

THE MIRACULOUS CBD

Everything you need to
know about CBD



The Miraculous CBD

The Complete Guide

Table of Contents

My Story

The Miraculous CBD

About CBD

Why was cannabis declared Illegal in the past

CBD under question – Is it really a useful substance?

But is Cannabidiol legal?

CBD vs. THC – The Difference

About THC

About CBD

The Entourage Effect

Facts you Must Know about CBD

Multi-fold benefits of CBD

Helps relive inflammation and pain

Shows Antipsychotic effects

Helps fight Anxiety

For your gut

Helps fight Acne issues

To fight the deadly cancer

For your heart

Lowers the cholesterol levels

For those bouncy hair

Neuropathic Pain

For all those who are dealing with weight issues – fights Obesity

For abnormalities like ADD, ADHD, Autism

Ways to Consume CBD



MY STORY

Have you ever dreamed of improving your physical and mental health without taking the pharmaceutical drugs that will give you side effects and are not good for your health? I did, and I found a natural way! Not only it has solved my physical problems, but it has also improved my condition, in general - my sleep, my stress, my anxiety, my energy, my mood.....MY LIFE!"

I am a 22 years old guy from Canada and I had been struggling to find a way to get rid of my ugly acne since I was 15. I cannot explain how difficult it is to wake up every morning knowing you might see another pimple on your face - a face that is already full of pimples. Every morning instead of praying for your success, you pray that you don't see a new pimple. But it is hard to see that you don't look like how you want to. It is not the opinion of others that hurt me the most, because I never cared what others think about me, but what I think about me is the real deal. And I really wanted to get rid of it.

It was getting really difficult for me to see the condition getting worse year after year but all those big pharma products didn't seem to be working. There was no product

on the counter that I didn't try. From pills to gels, from cleansers to shampoos, scrubs, moisturizers, I used everything but nothing really seemed to work. I even consulted many dermatologists, bought various skin products worth thousands of dollars, always with a higher dosage, but nothing seemed to make my face look any better.

I finally gave up on all these products and decided to do my own research. I stopped complaining about how I looked but I certainly didn't give up! I think I love myself way too much to let go anything that affects me. I studied the subject in depth for almost 3 month, day and night, and the information that I found was shocking! I could clearly see that the so called "Big pharma" don't even get to the root of the problem. They just manufacture all those creams, gels, pills, shampoos for nothing. Oh no, not for nothing - they do it all for money! So, yes, I came across something that changed my thought process. What was it? Well, I came to know about this miraculous compound called CBD, and it totally changed my life. It not only helped me get rid of the annoying pimples but also aided in fighting against anxiety and insomnia; I start to feel more energetic. How? What is CBD? Read on..

The Miraculous CBD

In the last couple of years, we have been seeing tectonic shift in almost every industry. Whether it is the revolutionary change in how we used to communicate or how we lived, the wave of change has swept in across the globe. Even in the healthcare and drugs industry, public attitude seemed to have undergone a major change; they can see the medicinal and recreational benefits that cannabis brings us. More and more countries are planning to either legalize the usage of the drug or have relaxed laws

governing its use. And these changes seem to have a major impact on the application of Cannabidiol (CBD), which has historically discouraged many people from using it due to its association with the cannabis plant. But the good news is - things are changing, and changing for good.

What is CBD? What advantages does it have? The answers to these, and many other questions, are important as the information can really dispel the myths about this miraculous compound.

About CBD

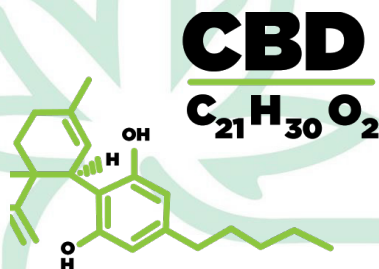
While most people just know that CBD has something to do with the cannabis plant, the fact is CBD is a compound that is derived from certain varieties of this whole plant. It is the major non-psychoactive compound of Cannabis sativa. Although there are many other compounds found in this plant other than CBD, it happens to be the second most abundant derivative; THC being the first. This is the niche that people should be educated about so that they are clear about the distinction between the two, as both THC and CBD are known to be the cannabinoids. However, they are very different and have distinct properties. Researchers have proved that CBD is quite different than other popular cannabinoids. While THC is the part of cannabis plant that impacts the brain and brings the consumers on the high associated with the recreational usage, CBD is very different. CBD doesn't leave any sort of psychotropic effect on the brain and doesn't even get a person high. This is the reason it is legalized in most of the countries across the globe, whereas use of THC continues to be illegal in various countries.

Our human body comprises of chemical messengers known as endocannabinoids that perform the task of receiving and translating the signals they receive from various cannabinoids. The endocannabinoid system (ECS) is known to have originated millions of years ago, in all non-vertebrates, although it was discovered by medical experts in 1990s. Endocannabinoids are considered as the neurochemicals that are present throughout our nervous system and are connected to various other systems of our body, including the immune system and reproductive system. Endocannabinoids, as well as the receptors they directly bind to, are found in almost all the animals including mammals, fish, reptiles, birds etc. THC functions by binding itself directly to the endocannabinoid receptors and works just the way anandamine, the neurochemical present in human body, does. Contrarily, CBD indirectly stimulates the endocannabinoid receptors through inhibition of enzyme that destroys anandamine, and creates anti-anxiety, anti-inflammatory, antispasmodic, analgesic and antipsychotic effect. Since it helps

anandamine to be more readily available, it is apt to say that CBD allows the body to heal itself through the ECS.

Ingesting CBD in any form has various health benefits and that's the reason it has been used in the treatment of various physical and mental ailments. Although the impact of using CBD is still in its infancy, scientists have enough evidence to suggest that it can be used as a powerful tool to fight against various deadly diseases including diabetes, cancer, heart disease, chronic anxiety and so on. But if we have enough data and information around this miraculous compound, why is there still confusion around its usage? Well, it's mainly because of the cultural and recreational use of terms "CBD", "cannabis" by common people who tend to use them interchangeably, without understanding the basic differences between the derivatives. Due to this, medical cannabis has continued to be politically and emotionally charged topic. People must understand that CBD is different and isolated from THC, and is extracted in oil form. It has been seen that it can prevent and treat various diseases, and hence neglecting its clinical properties is just not possible.

