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### Dear Valued Customer,

Thank you for your order! We pride ourselves in extending you a hands-on-approach to using our products. Below you will find detailed information to achieve success using Palmetto Harmony. If at any time you have a concern, feel free to contact us via the information above, we are happy to help. It is our goal to provide you with the highest quality, purest CBD products in the industry at the lowest possible cost. Again, thank you for placing your trust in our company and our products.

## **SUGGESTED USE FOR PALMETTO SYNERGISTIC RESEARCH PRODUCTS**

### **Palmetto Harmony (High CBD Ingestible Oil)**

Ingredients: U.S.-Grown, Organic, Whole Plant Hemp Cannabidiol (CBD) Extract 20 mg CBD/ml



Palmetto Harmony can be dosed with any pharmaceutical drug on the market and it will not create a toxic poison when consumed together. It can, however, compete on the same enzyme with pharmaceuticals to process and this competition can result in certain drug levels becoming elevated or lowered in the blood stream (see attached drug interaction sheet). Please consult your physician when using Palmetto Harmony in conjunction with any pharmaceuticals. You must schedule a blood draw 3 weeks after starting the oil (comprehensive metabolic panel and blood trough levels) to check levels of all pharmaceuticals and assure no interaction is occurring. If Palmetto Harmony is elevating levels of any drug, consult your physician about lowering the levels of the drug to keep within therapeutic range and monitor closely every month.

If you are on a drug that Palmetto Harmony has been known to elevate the levels of (see attached drug interaction chart) and are already at its highest therapeutic dose, we recommend lowering that drug BEFORE starting the oil. You should not change any pharmaceutical drug once you start Palmetto Harmony until you and your physician find the appropriate therapeutic dose (with the exception of a drug that is elevating out of therapeutic range). Together, with your doctor please, adjust any medications prior to starting the oil to eliminate any changes being made during the first phase of Palmetto Harmony treatment. It is very important to have no other variables when starting the oil while trying to find the right dose for each person. Your therapeutic range will be very individualized and depend on how your body processes the oil. We have adults that take 1ml a day with great success and children who take 4ml a day with great success.

Palmetto Harmony works as a powerful anti-inflammatory and neuro-protectant; however, it is not like typical synthetic drugs in that you feel its effects immediately. It may take several weeks to achieve relief while the cannabidiol builds up in the body's fat cells and tissues. Also, each change in dose can prolong an individual's ability to find that person's optimal dose. Keep in mind some people do see changes immediately, but for most this is a process. Our third rule of thumb, and the most important- when dosing for seizures, -is to make only one change every three weeks. It is the **THREE WEEKS TO STEADY** rule!

# Using Palmetto Harmony for Seizures, Tourette's Syndrome and Other Complicated Neurological Conditions:

When using Palmetto Harmony, we have several tried and true methods that work well with our product. First rule of thumb: **LESS IS MORE**. Whatever product you have used before or whatever you have read, it does not apply to Palmetto Harmony. **MORE IS NOT BETTER** when dealing with a seizure disorder. This is TRUE whole plant oil and contains all compounds (cannabinoids and terpenes) within the cannabis hemp plant. This is not a single compound product, therefore, dosing is different from a product that uses a single cannabis compound. When dosing too high with Palmetto Harmony you can see an increase in seizure activity so it is imperative that we start low and go very slow in order to find the right therapeutic dose per person. Below is the formula for finding a person's starting dose to treat seizures:

**FORMULA:** Persons Weight (in lbs) x 0.25 divided by 20 then divide by either 2 or 3 depending on how many times a day you are able to dose (must be at least twice but we prefer three) = how many ML's you will give at each dose.  
(Please use the 1 ML syringe that is provided with your order.)

**EXAMPLE:** 50-pound person x 0.25 = 12.5 / 20 = 0.625 / 2 (times a day you will dose) = **0.31 ML's (2 times a day is the dose)**

**MAKE SURE THE TIME BETWEEN DOSES REMAINS CONSISTENT. FOR EXAMPLE: IF YOU DOSE TWO TIMES A DAY, DOSE PALMETTO HARMONY 12 HOURS APART, IF YOU DOSE THREE TIMES A DAY, DOSE OUR OIL 7-8 HOURS APART. MOST IMPORTANT: YOU MUST DOSE OUR OIL 2 HOURS BEFORE OR AFTER ANY SYNTHETIC DRUG.**

*Within the first 5 days of starting Palmetto Harmony*

-if you see an increase in seizure activity, do not dose the oil for 24 hours and then resume dosing at half of the starting dose. For example, per the formula above: you would reintroduce the oil after the 24-hour period at 0.15ML's, 2 times a day, 12 hours apart and at least 2 hours apart from any pharmaceuticals. Almost all increase in seizure activity- when the oil is first introduced -comes from either a hypersensitive child who is extremely cannabinoid deficient or a direct blockage by a pharmaceutical drug. By lowering the dose of oil, that blockage will dissipate and the drug interaction will be lessened.

