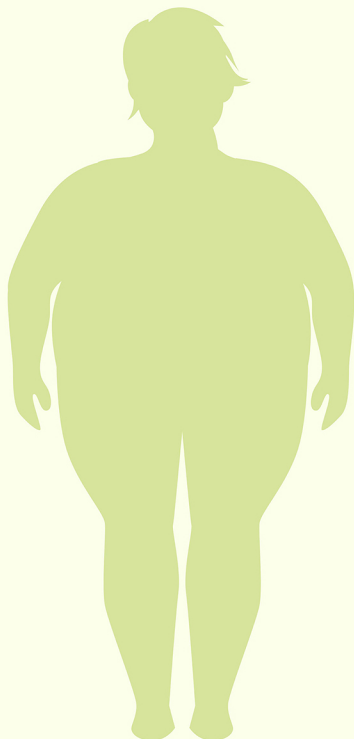


CBD AND WEIGHT LOSS

IN PEOPLE WITH OBESITY, CB1 RECEPTORS BECOME MORE WIDESPREAD, ESPECIALLY IN FATTY TISSUE. THERE IS SOME EVIDENCE THAT CBD CAN HELP PEOPLE LOSE WEIGHT OR HELP PREVENT METABOLIC DISORDERS. BY THE WAY, CBD CANNOT BE RECOMMENDED AS AN EFFECTIVE SUPPLEMENT FOR WEIGHT LOSS. IT IS THE BEST TO WORK DIRECTLY WITH A DOCTOR WHEN USING CBD FOR WEIGHT LOSS ABSOLUTELY, A HEALTHFUL DIET AND EXERCISE ARE STILL THE BEST STRATEGIES FOR WEIGHT LOSS.



1. Reduces appetite

Most people who smoke cannabis tend to feel more hungry than usual, because THC activated the CB1 receptors which cause appetite. However CBD in cannabis may influence other molecules to block CB1, help reduce the appetite and prevent overeating.

2. Converts bad fat into good fat

There are two types of fat in our body, white fat and brown fat. White fat (bad fat) is related to chronic illnesses, such as diabetes and heart disease, when accumulated in excess. Brown fat (good fat) generate heat by burning calories. A health weight tend to have more brown fat than overweight people. CBD may convert white fat to brown fat resulting to weight loss.

3. Increases metabolism

CBD not only stimulates the proteins and genes that play a role in increasing the breakdown of fat, but also that CBD can boost the number and activity of mitochondria, magnifying the body's power to burn calories.

4. Reduces the risk of metabolic disorders

The overactivation of the CB1 receptors in the fat tissue in the body could contribute to obesity and metabolic risks. CBD helps block off the CB1 receptors, meaning that it might reduce the risk of obesity.