Using CBD can be really rewarding, particularly for those who are suffering from various kinds of medical ailments or disorders. CBD oils, which come from industrial hemp, have a lot to offer them; they offer them a panacea that is natural and body friendly. Producers of CBD oil make use of various methods to derive this component and the extraction is then added to a carrier oil. The resulting compound is known as CBD oil, which has been traditionally used for years now, to cure different types of pains and ailments.





WHY WAS CANNABIS DECLARED ILLEGAL IN THE PAST ?

To be able to understand the distinction between cannabis and CBD, and to understand what is harmful and what not, it is important to know why cannabis was declared to be illegal. Why at all this plant with medicinal benefits was outlawed in the US? Well, there is no one reason but religious intolerance, corruption, racism, corporate greed - all contributed to its prohibition. Let us go back in the olden times and see what had happened.

So, the first law that was passed in 1619 regarding use of cannabis in the US allowed the farmers to grow it in their fields. Hemp, which is the industrial form of this plant featuring very few to no ecstasy producing flowers, was commonly found in America. But in 1914, there came a law that banned cannabis. It was apparently intended to curb violence that had erupted between Mexicans and white citizens, but the real reason of the law was to discriminate against the Mexicans, and not the cannabis herb. This is because they had started to socialize with white women, to an extent that white leaders started getting annoyed. As Mexicans used cannabis plant, putting a stop to the herb gave white men the authority to deport Mexicans or put them behind bars.

The first law banning cannabis herb in the US was based on religious intolerance. After

a group of Mormons from Utah returned to Mexico with cannabis, the leaders of the church banned it as they didn't like some of their members adopting this herb. Hence, it was outlawed in Utah in 1915 as part of being poison and narcotic drug. In following years, more and more states banned it.

The two people who were responsible for modern legal prohibition of this herb were William Randolph Hearst, a publishing mogul who was the owner of popular magazines and newspaper, and Harry Anslinger - an ambitious government bureaucrat. Hearst hated minorities and used his power of media to aggravate the racial discrimination. It was from there the term "Marijuana" was derived from the Mexican slang "marihuana", which became very popular with articles talking about it, published in papers and magazines owned by Hearst. The term marihuana was used to dodge the familiarity and comfort level with hemp and medical use of cannabis. According to Anslinger, most of the marijuana smokers in the US were Hispanics, Negroes and entertainers whose satanic music was the result from marijuana consumption. He also preached that marijuana is a drug, addiction of which leads to insanity and death. These two nefarious men were supported by pharmaceutical corporations all of which

hated hemp because it was a competitor to their synthetic products. But hemp-based products were so promising that they totally threatened the petrochemical industries. Seeing this, Hearst, who had financial interests in killing the success of hemp, along with Anslinger, puppet of corporate barons, decided to run one of the most long-lasting and effective smear campaigns to craft marijuana as high inflammatory drug. Their goal was to make this euphoric herb illegal, completely eliminating it from

the game. Leveraging the strong power of Hearst's media and Anslinger's position in the US government, the two men were successful in crafting outlandish stories around marijuana being terribly destructive and deadly drug, and not a mild euphoria herb as it was perceived.

CBD under question – Is it really a useful substance?

Here comes the most interesting question, "Is CBD really useful?". CBD has been a subject under question and that's why researchers have been studying the compound in various contexts. There is a lot of guesswork and inferences drawn about its medicinal applications. But the good news is in last couple of years, the medicinal value of CBD seems to have links with prevention and treatment of many types of medical conditions and maladies including bipolar disorder, chronic nausea, multiple sclerosis, inflammation and so on. There have been reliable researches (involving established scientific methods as well as rigorous tests) that verify all these benefits and usage of this compound. According to the studies conducted, it is one of most effective, and now one of the most popular, ways of treating anxiety as it has the potential to bring a relaxation feeling. But don't worry this relaxed feeling is not linked with any sort of paranoia associated with smoking harmful compounds. Some of the experts also feel that CBD has the capability to slow down the evolution of hostile viral strains, for example the harmful MRSA. Cannabidiol is known to be regula

ly associated with the easing of cancer symptoms, although this subject requires lot more research to be done on the usage of the compound, as is the case with most of the assumed miraculous attributes of CBD. Although the research has been going on in this field, it is still young as the medical experts have just started to have a closer look at this compound. But you must know that the results so far look quite promising and remarkably positive.

But after all, what is it that makes CBD so useful and powerful? Well, the fact that cannabidiol has the potential to provoke changes within the body on cellular level, by switching on what is termed as "cannabidiol receptors", makes it highly reactive. Upon getting turned on, these compounds send out various kinds of signals to the nervous system, which has different impact on different parts of the system, depending on how and where they are activated.

Cannabidiol also forms a remarkable portion of endocannabinoid system, which is responsible for regulating everything from memory to appetite, pain tolerance, mood and so on. So, you can see – if changes are made to this system, it can have far reaching effects on the entire body.

But so far, the experts have seen only the positive impact of this compound and they are yet to find out if its medicinal or recreational usage has any negative effects. This is under question because the compound induces a state of relaxation without giving a feeling of substance high and psychotropic influence on the mind. But, looking at all the medicinal benefits that it brings, it can be used as an oil for treatment of various health conditions, without causing any ethical issues associated.



BUT IS CANNABIDIOL LEGAL?

For clinical use as a dietary supplement, use of CBD is legalized although its drug status is unclear in many states. In nearly half of the states of union, CBD can be used as a medicinal preparation with a doctor's prescription, but with some caution in some legal jurisdictions.

The legality of cannabis components is complicated. But it is important to understand that the presence of THC in cannabis is the main reason of its illicit status and not CBD. The easy availability of hemp derived oils, which contain CBD, in health food stores and groceries in the United States is considered as acceptance of CBD from the hemp derived oil. Lately, it is also considered as key component in some pharmaceutical preparations of Cannabis, e.g., Sativex which is approved for use and is in clinical trials in other countries, including the US.

