

CBD & SLEEP

One way CBD may help with sleep is by easing anxiety. In a study in the January issue of *The Permanente Journal*, published by the Kaiser-Permanente health insurance company, Colorado researchers looked at the health records of 72 patients who were treated with CBD for either anxiety or poor sleep.

During the three-month study, anxiety levels did decline, even in people whose main complaint was poor sleep. For those with sleep problems, the results weren't as clear cut, though people did report some improvement in the first month.

Does CBD Make You Tired?

While CBD has shown to be effective in alleviating symptoms of insomnia, how it works to do so may be different than you imagined. Instead of administering sedative effects like THC or sleeping pills, CBD combats insomnia at the source.



In a recent nationally representative Consumer Reports survey, about 10 percent of Americans who reported trying CBD said they used it to help them sleep, and many of those people said it was helpful.

CBD & FITNESS

Studies conducted on the effects of CBD on the body have shown that CBD drastically reduces cortisol levels in the body. Cortisol is basically the hormone produced by the body to manage stress. Cortisol, sometimes referred to as the stress hormone, is responsible for the hindering of muscle growth in the body.

What CBD does is regulate blood sugar levels so that less insulin is produced by the body. Less insulin in the bloodstream means that less glucose is converted into fat and is instead burned as energy. In the end, fewer fat cells are created which translates to reduced body fat, and you get more energy to power your workout routines.

On top of this, CBD can aid in countering the side effects of intense workouts. CBD has been shown to drastically reduce pain and inflammation in muscles. Intense exercise can sometimes take its toll on the body and when this happens, you need to have a reliable dietary supplement that can get you back in shape.

According to a 2018 review of 132 original studies published in *Frontiers in Neurology*, CBD can indeed reduce inflammation in the body and help improve pain and mobility in patients with multiple sclerosis. "It is anti-inflammatory, antioxidative, antiemetic, antipsychotic, and neuroprotective," the review study's authors wrote.



CBD & PAIN

According to one study posted to Neurotherapeutics, CBD itself does very little to the ECS. Instead, it activates or inhibits other compounds in the endocannabinoid system.

For instance, CBD stops the body from the degradation of anandamide, one compound associated with regulating pain. Increased levels of anandamide in the bloodstream may reduce the amount of pain a person feels.

Various levels and combinations of Cannabinoids, terpenoids and flavonoids provide many benefits to the human body, dilating blood vessels, stimulating bone growth, protecting damaged brain cells, killing certain kinds of cancer cells, preventing seizure, controlling muscle spasticity, killing viruses and bacteria to name a few. It is the combination of varying levels of cannabinoids, terpenoids and flavonoids that seem to make the most effective medicine for specific symptoms and dis-eases – the isolated components appear to be less effective but nonetheless still therapeutic.

A separate study in the Journal of Experimental Medicine supports these results. This research suggests that using CBD can reduce pain and inflammation.

The researchers also found that subjects were not likely to build up a tolerance to the effects of CBD, so they would not need to increase their dose continually.

They noted that cannabinoids, such as CBD, could offer helpful new treatments for people with chronic pain.

Cannabis has been found to ease general pain, chemo induced neuropathy, and nausea, as well as increase appetite and reverse wasting. It is also effective in controlling muscles spasms and seizures, healing damaged brain cells, protecting against the ravages of Alzheimer's, and is an effective antioxidant.

