

**MONEY**

# It's National CBD Day! 5 places where you can purchase products, learn more in Louisville

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It's National CBD Day. This year marks the 5th annual National CBD Day, a holiday dedicated to learning about and celebrating CBD and the potential benefits it can offer consumers.

"CBD Day is a day that recognizes the new-found freedom for Americans to use organic hemp products to support their mental health, sleep schedules and relief from aches and pains," said Jim Higdon, the co-founder Cornbread Hemp, a Kentucky-based hemp brand.

CBD is a naturally occurring compound derived from the hemp plant or it can be manufactured in a lab. CBD is found in marijuana — another hemp derivative — but unlike marijuana, CBD does not cause a "high." CBD lacks THC, the psychoactive ingredient known for creating the buzz associated with marijuana.

CBD and other cannabis-derived products have not always been legal and accessible for consumers, but that changed five years ago. The 2018 farm bill, which was supported by Sen. Mitch McConnell, R-Ky., federally legalized hemp and a wide range of its derivatives, including CBD and other cannabinoids. Since the passage of the bill, the hemp industry in the Commonwealth has budded from agriculture to retail shops.

"Hemp is a booming Kentucky crop and the Kentucky Department of Agriculture set a national standard for state hemp programs that other states use as a framework in their own programs," said Nick Phillips, the chief operating officer of Hectare's Cannabis Innovations and Bourbon Country Cannabis. "Supporting CBD and hemp products means supporting local and state farmers, processors, retailers and all of those that work in the industry."

Many customers often seek out CBD products as a supplement for health reasons.

"Most of our customers are seeking pain relief, reduced anxiety, mood uplift and help with sleep," said Nancy Roberts, the co-founder and CEO of One Love Cannabis Company. "As someone over 60, I personally am seeking anti-inflammatory properties and neuroprotective qualities."

While the FDA has not approved CBD and other cannabis-derived products, studies suggest CBD products can aid in pain relief, reduce anxiety and stress, improve sleep quality, and has anti-inflammatory properties.

"There is more and more research being done every day and we are just learning," said Dee Dee Taylor, the founder and CEO of 812 Hemp and 502 Hemp Wellness Center. "My husband has seizures and CBD has been ... life-changing for him. I use the products for anxiety and depression and no longer take any prescription medications. CBD has the potential to help literally everyone in some form or fashion."

The stigma surrounding CBD and its close association with marijuana has shifted dramatically over the last few years as its presence and use in society have become more conventional.

"Celebrating National CBD Day brings attention to the positive impact of CBD on health and well-being, supports ongoing research, and encourages responsible use, education, and community-building," Roberts said. "Having a national day devoted to CBD will help combat the stigma and misconceptions surrounding CBD."

Here's a look at some locally owned retailers where you can find out more information or purchase products on National CBD Day.

## **812 Hemp and 502 Hemp Wellness Center**

*201 Moser Road, Suite B; 319 E. Lewis and Clark Parkways, Clarksville, Indiana*

**Products sold:** CBD oil, gummies, topicals, roll-on gels, capsules, tea, bath bombs, lotions, chocolates, lip balms, concentrates, inhalers, candles, CBD essential oil roll-on, pet CBD oil and treats, hemp hearts, hemp protein, hemp bath salts, and hemp jewelry.

**National CBD Day deal:** "Every day is [National] CBD Day at our stores, not just on Aug. 8. I am sure we will have a sale of some sort to celebrate," Taylor said.

**What the CEO says:** "National CBD Day should be celebrated every day by everyone. This compound should have never been taken out of our diet and is finally becoming more

mainstream," Taylor said. "While CBD is the buzzword, hemp, in general, should be celebrated for all of its uses."

## Cornbread Hemp

*Kentucky-based brand and primarily an e-commerce business at [cornbreadhemp.com](https://cornbreadhemp.com), but products can be found in the five area Rainbow Blossom Natural Food Markets*

**Products sold:** USDA organic full spectrum CBD products made from Flower-Only hemp extract, which comes from Kentucky-grown hemp flowers. Popular products include USDA organic CBD gummies, which come in mixed berry, peach, and watermelon flavors. The brand also crafts CBD oils, capsules, topical products and CBD oil for pets.