CBD is the main cannabinoid in hemp, and is perceived as legal as it contains less than 0.3 percent THC. Even though it doesn't have any psychoactive actions, it is argued that the compound is derived from cannabis with psychoactive properties (contains THC), and must be classified as a scheduled prohibited drug. And so, there lies a grey area when it comes to its usage. The FDA's rule that CBD is not a dietary supplement supersedes all other arguments.

The compound sourced from hemp is often considered as legal in United States, e.g., hemp oil, but opinions vary. Some companies in the United States sell hemp derived oil containing CBD as a dietary supplement, which is neither defined as a non-drug or food. It is emerging as a general opinion that the compound fulfils the criteria as a dietary supplement, but this has been challenged following the FDA ruling. The regulations on the use and sale of CBD vary from country to country and still lack clarity.

The preparations from a cannabis plant are defined as medical cannabis by some states and have passed legislation accordingly. So there is an increasing need to control CBD only products, for state legislation. It is found that in treatment of uncontrolled epilepsy in children, without the addition of THC, CBD alone is not adequate. The oil with low THC is legalized for limited medical use in 13 states. The benefit it brings in treating childhood epilepsy has stimulated this political reform. It has to be noted that this compound is not beneficial in all the cases of epilepsy, with less than 40 percent response rates. However, a new research in Colorado should be able to clarify. Medical cannabis plants and hemp are two main sources of cannabidiol that are grown overseas for industrial purposes. The Farm Bill (2014) allows the cultivation of hemp in the United States and is home grown now, to some extent.

The Entourage Effect

What is it that makes cannabis plant so effectively therapeutic? Well, it is the entourage effect! It has been found that there are several conditions that respond to pure CBD but keeping in mind the complexity of our own ECS, it is highly possible that compatible phytocannabinoid system takes undue advantage of the intricacies of our in-built system. Although originally it was believed that CBD is an inactive constituent of cannabis, the fact is it shares several common properties with THC (and has some unique properties also), for instance both show anti-inflammatory properties. However, how each of these compounds accomplishes it, is different, and this results in more varied and robust response when they work together. The synergy between the two creates unique effects that are different from the effects created by CBD or THC. Let me explain this with the help of an example. Prostate cancer is the second most common cancer known to affect men. THC, without triggering CB1 receptors, make the prostate cancer cells implode. On the other hand, other cannabinoids such as CBD, CBN, CBDA etc. prevent these cells from growing, inhibiting their spread in the body. The synergy between THC and CBD, combined with CBC, helps in strengthening our immune system and exhibit anti-inflammatory effect.

What is more astonishing is there are several other phytocannabinoids that exhibit the same anti-inflammatory property but how each one works is quite different from the other in nature. However, out of all phytocannabinoids, CBD is known to be the most effective compound that shows anti-inflammatory properties but THC tops the list in

case of analgesic properties. Cannabis that has high percentage of CBD is capable of blocking the inflammation caused in our brain and other parts of the body. Apart from this, CBD plays a key role in the immune system and nervous system by activating non-cannabinoid receptors and enhancing the synthesis of anandamide.

In their native state, neither CBD nor THC is present in significant quantity in the cannabis plant. They come into action only after significant processing known as decarboxylation, which includes smoking the cannabis, vaporizing it and then cooking it in an oven. The cannabis plant, in its raw form, contains cannabidiolic acid (CBDA) and tetrahydrocannabinolic acid (THCA), which come with their own anti-cancer, anti-inflammatory and analgesic properties. It has been seen that although the body cannot convert THCA to THC, it can significantly convert CBDA to CBD if the plant is consumed raw or in the form of juice of fresh leaves. Ingesting cannabis in this form, which is rich in CBD, can effectively treat various forms of degenerative brain disorders and even reverse inflammation in the immune system of brain.

Both the endocannabinoids and phytocannabinoids show entourage effects of synergism. Cannabidiol works best in combination with other phytocannabinoids, and even as a single compound it offers various benefits for treatment of a wide array of health conditions and diseases. The phytocannabinoid system boosts the endocannabinoid system in its capability to restore balance in cases of injury and diseases.



CBD VS. THC – THE DIFFERENCE

Cannabidiol (CBD) and Tetrahydrocannabinol (THC) are two kinds of cannabinoids that are naturally derived from the cannabis plant – Cannabis Sativa. These two cannabinoids have the ability to interact with the cannabinoid receptors found in the body of living organisms. Although both the compounds interact, the type of effect that each of these create is very different and unique. And for this reason, CBD shows various medicinal benefits over THC.

About THC

Tetrahydrocannabinol is the primary psychotic component found in the cannabis plant, or you can say that it is the main agent that is responsible for creating the high feeling linked to this plant. It imitates anandamide, a neurotransmitter created naturally in the body, which is responsible for controlling eating and sleeping habits. Additionally, it also modulates the perception of pain in the body. Some of the effects created by this compound include fatigue, relaxation, hunger, modulated sense of vision, hearing and smell, reduced aggression etc.

About CBD

Cannabidiol is known to have the same chemical formula as that of THC, however the way the atoms are arranged in this compound is different from that in THC. This difference causes THC to behave differently in creating a psychotic effect, which is absent in the other compounds. Cannabidiol forms 40% of the total extract from cannabis plant. Its copious nature along with the inability to create a high effect makes it perfect for use in medical industry. Some of the effects created by this compound include decreased anxiety and stress, reduced psychotic signs and symptoms, reduced inflammation, relief from nausea and so on.

Now, are you wondering how can the two compounds that are derived from the same plant act so differently that one is intoxicating and other shows great medicinal benefits? Well, when we are talking about the cannabis plant and euphoria, it has to do something about the CB1 receptors that are present in the brain and our central nervous system. Our brain comprises of highly specialized cells known as neurons, which are present in large numbers. Each of these cells connect well with other nearby cells with the help of structures that are called synapses. These are the links that help one neuron communicate to another by releasing messengers called neurotransmitters. Now, the sensitivity of a neuron towards a specific communication channel or neurotransmitter depends on if it contains a receptor that fits that neurotransmitter. If it contains a receptor that fits the transmitter, it will respond directly to it else it won't. As all the neurons contain several receptors, they respond only to certain transmitters.

