

# The Whole-Plant Hemp Handbook

*CBD oil, spectrum choices, hemp nutrition, and the sustainability story*

*BiomedRx Hemp — First Edition — July 2026*



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*This e-book is editorial and educational commentary published by BiomedRx Hemp in July 2026. It is intended to help readers understand hemp, hemp-derived CBD, and hemp nutrition; it is not medical, legal, or dietary advice, and it does not diagnose, treat, cure, or prevent any disease. Statements herein have not been evaluated by the FDA. Hemp and cannabinoid regulation changes frequently and varies by state — always verify against current federal and state rules and consult a qualified healthcare provider before starting any supplement. No statement here is a guarantee of any health outcome.*

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## Foreword

Hemp has spent decades misunderstood — conflated with its intoxicating cousin, tangled in old prohibitions, and only recently rediscovered as one of the most versatile plants a person can bring into their life. It is a source of wellness cannabinoids, a complete plant protein, a regenerative crop, and a raw material for textiles, all from the same remarkable species. This handbook is an attempt to give hemp its due.

BiomedRx Hemp, based in Upland, California, works across this whole picture — hemp-derived CBD oil, tinctures, and topicals backed by lab testing and clear education. Everything here is grounded in the science, nutrition, and regulatory reality as understood in July 2026, and it is written in the spirit of education first: helping you choose well rather than simply selling you something.

Read it once for the whole story, then keep the checklists handy at the point of purchase and in the kitchen. Hemp rewards an informed user, and the whole aim of these pages is to make you one.

## Chapter 1 — Hemp Is More Than CBD

To most newcomers, hemp means CBD, and CBD means a bottle of oil. That is a fine place to start, but it dramatically undersells the plant. Hemp is cannabis cultivated to contain no more than 0.3% delta-9 THC by dry weight — the legal line that distinguishes it from marijuana — and from that single crop comes a genuinely astonishing range of products: wellness cannabinoids, nutrient-dense seeds, sustainable fiber, and more.

Understanding hemp as a whole plant reframes how you approach any single product. The CBD oil in the bottle is one expression of a plant that also yields a complete protein in its seeds and a regenerative benefit in the soil where it grows. This wider view matters because it explains why hemp has drawn interest from wellness enthusiasts, athletes, farmers, and environmentalists alike — they are each responding to a different facet of the same versatile crop.

BiomedRx Hemp offers hemp-derived CBD oil, tinctures, and topicals with clear education attached to each, precisely so customers can situate their choice within this larger picture. The point of leading with education is that an informed customer makes better decisions and gets more genuine value from the plant. Hemp is more than CBD, and knowing that makes you a smarter buyer of the CBD itself.

### Field Checklist

- Recognize hemp as a whole-plant crop, not just CBD
- Confirm any hemp product is under the 0.3% THC line
- Prioritize sellers who lead with education

## Chapter 2 — Choosing Your CBD Oil

CBD oil is the flagship of the hemp wellness world, and choosing well comes down to a few clear factors. The first is strength — CBD oils come in a range of concentrations, and the right one depends on your goals and your experience with the product. Newcomers generally do well to start with a modest strength and adjust from there rather than reaching for the most potent option on the shelf.

The second factor is how you will use it. Sublingual oils and tinctures — held under the tongue before swallowing — are the classic format because they let you fine-tune the amount drop by drop and adjust easily as you learn how your body responds. This control is a real advantage for anyone still finding their preferred routine, which is nearly everyone in their first weeks.

The third and most important factor is proof of quality, which the next chapters and the compliance section address in detail. For now, the rule is simple: a CBD oil worth buying is one whose contents have been verified by an independent lab, not merely asserted on a label. BiomedRx Hemp offers sublingual hemp-derived CBD oil in a range of strengths, tested for purity and potency, so the choice you make is one you can actually trust.

