



Is CBD the same as THC?

Cannabidiol, or CBD, is one of over 60 compounds called cannabinoids. Cannabinoids are found in many plants but are most commonly linked to cannabis.

Unlike other cannabinoids such as tetrahydrocannabinol (THC), CBD does not produce a euphoric "high" or psychoactive effect. This is because CBD does not affect the same receptors as THC.

The human body has an endocannabinoid system (ECS) that receives and translates signals it receives from cannabinoids in the body. The body produces some cannabinoids on its own, which are called endocannabinoids. The ECS helps regulate functions such as sleep, immune-system responses, and pain.

THC produces a "high" feeling by affecting the brain's endocannabinoid receptors. This activates the brain's reward system, producing pleasure chemicals such as dopamine.

CBD is an entirely different compound, and its effects are very complex. It is not psychoactive, meaning it does not produce a "high" or change a person's state of mind. Instead, it influences the body to use its own endocannabinoids more effectively.

According to one study posted to *Neurotherapeutics*, this is because CBD itself does very little to the ECS. Instead, it activates or inhibits other compounds in the endocannabinoid system.

For instance, CBD stops the body from absorbing anandamide, one compound associated with regulating pain. Increased levels of anandamide in the bloodstream may reduce the amount of pain a person feels.

Cannabidiol may also limit inflammation in the brain and nervous system, which may help people experiencing pain, insomnia, and certain immune-system responses.





What is CBD oil?

There are different levels of compounds found in the natural hemp or cannabis plant. CBD levels vary depending on how the plant is bred. Most CBD oil comes from industrial hemp, which usually has a higher CBD content than marijuana.

CBD oil has been traditionally used for thousands of years to treat various types of pain, but it has only recently begun to be studied again by the medical community. Here are some of the potential benefits of CBD oil:

Relieves Pain and Inflammation

Among common CBD benefits, natural pain relief tops the list for many. Evidence suggests that cannabinoids may prove useful in pain modulation by inhibiting neuronal transmission in pain pathways. A 2012 study published in the *Journal of Experimental Medicine* found that CBD significantly suppressed chronic inflammatory and neuropathic pain in rodents without causing analgesic tolerance. Researchers suggest that CBD and other nonpsychoactive components of marijuana may represent a novel class of therapeutic agents for the treatment of chronic pain.

Reduces Anxiety

Studies using animal models of anxiety and involving healthy volunteers clearly suggest an anxiolytic-like effect of CBD. Cannabidiol has shown to reduce anxiety in patients with social anxiety disorder and researchers suggest that it may also be effective for panic disorder, obsessive compulsive disorder, social anxiety disorder and post-traumatic stress disorder.

Promotes Cardiovascular Health

A 2013 study published in the *British Journal of Clinical Pharmacology* reports that CBD protects against the vascular damage caused by a high glucose environment, inflammation or the induction of type 2 diabetes in animal models; plus, CBD proved to reduce the vascular hyperpermeability (which causes leaky gut) associated with such environments.

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www.419Holistics.com - www.iv-xix.com
Hemp@419Holistics.com