

CBD & ANXIETY

Research shows that CBD causes receptor 5-HT_{1A}, to fire more effectively. This increases serotonin production and stabilizes its presence in the body. The relationship between marijuana and anxiety is incredibly complex. On the one hand, THC is often used to relax the mind and body. It is a natural painkiller and one that people use often to self-medicate. On the other hand, studies have linked marijuana to problems with anxiety – both causing anxiety on its own and making anxiety worse. CBD is the best option for these patients.

CBD has powerful anti-anxiety properties. Administered as needed, it is completely safe, well-tolerated, and may be beneficial to treat numerous anxiety related disorders, including; Panic Disorders, OCD, Social Phobia, and Generalized Anxiety Disorder



Anxiety related disorders affect a huge portion of our population – 3 million Canadians (11.6%) aged 18 years or older.

CBD & DEPRESSION

Depression can be a predisposed condition (something you were born with) or brought on by an unfortunate event or trauma. Two of the neurotransmitters affected during depression are serotonin and dopamine. Because levels of serotonin and dopamine are affected by things like diet, exercise, mental state, and stress levels, research supports the idea that some depressed people have reduced serotonin and dopamine transmission. This is where the use of CBD products can come into play.

Unlike THC, the cannabinoid associated with causing marijuana's "high effect," CBD has a different, more indirect interaction with these cell receptors.

CBD exerts several actions in the brain that explain why it could be effective in treating anxiety. 5-HT_{1A} is a subtype of the serotonin receptor, which is important because anxiety and depression can sometimes be treated with medications that target the serotonin system; Therefore, drug companies developed selective serotonin reuptake inhibitors (SSRIs) like Prozac and Zoloft. SSRIs work by blocking reabsorption of serotonin in the brain, which increases availability of serotonin in the synaptic space. This helps brain cells transmit more serotonin signals, which can reduce anxiety and boost mood in certain cases (although the full biological basis for this is more complicated and not fully understood).



CBD & ADDICTION

Opioid Addiction

Opioid addiction is currently a worldwide epidemic. In America alone approximately 702,000 people have died from opioid overdose since 2000. Studies have shown that 21% to 29% of people who are prescribed opioids end up mis using them and 8% to 12% develop an opioid use disorder. Approximately 80% of heroin and fentanyl addicts began with prescription opioids. These numbers are staggering and there is an urgent need for a solution. Recent studies have shown that CBD has great probability to help with opioid addiction. One of the most problematic symptoms of opioid use is recurring cravings, sometimes persisting years into recovery, which is why the relapse rate is so high. In 2019 a double-blind placebo study (meaning neither doctor nor patient knows whether the active drug or placebo is being administered) using CBD on opioid addiction patients showed that even a single dose of CBD can reduce cue-induced cravings and anxiety associated with the craving. This reaction is conclusive with the fact that physically CB₁ receptors are co-localized with opioid receptors.

Cocaine Addiction

Cocaine addiction is characterized by compulsive substance use and repetitive urges to consume the drug even after a sustained period of abstinence. While substance use remains the most obvious direct outcome of addiction, there is a growing interest in other core symptoms of this disorder. Craving has become a subject of great interest as it is a reliable intermediate phenotype of cocaine relapse and a distressing symptom of addiction associated with suffering. Indeed, even after a period of abstinence, cocaine-dependent individuals remain vulnerable to stress and other craving-inducing stimuli, which, in turn, lead to intense physiological responses and various negative feelings such as anger and sadness. Real-time daily monitoring of cravings and drug use has shown that craving predicts cocaine relapse among cocaine-dependent individuals. In summary, working toward improving the treatment of craving could not only help prevent relapse, but also reduce patient distress on emotional, cognitive, and physiological levels

CBD & PTSD

PTSD patients all have far lower levels of endocannabinoids and higher CB₁ receptor densities than the average person. Normally, the CB₁ receptor deactivates any traumatic memories you may have so you basically 'forget.' If you have an endocannabinoid deficiency, on the other hand, you will suffer from chronic anxiety, impaired fear distinction, and other issues associated with PTSD. Cannabinoids act on the two receptors, CB₁ and CB₂, and helps them regain normal function.

It was observed that the consumption of CBD can have a drastic impact on the reduction of anxiety among the people who are suffering from PTSD.

Another problem experienced by people living with PTSD is a constant state of fear – CBD helps to reduce 'learned fear,' so unlike prescription medication, CBD gets to the root of the problem.

CBD helps treat PTSD in a very different manner to THC. Indeed, PTSD patients all have far lower levels of endocannabinoids, along with higher CB₁ receptor densities. Normally, the CB₁ receptor deactivates any traumatic memories you may have so you basically 'forget.' If you have an endocannabinoid deficiency, on the other hand, you will suffer from chronic anxiety, impaired fear distinction, and other issues associated with PTSD. Cannabinoids act on the two receptors, CB₁ and CB₂, and helps them regain normal function.