Another fact about the brain is that it is sensitive not just to the neurotransmitters that are naturally present within the brain, but also to messengers that are chemically created outside the body and then enter inside, such as cannabinoids like THC, CBD etc. Hence, when these compounds produced by plants are ingested into the body through food

or any other medium, they travel all the way through the blood stream and enter our brain. Upon entering the brain, these compounds derived from plants, interact with the neurons present in the brain, affecting its normal functioning. But as we discussed, these transmitters do not interact with all the neurons present in the brain; they interact with only those that have the appropriate neurons.

The main reason why CBD and THC behave so differently is due to the basic difference in the way the two compounds interact with the CB1 receptor. While, THC binds very well with the receptor, CBD has low affinity towards this binding, due to which it shows unique properties. It can be very well understood with the help of an example of electric plug. Consider THC to be an electric plug that fits well in the given socket, which in our case is the CB1 receptor. When it connects, the compound stimulates the receptors. Similar kind of behavior is shown by an endocannabinoid compound known as Anandamide, which is so called a bliss molecule. Anandamide has the tendency to increase appetite and offer feeling of pleasure that is associated with food consumption. It is also responsible for altering conditions related to pain, motivation etc. Similarly, THC also activates the CB1 receptors, producing similar blissful feelings in the body.

Contrarily, CBD is not a perfect plug for our CB1 receptor socket and hence considered as an antagonist for the receptors. CBD neither activates nor suppresses the receptors; it rather diminishes the effects created by CB1 activating compounds like THC. Therefore, when a combination of THC and CBD is ingested together, THC directly activates the CB1 receptors, while CBD tries to modulate the impact of effect created by THC. Hence, it can be concluded that the CBD works against the THC at the receptor level, to mute the psychoactive effect created by the compound.

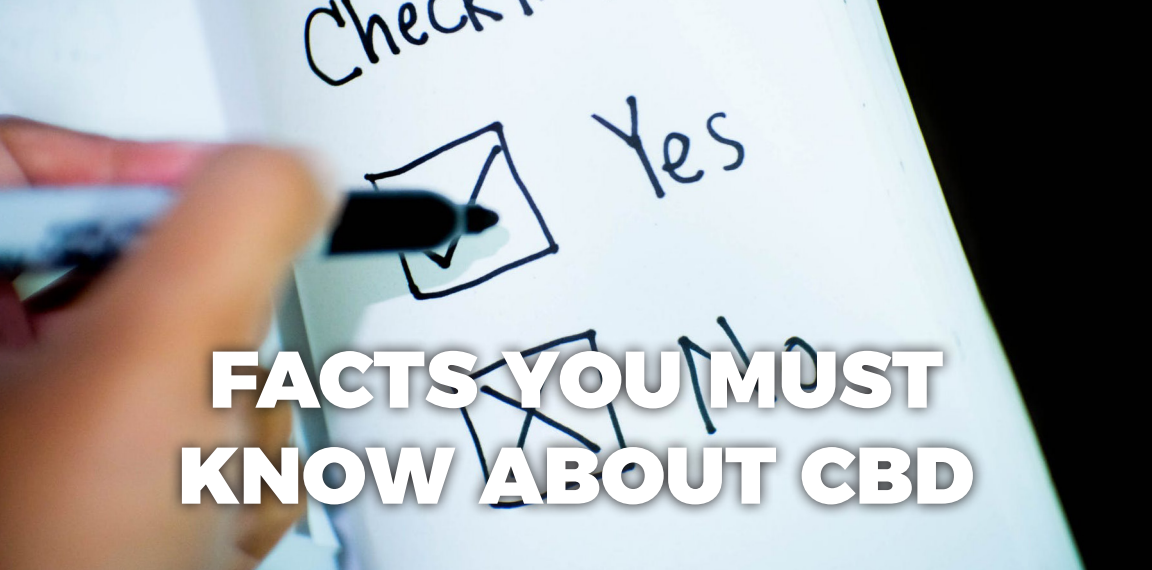
Multi-fold benefits of CBD

Scientists have found out that CBD has minimal impact on CB1 and CB2 receptors, and this helps in understanding why it doesn't have any impact that alters the state of mind, unlike compounds like THC that have the potential to regulate the CB1 receptor. This is also the main reason why most cannabis plants that are grown for recreational purposes are high in THC and low in CBD. So, let us look at some of the benefits CBD brings to us.

Helps relive inflammation and pain

CBD offers several health benefits but relief from pain and inflammation tops the list. There have been many studies and researches that show that the compound helps in pain modulation as it has the potential to stall neuronal diffusion in the pain pathways. It is known to have natural anti-inflammatory properties that help relieve many kinds of inflammation. It also contains anti-oxidants that fight aging that leads to degenerative diseases and conditions, including bone composition. According to a study that was published in one of the journals in the year 2012, CBD was found to significantly bring down the neuropathic pain and chronic inflammation without causing any sort of complications. Medical experts suggest that CBD, along with various other non-psychoactive derivatives of cannabis, can act as a novel class of therapeutic agents for prevention and treatment of pain. According to another survey that was conducted in the year 2007, the combination of CBD and THC was found to be quite powerful in treatment of neuropathic pain in case of multiple sclerosis. The compound is also quite effective in treating Rheumatoid arthritis and several other joint pains. It not only relives the pain but also cures and reverses the symptoms of the condition.

Inflammation is the main cause of pain that occurs during injury. CBD aids in reducing this pain by stimulating the CBD receptors that are effective in mediating pain. This miraculous compound has been used as an effective cure for various kinds of inflammatory disorders including inflammatory lung disease, intestinal inflammation, etc. CBD-rich hemp oil contains terpenes, the aromatic molecules, which also bring in the anti-inflammatory, anti-viral and anti-bacterial properties. But don't worry the hemp oil doesn't contain THC, which is responsible for creating the high feeling in a person. As suggested by medical experts, hemp oil, if consumed on regular basis, can be really effective in treating inflammation.