### **Field Checklist**

- Match oil strength to your goals and experience level
- Start with a sublingual format for easy adjustment
- Buy only oils verified by independent lab testing

## **Chapter 3 — Full, Broad, and Isolate**

Every CBD product falls into one of three types, and understanding them resolves most of the confusion in the category. Full-spectrum contains the plant's complete range of cannabinoids, terpenes, and other compounds, including trace THC that stays under the legal limit. Broad-spectrum keeps that fuller plant profile but removes the THC. Isolate is pure CBD alone, with every other compound stripped away.

The choice among the three is a matter of fit, not hierarchy. Full-spectrum appeals to those who want the whole plant working together — the idea, sometimes called the entourage effect, that hemp's compounds may complement one another. Broad-spectrum is the natural pick for someone who wants that richer profile but needs to avoid THC entirely, whether by preference or because of drug testing. Isolate suits those who want a single, predictable compound with no plant taste and no THC at all.

There is no universally correct answer, which is exactly why BiomedRx Hemp offers all three. A thoughtful producer provides the full range so the customer can match the product to their situation rather than being pushed toward whatever the seller happens to stock. The right question is never which type is strongest, but which profile fits your needs — a question only you can answer, and one a good seller helps you think through.

### **Field Checklist**

- Decide whether you can accept trace THC or must avoid it
- Match the type to your goal and any testing concerns
- Don't assume more compounds always means better results

## Chapter 4 — Topicals and Targeted Wellness

Not all hemp wellness is taken internally. Topicals — balms, salves, and skin-care formulations infused with CBD and botanical extracts — are applied directly to a specific area of the body rather than swallowed or held under the tongue. This makes them a different tool for a different job: where oils and tinctures offer whole-body support, topicals are about targeted, localized application.

The logic of a topical is proximity. By applying the product where you want it, you keep the wellness support local rather than systemic. This appeals to people focused on a particular area — often after activity or physical work — and to those who prefer not to ingest a product at all. Many hemp topicals pair CBD with complementary botanicals, so the formulation supports the skin and the target area together rather than relying on a single ingredient.

As with every hemp product, quality is the deciding factor. A topical worth using is made from lab-tested hemp extract and honest ingredients, formulated with care rather than slapped together to ride a trend. BiomedRx Hemp's hemp-infused balms and skin care combine CBD with botanical extracts precisely for this targeted, thoughtful approach — and, as always, they are wellness products rather than treatments for any medical condition.

### Field Checklist

- Use topicals for targeted, localized application
- Look for CBD paired with quality botanical ingredients
- Confirm the extract is lab-tested, like any hemp product

## Chapter 5 — Hemp Seed Nutrition

Set the cannabinoids aside for a moment, because hemp has a second gift entirely: its seeds are one of the most nutritious plant foods available. Hemp seeds provide a complete plant protein, meaning they contain all the essential amino acids the body cannot make on its own — a rarity among plant sources and a major reason hemp has drawn the attention of athletes and plant-based eaters alike.

Beyond protein, hemp seeds are rich in beneficial fats, including a favorable balance of omega fatty acids, along with fiber and a range of minerals. This nutritional density is what makes hemp seeds so easy to incorporate into everyday eating — sprinkled onto meals, blended into smoothies, or worked into recipes as a whole-food source of protein and healthy fat. They are food first, with no intoxicating properties and none of the regulatory complexity of the cannabinoid products.

The practical appeal is simplicity. Where CBD invites careful decisions about spectrum and dosing, hemp seeds are simply a nutritious ingredient you can add to a balanced diet. For anyone curious about hemp who feels uncertain about cannabinoids, the seeds are an easy, low-stakes entry point into the plant — a complete protein and a nutrient boost, straightforward to use and grounded in ordinary nutrition rather than anything exotic.

### Field Checklist

- Treat hemp seeds as a complete plant protein source
- Add them to everyday meals for protein, fats, and fiber
- Use seeds as an easy, low-stakes entry into hemp

## Chapter 6 — Hemp and the Land

Hemp's appeal is not only personal but environmental, and this is a part of the story worth understanding. Hemp is increasingly valued as a component of regenerative agriculture — farming that aims to improve, rather than deplete, the land it uses. The plant has drawn growing interest for its potential contributions to soil health, its role in crop rotation, and its capacity to capture carbon as it grows.

