

Healthy Living Tips

Holistic Care, Marijuana, and CBD

Holistic care includes a wide range of approaches, including medication, education, communication, self-help, and complementary treatment. The effects of the mind, body, and soul being healthy, and sync are staggering. Although Medical Marijuana and CBD are sometimes unconventional it has shown groundbreaking effects on patients. Medical Marijuana and CBD can help with medical issues such as Cancer, Anxiety, Insomnia, and PTSD, etc., and have fewer side effects than traditional medication used in treatments.

Holistic Medicine/Care: Holistic care treats the whole person: mind, body, and spirit. That typically means a combination of traditional and what your doctor might call complementary medicine. (WebMD)

Holistic medicine is based on several core values (Healthline):

- Good health is a combination of physical, emotional, mental, spiritual, and social wellness prevention first, treatment second
- Disease is caused by a problem with the whole body, rather than a single event or body part the goal of treatment is to fix the underlying cause of disease, instead of just improving the treatment of the symptoms involves a wide range of options, including education, self-care, CAM, and traditional medicine
- A person is not defined by their condition
- The relationship between a doctor and the person being treated determines the treatment outcome

Types of Holistic Doctors

Osteopath

An osteopath, or Doctor of Osteopathic Medicine (DO), is a licensed physician who treats health problems with osteopathic manipulative medicine. This form of medicine involves physically manipulating the musculoskeletal system.

Integrative Physician

Integrative physicians are licensed medical doctors who have an integrative approach to healthcare. This involves combining conventional treatments and complementary and alternative medicine.

Ayurvedic Doctor

Uses Ayurveda to treat health conditions. Ayurveda is an ancient system of Indian medicine. Ayurveda aims to balance these doshas through alternative treatments, diet, herbal remedies, and lifestyle changes.

Naturopathic Doctor

Trained in naturopathic medicine. This system of medicine combines Western science, natural therapies, and holistic approaches to treat health conditions. Natural therapies may be used as both primary and complementary treatments.

Naturopathic Doctor

Traditional Chinese medicine (TCM) is an ancient form of Chinese medicine. According to TCM, every person has a life force or qi. Good health depends on a balanced or flowing qi. But if the qi becomes imbalanced or blocked, the result is a disease. The goal of TCM is to balance qi through acupuncture, herbal medicine, and lifestyle therapies.

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Examples of Holistic Medicine/ Care:

Acupuncture	Yoga
Ayurveda	Aromatherapy
Homeopathy	Reflexology
Naturopathy	Massages
Chinese or Oriental Medicine	

Medical Marijuana and CBD

- What are cannabinoids?
 - Cannabinoids are a group of substances found in the cannabis plant.
- What are the main cannabinoids?
 - The main cannabinoids are THC and cannabidiol (CBD).
- How many cannabinoids are there?
 - Besides THC and CBD, more than 100 other cannabinoids have been identified.
- Has the U.S. Food and Drug Administration (FDA) approved cannabis or cannabinoids for medical use?
 - The FDA has not approved the cannabis plant for any medical use. However, the FDA has approved several drugs that contain individual cannabinoids.
- Will CBD make me high and alter my thinking and decision-making capabilities?
 - CBD, in contrast, is not psychoactive. It does not change a person's state of mind when they use it. However, it may produce significant changes in the body, and it is showing some significant medical benefits.

For a list and summary of all the research that is being done go to the [National Center for Complementary Integrative Health](#).

Medications that Contains THC or CBD

- Epidiolex, which contains a purified form of CBD derived from cannabis, was approved for the treatment of seizures associated with Lennox-Gastaut syndrome or Dravet syndrome, two rare and severe forms of epilepsy.
- Marinol and Syndros, which contain dronabinol (synthetic THC), and Cesamet, which contains nabilone (a synthetic substance like THC), are approved by the FDA.
- Dronabinol and nabilone are used to treat nausea and vomiting caused by cancer chemotherapy. Dronabinol is also used to treat loss of appetite and weight loss in people with HIV/AIDS.

Benefits and Risk Factors

CBD may benefit a person's medical health when facing the following chronic illnesses:

- Natural pain relief and anti-inflammatory properties
- Reduces chronic pain, arthritis, or joint pain
- Anxiety, depression, and post-traumatic stress disorder (PTSD)
- Sleep disorder
- Migraine and other headaches
- Nausea
- Cancer
- Allergies
- Asthma and other lung conditions

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CBD may benefit a person's medical health when facing the following chronic illnesses:

- CBD can cause liver injury
- CBD can affect how other drugs you are taking work, potentially causing serious side effects.
- CBD with alcohol or other drugs slow brain activity which can lead to injuries.
- It is important that you talk with your doctor prior to implementing THC or CBD in your medical care regimen.

Important information about the benefits and risk of THC and CBD use please visit the [FDA Benefits and Risk Factors](#)