A close-up photograph of a hand holding a black marker, checking off a box on a handwritten checklist. The word 'Check' is written at the top, and 'Yes' is written next to the checked box. Below it, another box is partially visible with the word 'No' written next to it. The title 'FACTS YOU MUST KNOW ABOUT CBD' is overlaid in large, bold, white letters with a black outline.

FACTS YOU MUST KNOW ABOUT CBD

When anyone thinks about cannabis, they conclude the same thing – it is a way of getting high. But NO, this is wrong. Cannabis comprises of a compound – CBD, which has several therapeutic benefits. But unfortunately, not many people are aware of how potential CBD is, as a medicinal drug. So, let us look at some of the facts you must know about this magic compound.

Fact #1: CBD (Cannabidiol) is a natural compound present in cannabis plant, which comprises of more than 60 different compounds known as cannabinoids. However, CBD and THC are the key constituents. Although both these compounds are present in high concentrations, the concentration varies from plant to plant. Moreover, CBD is often confused with THC – which is totally different in its behavior. CBD is extracted from cannabis and mostly used in the form of oil.

Fact #2: CBD has no psychotic characteristics like THC, which means it cannot get you high. The feeling a person gets from smoking cannabis can never be obtained by ingesting CBD. This is because of the way it behaves with the receptors of our brain. Unlike THC, CBD doesn't interfere with the normal functioning of our brain as it doesn't interact with the CB1 receptor. However, it does affect our body in a positive way, and hence exhibits great medicinal value. It can even negate the psychotic affect caused by THC in our body.

Fact #3: CBD is known to be a superdrug. According to studies conducted, it helps in treatment of various types of health conditions and ailments, which includes getting rid of pains, aches, alleviating inflammation and even prevention of deadly diseases like cancer. It is also an anti-oxidant and an alternate treatment for several diseases, with no negative side effects whatsoever.

Fact #4: Using CBD extracted from hemp is totally legal. CBD can be extracted either from medical cannabis plant or industrial hemp. Using cannabis is not legal in certain states, as per the federal law but importing industrial hemp plant grown in other countries is legal in the US. This allows the consumers to use CBD legally, without breaking any laws.

Fact #5: Use of CBD is considered as a taboo even today. There have been several discussions and debates around whether to make the use of cannabis plant legal. But even today, its use is prohibited in many countries, and this prohibition is an obstacle in the use of the powerful cannabis plant for medicinal purposes. People are unaware about its potential and promising effects, and lack of research has made the use of this magical plant continue to be a disgrace. This stigma is mostly because of the belief that cannabis has sedative characteristics and that legalizing the use of it would lead to increase in abuse of the compound.



SHOWS ANTIPSYCHOTIC EFFECTS

Schizophrenia, one of the several psychotic disorders, is a chronic mental condition that is linked with serious abnormalities in a person's thought process, including hearing voices, delusions and hallucinations. It is known to have affected numerous people for many years now and is continuing to do so even today. Although there are various conventional medications to help patients with schizophrenia, they come with their own sets of unpleasant side effects.

Studies show that some of the CBD benefits include antipsychotic effects and pain relieving properties. CBD is known to have a profile which is very similar to that of a typical antipsychotic drug, and this has been proved using neurochemical and behavioral techniques in animals. Apart from this, some of the studies have also shown that CBD is effective in prevention of human psychosis and schizophrenia, keeping a high safety profile, unlike the antipsychotic drugs that come with various side effects. These medications tend to create devastating and sometimes, even permanent disorder, and they also potentially reduce patient's motivation level. Some of the new generation drugs also tend to increase body weight; they sometimes even increase the diabetes risk.

And all these side effects have been a major hindrance to the cure of this disease. The exciting findings around the miraculous CBD attracted interests of several medical experts, as they could see that the compound not only had fewer negative effects but also proved to work better on the negative symptoms of schizophrenia, which is technically difficult to treat. Some of these negative symptoms include lack of motivation, social withdrawal etc, which is commonly seen in case of schizophrenia.

Living beings have endocannabinoid system that does the task of ensuring body functions, including appetite, sleep etc., are under control. This system has two receptors - CB1 and CB2, which are found in brain as well as immunity system, and are known to get activated by CBD. Upon getting activated, these receptors help in fighting off the psychosis caused in schizophrenic patients, ensuring normal functioning of cognitive system.

Helps fight Anxiety

Anxiety that is not cured for long time can lead to disruption in a person's life and then medical intervention becomes necessary. Social anxiety, which is a fear or feeling of a person that he or she is being judged every moment by the society, is a very common type of anxiety which can be managed with the use of CBD-rich hemp. There has been enough research on cannabis products but most of it was focused on the use of cannabis rather than at CBD as a standalone compound. According to results shown by some of these researches and studies, cannabis can help fight anxiety, but on the other hand there are studies that suggest recreational use of cannabis can make a person more vulnerable to anxiety. However, it is recommended that all those who are interested in using CBD to manage their anxiety levels should focus exclusively on researches that are around CBD, and not on cannabis in general. CBD has shown to ease the anxiety symptoms in patients with this disorder and experts feel that it can even be effective to fight panic disorders, social withdrawals, obsessive compulsion disorder and so on. All these conditions must be prevented as some of these pose serious threats to our body. Symptoms of some of these conditions include excessive sweating, palpitation etc., and to avoid humiliation caused due to these symptoms, the person starts taking drugs or alcohol.

CBD exerts certain kinds of actions in the brain that can answer the question “Why is CBD so effective in fighting anxiety?” Before we get into the details, let me tell you about 5-HT_{1A}, which is a subtype of serotonin receptor. It is an important compound as anxiety can be treated with the help of certain medications that target the serotonin system. Therefore, some of the drug companies have been working towards creating selective serotonin inhibitors (SSRIs) that work by restricting reabsorption of serotonin in the brain. This results in brain transmitting more serotonin signals that can further help in fighting anxiety. Just like these SSRIs, CBD also has the capability to boost signaling with the help of various serotonin receptors.