*After starting Palmetto Harmony*

If you see no changes (no increase in cognition, decrease in seizure intensity or length) then we allow ONE increase before the 3-week mark. That is **ONLY** right after you start and if you have **NO** changes occurring at all. If there are no changes, on the 14th day you can administer your first increase of 1/3 of the starting dose. The example above is:  $0.31 \times .33 = 0.10 + 0.31 = 0.41$  ML's (this would be the new dose two times a day so every increase that will be made at each dose will be .10 if you had a child that was 50 pounds). Every time you increase you must hold at that dose for **THREE WEEKS** to see what that new dose will be able to accomplish. Don't make any changes until after three weeks. If at any time you are seeing success then **DO NOT INCREASE**, make a note of the dose at which you are seeing success. You will need this dose for "reboots" in the future. If you increase dosing and see a noticeable increase in seizure activity that is persistent and **NOT DUE** to any environmental issues, then decrease immediately to the lower dose as you have just overshot your therapeutic range.

Finding the right therapeutic dose is a challenge, but is the key in making any cannabis treatment work. If you understand the three rules, then finding your right dose will be an easier journey. Also, keep in mind, even though we use a person's body weight as a starting point this treatment has nothing to do with how much a person weighs when it comes to seizures. So higher weight does not necessarily mean higher doses. In the words of one of the most respected Neurologist, "Is your brain gaining weight?"

**The three most important touch points are:**

- 1) LESS IS MORE** (this is NOT a single compound CBD oil and therefore is unique compared to other CBD oils on the market. Palmetto Harmony is a **WHOLE PLANT** CBD oil and therefore dosing is very different regardless of what is on the internet or other companies have recommended for their dosing.)
- 2) THREE WEEKS TO STEADY** (this is not a sprint; this is a long distance marathon. Every change takes 3 weeks to see what that change will do)
- 3) TOO HIGH OF A DOSE CAN CAUSE MORE SEIZURE ACTIVITY** (if you dose too high please see rebooting information below)

**REBOOTING:**

This is a term coined by several of us parents who realized that our kids were dosing the oil too high, in turn, having an increase in seizure activity. Since most of our kids are non-mobile and the oil builds up into the fat cells and tissues in the body, we noticed after several weeks-even at small daily doses-some odd tics or repetitive seizure activity that was a "out of the norm." In some cases, there were increases in seizures versus **BEFORE** the oil.

We've found removing the oil completely for 24-48 hours (depending on the child) depleted the buildup in their bodies and allowed our kids to go seizure-free again for long stints at a time (most reboots are needed with very complicated cases of seizure activity)

only and seem to be needed more when a child is using pharmaceuticals). Palmetto Harmony is NOT addictive and is NOT a synthetic drug so it can be removed at any time and a person will not go through withdrawal or have increased seizure activity like we see with AED's (Anti-Epileptic Drugs). This oil is from a plant that our body naturally processes and is not held to regulations that the pharmaceutical drug industry puts forth. This oil also allows for a tremendous amount of empowerment in treating seizures. You can stop, start and change dosing schedules any time without fear of DTs or side effects normally associated with pharmaceuticals. In simple terms, it should be treated as a food product because that's truly what it is. Palmetto Harmony should be treated as a food product; your body nutritionally needs nothing more.

## **RULES FOR REBOOTING**

ONLY DO IF YOU SEE AN INCREASE IN SEIZURE ACTIVITY (increase means more seizures, more frequent than BEFORE the oil) Do NOT reboot if you start having breakthrough seizures. Breakthrough seizures require an increase but ONLY if they come consistently over a week (most of our kids still have mild breakthrough seizures) For occasional breakthrough seizures don't make drastic dosing changes. Stay steady. For consistent breakthroughs you will need to INCREASE dosing.)

To reboot remove all oil cold turkey for 24-48 hours, (some parents have removed for up to a week but we recommend 24-48 hours) then start the oil back at the very first dose you saw success with. Parents note after the first 24 hours the seizures subside. Some parents who have not added Palmetto Harmony back in have noted going up to 12 days' seizure-free on no oil. Then the seizure patterns return prior to using the oil, so they need to re-implement the oil back in. We only recommend a 24-48 hour reboot, but you know your child best.

We understand that we have a lot of clients who want to wean down their current pharmaceuticals as fast as possible BUT we do NOT recommend starting any wean until you find a comfortable therapeutic dose, then and only then, (unless you need to wean due to a direct interaction) we encourage consulting with your physician to start a drug wean. This will lessen the amount of variables that go into finding the right therapeutic dose. Most Palmetto Harmony patients are taking .2 MG's of CBD per pound to 0.75 MG's per pound and finding a nice therapeutic dose within that range. However, we do have a select few cases who are taking upwards of 2-3 MG's per pound but these are very few and far between.

