods, the nutrient-dense powerhouse to support immune function. Depending on your hotel or Airbnb situation, you may have trouble accessing a variety of superfoods, so your best bet is bringing packets of these nutritional rock stars. Try skipping the hotel room coffee maker; upgrade your breakfast with a [mushroom](#) matcha latte, coffee latte, or creamy mushroom hot chocolate. All you do is add hot water and enjoy!

Work Out With Portable Equipment

Travel workouts don't need to be long or intense to be effective. Resistance bands make the perfect companion: they can be used anywhere, take up very little suitcase space and their versatility allows you to target both upper and lower body. Try a full-body circuit and hit your biceps, triceps, glutes, thighs and abs. Another easy option to sneak in some exercise: jump rope. A quick burst of high-intensity cardio will spike your heart rate and improve your balance, strength and agility.

Stretch Out With A Yoga Mat

Taking a trip puts stress on you (mentally and physically), so make sure you recharge and squeeze in a bit of "me time" with some simple stretches. Your body builds up tension after sitting through a flight or long drive (plus dragging a suitcase around) and your mind needs a reset. [Yoga may reduce stress](#), soothe the physical strain from hitting the road and help you stay grounded in the moment - something the chaos of traveling often doesn't allow. Grab your yoga mat and take a few minutes to appreciate where you are.

The next time you travel, remember your normal routine can stay intact with the right items and right mindset. Just prepare that checklist and check it twice because a bit of mindfulness will keep you feeling your best!