CBD inhibits the release of chemicals that affect the brain and cardiovascular system. It doesn't bind to either of the two cannabinoid receptors CB₁ and CB₂, but triggers the endocannabinoids using the peripheral pathways. Hence, CBD is not like THC that directly binds itself to the cannabinoid receptors, causing detrimental effects on the brain and other systems of the body. CBD also acts on various other receptors including the adenosine receptors that prevent neural damage in case of severe head injuries.





For your gut

One of the most complicated organ systems in our body is the digestive system. The system that starts from our mouth and ends in the anus, the digestive system is in charge of taking in the food or drinks we consume, pass it to the intestines where the healthy nutrients from the food are extracted and whatever is left, is converted in feces and urine to be passed out of the body. Even if one organ does not perform at an optimum level or is unable to perform at all, the whole system gets corrupted and the person suffers from digestive issues. Now, how does CBD help in such cases? Firstly, people who have used cannabis oil for recreational or medicinal purposes will agree that a person tends to become hungrier after its consumption or inhalation. People who suffer from lack of appetite will certainly find CBD of great value. CBD oil is used to treat irritable bowel syndrome. For people who complain of nausea or a vomiting sensation after consuming food, this oil has worked wonders for them too.

You may be surprised to know that within our body, we hold billions of bacteria that are healthy. These little organisms are actually responsible for breaking down the food into absorbent particles and passing the waste along to the excretory system. The problem occurs when there are too much or too little of these bacteria in our digestive system. CBD oil helps in restoration of its natural flora in our body. The most common symptom showed by a person suffering from digestive problems is stomachache. With a well-functioning digestive system, these pains are also banished, along with other ailments like diarrhea, constipation, heartburn, gastric reflux colic and certain cases of Crohn's diseases too. When the oil is combined with a spice like turmeric, which has multiple medicinal properties, you get a perfect combination of a medicine to pamper your digestive system.

The female species need to balance everything in order to lead a pain-free life. What we are talking about here is menstruation. Almost every woman has suffered at one time or the other the painful cramps that attacks the gut and doesn't let go of very easily! Such a patient should balance nutritious food, plenty of liquids, ample sleep, rejection of stress and a good digestive system to keep the menstrual cramps at bay. And now that we all know that CBD helps deal with many digestive problems, it can also help women with menstrual issues. Studies have shown that the interaction between our endocannabinoid system and CBD can help alleviate the pain. They also suggest that within the uterus exist CB1 and CB2 receptors, which means the relieving power of CBD should work for menstrual pain.

Helps fight Acne issues

Acne! Who doesn't want to have clear, acne-free skin? But unfortunately, not everyone is blessed with clear, baby smooth skin, particularly the teens. And some are more unfortunate to have these pock marks and acne marks for life. But acne is not just about your looks; if someone is suffering from bad case of acne, they have to take serious actions as acne not only reflects hygiene but also impacts your confidence level as well as overall personality. But good news is CBD oil has a solution for your acne problem. Yes, cannabidiol hemp oil has the capability to penetrate through the skin to cure acne. According to studies, this cannabidiol is very effective in treating acne as the plant CBD contains an effective compound that can clear the breakouts on skin and moisturize it, leaving your skin baby smooth. Acne is known to be an inflammatory disease as part of which the skin, within the zits, gets inflamed. It has been learnt from the literature that CBD possesses anti-inflammation properties that reduce the size and redness of ugly pimples. Experts have also proven that with regular and consistent application of this oil, acne condition is a lot improved and the skin becomes clear. Even if you opt for topical application of hemp oil for your acne issue, it is effective and safe. If you continue doing it for 10-12 weeks, you will see the difference. Hence, CBD is considered to be a great treatment for papules, excessive sebum production, pustules and so on.

Well, that's not it. Another derivative of cannabis is phytocannabinoids, which is again found to be really therapeutic. Particularly when it is combined with a chemical compound known as terpenes, phytocannabinoids can reduce the pain and inflammation caused due to acne. Also, the combination of CBD and ECS creates such a synergistic impact that can act as a perfect solution for all those who are fed up of trying out various types of harsh solutions and heavy dose medications. CBD doesn't have any harmful effects on the skin or body and even the doctors have tagged as it safe for you now. But yes, it will take some time for the people to appreciate the wonderful properties of this compound. It also doesn't make the user high and hence, is a perfect alternative for all the stinging creams and lotions.



To fight the deadly cancer

How many times have we seen that small pink satin cross adorning a celebrity's bosom or an arm? We are of course referring to the universal sign of breast cancer when we talk about this ribbon. Just like breast cancer, there are other types of cancer which affect different people for different reasons and at different stages of life. There is no sure-shot way of eliminating the risk of cancer from one's life. But does that mean there is nothing we can do to prevent cancer? No, there are natural ways that can be useful to treat cancer. And one of these ways is CBD. There are several studies that demonstrate that CBD has antiproliferative properties that inhibit the migration, invasion and adhesion of cancer cells. Clinical research conducted with the help of US government has proved that CBD has various demonstrable clinical benefits and is therapeutic for various types of ailments and conditions, such as clocking cell growth, preventing the growth of vessels that are responsible of causing tumors and so on. According to a study conducted in 2006, it was found that this miraculous compound can potentially restrain the growth of various kinds of breast cancer cell lines, without impacting the non-cancer cells. It has the potential to induce cell death in the cancerous cells. Research has proved that CBD is a non-toxic compound and can be used for prolonged treatment.

Not only does CBD help with the prevention of certain types of cancer, but it also works for persons who are already undergoing painful cancer treatments such as chemotherapy. It substantially reduces the level of pain a patient has to endure. People suffering from multiple sclerosis and the pain associated with it can also benefit from CBD oil. Epilepsy, asthma, back aches, rheumatism and joint pains are some of the other ailments that can be treated with this oil. As discussed already, the oil also improves the functioning of the digestive system. This mean, chances of contracting colon and intestinal cancer are also drastically reduced with CBD. This helps a person build a very good autoimmune system, which in turn is helpful in combating small and big ailments alike. For these treatments, CBD oil is usually mixed with turmeric, Goji Berry and Hash oil to get the perfect medicinal concoction.