**\*Always keep a seizure journal if you are not already. Consult the journal before making any decisions on dosing (even small daily doses) to see if seizure activity is increasing enough to warrant an increase. For rebooting you will know if it is necessary. Your instinct will be your best guide in finding the right therapeutic dose for your own child. You are your child's best caregiver!**

**If you have questions or concerns, contact us anytime using the information on top of this document and we will guide you. Also, we can invite you to join our secret Facebook group made up of all Palmetto Harmony users and parents upon request. If you would like to be added to the group, please email us at [janel@palmettoharmony.com](mailto:janel@palmettoharmony.com) with your request. Include your Face book User name and state of residence. You will get a friend request from Janel Ralph. Once you accept, we will add you to the group. The group is set to 'secret' so only members can see what we post and it cannot be searched. This is your support network! You can ask questions, compare dosing regiments, cry and celebrate with parents and patients who have walked the same path as you and ultimately found relief with Palmetto Harmony.**

# **Using Palmetto Harmony for all other conditions besides Cancer, Seizures, Tourette's Syndrome and other complicated Neurological Conditions**

## **Pain, MS, Alzheimer's, Fibromyalgia, etc.**

This is the standard protocol for dosing with Palmetto Harmony. (NOT FOR TREATING SEIZURES OR CANCER)

Follow this dosing regimen formula for 14 days:

A child **50 pounds or less** starting dose is 0.5 ML's two times a day-12 hours apart and at least an hour and a half away from any pharmaceuticals.

A person **50 to 90 pounds** starting dose is 0.75 ML's two times a day 12 hours apart and at least an hour and a half away from any pharmaceuticals.

A person **over 90 pounds** starting dose is 1 ML two times a day- 12 hours apart and at least an hour and a half away from any pharmaceuticals.

If no change occurs within 14 days, double the starting dose, then hold that dose for 3 weeks. Make note of any changes/relief. If within this 3-week period change/relief is felt, continue with the same dose for the full 3 weeks before increasing. Then adjust the dose based on what you feel appropriate for yourself or your child. You can also add an afternoon dose.

Conditions besides seizures Tourette's Syndrome, Complicated Neurological Conditions and Cancer allow for a little more 'play' in dosage to find a good therapeutic range for you or your child. If you have a seizure disorder you **CAN NOT** do this protocol despite the condition, you are treating for. Use the seizure protocol listed above. Even if you aren't treating for seizures it's a good idea to read the above seizure protocol as it will give you great insight into how this type of treatment works. The two rules that always apply (with exception of cancer treatment):

**1) LESS IS MORE (Your body will reach a saturation rate. We see it with seizure patients, so less is more in most all cases)**

**2) THREE WEEKS TO STEADY (It takes three weeks for any given dose to build up into the fat cells and tissue of the body. Therefore, it takes 3 weeks to see what that dose will do for each individual and their specific condition. Only make changes every three weeks)**

\*\*Always keep a journal or daily log of how your condition is progressing. Consult your journal before making decisions on dosing using the 3-week rule. Some people feel immediate relief with the first dose they take. Others will take 1-2 bottles (up to 6 weeks) before they find relief from symptoms. The key is finding the right therapeutic dose for you. Every individual's body will process the oil differently depending on their level of cannabinoid deficiency, pharmaceuticals taken, diet and, other factors.

If you have questions or concerns, contact us anytime using the above information and we will guide you. We also invite you to our secret Facebook group made up of Palmetto Harmony users and parents. If you would like to be added to the group, please email [janel@palmettoharmony.com](mailto:janel@palmettoharmony.com) with your request. Include your Facebook User name and state of residence. You will get a friend request from Janel Ralph. Once you accept we will add you to the group. The group is set to 'secret' so only members can see what is posted and it cannot be searched. This is your support network! You can ask questions, compare dosing regimens, cry and celebrate with parents and patients who have walked the same path as you and ultimately found relief with Palmetto Harmony.

### **SIDE EFFECTS OF PALMETTO HARMONY:**

**Some clients have noted lethargic behavior the first few weeks of starting the oil or the opposite effect of over hyperactivity. Some experience loose stool or increased salivation. Most all comment this passes within the first three weeks of use. Dosing too high of CBD oil can result in an increase in seizure activity, irritability, and a decrease in appetite. Please consult your physician before using Palmetto Harmony. Also the oil can lower or increase the levels of certain pharmaceuticals in the blood stream so you must schedule a blood draw within 3-4 weeks of starting the oil to monitor any possible interactions with pharmaceuticals.**

### **Using Palmetto Harmony for Cancer:**

Please CONTACT OUR OFFICE AT (843)331-1246, if you get a voicemail please leave a message and someone will return your call or e-mail within 48 hours.

