

In Her Own Words

My name is Nanette Bowman. I've been married for nearly eight years and we have two children.

I have been diagnosed with problems people get in their 50s: fibromyalgia, inflammatory arthritis and rheumatoid arthritis in my hands. I have bad inflammation and problems with my hands working properly. I took heavy medications until I found CBD oil. In a day, it changed my life.

I began looking into CBD oil about six months ago and found a company that I trust and love. I take drops and also use lotion. The lotion I use mostly for my hands, with my severe swelling and pain. This and the drops help me keep up with my kids and life itself.

When asked what benefits it provides for me personally, I start to tear up. I call what I take liquid gold. It provides everything the other medications did without the harsh side effects. It allows me to live a mostly normal life. Without it I would be a 27-year-old who couldn't run, play or be happy.

I have not had any side effects at all. It's amazing! This is natural medication.

Do your research of companies. If it's the real thing, it will help you. The drops are the best way to go, I think. They work quickly. If you have a problem spot like I do with my hands, look into lotions also. They work wonders.

CBD oil works. There are different strengths and, depending on what problems you deal with, pick the strength that works best for you.



*Nanette
Bowman*