There have been several clinical and scientific studies that show that CBD has reflective effects in varioustypes of cancer including:

- Colon cancer** – CBD safeguards DNA from oxidative harm and reduces cell production in colorectal carcinoma cell lines. It shows chemo-preventive effects though various means.

- Prostate cancer** – Some of the detailed evidences show that CBD is a powerful inhibitor of prostate carcinoma. According to recent evidences, CBD restrains angiogenesis and different paths that lead to growth of various sorts of malignancies. Results from a recent study have proved that CBD induces apoptosis in leukemia cells. This CB cure led to a significant dip in tumor burden and a boost in apoptotic tumors

- Breast cancer** – Cannabinoids can Id-1 expression in the metastatic breast cancer cells. This results in the down-regulation of tumor fierceness.

Apart from directly affecting the cancerous cells, CBD also helps in managing the side effects caused in the body due to cancer and its related therapies. It helps in suppressing the seizure activity, nausea and vomiting. It is also known for its anti-oxidant, anti-inflammatory, anti-depressant and antipsychotic properties.

For your heart

Our hearts are the size of our fists, as it is said. We all know how the organ looks like, thanks to the technology and diseases related to it that are so common and prevalent all around the world. But did you know that this little organ is one of the most hard-working organs of our body? No wonder when a person challenges another person for anything, say a duel or a bet, the opponent is asked if he has a heart sturdy enough to deal with the challenge! As it is one of the organs that work around the clock, it also needs a large amount of care and treatment from time to time. And the good news is CBD has proved valuable in these aspects too.

Cardiovascular diseases are reduced, blood pressure can be stabilized, the circulation of blood to all parts of the body can be enhanced and the levels of lipid and cholesterol in the blood are regulated – all thanks to the amazing CBD oil! One of the most important functions of the heart is to pump fresh blood into the body in a manner that all organs benefit from it. When all the organs are well-supplied with fresh blood, they perform better and are much healthier. CBD is also known to regulate or reduce the level of glycaemia, blood sugar and high blood pressure. Here too, the compound can be combined with ginseng and rhodiola for better treatment.

Lowers the cholesterol levels

Omega 3 polyunsaturated fatty acids that are contained in hemp oil, which is rich in CBD, help lower the cholesterol level in the blood; they even enhance the fat metabolism in the body. The reduced cholesterol levels, in turn, fights any increase in blood pressure and prevents insulin resistance. The decreased risk of insulin resistance reduces the risk of developing obesity and diabetes.

Additionally, trans and saturated fats that are present in certain types of foods, are harmful for the body as they cross the blood vessels, which impacts the immune system of the body. The leftover harmful toxins in the body tend to adhere to the blood vessels. This is where CBD comes to rescue – the non-psychoactive compound CBD present in hemp oil has antioxidant properties that are capable of cleaning the contaminated blood. How is this important? Well, the buildup of toxins and hardening on blood vessels can impact the cardiovascular function.

For those bouncy hair

I think by now, everyone must be aware that the largest organ of our body is right in front of our nose. In fact, it is on the nasal cartilage too! Yes, we are talking about skin! God gifted us these amazing organs, nerves and veins, and wrapped them up beautifully

too as a gift to us. But what happens when this wrapper is mishandled or ill-treated? Your external appearance takes a beating, and this sometimes can affect your internal organs too! Dry skin is a problem that leads to more serious ones. With overly dry skin, you face the problem of suffering from eczema, psoriasis, wrinkles, rapidly ageing skin, glaucoma and other skin-related allergies. Cannabis oil can be used externally and internally to combat these issues. The oil can also be applied on the scalp to promote better growth of hair and to give a polished sheen to the hair strands. So with hydrated skin and lustrous locks, you look and feel more beautiful!

Cannabis oil, as you now know, can work wonders on so many levels in different parts of our body. It can be used internally and externally as a medicine. The oil, when combined with other herbs and spices, form a natural concoction that heals those parts of the body that need to be healed. All the above ailments, in themselves, are quite dangerous and problematic. But to compound the misery, there are chances that these issues will affect the rest of the healthy organs and it then becomes a chain of problems for a person to tackle with. So why wait for a pharmaceutical company to invent a miracle drug to help you rid of all these problems? Why should you wait for national drug and medicine monitoring agencies to wave the green flag for some medicines to improve your health? CBD oil, when used under experience medical supervision, can work really well in a short span of time.

Neuropathic Pain

Any sort of damage that is caused to the nerve cells, fibers and surrounding tissues of the central nervous system can lead to peripheral neuropathy. The underlying cause for this damage could be anything from infection to metabolic trouble, diabetes etc. Peripheral neuropathy is a dangerous condition as it affects the connection between the brain and other parts due to weak signal transmission. But a good news is that CBD can help fight against the neuropathic pain. This pain, which is caused due to diabetes, HIV, chemotherapeutic treatment etc., is known to be benefitted by the use of CBD – a psychoactive compound derived from hemp plant which is known for its medicinal value. Various studies conducted on humans using smoke as well as oral CBD, showed its efficiency in treating the neuropathic pain. It was observed that patients suffering from sclerosis were relieved due to dip in the level of spasticity with the use of cannabinoid based medicine.

For all those who are dealing with weight issues – fights Obesity

Obesity seems to be haunting the modern society, mainly due to the kind of lifestyle we are leading today. It is a medical condition that leads to excessive increase in body weight, which is due to accumulation of too much fat. It is a serious condition that can cause various health issues and in worse case, it can even lead to death. But how is obesity determined? A person is known to be obese if his BMI is more than 30; all those who has a BMI falling in the range of 25 to 30 are known to be overweight, and not obese. BMI, or the Body Mass Index, is the method that provides a measurement of a person's height and weight, to determine whether he is underweight, overweight or ideal.