<b>PALMETTO HARMONY DRUG INTERACTION CHART</b>	<b>Palmetto Harmony may increase the levels of this drug in the blood stream:</b>	<b>Palmetto Harmony may decrease the levels of this drug in the blood stream:</b>	<b>This drug may lower the efficacy of Palmetto Harmony in the blood stream:</b>	<b>This drug may increase the efficacy of Palmetto Harmony in the blood stream:</b>
Amitriptyline (Elavil)				X
<b>Carbamazepine (Tegretol)</b>			X	
Carisoprodol (Soma)	X			
Citalopram (Celexa)	X			
Clarithromycin (Biaxin)				X
<b>Clobazam (*Onfi)</b>	X*			
Clomipramine (Anafranil)				X
<b>Diazepam (Valium)</b>	X			
Felbamate (Felbatol)	X			
Fluconazole (Diflucan)				X
Imipramine (Tofranil)				X
Ketoconazole (Nizoral)				X
Lansoprazole (Prevacid)	X			
Meperidine (Demerol)		X		
<b>Midazolam (Versed)</b>		X		
Omeprazole (Prilosec)	X			
<b>Phenobarbital</b>		X	X	
<b>Phynetoin (Dilantin)</b>	X		X	
Rifampin			X	
St. John's Wort			X	
Telithromycin (Ketek)				
<b>Temazepam (Restoril)</b>		X		
<b>Valproic Acid (*Depakote)</b>		X**		
<p><b>*This drug can initially be blocked by Palmetto Harmony. After prolonged use of PH (over a two-week period) can begin to elevate the levels of this drug sometimes doubling the levels in the blood stream. This drug needs to be closely monitored while on Palmetto Harmony.</b></p> <p><b>**Palmetto Harmony will block this drug from entering the blood stream. Extended use can drastically lower the levels of this drug in the blood stream. This results in a wean type process and can cause the oil to not be as effective. This needs to be considered when starting the oil and the levels should be monitored closely.</b></p>				
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## Palmetto Harmony Topical Cream and Vape Suggested Use:

### HOLY CANNACENSE: 100 mg CBD/ml



Formulated to treat pain, inflammation, sore muscles, and epilepsy. This product can be used to complement a seizure disorder treatment regime. Rub directly on affected area daily as needed. Can be used in conjunction with all Palmetto Harmony products for more immediate relief. If using for seizure disorder, apply twice daily to feet and chest. Ingredients: U.S.-Grown, Organic, Whole Plant Hemp CBD Extract, Organic East African Shea Butter, Frankincense, Holy Basil. No added preservatives or artificial fragrance.

### PSORIAN CREAM: 100 mg CBD/ml



Formulated to treat psoriasis, eczema, shingles, and other skin issues. This product is not meant to be used to treat seizure disorders. Rub directly on affected area daily as needed. Continue use until the condition heals. Ingredients: U.S.- Grown, Organic, Whole Plant Hemp CBD Extract, Organic East African Shea butter, with all natural herbs. No added preservatives or artificial fragrance. **THIS PRODUCT IS NOT MEANT FOR EPILEPSY; IT IS MEANT FOR SKIN ISSUES.**

### CANNACENSE: 100 mg CBD/ml



Formulated to treat chronic pain, inflammation, sore muscles, and epilepsy. This product can be used to complement a seizure disorder treatment regime. Apply as needed directly to skin. Can be used in conjunction with all Palmetto Harmony products for more immediate relief. If using for seizure disorder apply twice daily to feet and chest. Ingredients: U.S.- Grown, Organic, Whole Plant Hemp CBD Extract, Organic East African Shea butter, with all natural herbs. No added preservatives or artificial fragrance.

### PALMETTO AURA: 30 ml (300 mg's CBD) 15 ml (150 mg's CBD)



Formulated to treat all types of neurological and inflammation issues. This is used for immediate relief, not as a long term solution (please see Palmetto Harmony for long term treatments). The Vape line of products break the blood brain barrier in several seconds resulting in an immediate response for what is ailing you. There is no exact dosing and the vape can be used as often as needed. It is 100% vegetable glycerin (VG) with no added flavorings or propylene glycol (PG). This product is meant to be vaped in a sub ohm tank at 24 watts or 270 degrees. **DO NOT VAPE AT TEMPERATURES OVER 400 DEGREES FARENHEIT.** Palmetto Aura is a quick response type of treatment not meant to be used for a long term solution. Also great as a rescue formula for adult seizure patients who feel Aura's.