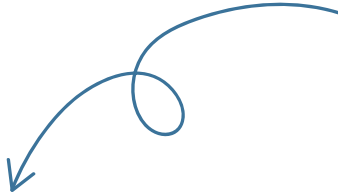


What Can CBD Do For You?



Your friends and co-workers are using it, maybe even family members. No longer the exclusive party favor of tie-dyed hippies, cannabis has roared into the mainstream—and your corner grocery. Here's what you need to know about CBD, the cannabis derivative getting the most attention.

CBD belongs to the cannabinoid family, a class of chemicals almost identical to the endocannabinoids produced by the human body. Manufacturers extract CBD oil from industrial hemp, which is different than marijuana. Both plants belong to the cannabis family and sport distinctive five-fingered leaves, but they've been hybridized for different uses. Hemp was traditionally grown for fiber (ropes, clothing, and the Mayflower's sails) or food-grade seed. Marijuana is known for its medicinal and mood-enhancing benefits. Both contain a variety of cannabinoids, but hemp tends to be CBD-dominant while marijuana contains more THC, the compound that gets people high.

Federal passage of the 2018 Farm Bill made it legal to cultivate hemp, and most states permit retail sales to customers 18 and over. Once extracted, CBD oil goes into a vast array of consumer products, from supplements and massage oils to chocolates and pet food. By law, these products cannot have more than .3% THC.

A BEGINNER'S GUIDE TO HEMP'S ANTI-AGING BENEFITS

By Philip D. Armour

Non-intoxicating and non-addictive, CBD has few side effects: drowsiness, mild anxiety, and nausea. Retail products generally fall into two categories: systemic remedies and localized relief. Oral tinctures, gel caps, and infused foods typically provide the former, and are best for focus, anxiety, insomnia, and headaches. Topical remedies like salves, sprays, and creams are better for targeted complaints like joint pain and muscle aches.

In the body, CBD activates the endocannabinoid system (ECS), which modulates the activity of neurons in the central nervous system to maintain homeostasis. Translation? By balancing your bodily systems, CBD can ameliorate a variety of ailments. Specifically, studies are suggesting that CBD may help with inflammation, anxiety, insomnia, appetite, and memory. (Note: Consult a doctor before starting a CBD regimen if you're experiencing significant pain or taking blood pressure or other prescription medications.)

How do you find a safe, effective CBD? Look for a full- or broad-spectrum product; they contain more beneficial cannabinoids. ("Hemp seed" oil contains zero CBD.) Choose organic to avoid the toxins a non-organic plant may pull out of the ground. And make certain the brand has passed third-party lab testing (check for a Certificate of Analysis).



For anxiety, take CBD in the morning; for sleep, take it in the evening.”

Choosing between a tincture, capsules, or ointment largely depends on the relief you’re seeking. An ingestible—anything that goes in your mouth—is generally best for systemic relief, and a topical—anything spread on your skin—is better for localized aches. Topicals typically act faster, while ingestibles often last longer.

For wellness-minded consumers, CBD is a non-pharmaceutical alternative to help relieve anxiety, reduce stress, and induce sleep. It’s plant-derived, of course, and easy on the stomach. In fact, CBD has been shown to help with nausea and PMS. And many meditation and yoga enthusiasts are using to deepen their mindfulness practices. They say it helps them clear their minds more quickly and improve flexibility in stiff joints.

CBD is a proven anti-inflammatory, but unlike NSAIDs like ibuprofen, it isn’t known to be hard on

your kidneys. Before gardening, kneading bread, or getting into lotus, treat your feet, wrists, and knees with a topical cream. A teaspoon smeared on each joint, with 10-15mg CBD, usually does the trick. If THC is legal where you live, consider a CBD/THC blend. Studies have shown that even tiny amounts of THC enhance the efficacy of CBD and other cannabinoids.

A growing number of people report increased relaxation and reduced anxiety from using ingestibles for their body-wide, systemic effect. When CBD circulates throughout the bloodstream, it can activate neurotransmitters in the brain that affect mood. It can also lead to longer, sounder sleep. For anxiety, take CBD in the morning; for sleep, take it in the evening.

Incorporating CBD oil into food recipes is another effective way to get systemic benefits. Try incorporating it into salad dressing or blending it into a smoothie. Be creative and experiment to achieve the desired results. You know your body best. It will respond in its own unique way to the self-care regimen you choose.

For more information about CBD for all-natural balanced living, visit TheNatuRx.com.



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