These environmental qualities are why large-scale growers have shown rising interest in hemp as a rotational and sustainable crop. A plant that can support soil quality while yielding useful products — cannabinoids, seeds, and fiber — offers a rare alignment of ecological and economic value. The sustainability story is not marketing gloss; it reflects genuine agronomic interest in hemp as part of more responsible farming systems.

For the conscientious consumer, this dimension adds meaning to the purchase. Choosing hemp products can be, in a modest way, a vote for a crop with regenerative potential. It is worth holding this claim in proportion — hemp is not a cure for every environmental problem — but its role in sustainable agriculture is real and growing. Understanding it lets you appreciate hemp not just as a wellness product but as part of a broader, more hopeful agricultural picture.

### Field Checklist

- Understand hemp's role in regenerative agriculture
- Appreciate its potential for soil health and carbon capture
- Keep sustainability claims in honest proportion

## Chapter 7 — Quality, Testing, and Compliance

Everything good about hemp depends on one thing: that the product actually is what it claims to be. This is where testing and compliance move from fine print to the heart of the matter. The single most important document in the hemp wellness world is the Certificate of Analysis — an independent laboratory report confirming a product's true cannabinoid potency, verifying its THC is within legal limits, and screening for contaminants like pesticides, heavy metals, and solvents.

The regulatory backdrop shapes why this matters so much. Hemp and its cannabinoids remain federally lawful under the 2018 Farm Bill, which distinguishes hemp from marijuana by THC content, and that framework was extended into 2026 as Congress continues Farm Bill reauthorization. Lawmakers have advanced proposed changes — including measuring total THC and new per-container limits — that remain under debate. The FDA, meanwhile, has said it does not yet have a complete framework for CBD in foods and supplements. In that uncertainty, responsible producers lead with testing rather than waiting for perfect rules.

BiomedRx Hemp keeps its products lab-tested for purity, potency, and compliance under the 0.3% THC limit, and avoids disease claims — the operational meaning of taking quality seriously. For the buyer, the takeaway is a simple discipline: ask for the Certificate of Analysis, confirm it matches your product and batch, check the potency and THC readings, and verify the contaminant panels pass. That habit is the surest protection any hemp consumer has.

## Field Checklist

- Always request and read the Certificate of Analysis
- Confirm potency, compliant THC, and passed contaminant panels
- Favor producers who test rather than wait for perfect rules

## Conclusion: The Case for the Whole Plant

The case this handbook makes is for seeing hemp whole. Too many people meet the plant through a single narrow product and never grasp how much more it offers — the range of cannabinoid choices, the complete protein in its seeds, the regenerative promise in the fields where it grows. Seeing the whole plant makes you not only a more appreciative user but a smarter and safer one.

The regulatory picture in 2026 remains unfinished, and that unfinished state is precisely why the informed consumer matters so much. Until federal rules fully mature, the burden of quality rests on producers who test honestly and buyers who insist on proof. BiomedRx Hemp's approach — lab-tested products, clear education, honest labeling, and compliance under the 0.3% THC line — is what responsibility looks like from the seller's side. Verification is what it looks like from yours.

Learn the plant, choose your product with intention, add the seeds to your plate, appreciate the crop's place on the land, and always ask for the proof. Do that, and hemp becomes what it should be: a versatile, honest, verified part of a life lived a little more thoughtfully. Statements in this book have not been evaluated by the FDA, and these products are not intended to diagnose, treat, cure, or prevent any disease.

## References

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#### ABOUT THE FOUNDER

## Devin Lockett

Devin Lockett is the founder and entrepreneur behind this title and the wider BiomedRx family of companies—spanning healthcare technology, wellness, media, and community initiatives. He builds brands focused on quality, service, and independent ownership. Connect and follow his work across the network.