



## THE EXCHANGE

A WEEKLY PUBLICATION OF  
THE DALLAS BUSINESS ASSOCIATION

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So what's all the fuss about CBD oil? As explained by Connie Smith and her staff, Cannabidiol, or CBD, is a chemical compound derived directly from the hemp plant, which is a cousin of the marijuana plant. CBD is commonly used to address anxiety, and for patients who suffer through the misery of insomnia, studies suggest that CBD may help with both falling asleep and staying asleep. CBD may also offer an option for treating different types of chronic pain.

Connie has implemented the use of CBD oil in her practice for patients who request it and has found that it does provide relaxation results, thereby reducing or eliminating the use of nitrous oxide for the same purpose. Other patients report the reduction or elimination of pain after using a CBD oil topical.

In June, 2019, Texas legalized the use of CBD oil, provided it contains less than less than .3 percent THC which is the component of marijuana that provides the "high". According to a report from the [World Health Organization](http://www.who.int), "In humans, CBD exhibits no effects indicative of any abuse or dependence potential.... To date, there is no evidence of public health related problems associated with the use of pure CBD."

**This Tuesday's Speaker: TBA**

## Notes and Announcements

**TUESDAY'S MEETING LOCATION: New Permanent Meeting**

**Location: Beginning next Tuesday, DBA will meet at the Crossroads Diner, 17194 Preston Rd #101, Dallas, TX 75248.**

Northeast corner of Campbell/Preston. Thanks to Steve for securing this location.

**SAVE THE DATE: November 12<sup>th</sup> – social at Lynn Hood's home.**

**# Of Member's Present at last meeting: 12.**

**MEMBERS ABSENT: Darrell Blank, Joe Kboudi, and Dennis Cianciulli.**