



## What can CBD do for the Elderly?

What exactly does CBD offer to the elderly? To anyone? Does it have beneficial effects, or does it just produce a placebo effect?

No. Believe it or not, CBD is proving to many people just how powerful and healthful it is. In some cases, CBD has worked miracles for people suffering from unfortunate diseases and symptoms.

For the elderly, some of CBD's benefits are especially helpful. This includes pain relief (this is a major benefit of CBD for the elderly and for everyone!), bone health, soothing depression and anxiety in some cases, insomnia, and even stimulating appetite for those who need it.

Many seniors are not aware of how medical cannabis could improve their quality of life and how the stereotypical cannabis user and use has changed. Because CBD is extracted from the cannabis plant, seniors can take advantage of the medical benefits afforded by the extract without the head or body sensation often associated with cannabis. Additionally, seniors have the option of delivering CBD to their bodies in forms more familiar, rather than inhaling smoke. CBD is an oil extract and therefore can be added to things like topical gels, tinctures and edible products.

There are also some more specific CBD effects that can greatly assist with the process of getting older.

### Fighting Glaucoma

Did you know that CBD might even be able to help fight glaucoma? Glaucoma is a disease of the eye that is very common for those in the senior age category.

There has been growing research that supports a link between cannabis and the treatment of glaucoma. Glaucoma, which is a neurodegenerative disease (the breakdown of neurons in the communication process from the brain to the body), affects the sight of individuals from an increase in pressure in the eye known as intraocular pressure (IoP).

Going back decades, there is supporting evidence that cannabinoids can reduce IoP by up to 25%, however the required dosage of inhalation of full THC cannabis has posed a risk to some patients. However, due to the accompanying symptoms of glaucoma, CBD as a pain management product works well, and may have the added benefit of helping reduce pressure."



## **Slow Down Alzheimer's and Dementia**

Did you know that people have documented many cases where CBD helped to slow down the onset of Alzheimer's Disease and dementia?

It's true! Because CBD interacts with your brain and becomes a sort of neuro protectant, it may help to nourish, protect, and enrich your brain. By nursing your brain back to health and encouraging growth of new cells, perhaps CBD could assist with these diseases.

An emerging trend that the subject matter of cannabis preventing the onset of Alzheimer's disease is the focus of many researches. According to multiple [studies](#), cannabinoids, and by extension CBD, can contribute to the elimination of a toxic protein related to this disease. This triggers the loss of inflammation of the brain and regeneration of unhealthy cells.”

## **Alternative to Prescription Medications**

The number of seniors who use daily prescription drugs grows each year unnecessarily and continuously. Pharmaceutical companies present our government with one of the largest lobbying groups in the country, to promote the effectiveness and stability provided by their products. However, prescription drugs can be extremely dangerous for its users, and can be responsible for organ damage, tissue damage, drug addiction and even death.

In comparison, cannabis is a safe alternative to prescription drugs, coming with fewer side effects and lower addictive traits. This benefit is heightened with CBD and in fact has been used to combat addiction to prescription drugs. Neither deaths nor overdoses have been documented, which are related to cannabis.

## **Pain Relief**

It has long been known that cannabis is a pain reliever to the same extent as, perhaps even better, prescription medication. For instance, clinical studies have proved that cannabis is very effective in decreasing arthritis and nerve pain. Handmade, medical, boutique-style creams are the effective cure of different muscles and joint pains.

## **Stimulates Appetite**

A general, dangerous health hazard among older citizens is the loss of appetite, which causes weight loss, tissue weakness, and mental issues. While cannabis has been extensively researched, and shown to improve the appetite of users, CBD likewise has proven to be a good appetite stimulant and thus helpful for seniors



## **Insomnia and Sleep Issues**

The older we get, the more difficult it is to achieve sustained periods of deep sleep. During the deep sleep phases, our brain regenerates and is freed from toxic substances, which were produced by the body itself. Therefore, sleep quality is also of immense importance to prevent age-related neurodegenerative diseases such as Alzheimer's disease or glaucoma. Frequently, elderly people are prescribed sleeping pills, which have a great potential for dependency and a wide range of unpleasant side effects. CBD can help in the extension of the deep sleep phase and the reduction of the lighter sleeping phases.

## **Fights Glaucoma**

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## **Soothing Effects**

Although CBD is known for its soothing effects on senior consumers, it promotes the feeling of energy and acts against inertia. This is because CBD strengthens cells in the human body and contributes to complete regeneration.

In addition, CBD is an antioxidant that promotes the sense of vigilance that can be disturbed by the presence of free radicals. A study shows that cannabidiol has stronger antioxidant properties than Vitamin C and Vitamin E.

## **Bone Health**

Cannabis could provide a great need for the elderly as it relates to bone fragility. According to a study, cannabis use can help heal fractures and support healthier bones. Because of its anti-inflammatory properties, cannabis can be very useful for patients with multiple sclerosis.

***If there is even a small chance that CBD could assist in slowing down these diseases and giving patients just a bit more of their life back, for many people, that makes it all worth it.***