11 WAYS HEALTHCARE PROVIDERS USE CBD FOR IMPROVING HEALTH & WELLNESS

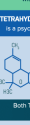
The United States is at an important point on its path to legalizing medical and recreational marijuana. At the time of this publication, 55 million American citizens report using cannabis. Thirty-four states, the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands have approved comprehensive, publicly available medical marijuana/cannabis programs, while twelve also have legalized adult recreational use.

Still, the healthcare industry has been slow to react. Despite the medical marijuana guidelines produced for nurses by the National Council of State Boards of Nursing (NCSBN) in 2018, too many front-line healthcare workers are unprepared to help the population navigate the benefits — and concerns — related to its use. **It is essential that America prepare its healthcare force for medical and recreational cannabis through comprehensive education.**

Chapter 1: The Science of CBD

In the 1940s, the cannabidiol (CBD) compound was discovered at the University of Illinois by Dr. Roger Adams. Since this discovery, the structure of this compound and its interactions with the human body have been studied with groundbreaking results.

TETRAHYDROCANNABINOL (THC)
is a psychoactive cannabinoid



VS.

CANNABIDIOL (CBD)
is a nonpsychoactive cannabinoid

Both THC and CBD are active cannabinoids found in cannabis with different physiological effects:

- Stimulates appetite
- Stimulates sex drive
- Stimulates mental activity
- Lifts depression
- May cause anxiety, paranoia, heart palpitations
- May cause dry mouth, dry eyes, and dizziness

- Anti-psychic
- Anti-convulsant
- Anti-inflammatory
- Anxiolytic (anxiety reducing)
- Sedative
- Reduces autoimmunity

The Endocannabinoid System

The hypothalamic-pituitary-adrenal axis (HPA axis) is an essential part of the neuroendocrine system that regulates homeostasis, or internal conditions and feedback controls within the body.

The HPA axis is an important regulator of:

- Mood
- Behavior
- Pain perception
- Immune function

- Sleep
- Circadian rhythms
- Appetite
- Sex drive

Adaptogenic herbs and their components, such as CBD, affect the endocannabinoid system and help restore homeostasis in the body.

Chapter 2: Unlocking the Benefits of CBD

Holistic health specialists and practitioners trained in Eastern medicine are well aware of the potential of CBD to treat chronic physical and mental issues. Only recently are these remedies being used to ease people's suffering.

Types of CBD Products

- Topical creams
- CBD hemp oils
- Tinctures
- Liquids and oral sprays
- CBD capsules

How CBD Promotes Health and Wellness

1 Relieving Pain

Endocannabinoids produced in the body bind neurotransmitters to cannabinoid-receptors located in the nervous system.

CBD affects endocannabinoid receptor activity, **reducing inflammation and chronic pain.**

An Italian study found that **74 percent of multiple sclerosis (MS) patients reported reduced pain** and spasticity after being treated with Sativex, a prescription oral spray combining THC and CBD.

2 Treating Autoimmune Disorders

Autoimmune diseases, such as lupus, Hashimoto's disease, celiac disease, asthma, and others, affect the body's ability to fight disease causing inflammation.

CBD has **strong anti-inflammatory effects.**

Several studies have found that patients with rheumatoid arthritis experienced **reduced joint swelling and inflammation** when taking CBD.

3 Reducing Depression and Anxiety

Forty million people **age 18 and older suffer from anxiety disorders in a given year in the U.S.**

Depression affects over **300 million people** worldwide.

CBD communicates with the GABA (gamma-aminobutyric acid) neurotransmitter to send messages to brain cells **that reduce anxiety.**

Clinical evidence has found CBD can effectively **treat generalized anxiety disorder, panic disorder, social anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder when administered orally.**

4 Providing Relief from Cancer Symptoms

The National Cancer Institute found that THC and CBD can **effectively treat side effects of cancer and pain resulting from** chemotherapy.

Studies have shown that a combination of THC and CBD can **slow growth or cause the death of some types of cancerous cells** in animals.

5 Reducing Epileptic Seizures in Children

The effects of CBD on brain signaling and the endocannabinoid system have **potential benefits for patients with neurological disorders,** such as epilepsy.

Clinical trials have found that children with epilepsy taking low doses of pharmaceutical grade CBD daily experienced a **significant reduction in seizures.**

In 2018, FDA approved the CBD medication Epidiolex for **treating Lennox-Gastaut syndrome and Dravet syndrome,** two rare forms of epilepsy.

6 Lowering High Blood Pressure

An estimated **103 million U.S. adults have high blood pressure,** according to the American Heart Association.

A recent study found that rats given receiving a single dose of 600 mg of CBD oil experienced a **reduced resting blood pressure** as opposed to those given a placebo.

7 Promoting Skin Health

Bacteria, inflammation, an excess of an oily secretion called sebum, and genetics may cause acne and unhealthy skin.

Cannabinoids aid in the production of lipids that **help to reduce acne vulgaris, dry skin, and seborrhea,** according to the Federation of American Societies for Experimental Biology (FASEB).

8 Treating Substance Abuse

Drug addicts have a chronic, compulsive need to use drugs and are unable to control the amount of drugs they consume.

Multiple studies on both animals and humans suggest that **CBD may have therapeutic properties** for treating opioid, cocaine, and psychostimulant addiction, and some preliminary data suggest that it may be beneficial in cannabis and tobacco addiction in humans.

9 Preventing Diabetes

As of 2015, **9.4 percent of the U.S. population suffered from diabetes,** according to the National Diabetes Statistics Report published by the CDC.

One study found that nonobese diabetic mice treated with CBD experienced a **reduction in the incidence of diabetes** from 85 percent in untreated mice to 30 percent in treated mice.

10 Treating Insomnia and Sleep Disorders

Insomnia and sleep disorders can have debilitating effects, causing fatigue, low energy, increased accidents, mood changes, and an inability to concentrate.

A recent study states that while THC may impair **the quality of sleep in the long-term, CBD may have therapeutic benefits for REM sleep** behavior disorders, excessive daytime sleepiness, and nightmares caused by PTSD.

11 Reducing Psychotic Effects in Schizophrenic Patients

The nonpsychoactive component of cannabis, CBD, may have antipsychotic properties.

One study suggests that CBD may be able **to target the metabolic, inflammatory and stress-related components** of the schizophrenia phenotype.

CONCLUSION

As the cannabis regulation expands, the public's interest in its many health and wellness properties will also increase. Savvy healthcare professionals can be ready to fully incorporate cannabis into health management strategies by proactively learning about the many ways it can help their patients.

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