**National CBD Day deal:** Offering 20% off online at [cornbreadhemp.com](https://cornbreadhemp.com) with code CBDDAY and 20% off Cornbread Hemp products at all Rainbow Blossom locations during the month of August.

**What the co-founder says:** "Cornbread Hemp has become one of the fastest growing CBD brands in America because we support local farmers and craft our products with the best ingredients possible, starting with organic, Kentucky-grown hemp flowers," Higdon said. "On National CBD Day, folks should support farmers and small businesses by exploring what CBD has to offer."

## Hectare's Cannabis Innovations and Bourbon Country Cannabis

*819 E. Market St., Louisville; 217 Pearl St., New Albany, Indiana*

**Products sold:** Pet-friendly CBD oil, tinctures and chews, locally made CBD oil and tinctures in a variety of flavors from Kentucky-grown hemp, CBD topical salve, CBD roll-on that is infused with essential oils, a variety of CBD gummies, and an expansive collection of small beverages, craft sodas, chocolates, gummies and more.

**National CBD Day deal:** 15% off all products in store on Aug. 8 at Bourbon Country Cannabis locations as well as [Hectares.com](https://Hectares.com) using code CBD15.

**What the executive says:** "Bourbon Country Cannabis is proud to be a local business supporting the hemp industry and consumers locally," said Nick Phillips.

## One Love Cannabis Company

*1906 Bardstown Road, 10117 Taylorsville Road, 1400 Main St. #112, Clarksville, Indiana and 310 East Main Ave., #102, Bowling Green, Kentucky*

**Products sold:** Bickett and Boone CBD oils and balms, Earthy Browns oils, balm, and lotion sticks, Flora Sophia oils and balm, High Vibration oils, pet oils, and CBD capsules, Green Gruff dog treats, Wyld brand CBD gummies, Lucent CBD mints and Gummy Girl CBD gummies. Each location also has a terpene bar to custom terpene-infuse CBD oils at purchase.

**National CBD Day deal:** The four-store chain will offer 20% off all CBD products on Aug. 8 and samples of Gummy Girl CBD gummies in store. Any customer who brings their dog in will also receive a free CBD dog treat.

**What the CEO says:** "One Love is excited to celebrate National CBD Day because we are passionate about how hemp and CBD have changed our lives, and the lives of our loved ones," Roberts said. "Every day we are blessed with seeing how CBD impacts the health and wellness of our customers. When we see how it can improve people's lives, increasing their happiness and satisfaction, it is easy to be excited about any day that gives us an opportunity to share our knowledge and experiences."

## Rainbow Blossom Natural Food Markets and Wellness Center

*3738 Lexington Road, 3046 Bardstown Road, 12232 Shelbyville Road, 3608 Springhurst Boulevard, and 3003 Charlestown Crossing, New Albany, Indiana*

**Products sold:** Internal products such as oils, gummies, and capsules and topical products including balms and creams. The natural grocer also sells a variety of CBD-infused beverages and sweets.

**National CBD Day deal:** There will be a month-long sale of CBD brands like Cornbread Hemp and Bluebird Botanicals with 20% off all products, CV Sciences with 20% off select items, and Wyld CBD with 45% off select items.

**What the manager says:** "Rainbow Blossom, a leader in the natural health and wellness industry in Louisville, was an early adopter of the use of CBD," said Nathan Simmons, a manager at Rainbow Blossom. "Many people with various health challenges report positive outcomes from CBD use and there's more to learn about those potential benefits. [National

CBD Day] brings attention to the subject and will hopefully encourage further exploration into the cultivation and application of the plant product."

**More:** Comic with a cause: local comedian Tom Mabe helps bring CBD shop to J-Town in 2023

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