

CBD OIL

WHAT IS IT AND IS IT GOOD FOR "EVERYTHING"?

Using plants as medicine is a practice several thousand years old. Cannabis, a naturally growing herb originated in Asia, but today is grown worldwide. In the U.S., it is considered a controlled substance and is classified as a Schedule C1 agent but is now approved for recreational and/or medicinal use in many states. Cannabis or marijuana contains tetrahydrocannabinol, also called THC, and is most known for its psychoactive properties. Cannabinoids or phytocannabinoids are produced by the cannabis plant species. CBD oil has a high concentration of cannabidiol and no THC. Cannabis oil, on the other hand, contains both CBD and THC. CBD oil does not produce that euphoric high or psychoactive effect because it doesn't affect the same receptors as THC. It is made by extracting CBD from the Cannabis plant and then diluting it with a carrier oil like coconut. The non-euphoric quality of CBD makes it an appealing option for those looking for symptom relief. It is definitely gaining momentum in the health and wellness world, with scientific studies and testimonials confirming that it may be used to treat many common ailments.

***Pain Reduction.** Did you know that the human body contains a very specialized system called the endocannabinoid system or ECS? It is involved in functions like sleep, appetite, pain and immune response. Research now shows that CBD may help with chronic pain by impacting the endocannabinoid receptor activity and so reduces inflammation and interacts with neurotransmitters.

***Reduction in anxiety and depression.** According to the World Health Organization, depression is the largest contributor to disability worldwide. Anxiety disorders are

ranked sixth. CBD oil has the ability to act on the brain's receptors for serotonin, one of the relaxing neurotransmitters that regulates mood and social behavior.

***Reduction in symptoms related to cancer** and side effects of cancer treatment like nausea, vomiting and pain.

***May reduce acne.** Acne can be caused by a number of different factors, including genetics, bacteria, inflammation and overproduction of sebum by the sebaceous glands. CBD has been shown to help acne because of its anti-inflammatory properties and ability to reduce sebum production.

***Possible Neuroprotective properties.** Researchers now believe that because of CBD's ability to influence the endocannabinoid system and other brain signaling systems, there may be some benefits for those with neurological disorders (epilepsy, Parkinson's disease, Alzheimer's disease).

***Heart Health benefits.** CBD oil has been shown to be beneficial in reducing high blood pressure and preventing heart damage because of its powerful antioxidant properties.

CBD oil is generally well tolerated and considered safe. That being said, it is always wise to check with your M.D. or pharmacist if you are taking other medications.

To learn more, join us on February 11, 2019 at 7:00 p.m. for an informative presentation about the health benefits of CBD oil. Please call to reserve your seat as space is limited.



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