

CBD & EATING DISORDERS

CBD can help to treat the worst symptoms of anorexia without causing toxicity, or any other feelings of loss of control that can come with marijuana. The researchers discovered that CB₁ agonists – the scientific term to describe anything that helps trigger the receptor – possess orexigenic effects, which enhance appetite as well as increasing the actual rewarding value of food. It's important to remember that a person suffering from anorexia doesn't just not want to eat food, but they lose the positive association we have when we eat food that nourishes us.

When it comes down to it, both CBD and THC can be incredibly effective treatments for anorexia and other eating disorders.

However, there are many areas where CBD comes out on top, from psychoactive THC such as affordability and efficacy in the treatment of symptoms.



CBD & ACID REFLUX

Complications associated with acid reflux disease are commonly treated with over-the-counter medications like antacids that are designed to neutralize stomach acid. Brands like Rolaids, Mylanta, and Tums can provide quick relief for acid reflux sufferers, though they do nothing to address the damage inflicted upon the esophagus by harmful stomach acid. Adversely, chronic use of antacids could possibly cause adverse side-effects like diarrhea and sometimes even kidney problems.

It is no wonder why so many people are veering away from pharmaceutical medications and are instead seeking a healthier and more natural remedy to their condition.

Adding CBD alongside prescription medications can greatly improve symptoms of acid reflux due to CBD's anti-inflammatory and pain managing abilities. Though it is important to consult with your doctor before deciding to make sure it is the right treatment for you.

Symptoms could be as mild as headaches, mild diarrhea, and/or stomach pain – but have the capability of being quite severe in some cases:

Nausea, vomiting, or weight loss, seizures, dizziness, muscle cramps, uneven heartbeat, or twitching, blistering or peeling of the skin or rash on your cheeks or arms that worsen in the sun, fever, joint pain, unusual weight gain, swelling in the body, or a change in the frequency or amount of urination.



CBD & DIGESTIVE HEALTH

What Are GI Diseases?

Typically, GI issues is a catch-all term for the following conditions. As we'll review in following sections, CBD oil may be helpful in treating one or more of the symptoms present with each of these disorders.

Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) causes inflammation in the large intestine. It's characterized by symptoms like abdominal pain and cramping, bloating, gas, diarrhea, constipation, and weight loss. IBS affects 10% to 15% of people worldwide, with the disorder being twice as prevalent among women. IBS is a chronic condition with no cure, although symptoms can be managed by a combination of diet and lifestyle changes, fiber supplements, and other medications. Because stress can trigger or intensify symptoms, therapy, counseling, and antidepressants may also be recommended.

Crohn's Disease

Along with ulcerative colitis, Crohn's disease is a type of Inflammatory bowel disease (IBD). A little over 1% of American adults suffer from either IBD. Crohn's disease causes inflammation in the digestive tract. Symptoms include abdominal pain and cramping, fatigue, severe diarrhea, blood in the stool, reduced appetite and weight loss. There is no cure for Crohn's disease, which can be debilitating to live with. Recommended treatments often involve a combination of diet and lifestyle changes, along with anti-inflammatory drugs or antibiotics.

Gastritis

Gastritis causes inflammation in the stomach lining. It can be caused by a bacterial infection, or overuse or abuse of pain relievers and alcohol. Certain IBDs like Crohn's disease can also increase one's risk for gastritis. Symptoms of gastritis include pain or a sense of burning in the upper abdomen, nausea, vomiting, and a sense of fullness in the upper abdomen after eating.

Constipation

Most people experience constipation at least occasionally, but chronic constipation is defined as having difficult or infrequent bowel movements for a period of weeks or more. Having fewer than three bowel movements a week, straining during bowel movements, and having lumpy or hard stools are common symptoms. Chronic constipation stems from blockages or nerve issues in the colon or rectum. It can also be a symptom of another chronic disease like diabetes.

Ulcerative Colitis

Ulcerative colitis is another IBD, causing inflammation and ulcers in the digestive tract. Colitis is distinct from Crohn's disease in that it specifically affects the colon and rectum. Common symptoms include severe diarrhea (often with pus or blood), pain in the abdomen and rectum, rectal bleeding, difficulty defecating (which is often accompanied by an urgency to defecate), fatigue, fever, and weight loss. Like Crohn's disease, there is no cure for ulcerative colitis. Treatment typically includes a combination of immunosuppressive and anti-inflammatory drugs, with other medications to manage symptoms, such as pain relievers.

