

# *Let's Schmooze*

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## **COVID-19 vs. CBD Therapy**

It's quite an aggressor, this nasty COVID-19 pandemic. Hospitals and funeral homes are overflowing, with millions dying and untold millions more being scarred for life. This enemy mutates and adapts its attacks faster than we can formulate vaccines. No one is spared. The COVID-19 pandemic is global, and cuts across race, ethnicity, sex, and age without mercy. This virulent invader has humanity in its sights, and it's playing for all the marbles. In the process, economies and lifestyles are being laid waste, all around the world.

The prevalent medical assumption is that COVID-19 largely works by causing millions of micro blood clots to form throughout the body. It initially infects the organs and tissues most susceptible to attack, for many persons that being the ultra delicate lungs. However, in this war for keeps, the entire body is fair game. Let's look at some of the attack zones of this relentless attacker.

The up-front symptoms of COVID-19 infection include fever, shortness of breath, loss of taste and smell, nausea, diarrhea, sore throat, fatigue, chills, runny nose, headache, and muscle and otherwise body aches. That's just for starters.

The longer-term effects of COVID-19 involve heart palpitations, brain fog, intermittent fever, depression, chronic headaches, difficulty breathing, lack of energy, tiredness, and debilitating muscle pain.

Then, there are the lingering complications of COVID-19 that seem to becoming more evident every day as we work our way through this foul plague. We are seeing psychiatric depression, swinging mood shifts, and free-floating anxieties. Dermatologic rashes are becoming evident, such as "COVID hands" where the fingernails turn dark and the skin on the palms peels off. Cardiovascular inflammations of the heart, lung function abnormalities, and

acute renal kidney abnormalities are becoming standing problems. Smell and taste loss persists, together with sleep issues and major difficulties with both concentrating and remembering.

Proverbially speaking, the enemy is on the offensive, and crashing the gates. Retreat is not an option. What is one to do? Is there any help?

Good news! Our bodily castle happens to have a home guard that likes to stay in the shadows, rather invisible, so to speak. This little-known home guard exists in a dimension between the mind and the body, and in fact, is thought of as a bridge between mind and body. Its mandate is to continuously monitor and optimize our mental and bodily health ~ and yes, in real time.

Let's meet this elusive defender. Among medical practitioners, it is known as ECS ~ the endocannabinoid system. Found throughout the biological world, the endocannabinoid system is an evanescent world of neurotransmitters found in the brain and connective nerve tissue. When our brain perceives something amiss anywhere in our bodies, it sends the appropriate messages to the compromised body parts in order to bring them back to full function.

That's where the endocannabinoid system triggers and comes into play. It is endocannabinoid neural transmitters that carry these messages from mind to body. Our health is brought back to peak optimization, and homeostasis is back in order ~ in the Goldilocks zone, as some would like to say. Our bodily systems are now running again smoothly and harmoniously.

Sounds good, doesn't it? A built-in defense system that can help us resist the assaults and inroads of the COVID-19 plague.

Just as the endocannabinoid system continuously seeks to optimize mental and bodily health, there happens to be a way that we, in turn, can optimize our own endocannabinoid systems. It is by using phyto-cannabinoids drawn from the hemp plant world. Phyto-cannabinoids are not synthetic cannabinoids conjured up in a chemical lab. They are directly from Mother Nature, and typically found in safe and reputable CBD (cannabidiol) products.

Hemp-based phytocannabinoids are thoroughly compatible with our own inner endocannabinoids, are non-hallucinatory, and readily optimize our inner neurological endocannabinoid system to maximize its numerous healing functions. The testimonies from patients and practitioners are endless, and can be found all over the Web. Let's look at just a few of the healings that people have experienced. FYI, phyto-cannabinoids have been used by alternative medical communities for thousands of years to help the body stay balanced and healthy.

In today's modernity, CBDs initially were found to help patients suffering from epileptic attacks, anxiety and depression, and other neurological disorders. CBDs also help alleviate pain, and have been used for pain relief as far back as circa 3,000 BC. Nausea and vomiting are relieved. Acne is reduced. Cardiovascular issues are lessened.

Muscles and joints don't hurt as much. Stress is lowered, and good sleep is enhanced.

Check it out for yourself on the web. Again, the testimonies are endless, and CBD research is exponentially accelerating. Our inner endocannabinoid systems are like health wizards, and, with CBD therapy we can empower those health wizards even more so. After all, if our inner endocannabinoid system is "feeling good," so are we!

When purchasing CBD products from a reputable source, look for these things. They will guide you to a safer and more reliable product.

First, look for organic hemp plant extraction. That minimizes any risk of the product having any hallucinatory tendencies or pesticidal toxins.

Then, look for extraction utilizing the high-tech CO-2 super-critical technology; it is solvent free, non-toxic, and non-flammable. It gives you pure product.

Finally, look for infusion by either micro or nano emulsion. They are both good, but nano emulsion for CBD oil infusion allows for higher absorption rates within our bodies. That's good. Makes CBD therapy fast and effective.

Dosage? There are no standards, because our inner endocannabinoid systems are highly individualized to our unique physiologies and bodily needs. The popular starting point, with CBD oil, is a few drops under the tongue once a day, and then experiment and take it from there. Sometimes, with CBD therapy, a little can be a lot. We're dealing with neurotransmitters at the molecular order. These are tiny, tiny agents of goodness.

There are a lot of CBD product offerings out there. The most popular, so far, might be CBD infused oils. However, other products are quickly gaining favor, ranging from vaping, to capsules, to topicals, and then, of course, on to edibles. Who doesn't like a good CBD snack when things get dicey? The ultimate comfort food!

Fight COVID-19 with CBD therapy. It's an excellent health friend that will always be at your side resisting this awful plague. It just might make the difference between health and disease, and in some cases, life and death. In any measure, one way or the other, thoughtful CBD therapy will help us maximize the enjoyment of life.

*~ 'til we meet again ~*