The cannabinoid activities can affect a person's food seeking behavior and his appetite. It has been found that when the concentration of endocannabinoids increases, it increases the risks of obesity, but at the same time CBD can inverse this effect by regulating hunger sensations and controlling the food cravings. It also helps in regulating the insulin level in the body, which is responsible for causing diabetes. CBD is very effective in improving the metabolic functions such as energy storage and nutrient support. It helps in optimizing the performance of small intestine, pancreas and muscles. It is also helpful in fight various cardiovascular diseases.



A photograph of two young girls with blonde hair, wearing denim jackets, hugging each other outdoors. The girl in the background is smiling broadly, and the girl in the foreground is also smiling. They are surrounded by green foliage and fallen leaves.

FOR ABNORMALITIES LIKE ADD, ADHD AND AUTISM

Certain kids act differently and sometimes it is difficult for the parents to see the underlying cause of this indifferent behavior, unless they are diagnosed with ADD (Attention Deficit Disorder) or ADHD (Attention Deficit Hyperactivity Disorder). While patients dealing with ADHD are normally inactive and face issues in focusing on tasks for longer periods of time, those who are affected by ADD cannot concentrate on one task. There are various kinds of therapies and treatments to cure these conditions, and such patients need to be supervised by a healthcare expert at all times. However, according to latest studies and research conducted, cannabis is found to be of great medicinal importance in treatment of ADD and ADHD. This has caused scientific breakthrough as the compound CBD, found in cannabis, is a great alternative to other medicines and therapies suggested for these disorders. CBD is a unique chemical compound, which is considered safer than THC – another compound found in cannabis. It is known to contain various types of proteins that play key role in physiological and pathophysiological processes of the body; they can alleviate inflammation and pain and also calm down the nerves of a person. The interaction between the compound and proteins result in therapeutic effects, which benefit patients with ADD or ADHD.

Autism or ASD (Autism Spectrum Disorder) is another sort of disorder that is quite commonly found in kids. It includes a wide range of conditions, from Pervasive Development Disorder to Asperger Syndrome etc. Autism is a behavioral condition that can trigger during early childhood. It impacts the neurological development and behavioral dysfunction in young kids. While there has been lot of development in medical science to create medicines for treatment of autism, CBD has been proven to be quite effective in treating this condition. As per the recent studies, it is efficient in treating autism in kids. To treat the autism symptoms, the CBD part of cannabis is used (and not THC). There are several ways to use CBD for treating this condition and the dosages also vary depending on several things, such as the lifestyle of patient, etc. One of the ways of taking CBD is applying hemp oil (extracted from the hemp plant) under patient's tongue. This is particularly used when patient shows mild symptoms of autism as in such cases the hemp oil is effective in reducing the stress levels of the patient. Other ways of taking CBD include taking it orally, or in forms of salves. When taken orally, it can be taken in the form of a capsule or mixed with a beverage of patient's choice. Balms and salves are particularly effective in cases of pains and aches. As per the studies conducted on CBD, cannabis is quite effective in treatment of various types of disorders, including autism. This is mainly because CBD, a constituent of cannabis, has the capability to regulate emotions of a person, which helps him focus better. It also helps in cases of brain degradation as it is an effective neuroprotective compound. The study also highlighted that CBD, if taken orally, can regulate the emotions and mood of a person. However, the dose required should be regulated based on health conditions of the patient, although it doesn't have any side effects or overdosing issues, unlike the conventional medicines recommended for autism.

Ways to Consume CBD

Using medicines that are dominant in CBD, is always preferred over consuming cannabis plant that has high percentage of THC as the effects is more likely to be body-centered and not just affecting the brain – also described as “body high”. CBD-dominant medicines help relax the mind, the mood tends to improve, the body gets relaxed and the person is able to focus better and carry on his routine tasks more efficiently, without getting the high feeling. However, those who are very sensitive to THC, sometimes might feel emotional effect – an effect which is associated with THC. Therefore, it is always recommended that first time consumers should not drive or use any machinery after taking these medicines, until they get familiarized with the effect of the drug on their body and mind.

However, the growing popularity and its ability to treat various health conditions has made CBD a revolutionary rival in the medicine industry. The nature of this compound as a non-psychoactive one allows more and more access to its benefits without worrying about any sort of impairment. Unlike various other drugs that are available in specific dosages, CBD is individualized. There are no standards defined for delivering it that can be consistently followed. The dosage varies from person to person and depends on his lifestyle and health conditions. However, there are several ways in which CBD can be taken in order to reap maximum benefits. CBD can be vaporized, smoked, taken raw, rubbed on to the skin or taken in the liquid form.

Inhalation: CBD is taken in vapor form or smoked. In this form, the compound enters the bloodstream directly through the lungs. The onset is immediate.

Ingestion: When CBD is ingested, the absorption of medicine by the body is slow, leading to maximal concentrations only after one to two hours. Hence, the onset is not immediate and is usually 2 hours or more.

Oral: if taken orally, the medicine is not swallowed but is dissolved in the mouth using tinctures – infusion of the plant in a liquid base. CBD enters the bloodstream through the lubricated membranes and onset is generally 15 minutes to one hour.

Topical: If need for local relief, CBD is applied in the form of balm or salves, directly on to the skin. Topical use is recommended for local use only and in this case, the medicine doesn't enter the blood stream. The onset is normally 15 to 20 minutes.

Transdermal: It involves using CBD in the form of gel or patch specifically designed to enter the bloodstream, through the skin. The onset is normally 15 to 20 minutes and the effect can be psychoactive.

So, it can be seen that there are several options available to consume this medicine. From pot brownie to raw plant, there is a huge variety of products available in the market today. While these options might be empowering for medical experts, they can be daunting for the first-time user. But by educating yourself, you can make proper choices and opt for the right dosages of CBD medicine. This is important because how an individual reacts to this medicine depends greatly on various factors, such as dosage, how it is taken, strain, when it is taken, how much an individual has eaten and when, lifestyle, health conditions etc. It is important that you pay attention to your own reaction and health conditions, to be safe

